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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 **2018/2019** meeting dates are given below.

<b>EASTBOURNE</b> AGE UK EAST SUSSEX 1 Faraday Close Hampden Park Eastbourne East Sussex BN22 9BH	<b>BRIGHTON</b> Dorset Gardens Methodist Church Dorset Gardens, Off St James Street Kemptown Brighton, BN2 1RL
<b>1<sup>st</sup> Wed 7:30pm-9:30pm</b>	<b>3<sup>rd</sup> Wed 7:00pm-9:00pm</b>
2 May	16 May
6 June	20 June
4 July	18 July
1 August	15 August
5 September	19 September
3 October	17 October
7 November	21 November
5 December	19 December
2 January	16 January
6 February	20 February
6 March	20 March
3 April	17 April

For more information, please call the Advice & Support Services Team on the number above or email [referrals@headwayeastsussex.org.uk](mailto:referrals@headwayeastsussex.org.uk)

They will take some information and refer you to your nearest support group, where the facilitator will be ready to greet you.

Updated May 2018



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