

		January 2020 - 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	6 th	GYM at Sunderland University 10 – 12 noon	7 th Gym at Sunderland University 10- 12 noon	8 th	9 th GYM at Sunderland University, City Space 10.30 am -12 noon	10 th
Pm						
A.M	13 th	GYM at Sunderland University 10 – 12 noon	14 th GYM at Sunderland University 10- 12 noon	15 th Fundraising Letter drop The Bridges shopping Centre 10.30 am Let us know if you are available to help .	16 th GYM at Sunderland University 10.00 am -12 noon	17 th
PM		Cooking Club with Julie Salvation Army, Southwick 12noon – 3 pm			Sugar Craft and Sweet Treats Making 1 – 3 pm	
A.M	20 th	GYM at Sunderland University 10 – 12 noon	21 st Gym at Sunderland University 10 – 11 am	Tennis with Nick City Space 11-12 noon	23 rd GYM at Sunderland University 10 – 12 noon	24 th
			Creative Craft Workshop Week 1 1-3 pm	22 nd Washington BIG Group. Millennium Centre Concord 12.30 -2.30	Sugar Craft and Sweet Treats Making 1 – 3 pm	
AM	27 th	GYM at Sunderland University 10 – 12 noon	28 th GYM at Sunderland University 10 – 12 noon	29 th	30 th GYM at Sunderland University 10 – 12 noon	31 st
PM			Creative Craft Workshop Week 2 1 -3 pm		Sugar Craft and Sweet Treats Making 1 – 3 pm	