



**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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**DURHAM**

**THURSDAY 13<sup>th</sup> JUNE 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 down from Durham Railway Station. On-street metered parking is free after 6p

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 4<sup>th</sup> | **Bishop Auckland:** Wednesday 12<sup>th</sup>

**Durham:** Thursday 13<sup>th</sup> | **Middlesbrough:** Tuesday 18<sup>th</sup>

**Sunderland:** Wednesday 19<sup>th</sup> | **South Shields:** Thursday 20<sup>th</sup>

**Newcastle:** Thursday 27<sup>th</sup>