



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

**10th August 2026
14th September 2026
12th October 2026
9th November 2026
14th December 2026**

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