



# Meningitis Now Calendar of Support Events for 2020

Meningitis Now offers a range of FREE support events in many locations across the UK. The calendar below lists the event name, location and date. Confirmed venues are detailed below, however we will continue to update our website and regional Facebook pages with event information as venues are booked.

Visit [www.meningitisnow.org/supportevents](http://www.meningitisnow.org/supportevents) to find out more about our support events and register to attend.

EVENT NAME	EVENT DATE	REGISTRATION CLOSE DATE
Believe & Achieve Weekend The Calvert Trust, Exmoor (for 18-25 year-olds)	Friday 24 - Sunday 26 April	Friday 14 February
Family Day Northern Ireland Bryson LaganSports, Belfast	POSTPONED	
Believe & Achieve Outdoors Day Worcestershire (for 14-25 year-olds)	Saturday 20 June	Friday 12 June
Family Day South Thomley, Buckinghamshire	POSTPONED	
Believe and Achieve Weekend The Calvert Trust, Lake District (for 11-18 year-olds plus 1 parent / carer)	POSTPONED	
Believe & Achieve Weekend Center Parcs, Longleat (for 18-25 year-olds)	Friday 4 - Sunday 6 September	Friday 12 June
Forever Weekend Bosworth Hall Hotel & Spa (bereavement event for adults)	Friday 11 - Sunday 13 September	Friday 14 August
Family Day Wales Techniquet, Cardiff	Sunday 18 October	Friday 2 October
Family Day Scotland The Falkirk Wheel, Falkirk	Saturday 31 October	Friday 16 October
Believe & Achieve Filming Day Milton Keynes (TBC) (for 14-25 year-olds)	TBC	TBC
Believe & Achieve Social Evening Edinburgh (for 14-25 year-olds)	Friday 20 November	Friday 13 November
Believe & Achieve Social Evening London (for 14-25 year-olds)	Friday 27 November	Friday 20 November
Family Day North Chill Factore, Manchester	Sunday 29 November	FULLY BOOKED

**Please note** - the dates listed may be subject to change. Numbers are limited per event and priority will be given to those who have not previously attended a Meningitis Now support event.

## FAMILY DAYS

Funded by BBC Children in Need, we hold Family Days across the UK. Due to physical and emotional after-effects, some families can find it difficult to source activities and days out that can accommodate their child's needs. Our Family Day events provide children and young people with a variety of engaging activities that are accessible to all, enabling them to play and have fun with siblings and peers in an environment suitable to their needs and disabilities.

Held at family friendly venues, they give children and their families the chance to spend quality time together as a family unit. Activities may include: animal interactions, face painting, craft activities, accessible sports and structured and free play activities. Parents can gain peer support from others who share similar experiences in a structured but relaxed environment.



*"We could relax as a family and the boys really enjoyed themselves. It was good to attend something and not to worry if my son got tired and grumpy, everyone would understand. The boys liked meeting other children and are still talking about the friends they made on the day."*

## BELIEVE AND ACHIEVE WEEKENDS FOR THOSE AGED 11-18

Funded by BBC Children in Need, we hold FREE residential weekends for young people aged 11-18 who have had meningitis or are coping with a family member affected by meningitis.

Held at activity centres in beautiful locations across the country, young people attend with a parent (or carer) and get to take part in a range of activities led by trained staff, which may include accessible cycling, canoeing, horse riding and swimming. Welcoming all abilities and experience, the fully catered weekends give young people the opportunity to challenge themselves, meet and spend time with others with similar experiences and enjoy quality time with their parent without having to worry about issues that can be part of normal, everyday life. Above all, the weekends are about building confidence, having fun and making friends.



*"Thank you so much for a fantastic weekend. It was lovely to see my daughter have fun and achieve something she thought she couldn't do. We really enjoyed meeting so many other families who have had similar experiences to us; it makes you feel like you are not alone."*

## FOREVER WEEKENDS FOR THOSE AGED 18+

Meningitis Now Forever Weekends welcome anyone who has sadly lost a loved one to meningitis. We recognise that the death of a close family member is one of the most fundamental losses a person will ever face. These special events, for adults only, offer the opportunity to meet and gain peer support from others who truly do have an understanding and a shared experience, helping to reduce the feeling of isolation felt by many.

A Forever Weekend follows a programme of commemorative sessions and appropriate themed workshops to remember and celebrate the lives of loved ones. A dedicated adults' session is facilitated by trained bereavement practitioners to help adults share their experiences and express their grief.



*"Attending a Forever Day gave us the opportunity to meet with other families who have suffered the loss of a loved one from meningitis in a safe and supportive environment."*

## BELIEVE & ACHIEVE PROGRAMME FOR THOSE AGED 14-25

Visit [www.meningitisnow.org/believe&achieve](http://www.meningitisnow.org/believe&achieve) for more details.

To keep up to date on our programme of support events, please visit [www.meningitisnow.org/supportevents](http://www.meningitisnow.org/supportevents)

