

Carers Evening Drop-in Calendar 2019

7 to 9pm at Headway Bristol, Frenchay

5th February



Roman History Talk

2nd April



Wellbeing Talk

4th June



Carers Cream Tea

6th August



1st October



**Karate/ Self-Defence
Demonstration**

3rd December



Christmas Event

For more info please contact Tracey Lathrope or Nicky Purchase on 0117 4143 222



Registered Charity Number: 1007207 | info@headwaybristol.org.uk Affiliated to Headway

UK, the brain injury association, a Registered Charity