



**Headway  
Essex**

### **North East Essex Support Group Meetings 2019**

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 from 7pm

#### **Dates for 2019 Meeting**

**7<sup>th</sup> May**

**4<sup>th</sup> June**

**2<sup>nd</sup> July – Clacton Beach Hut social 10.30 -12.30**

**NO MEETING IN AUGUST**

**3<sup>rd</sup> September**

**1<sup>st</sup> October**

**5<sup>th</sup> November**

**3<sup>rd</sup> 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](mailto:communitysupport@headwayessex.org.uk)