



# ADHD Social Group

**11.00am- 12.30pm**

**No booking necessary**

## **Looking to meet others who just get it?**

Come along to our friendly social group for adults with ADHD! It's a relaxed space to chat, share experiences, and enjoy some good company—with unlimited tea, coffee, and biscuits, of course!

**Open to adults (18+) no diagnosis necessary  
Parent/Carer or chaperones are welcome**

### **Dates for 2026**

**12<sup>th</sup> January 2026**

**9<sup>th</sup> February 2026**

**9<sup>th</sup> March 2026**

**13<sup>th</sup> April 2026**

**11<sup>th</sup> May 2026**

**8<sup>th</sup> June 2026**

**13<sup>th</sup> July 2026**

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