



**Headway  
Essex**

## **West Essex Carers Support Group Meetings 2019**

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. Venue is as follows:

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

**22<sup>nd</sup> January**

**26<sup>th</sup> February**

**26<sup>th</sup> March**

**23<sup>rd</sup> April**

**28<sup>th</sup> May**

**25<sup>th</sup> June**

**23<sup>rd</sup> July**

**NO MEETING IN AUGUST**

**24<sup>th</sup> September**

**22<sup>nd</sup> October**

**26<sup>th</sup> November**

**December Christmas Social 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](mailto:communitysupport@headwayessex.org.uk)