



North East Essex Support Group Meetings 2018

Our aim is to provide advice, information and support for people with acquired brain injury and/or their partners, family and friends.

There is a range of experience and knowledge within the group, which includes people who have personal experience of acquired brain injury, family members and carers.

Guest speakers and interested professionals also attend some of the meetings.

Those who attend often find support from other group members extremely beneficial, and there is always time for people to chat informally.

The meetings take place on the **First Tuesday** of each month (unless otherwise stated) and run for two hours commencing at 10am. The venue is in Colchester.

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

2nd January

6th February

6th March

3rd April

1st May

5th June

3rd July – **social event. Contact office for details**

NO MEETING IN AUGUST

4th September

2nd October

6th November

4th December

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 768797 or email communitysupport@headwayessex.org.uk