



West Essex Carers Support Group Meetings 2018

Are you caring/supporting someone who has experienced an acquired brain/head injury?

Our aim is to provide advice, information and support for people caring for someone with an acquired brain injury.

These meetings are open to all carer's, are informal and give everyone the opportunity to share experiences.

We have found that the people who attend benefit from talking to others, having the opportunity to gain some peer support and discussing any points or concerns they may have.

We feel that having the opportunity to socialise and meet others in a friendly, welcoming environment is very important.

The meetings take place on the **Fourth Tuesday** (unless otherwise stated) of each month 12.30 - 2pm. The venue is located in Epping.

We ask all new attendees to either call 01206 768797 or email communitysupport@headwayessex.org.uk where you will be provided with further details.

Dates for 2018 Meeting:

23rd January

27th February

27th March

24th April

22nd May

26th June

24th July

NO MEETING IN AUGUST

25th September

23rd October

27th November

DECEMBER –Social event TBA

There is a charge of £2.50 per person or £5.00 per family

If you require further information please contact the Community Support Team on 01206 768 797 or email communitysupport@headwayessex.org.uk