



**Headway
Essex**

West 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 **Fourth Tuesday morning** of each month **10.00 – 12.00**. Venue as follows:

Dates for 2019 Meeting:

22nd January

26th February

26th March

23rd April

28th May

25th June

23rd July

NO MEETING IN AUGUST

24th September

22nd October

26th 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