

November 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113				
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat 6th
AM	29th GYM at Sunderland University 10- 12 noon	30st GYM at Sunderland University 10- 12 noon	31st	1st GYM at Sunderland University, City Space 10.30 am -12 noon	2nd	
		No Art Session		Wearside Stroke Group 1-3.30 pm		
A.M	5th GYM at Sunderland University 10- 12 noon	6th GYM at Sunderland University 10- 12 noon	7th	8th GYM at Sunderland University 10.30 am -12 noon	9th	
PM	Therapies with Klaire Bookable appointment	NO ART SESSIONS				
A.M	12th GYM at Sunderland University 10- 12 noon	13th GYM at Sunderland University 10- 12 noon	14th	15th GYM Sunderland University City Space 10.00 am -12 noon	16th	
PM		Social Session – Art with Julie		Wearside Stroke Group 1-3. Pm		
A.M	19nd GYM at Sunderland University 10- 12 noon	20d GYM at Sunderland University 10- 12 noon	21th CABIS Peer Support with Charlotte	22th GYM Sunderland University City Space 10.00 am -12 noon	23th	
PM	Therapies with Klaire Bookable appointment	Social Session – Art with Julie				
	26th GYM at Sunderland University 10- 12 noon	27 GYM at Sunderland University 10- 12 noon	28	29th GYM at Sunderland University 10- 12 noon	30	
		Social Session – Art with Julie		Wearside Stroke Group 1-3. Pm Look ahead in the North Members Meeting 1pm		

Christmas Meal – Wednesday 19th December

Ladies Day will start again in December