



# **Up for a Challenge?**

## **Ever tried rowing?**

### **Opportunity for Headway Members**

**If you would you like to take part in free regular weekly rowing sessions this may be for you.**

**No previous experience is necessary although you do need to be able to travel independently to**

**The London Regatta Centre  
Royal Albert Dock E16**

**If you are interested let your Headway Group know  
or contact Annie Clacey, Headway London Regional Co-ordinator  
Tel 020 8858 5610 or email [London.co-ordinator@headway.org.uk](mailto:London.co-ordinator@headway.org.uk)**