



ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

Contact: Bill Scott: Tel: 07856212564 | email: aadhd_ne@yahoo.co.uk

Our next Middlesbrough meetings

- in conjunction with Neuro Key -

TUESDAYS 5th & 19th MARCH 2024

6 to 8 PM ish

**Lingfield Ash Meeting Hall, 78 Lingfield Ash, Coulby
Newham, Middlesbrough, TS8 OSU**



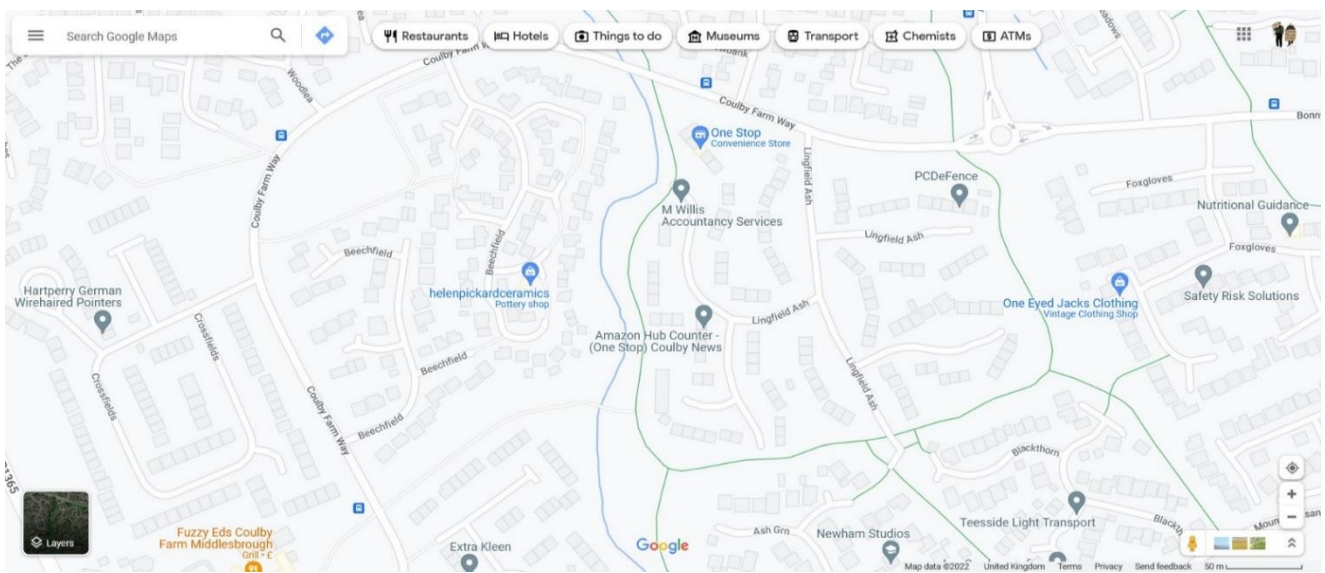
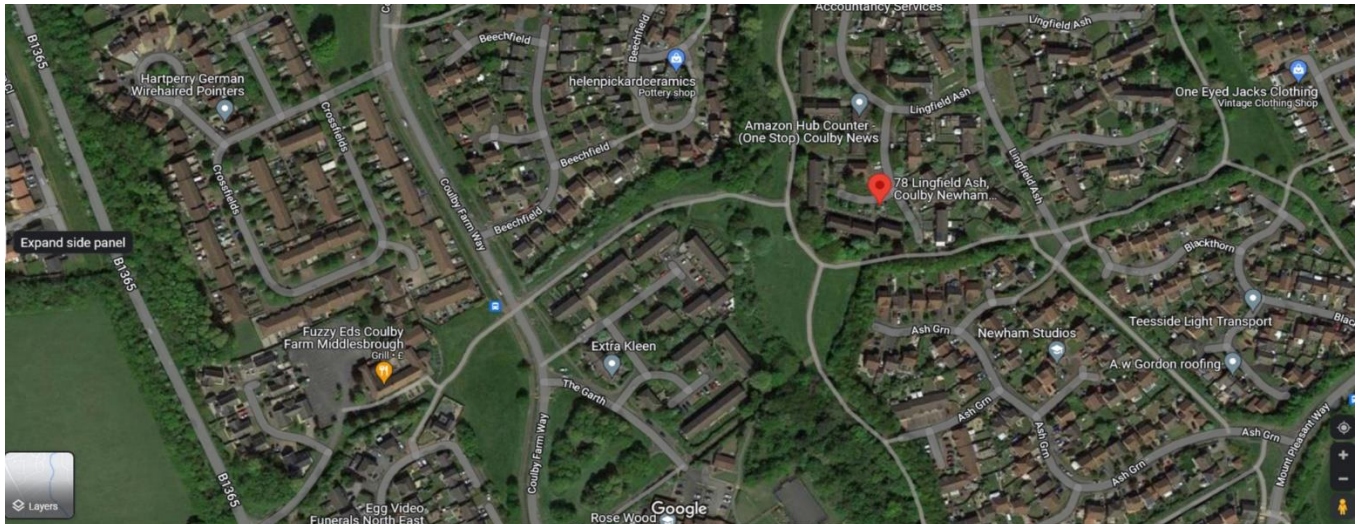
- AD/HD Support Groups NE and Gordon Williams from Neuro Key work together to support people with AD/HD and associated neuro-diverse conditions, including ADHD, ASD, PTSD, Brain injury, FASD, Tourett's etc. Gordon is the main contact for the Teeside area with a wealth of expertise. Further information about Gordon's work can be found below.
- Our meetings are friendly & informal, open to anyone with a diagnosis / in the process of seeking a diagnosis of AD/HD & associated neurological conditions. Parents & partners, allies, academics and professionals involved in AD/HD, or a related field, are also very welcome.
- Drop in for a while, or stay until 8-ish. Feel free to share your experiences & personal knowledge of AD/HD etc. Discuss any help that is available. Share useful coping techniques that minimise the difficulties that diverse neurological conditions can present. We also celebrate the positive side of living outside neuro-typical boxes.


Our regional meetings for MARCH 2024:

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

For other useful links and information, go to our website <https://aadhd-ne-uk.weebly.com/>

Lingfield Ash Meeting Hall maps and Neuro Key information





Neurodiverse Peer Group

Neurodiverse Peer Group

We are a group with experience of living with or caring for multiple conditions including ADHD, ASD, PTSD, BRAIN INJURY, FASD, Mental health and Tourette's

One to one available contact to arrange

Next meetings
6pm - 8pm

TUESDAY 5th & 19th MARCH 2024

Lingfield Ash Meeting Hall
78 Lingfield Ash
Couby Newham
Middlesbrough
TS8 OSU

You don't need a diagnosis to join us
Come along for a couple of hours or pop in for 5 minutes
Refreshment available

For more info contact Gordon mob - 07825031833
Email: neurologicallychallenged@hotmail.com
Facebook: [@NeurokeyTVDNY](https://www.facebook.com/NeurokeyTVDNY)

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You don't need a diagnosis to join us
Come along for a couple of hours or pop in for 5 minutes
Free refreshments available

We meet the first and Third Tuesday of every month
At 6pm - 8pm

Lingfield Ash Meeting Hall
78 Lingfield Ash
Couby Newham
Middlesbrough
TS8 OSU

For more info contact Gordon
Mob [07825031833](tel:07825031833)
Email: neurologicallychallenged@hotmail.com
Facebook: [@NeurokeyTVDNY](https://www.facebook.com/NeurokeyTVDNY)

Support and advocacy offered for adults, children, schools and organisations

