

North Cumbria

ADHD Lived Experience Programme

We are pleased to announce that CNTW will be delivering their 6 week ADHD Lived Experience Programme in collaboration with

iCan Wellbeing Group.

The programme consists of 6, weekly 2-hour sessions that combine peer support and education. Our programme aims to empower you to understand your ADHD, recognise its impact on your life, and build upon your existing strengths. Groups are kept to 10 people maximum, and sessions are based on a variety of individual and group activities, videos and discussions.

You do not need a diagnosis to register but you will need to be on a waiting list for assessment.

New programmes starting September 2025.

To find out more and to register on to the programme please contact

Jade on: 01228 819101 option 2

Or by Email: JadeC@iCanwellbeing.co.uk



"I enjoy being with an amazing group of neurodiverse people and realising I am not alone with the symptoms I have."

"I have found this course amazing. It has provided me with understanding and skills, as well as giving me the ability to accept myself."

"The interactions within the group were powerful, and really helped solidify acceptance around diagnosis. I loved being able to discuss symptoms with other participants and receive validation from my peers that I am okay being me, and I am not broken."

