

Social media you may find helpful

A few accounts and pages that may offer connection and gentle learning between our meetings. Follow whatever feels good.

Instagram

Dr Megan Anna Neff

[@neurodivergent_insights](#)

Research informed AuDHD, autism and ADHD resources, grounded in lived experience.

Sonny Jane Wise

[@livedexperienceeducator](#)

Colourful, accessible visual posts from an author, speaker and researcher.

The Late Discovered Club

[@thelatediscoveredclub](#)

Catherine Asta's community giving a voice to late discovered autistic women and people.

Neurodivergent Lou

[@neurodivergent_lou](#)

A UK autistic creator on finding a place in a neurotypical world.

Ellie Middleton

[@ellie_middleton_creates](#)

From the author of Unmasked and host of Skip the Small Talk.

Rich and Rox Pink

[@adhd_love](#)

Warm, funny posts about ADHD and relationships from the authors of Dirty Laundry.

Kate Moryoussef

[@kate_moryoussef](#)

ADHD and wellbeing for women, alongside her podcast.

Facebook

Derbyshire Autism Services

[Facebook page](#)

Regular updates and news from the Derbyshire autism charity.

Derbyshire Recovery and Peer Support Service

[Facebook page](#)

News from the wider peer support service our group is part of.

National Autistic Society

[Facebook page, search by name](#)

Updates, guidance and events from the UK's leading autism charity.

ADHD UK

[Facebook page, search by name](#)

News and campaigns from the charity created by and for people with ADHD.

CROAK Carers

[Facebook group, search CROAK Carers](#)

For parents and carers of autistic children, or those with ADHD, in Erewash.
