



## ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

web: <https://aadhd-ne-uk.weebly.com/>

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Our Next **NEWCASTLE** meeting:

**THURSDAY 28<sup>th</sup> MARCH 2024**

6 to 9 PM



The Recovery College, 1 Carlol  
Square, Newcastle  
NE1 6UF (next door to World  
Headquarters)

Thanks to Angela and Alisdair, we are  
in Newcastle on the 4th Thursday of  
each month.

- BY **BUS**... to Market, Blackett & John Dobson Streets <5 minute walk. # 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.
- BY **METRO**... Monument - 5 minute walk or Manors.



**BY CAR:** nearby streets & Manors multi-story car park (4 minutes' walk from floor two on the side nearest Tyne Bridge. The stairs lead to the exit diagonally opposite Recoco). Manors car parking is free from **6 – 10 pm.**

- Our meetings are friendly, informal and open to anyone with a diagnosis (is in the process of seeking a diagnosis) of AD/HD & associated conditions. Parents & partners, allies, academics and professionals involved in this or a related field, are also very welcome.
- Drop in for a while, or stay until 9. Please feel free to share your experiences and knowledge of AD/HD and associated co-morbid 'bolt-ons'.

Discuss help that may be available, share useful coping techniques that minimise some of the difficulties that neuro-diverse conditions can present. We celebrate the positive side of living outside neuro-typical boxes.

### Our regional meetings for MARCH 2024:

**Middlesbrough:** Tuesday 5<sup>th</sup> | **Durham:** Thursday 14<sup>th</sup> | **Middlesbrough:** Tuesday 19<sup>th</sup> | **Sunderland:** Wednesday 20<sup>th</sup> | **South Shields:** Thursday 21<sup>st</sup> | **Newcastle:** Thursday 28<sup>th</sup>