



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 7.15 pm and finish around 8.45 pm (doors open 6.50)

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).

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
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 30th 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.

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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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