

Our Speaker for September 2013  
**Nigel Baldwin**

**‘Finding the Answer’**

Surviving a plane crash on the M1 motorway in 1989 was just one experience that contributed to make life unbearable for Nigel. He suffered from survivor’s guilt, acute post-traumatic stress disorder and nightmares. He sank into self-pity along with drugs, alcohol and tobacco.

Life was impossible but was there an answer?

Come and hear Nigel’s fascinating story and be inspired!

   
**7:30 p.m. Monday September 23rd 2013**  
The Skylark Hotel, Aviation Way, Southend-On-Sea, Essex, SS2 6UN   
  
BUFFET MEAL WITH COFFEE/TEA only £12.00  
There are a number of meal options. Please let us know when booking if you have any special dietary requirements

To book just go to the website    
http://fgb-southend.weebly.com/booking.html  
or ring  
Ring Reg Smith on 01702 544468   
Colin Bass on  07958 766553

The dress code is very informal.   
  
All our dinners are open to the general public both men and women and you can be assured of a warm welcome at any of our meals!

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*Meal dates for your diary*

*Monday 28th October 2013 – Speaker Barry Lawrence*

*Monday 25th 2013 November Singer/Speaker Helen Yousef*



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