


1 START

 Came to the first session looking forward to ALS as I'd done it in my institution & found it useful, but I didn't fit into a group that existed & wanted that support.

2

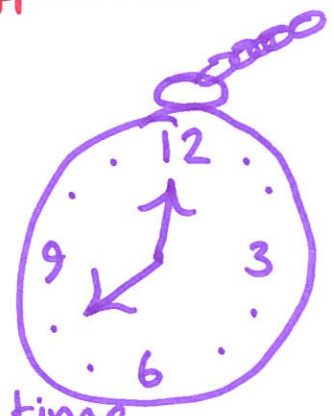
3 

First ALS concerned at # participants & time available to discuss issues

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Left meeting with some clarity over my work/life balance that really helped me

5



.... time passed...

6

7

Tik

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Tok

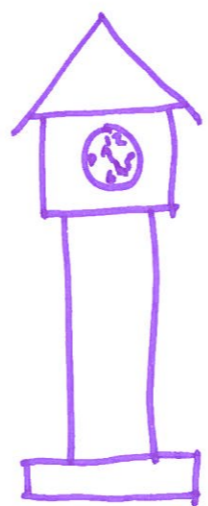
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Next 2 meetings went well, we all got on & great to hear people's updates & how they'd moved forward 

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 Email came to confirm last meeting - sad it's coming to an end

14

 I had an issue which people have helped me to work through so I have something to go away with.

15

 We've discussed possibly meeting again so end on a high.

16

 Our group have worked really well together & all committed so we were lucky

FINISH 