



Carers Headspace

Do you take care of someone who has had a stroke, traumatic brain injury or acquired brain injury?

When a family member or someone close to you has a brain injury it can put a great strain on relationships and day to day life. Carers Headspace is an opportunity to meet others who may experience similar challenges.

Join our friendly and supportive group, for:

- Coffee
- Information in relation to brain injury
- Guided relaxation also on offer

We meet at Wade's Court meeting room, Norwich

- First Friday of every month
- 1:30 - 3:30pm
- William House, 19 Bank Plain, Norwich, NR2 4FS

Get in touch if you would like to come along or find out more:

- Telephone Angela on: 07780 439060 or
- Email: Angela.page@headway-nw.org.uk

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