



**ADULT AD/HD SUPPORT
GROUPS NORTH EAST
UK**

[web: https://aadhd-ne-uk.weebly.com/](https://aadhd-ne-uk.weebly.com/)

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Our next **DURHAM** meeting:

THURSDAY 14th MARCH 2024 - 6 to 9 PM

Thanks to our lovely friends at Waddy,
we meet in the heart of the awesome
Durham City!

**Waddington Street
Centre**

3, Waddington Street
Durham City DH1 4BG



Waddy is Located between the CIU Offices and United Reformed Church, behind the former County Hospital on North Road. near the railway viaduct and Durham Bus terminus & less than a 5 minute walk Durham Railway Station.

NB On-street metered parking has changed back to only being free after 6pm

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 9. Feel free to share your experiences & personal knowledge of AD/HD etc and discuss 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 our 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