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ADVICE & SUPPORT SERVICES

Support Groups

The effects of a brain injury can be far-reaching and long lasting. Everyone reacts and responds in a different way to their injury as no two people's injuries or circumstances are identical. All too often families become isolated and feel that no one really understands what they are going through. People often say that they have not been given sufficient information to enable them to fully understand what has happened, or what they can do or expect in the future.

The aim of Headway East Sussex support group meetings is to provide everyone with the opportunity to meet other people in similar situations and to obtain and exchange information and support from facilitators, speakers and each other in a relaxed and informal setting. Often new friendships are formed providing an ongoing source of support.

Meetings are attended by brain injury survivors, partners, relatives, parents and carers and new members are always welcome. Professionals interested in understanding more about the impact of brain injury are also welcome. The **2019** meeting dates are given below.

EASTBOURNE AGE UK EAST SUSSEX 1 Faraday Close Hampden Park Eastbourne East Sussex BN22 9BH	BRIGHTON Dorset Gardens Methodist Church Dorset Gardens, Off St James Street Kempton Brighton, BN2 1RL
1st Wed 7:30pm-9:30pm	3rd Wed 7:00pm-9:00pm
2 Jan	16 Jan
6 Feb	20 Feb
6 Mar	20 Mar
3 Apr	17 Apr
1 May	15 May
5 Jun	19 Jun
4 Jul	18 Jul
1 Aug	15 Aug
4 Sept	18 Sept
2 Oct	16 Oct
6 Nov	20 Nov
4 Dec	18 Dec

For more information, please call the number above or email referrals@headwayeastsussex.org.uk. We will take some information and refer you to your nearest support group, where the facilitator will be ready to greet you.

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Affiliated to Headway UK
 The Brain Injury Association
 A registered charity

Patron: Baroness Julia Cumberlege
 Registered Charity no: 1084715
 Limited by Guarantee, Registered in England no: 04027768