

NEUROSPICY



in Hull

Peer support for adults with ADHD/AuDHD
Diagnosed, self-identified, or awaiting assessment - all welcome



It's informal, friendly, and judgement-free.



**Every Tuesday
6-7:30pm**



It's not therapy, and there's no pressure to share.



**Redwood Glades,
Leads Rd,
Hull, HU7 4JY**

Scan QR code or visit
<https://tinyurl.com/3hb4z9he>

New members please arrive 15 mins early. Booking only, via our WhatsApp Community



Tips & Hacks

Judgement-free

Lived experience

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