

Adult Network

Meetings are a mixture of discussion and visiting speakers, open informal forum with small groups sharing common problems and coffee.

Why Attend? - Top Ten Reasons Given by New Members

1. First time people actually understood what I had gone through
2. Didn't feel daft or stupid as usually do in a new environment
3. Relaxed, calm, high level empathy
4. Interested hearing what others had to say
5. Learn from others how to deal with issues
6. Meet like-minded people
7. Good to talk
8. Others understand communication difficulties and frustration
9. Prevents me feeling trapped and isolated by condition
10. No good coping with dyslexia on own