



**Headway
Essex**

North East Essex Carers Support Group Meetings 2019

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

You may be a partner, relative or friend of someone whose injury was caused by a road traffic collision, a fall, an assault, a stroke, an infection, a tumour etc.

We feel that having the opportunity to socialise and meet others in a friendly, welcoming environment is very important. These meetings are open to all carers, are informal and give everyone the opportunity to share experiences, discuss issues or concerns and gain peer support.

The meetings take place on the **Fourth Friday** of the month (unless otherwise stated) and run for two hours commencing at 10.30am. Venue is as follows:

Dates for 2019 meeting:

25th January

22nd February

22nd March

26th April

24th May

28th June

26th July

NO MEETING IN AUGUST

27th September

25th October

22nd November

December Christmas Social TBA

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

If you would like further information please contact the Community Support Team on 01206 768797 or email communitysupport@headwayessex.org.uk