



# North-East Adult AD/HD Support Group

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

**Our next meeting:**  
**Monday 21st July 2014**

**Location:** seminar room, Adult ADHD Service Collingwood Court,  
St Nicholas Hospital, Gosforth, Newcastle-upon-Tyne NE3 3XT

- **6.15 – 6.30pm:** arrivals, meet, greet & coffee.
- **Discussion Topic:** Sharing practical strategies, organisational tools, useful software, apps, tricks for staying on task and time, dealing with decision-making, hyper or inability to focus, annoying paper trails, clutter, memory problems.

Travel directions: it is very easy to find: just go through the main gates of the hospital, take the first left and it is the modern building at the top of the cul-de-sac on the left. Nearby parking is free after 6pm.

If you live in Newcastle, Tyne & Wear, Northumberland, Durham etc (or from anywhere really!), you are very welcome to come along to any of our meetings.

- Our meetings are friendly and informal. They are open to all adults who have had a diagnosis / 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.

## **Further details:**

- 'phone Bill Scott - 07856212564
- email [aadhd\\_ne@yahoo.co.uk](mailto:aadhd_ne@yahoo.co.uk)
- website <http://aadhd-ne-uk.weebly.com/> includes useful links and information, directions to meetings.
- UK -wide information for adults with AD/HD + a helpful forum <http://aadduk.proboards.com/>