

Have you or someone you care for had a **stroke?**

Join us and meet others affected by stroke, share experiences and find support.

Rebuilding lives after stroke

Stroke
Association





Headway carers group

Come along to our carers support group on the first Friday of every month, from **7 February 2020**.

When? **10am – 12pm**

There is a small charge for refreshments.

Where? **Herefordshire Headway, Headway House, Trenchard Avenue, Credenhill, Hereford, HR4 7DX**
Phone: **01432 761000**

Contact: **Jo Weston**
Email: **Jo.weston@stroke.org.uk**
Phone: **07392080003**

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Coffee mornings

Chat to others affected by stroke at our coffee mornings on the third Tuesday of every month, from **21 January 2020**.

When? **10.30am – 12pm**