

## 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).

Thursday:

10 January 2019 Reflexology talk and demonstration with Sally Marshall

14 February A.G.M. & (tbc)

14 March (tbc)

11 April (tbc)

9 May (tbc)

13 June (tbc)

11 July 2019 (tbc)

+++++++ There will be no evening meeting in August. +++++++

12 September (tbc)

10 October (tbc)

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*

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