

April 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113			
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	2nd GYM at Sunderland University 10- 12 noon	3rd GYM at Sunderland University 10- 12 noon	4th	5h Walking Football /Bowling Sunderland University, City Space 10.30 am -12 noon	6th
		Social session- Art with Julie bring your own packed lunch			
A.M	9th GYM at Sunderland University 10- 12 noon	10th GYM at Sunderland University 10- 12 noon	11th	12th Walking Football/Bowling Sunderland University 10.30 am -12 noon	
PM	Relaxation with Klaire & First Aid session with the Red Cross Main Hall 1pm prompt start	Social session- Art with Julie bring your own packed lunch			
A.M	16th GYM at Sunderland University 10- 12 noon	17th GYM at Sunderland University 10- 12 noon	18th CABIS Peer support with charlotte 10.30 am	19th Walking Football /Bowling Sunderland University City Space 10.00 am -12 noon	20th
PM					
A.M	23rd GYM at Sunderland University 10- 12 noon	24th GYM at Sunderland University 10- 12 noon	25th	26th	27th
PM	Relaxation with Klaire Live life Well – with Donna [main hall] 1pm	Social session- Art with Julie bring your own packed lunch			
	30th GYM at Sunderland University 10- 12 noon	1st may	2nd May	3rd May Walking Football/Bowling Sunderland University 10.00 am -12 noon	
	Live life Well session with Donna [main hall]1pm			Fundraising Afternoon Tea. Hstings hill 3.30 pm Tickets £8	