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|  | **January 2019 - Headway Wearside** | **For further information contact office/ Kim 0191 522 7113** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM** |  **7th GYM at**  **Sunderland University**  **10- 12 noon** | **8th GYM at**  **Sunderland University**  **10- 12 noon** | 9th |  **10th GYM at**  **Sunderland University,****City Space 10.30 am -12 noon** | 11th Time for Change Event.Sign up and tell us your views on the Time for change Report. 10- 12 noon.   |
|  |  | **Social Session – Art with Julie, planning session.** |  | Wearside Stroke Group 1-3.30 pm  |
|  |  |  |  |  |  |
| **A.M** | 14th **GYM at**  **Sunderland University**  **10- 12 noon** | **15th GYM at**  **Sunderland University**  **10- 12 noon** |  16  | **17 GYM at**  **Sunderland University** **10.30 am -12 noon** |  18th |
| **PM** | Relaxation with Klaire group session, come along and learn about oils, relaxing and much more 1-3 pm  | **Social Session – Art with Julie** |  |  |
|  |  |  |  |  |  |
| **A.M** | **21st**   **GYM at**  **Sunderland University**  **10- 12 noon**  | **22nd GYM at**  **Sunderland University**  **10- 12 noon** | 23rd CABIS Support Group with Charlotte 10.30 am  | 24th **GYM** **Sunderland University** **City Space 10.00 am -12 noon** | 25th  |
|  | **Social Session – Art with Julie** | Wearside Stroke Group 1.30 pm Burns Night social 3.30 – 5.30 pm  contact the office for details  |
|  |  |  |  |  |  |
| **AM** | **28th**  **GYM at**  **Sunderland University**  **10- 12 noon**  | **29th GYM at**  **Sunderland University**  **10- 12 noon** |  |  **31st GYM at**  **Sunderland University**  **10- 12 noon** |  |
| **PM** |  Relaxation with Klaire group session, come along and learn about oils, relaxing and much more 1-3 pm  | **Social Session – Art with Julie** | 30th  |  |  |