

We support Ex-Forces men and women, who are struggling due to ADHD, to help them improve their wellbeing, independence, and their quality of life



Understanding neurodevelopmental disorder, promoting equality and inclusion within Greater Manchester and Cheshire

Symptoms in adults include....

- Carelessness & lack of attention to detail
- Always starting new tasks before finishing old ones
- Poor organisational skills
- Always losing or misplacing things
- Forgetfulness
- Restlessness and edginess
- Difficulty keeping quiet, and speaking out of turn

We can help.

Please get in touch with Gav Jones if you want advice or need support

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/Whatsapp: 07458 306246

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

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