



Reading ADHD Group

In Person Meetup

Back Entrance

Reading ADHD Group meet on the last Tuesday of the month.

You do not need a formal diagnosis to participate.

We meet from 19:30pm – 21:30pm



RISC, 35–39 London Street, Reading



Reading ADHD Group

What to Expect at Your First Meeting

When you arrive, turn left and walk past the bathrooms and head straight for Room 4 (otherwise known as the kitchen).

Head straight through the double doors and you will have arrived

To get to the back entrance, head through the lane to the right of the building





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What Happens

Meetings are informal and relaxed. There's no strict agenda — we like to let the conversation flow naturally.

A typical meeting looks something like this:

- A brief welcome from the facilitator.
- Introductions: everyone gets a chance to introduce themselves (This is optional)
- Open conversation around themes that come up naturally, including ADHD experiences, what's been hard, what's been useful, things people want to understand better
- There's no pressure to stick rigidly to any topic, and conversations often go in unexpected directions. That's part of what makes it useful.





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You Don't Have to Do Anything

This is genuinely peer support, not a therapy group, not a workshop, and not school. There's no expectation that you'll speak, contribute, or share anything personal.

You can come and just listen - that counts as participating

You can leave early if you need to - no explanation needed

You can take a break, step out, stim, get up and stretch or pace

If you have specific access needs or want to let us know something in advance, you're welcome to get in touch before attending.





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A Few Things Worth Knowing

We're peer support, not professionals

- The group is run by and for people with lived experience of ADHD. We're not therapists, GPs, or coaches. If you need professional support, we'll always encourage you to contact a professional.

What's said here, stays here

- Confidentiality matters. Anything shared in the group stays within the group. We ask everyone to respect that.

Diagnosis isn't a requirement

- You might be on a waiting list, self-identifying, or somewhere in the middle of figuring things out. You're still welcome.





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If you have any more questions, please get in touch

What3Words

Carpark: [///tags.mash.neon](https://tags.mash.neon)



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