



# 2019 Monthly Meetings

All welcome.

**The Quaker Meeting House, 10, St James Street, Sheffield S1 2EW**  
**On the second Thursday of the month (except August).**

They commence at **7.30 pm** and finish around 9 pm (doors open 7.00)

Our regular monthly meetings are where people affected by epilepsy can meet, find mutual support and basic advice about epilepsy in a friendly group.

A variety of interesting topics are also presented.  
Admission free, Any donations welcome (£1 is suggested).

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| Thursday:   |   |
| 10 January 2019   | Reflexology talk and demonstration with Sally Marshall        |
| 14 February   | A.G.M. & Non-epileptic attack disorder - Prof. Markus Reuber  |
| 14 March  | Side effects of epilepsy medication - Dr Alice Brockington    |
| 11 April  | Open (tbc)  |
| 9 May   | epilepsy week theme (tbc)                                     |
| 13 June   | World Heart Rhythm Week - know your pulse!                    |
| 11 July 2019  | A History of Sheffield Newspapers - a talk by Suzanne Bingham |
| +++++++ There will be no evening meeting in August. +++++++ |   |
| 12 September  | Open (tbc)  |
| 10 October  | Branch 30 <sup>th</sup> Anniversary                           |
| 14 November   | (tbc)   |
| 12 December 2019  | Open social meeting   |

Planned topics:  
General local interest themes

Open meetings will include Q & A sessions with our resident accredited volunteers.

**Drop-in coffee and chat sessions at Edison's Coffee, York Street / East Parade, Sheffield S1 2ER. (Near the Cathedral)**  
**Anytime between 10.00 & 11.00 am on the second Saturday of each month.**

**Contact :**  
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*Epilepsy Action is the working name of the British Epilepsy Association*

A registered charity ( Registration in England No. 234343) and a company Limited by Guarantee (Registered in England No. 797997).  
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