

## Find out more



Visit our website:  
[www.headwayslondon.org](http://www.headwayslondon.org)



Like us on Facebook:  
[www.facebook.com/headwayslondon](http://www.facebook.com/headwayslondon)



Follow us on Twitter:  
[www.twitter.com/headwayslondon](http://www.twitter.com/headwayslondon)

## Contact us



Email:  
[info@headwayslondon.org](mailto:info@headwayslondon.org)



Phone:  
07395 831 993

## Want to help?

### Volunteer

Volunteers are crucial to the work we do. If you would like to get involved, find out more about our volunteering opportunities at:  
[www.headwayslondon.org/volunteering](http://www.headwayslondon.org/volunteering)

### Donate

We are hugely grateful for any donations – big or small! Help us to continue improving life after brain injury by donating here:  
[www.headwayslondon.org/donate](http://www.headwayslondon.org/donate)

[www.headwayslondon.org](http://www.headwayslondon.org)

## Improving life after brain injury



## We work to support people affected by brain injury in South West London:

- Merton
- Croydon
- Sutton
- Kingston upon Thames
- Richmond upon Thames
- Wandsworth

[www.headwayslondon.org](http://www.headwayslondon.org)

Affiliated to Headway UK, the brain injury association.  
Headway South West London is a registered charity (number 1150619) and a company limited by guarantee registered in England (number 8328984).

## About us

Headway South West London is an independent charity, affiliated to Headway UK, and one of over 100 Headway groups across the UK. All of our services are provided by a network of volunteers and the charity is governed by a group of trustees.

## Our services



### Regular group meetings:

Monthly meetings in Balham, Wimbledon, Croydon, and Richmond. These are for anyone who has experienced a brain injury, as well as family members, friends, and carers.



### Social events:

Regular events throughout the year such as summer trips (e.g. London Zoo and Brighton), lunches on us, and Christmas parties.



### Allotment visits:

Join us with Sue Hughes at our Martin Way allotment site, now with hot drink making facilities!



### Carers groups:

Regular meetings with Justine Speigelberg in a relaxed and friendly atmosphere for carers of anyone affected by brain injury.



## Monthly group meetings

Our monthly group meetings are for anyone who has experienced a brain injury, as well as family members, friends, and carers. Group activities vary from month to month with a mixture of information sharing and fun activities. You can meet and share experiences with other people who really know what it is like to struggle with the after-effects of a brain injury. To attend our group meetings, just turn up on the day!

### Balham group:

The first Tuesday of every month with Paula Murphy, 10-11:30am

### Wimbledon group:

The second Tuesday of every month with Noelle Blake, 7:30-9pm

### Croydon group:

The third Wednesday of every month with Michelle Doyle, 7:30-9pm

### Richmond group:

The fourth Thursday of every month with Laura Slader, 7:30-9pm

For more information please see our website or contact us:

✉ [info@headwayswLondon.org](mailto:info@headwayswLondon.org)

☎ 07395 831 993