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## ADHD Babes

### Organisation details

#### Description of activity

ADHD Babes is a community group for Black Women and Non-Binary people with ADHD. We create safer spaces for us to flourish and live our lives to their greatest potential.

ADHD Babes is run by us and for us, with all members of our team being from our community. We aim to empower and encourage all members to build peer support networks, share lived experiences and embrace their neurodiversity as a community.

We aim to inspire and empower people with community, tools, learning and healing spaces to redefine and understand ADHD, allowing us to tackle its difficulties and utilise its strengths.

We aim to create an accessible platform and safer spaces for us to connect, learn and break down the barriers that restrict our community from gaining and understanding a diagnosis of ADHD.

We aim to create a society that embraces neurodiversity. We aim to raise awareness and educate people on the truth and reality of how ADHD affects neurodiverse people, and how best to support them.

### Contact details

#### Contact name

ADHD Babes

#### Email address

[admin@adhdbabes.com](mailto:admin@adhdbabes.com)

#### Website

<https://www.adhdbabes.com/>

### Social media links

#### X link

<https://twitter.com/adhdbabes/>

### Accessibility

#### Accessible building

N/A

#### Accessible toilets

N/A

#### Parking facilities

N/A

#### Dietary needs catered for

N/A

#### Staff have specialist training

N/A

### Availability details

**When is the activity or service available**

All Year Round

**Does a parent / carer need to stay on premises during activity**

No

**Is there a cost for this service or activity**

No