

September 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113			
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	3rd GYM at Sunderland University 10- 12 noon	4th GYM at Sunderland University 10- 12 noon	5th	6th GYM at Sunderland University, City Space 10.30 am -12 noon	7th
	Have a go Tennis 1pm start – fully accessible	Social session- Art with Julie		Wearside Stroke Group 1-3.30 pm	
A.M	10th GYM at Sunderland University 10- 12 noon	11th GYM at Sunderland University 10- 12 noon	12th	13th GYM at Sunderland University 10.30 am -12 noon	14th
PM	Therapies with Klaire Bookable appointment	Social Session – Art with Julie			
A.M	17th GYM at Sunderland University 10- 12 noon	18th GYM at Sunderland University 10- 12 noon	19th CABIS Peer Support with Charlotte	20th GYM Sunderland University City Space 10.00 am -12 noon	21st
PM	Have a go Tennis 1pm start – fully accessible	Social Session – Art with Julie		Wearside Stroke Group 1-3. Pm  Social Planning Meeting- Hastings Hill 3.30 – 4.30 pm Followed by monthly social	
A.M	24th GYM at Sunderland University 10- 12 noon	25th GYM at Sunderland University 10- 12 noon	26th	27th GYM Sunderland University City Space 10.00 am -12 noon	28th
PM	Therapies with Klaire Bookable appointment	Social Session – Art with Julie			

Sessions may be subject to change.