

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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Social

Join us for lunch on Saturday 9 September between 1pm and 4pm at Jimmy's Restaurant, 122 The Broadway, Wimbledon, SW19 1RH.

All welcome and please email us if you will be attending at services@headwayswLondon.org so we know how many people to book a table for.

Allotment

Peter Briggs will be leading a gardening session to help us to get the most out of our allotment on Wednesday 6 September at 2pm. All welcome.

Allotment 106A, Martin Way Allotments West Side, Martin Way, SW20 9NT

[Click here for directions.](#)



Coming up...

Balham Day Group Meeting

Tuesday 5 September 10am -11:30am.

Balham Library, 16 Ramsden Road, London SW12 8QY

We will talk about emotions and how these can be affected by brain injury. This will be an opportunity to share thoughts and experiences and ways in which you manage your emotions following your brain injury, or how you support those you care for with a brain injury.

Wimbledon Group Meeting

Tuesday 12 September, 7:30pm-9pm

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

Looking at the use of reminders to aid memory. There is skill to using reminders. We will look at what the theory says and what works best for you.

Croydon Group Meeting

Wednesday 20 September, 7:30pm-9pm

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

As the nights are slowly getting darker and winter approaches, we will discuss how to keep ourselves safe when out and about.

Richmond Group Meeting

Thursday 28 September, 7:30pm-9pm

Moore Blatch Solicitors, 2 The Green, Richmond, London TW9 1PL

Our September group will focus on positive quotes and inspirational stories. Everyone is encouraged to bring and share stories; positive affirmations and inspiring moments that have helped on their journey following their head injury. What gives you hope?

Family & Friends Group

xxx

Last Month's Group Meetings

Wimbledon

xxx

Croydon

xxx

Richmond

XXX



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