

CARER SUPPORT GROUP

1.30 – 3.30pm

2 March

1 June

7 September

7 December

Carers, family and friends play a vital and important role in the process of rehabilitation following a brain injury but it can be a very challenging responsibility.

We're here to give support and advice to any carers, family and friends of people with a brain injury.

Support to help you:

- Cope with your caring responsibilities
- Meet other carers in similar situations
- Alleviate some of the isolation you may feel
- Share information and experiences with other carers

HEADWAY NORTH LONDON

Improving life after brain injury

Where? Coleridge House
2/3 Coleridge Gardens London NW6

For more information contact:
Maivor de Young 020 7372 4477

No need to make an appointment, just drop in.



How to get to Coleridge Gardens

Visit <http://journeyplanner.tfl.gov.uk/> to plan your journey.

Bus:

Routes 82, 13, 113, 268 and C11 go to Finchley Road. Route 31 goes to Fairfax Road.

London Underground:

The nearest Tube station is **Finchley Road (Jubilee & Metropolitan line)**. Come out of the station past Waitrose on your right. Turn right into Goldhurst Terrace, walk to the bottom of the road to the intersection with Fairhazel Gardens; turn left, past a small parade of shops. Coleridge Gardens is the small side-road next to The Arches Wine Bar. Go through the gate to reach Coleridge House.

Swiss Cottage (Jubilee Line) Take the Belsize Road exit (Exit 5) and walk down the hill to the roundabout. Take a right-hand turn into Fairhazel Gardens. Coleridge Gardens is the small side-road next to The Arches Wine Bar. Go through the gate to reach Coleridge House.

London Overground:

The nearest over-ground station is South Hampstead. When exiting the station turn right toward the roundabout. Take the turning into Fairhazel Gardens. Coleridge Gardens is the small side-road next to The Arches Wine Bar. Go through the gate to reach Coleridge House.

