



Good Morning,

We hope that you are all having a lovely summer so far. Our new drop in dates for the next year are attached for your convenience. These sessions are free and anyone affected by ADHD/ADD are welcome to come along. Each month there is also a theme, the first session on September 6th is about What is ADHD? There will be a talk on the basics of What is ADHD?, ideal for those who are newly diagnosed or parents of children that are newly diagnosed. Booking is essential for the talk however NO booking required for the drop in each month. There is lots of information, refreshments and a member of the ADHD Norfolk team available to talk to. To see what is on each month at the drop in you will need to visit our website.

Please note our new website will be going live in the next week or two with more content added over the next few months including all of our current services.

Here are some of the services we currently offer -

- Employment Coaching
- Prison ADHD Workshop
- ADHD Parenting Programme
- Junior Mentor Service (JAMS)
- ADHD Adult and Couple Coaching
- ADHD In Education Level 3 Educational Staff Accredited Qualification.

\*Please also note that our name will be changing on September 1st from ADD Norfolk to ADHD Norfolk. There will still obviously be old leaflets in circulation somewhere already but we envisage by the new year the change over will be complete. Both website addresses and all email addresses will amalgamated for the next 6 months before the old details are obsolete.

If you have any queries or questions please do not hesitate to contact us.

Thank you for your time

The ADHD Norfolk Team



## Are you affected by ADD or ADHD?

Our Norwich drop in sessions are open to anyone affected by Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD).

### 2017

September 6th  
October 4th  
November 1st  
December 6th

Venue:

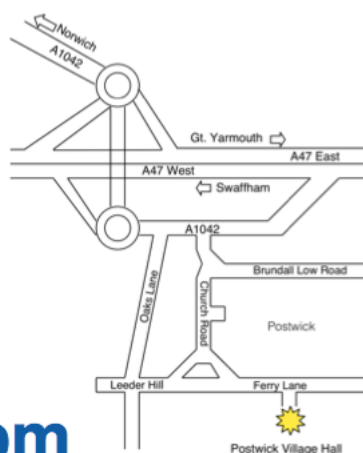
Postwick Village Hall  
Ferry Lane  
Postwick  
Norwich  
NR13 5HL

### 2018

January 3rd  
February 7th  
March 7th  
April 4th  
May 2nd  
June 6th  
July 4th

Norwich Drop In:

**6.30pm - 8.30pm**



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**Website:** [www.adhdnorfolk.org.uk](http://www.adhdnorfolk.org.uk)