North East Adult ADHD Support Group

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

Our next meeting:-

Monday 16th July 2012

7-9 pm

The Ivy Club, St. Nicholas Hospital, Gosforth,
Newcastle-upon-Tyne NE3 3XT

Directions: Keep going through the main gates of the hospital until you get to the clock tower entrance. Nearby parking is free after 6pm. Go up either of the ramps or steps under the clock tower, into the reception area. Turn left and walk down the sloping corridor. The Ivy Club is about 7th or 8th door on the left, at the bottom of the corridor.

- If you live in Newcastle, Tyne & Wear, Northumberland, Durham etc, you are very welcome to come along to any of our meetings. The venue is simply excellent!
- Our meetings are friendly and informal. They are open to all adults who have had a diagnosis / 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 further information, please 'phone Bill Scott on 07856212564, email aadhd_ne@yahoo.co.uk or go to our website http://aadhd-ne-uk.weebly.com/ which has a convenient contact form & other useful links and information). For a UK picture of AD/HD check out the www.adduk.org forum which has details of other support groups around the islands.