



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

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

Contact: Bill Scott: Tel: 07856 212 564 | email: aadhd_ne@yahoo.co.uk

Bishop Auckland

Wednesday 12th JUNE 2024 - 6 to 9 PM

Woodhouse Community Centre

Thanks to our amazing friends
Claire, Shelly and Ben, this will
be our first meeting in Bishop
Auckland!

Proudfoot Drive, Bishop
Auckland DL14 6PD



Our meetings are friendly & informal: open to anyone with a diagnosis or is in the process of seeking a diagnosis of AD/HD & associated neurological conditions. Parents & partners & friends + allies, academics / professionals involved with AD/HD, or related fields, are also very welcome.

Drop in for a while after 6, or stay until 9. Feel free to share your experiences & personal knowledge of AD/HD etc. Discuss help that is available & useful coping techniques to minimise the difficulties which various neurological conditions present. We also celebrate the positive side of living outside neuro-typical boxes!

Our regional meetings throughout JUNE 2024:

Middlesbrough: Tuesday 4th | **Bishop Auckland:** Wednesday 12th

Durham: Thursday 13th | **Middlesbrough:** Tuesday 18th

Sunderland: Wednesday 19th | **South Shields:** Thursday 20th

Newcastle: Thursday 27th