

September 2019 - Headway Wearside		For further information contact office/ Kim 0191 522 7113 Please confirm if you are attending activity sessions			
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	2nd GYM at Sunderland University 10 – 12 noon	3rd GYM at Sunderland University 10- 12 noon	4th	5th GYM at Sunderland University, City Space 10.30 am -12 noon	6th
		Julies Arts – Prepare for market activities 1pm start		Social Afternoon 3.30 pm Hastings Hill - Grindon SR4 9LP	
A.M	9th GYM at Sunderland University 10 – 12 noon	10th GYM at Sunderland University - 10- 12 noon	11th	12th GYM at Sunderland University 10.30 am -12 noon	13th
PM	Film making /photography planning 1 pm	Julies Arts – Prepare for market activities 1pm start			
A.M	16th GYM at Sunderland University 10- 12 noon	17th GYM at Sunderland University - 10- 12 noon	18th	19th GYM Sunderland University City Space 12noon -12 noon	20th
		Julies Arts – Prepare for market activities 1pm start		Stroke Group 1-3 pm	
AM	23rd GYM at Sunderland University 10- 12 noon	24 th GYM at Sunderland University 10- 12 noon	25th	26th GYM at Sunderland University, City Space 10- 12 noon	27 th
PM		Julies Arts – Prepare for market activities 1pm start		Ceramics Course [11 weeks] 1pm – 4 pm	

Save the Date ----- MONDAY 4TH NOVEMBER – Fundraising Psychic Night with Barry Mason at Hastings Hill

CABIS Peer Support – please contact charlotte for dates

NEW Ceramics Course is for 11 weeks. You need to register your place contact Kim