

		February 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113		
		Monday	Tuesday	Wednesday	Thursday	Friday
AM	5 th GYM at Sunderland University 10- 12 noon	6 th GYM at Sunderland University 10- 12 noon	7 th	8 th Walking Football /Bowling Sunderland University , City Space 10.30 am -12 noon	9 th	
		Social session- Art with Julie bring your own packed lunch	Trip to the Baltic Museum Gateshead Book your place.			
A.M	12 th GYM at Sunderland University 10- 12 noon	13 th GYM at Sunderland University 10- 12 noon	14 th	15 th Walking Football/Bowling Sunderland University 10.30 am -12 noon	16 th	
PM	Relaxation with Klaire +Social afternoon with Sarah Book your appointment 12.30 pm	Social session- Art with Julie bring your own packed lunch				
A.M	19 th GYM at Sunderland University 10- 12 noon	20 th GYM at Sunderland University 10- 12 noon	21 st CABIS Peer support with charlotte 10.30 am	22 nd Walking Football /Bowling Sunderland University City Space 10.00 am -12 noon	23 rd	
PM		National Glass Centre – workshop Glass infused project. You need to book a place By Tuesday 13 th		Social Lunch 12.30 pm Curry and Rice. Reserve your place at the table with Kim		
A.M	26 th GYM at Sunderland University 10- 12 noon	27 th GYM at Sunderland University 10- 12 noon	1 st	2 nd Walking Football/Bowling Sunderland University 10.00 am -12 noon	3 rd	
PM	Relaxation with Klaire Book your appointment 12.30 -pm	Social session- Art with Julie bring your own packed lunch				