



## Online Group Meetings (via zoom)

Daytime on Thursdays from 11.00am-12.30pm

27 January	28 April	28 July	27 October
24 February	26 May	25 August	24 November
24 March	23 June	29 September	22 December

Evenings on Wednesdays from 6.00pm-7.30pm

12 January	13 April	13 July	12 October
9 February	11 May	10 August	9 November
9 March	8 June	14 September	14 December



### Voluntary Donations

As a specialist charity we rely on income to deliver our services, hire venues and fund our Group Facilitator.

If you are able to donate towards attending please simply scan this QR code to Just Giving. We suggest £5 for an

online meeting and £10 for a face-to-face meeting per person or per family/carer group.

**If you are not able to donate we still welcome you to join us.**

Please contact Sam Shephard with any queries or to join us  
Phone: 07776 528796 Email: [sam.shephard@headwaysussex.org.uk](mailto:sam.shephard@headwaysussex.org.uk)