

	November 2017 - Headway Wearside		For further information contact Kim 0191 522 7113		
	Monday	Tuesday	Wednesday	Thursday	Friday
AM		31st GYM at Sunderland University 10- 12 noon	1 st Awareness Session Understanding Brain Injury Contact office for details	2nd Walking Football Sunderland University 10.30 am -12 noon	3rd
	Bowling Club 1-2.30 pm	Halloween Lunch Chicken curry 1pm – 3 pm Contact to reserve lunch	Postponed Museum Trip		
A.M	6 th Relaxation with Klaire Book your appointment 10 – 1 pm	7 th GYM at Sunderland University 10- 12 noon	8 th	9th Walking Football Sunderland University 10.30 am -12 noon	10th
PM	Bowling Club 1-2.30 pm	NO Drop in			
A.M	13 Volunteer Gardening ST Mary and St Peters Community Project 10 am	14th GYM at Sunderland University 10- 12 noon	15 th Peer Support CABIS Contact Charlotte	16 Walking Football Sunderland University 10.00 am -12 noon	17th
PM	Bowling Club 1-2.30 pm	Social session -Planning bring your own packed lunch			
A.M	20th Relaxation with Klaire Book your appointment 10 – 1 pm	21st GYM at Sunderland University 10- 12 noon	22 nd .	23rd Walking Football Sunderland University 10.00 am -12 noon	24th
PM	Bowling Club 1-2.30 pm	Social session [art] bring your own packed lunch			
A.M	27 th Volunteer Gardening ST Mary and St Peters Community Project 10 am	28th GYM @ Sunderland Uni 10- 12 noon	29th Museum Trip Contact Office for details	30 th Walking Football Sunderland University 10.00 am -12 noon	1 st
PM	Bowling club 1-2.30	Social session [art] bring your own packed lunch			