



Island  
Neurological  
Network

Connecting you with local support and information

# DROP IN CAFÉ

**Friday 14<sup>th</sup> September 2018 2 - 4PM**

Aspire Ryde, Trinity Buildings, Dover Street,  
Ryde, PO33 2BN

**FREE Everyday First Aid with British Red Cross**  
**Simple, easy to remember and fun!**  
**(15 places, must be booked, see email/phone below)**

Website: [www.hampshireneural.org.uk/iow](http://www.hampshireneural.org.uk/iow)

(Island Neurological Network (INN) is an umbrella group for 10 member organisations, connecting those living with a neurological condition, their families and friends, offering support, information and advice on the Isle of Wight)

## Please Join Us – All Welcome

For more information please contact Kay on: **07762 756149**

Email: [islandneurologynetwork@gmail.com](mailto:islandneurologynetwork@gmail.com)

Registered Charity Number: 1127183

**Free refreshments will be available at the café**  
**Always time to chat about what we want from our cafes in 2018**



*My life  
a full life*