

Support Groups for ADHD

ADHD Solutions (0116 261 0711) run a “drop-in” support group at Southglade Children’s Centre, Southglade Road, Nottingham NG5 5GU. This is on the 2nd Tuesday of the month from 9.30-12 termtime only.

ADHD Solutions (Loughborough) 0116 261 0711 www.adhdsolutions.org
Parents from outside Leicestershire can attend. Held on the last Thursday of most months at Rosebery Saint Peters Community Centre, Storer Road, Loughborough, Leicestershire, LE11 5EQ. Times are from 10am to 12noon.

Adults aged 16+, their parents and partners

Nottingham based group for individuals aged 16+ who would like ongoing support. They meet on the third Monday of the month between 7.00 – 9.00 pm at The Tiger Boe Centre, 7 Clarendon Street, Nottingham NG1 5HS. The contact is Sue Smith: suesmith.n@talktalk.net. Sue herself has an adult son with ADHD and set up the support group as a result of this.

Frantic Families is a support group run by parents for parents and carers of children with ADHD. Langley Mill (at Welfare) on 3rd Wednesday of the month. Members welcome from surrounding areas. For more information, including meeting location and dates, contact Tracey Goodrum 07811 250555, email: traceygoodrum@talktalk.net

Indigo Kids

First Floor, Old Town Hall, 3a Watnall Road, Hucknall, Nottinghamshire NG15 7LD
Website www.indigokids.org.uk
Telephone 0115 9521164
Email: indigokids@live.com
Facebook: www.facebook.com/indigokidsevents

A friendly base, where parents and their children and siblings, can get together with others in a similar situation Your child does not need to have a diagnosis to attend. During the week they are currently open on Tuesdays, Wednesdays and Thursdays during the daytime between 10am and 1pm, and parents are always welcome to pop in for a cuppa and chat during these times. Kids Clubs and large indoor space for children to play..

Southglade Children’s Centre, Southglade Road, Bestwood NG5 9GU
ASD/ADHD support group on alternate Wednesdays 9.30 – 11am. Telephone the Centre on 0115 876 1890

Spectrum WASP (ASD/ADHD)

Rainworth/Blidworth
07403089896
Sue Edwards suzey.edwards@hotmail.co.uk
Holiday activities, weekly coffee mornings, monthly evening meetings
<http://spectrumwasp.wordpress.com>