

# ADHD Cooperative

Marple Con Club

2nd and 4th Monday of the month  
from 18:30pm (except bank holidays)

ADHD can be isolating and frustrating.

At the ADHD cooperative you can **meet like minded people**, be understood, **be yourself** and work collectively to **minimise life's frustrations**.

We spend the first hour relaxing and meeting new comers. After that, those who wish, pick something they find a chore and work together to make it easier; such as, finding the cheapest tariffs for bills.

Come and **recharge your batteries**, **make friends and get ahead of tasks** that are too mundane or triggering to face on your own.

The ADHD cooperative aims to promote wellbeing and resilience of it's members by building a community. It is an opportunity for members to feel understood, share tips and advice on how to overcome day to day challenges, and support each other to thrive in a time less suited to those with ADHD. **The ADHD cooperative is peer-led**, as such, it does not have the resources to provide psychotherapy or crisis support.

For more information contact: [ADHDcooperative@gmail.com](mailto:ADHDcooperative@gmail.com)