



# North East Adult ADHD Support Group

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

**Our next meeting:-**

**Monday 19<sup>th</sup> December 2011 7-9 pm**

**EXCELLENT NEW VENUE!!** The Ivy Club, St. Nicholas  
Hospital, Gosforth Newcastle-upon-Tyne NE3 3XT

Directions: Go to the main hospital clock tower entrance, at the reception area, turn left down and head down the sloping corridor. The Ivy Club is about 7 or 8 doors down, at the bottom of the corridor, on the left hand side. Parking is free after 6pm.

- If you live in Newcastle, Tyne & Wear, Northumberland, Durham etc, please join us at the above new venue which seems a lot more promising than the last one!
- Our meetings are friendly and informal and are open to all adults who have a diagnosis (or are in the process of seeking a diagnosis) of AD/HD; parents of children with AD/HD; partners of adults with AD/HD; allies working or involved in a related field.
- Please come along and share your experiences and knowledge of AD/HD, find out about other help that is available and discuss useful techniques that minimise some of the difficulties that AD/HD can present. We also like to celebrate the positive aspects of living with AD/HD.
- For a UK picture of AD/HD check out [www.adduk.org](http://www.adduk.org) forum for other useful information and details of other support groups around the islands.

For further information, please 'phone Bill on 07856212564, email us at [aadhd\\_ne@yahoo.co.uk](mailto:aadhd_ne@yahoo.co.uk) or go to our website <http://aadhd-ne-uk.weebly.com/> which has a convenient contact form (plus useful links and information).