

	April 2019 - Headway Wearside		For further information contact office/ Kim 0191 522 7113		
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	1st GYM at Sunderland University 10- 12 noon	2nd GYM at Sunderland University 10- 12 noon		7th GYM at Sunderland University, City Space 10.30 am -12 noon	8 <sup>th</sup>
		Social Session Art with Julie, 1- 3 pm		Wearside Stroke Group 1-3.30 pm	
A.M	8 <sup>th</sup> GYM at Sunderland University 10- 12 noon	9 <sup>th</sup> GYM at Sunderland University 10- 12 noon	10 <sup>th</sup>	11 GYM at Sunderland University 10.30 am -12 noon	12 <sup>th</sup>
PM	Relaxation with Klaire Bookable sessions 1pm – 3 pm	Social Session Art with Julie 1-3 pm		I can Do - Social Group Chocolate and Sweet Treats Course week 1	
A.M	15 <sup>th</sup> GYM at Sunderland University 10- 12 noon	16 <sup>th</sup> GYM at Sunderland University 10- 12 noon	17 <sup>th</sup>	18 <sup>th</sup> GYM Sunderland University City Space 10.00 am -12 noon	19 <sup>th</sup>
		Social Session Art drop in 1-3 pm		I can Do - Social Group Chocolate and Sweet Treats Course week 2	
AM	22 <sup>nd</sup> Bank Holiday	23 <sup>rd</sup> GYM at Sunderland University 10- 12 noon	24 <sup>th</sup>	25 <sup>th</sup> GYM at Sunderland University 10- 12 noon	26 <sup>th</sup>
PM		No Art Session	CABIS -Peer support with Charlotte	I can Do – Social Group Chocolate and Sweet Treats Course week 3	