


What's happening in the world of HSWL right now...

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**Headway South West London**

Welcome to Headway South West London. We work to support people with a brain injury, their families, carers and healthcare professionals.



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## Save the date - Christmas party

You are all invited to the HSWL Christmas party, which will be held at the Hand and Racquet, 25-27 Wimbledon Hill Road in Wimbledon, is now booked for Saturday 9 December 2017 from 1pm – 4pm. Join us for an early festive celebration with a Christmas menu, decorations and crackers.

## Bodkin Lane gig

We are delighted and very grateful that, for the second year, the Great Big Bodkin Lane Christmas Party Extravaganza is fundraising for HSWL. Billed as an evening of funktastic festive blues and soul, this popular gig will be held at The Bedford in Balham. The date for your diary is Thursday 14 December at 8pm. More information and tickets are available [here](#).



**Nestor**

We have partnered with Nestor to offer a brand new service - a benefits health check to ensure members are receiving all the benefits they are entitled to. This will initially be run on a pilot basis. More information is available on our website. If you would like to be involved, please email [info@headwayswLondon.org](mailto:info@headwayswLondon.org)

## Christmas break

Please note that there will be no Croydon or Richmond groups in December and no Balham group in January.



## Coming up...

### Balham Day Group Meeting

Tuesday 7 November, 10am-11.30am

Balham Library, 16 Ramsden Road, London SW12 8QY

Relaxation techniques – share what helps you to relax and try a relaxation technique that you can start using to manage anxiety, stressful day to day life and to ensure a quiet moment in your day.

### Wimbledon Group Meeting

Tuesday 14 November, 7:30pm-9pm

Drake House, St Georges Road, Wimbledon, SW19 4ED

'And Breathe...' - we will look at all aspects of breathing control.

## Croydon Group Meeting

Wednesday 15 November, 7.30pm-9pm

Harris Academy Purley, Kendra Hall Road, South Croydon CR2 6DT

Countdown to Christmas! Join us for Christmas crafting - from cards to decorations.

## Richmond Group Meeting

Thursday 23 November, 7:30pm-9pm

So, it's nearly Christmas! Richmond December group is always tricky to run as it's right in the middle of Christmas holidays, so come along to [The Sun Inn at 17, Parkshot, Richmond](#), for some drinks and nibbles.



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