

March 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	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
Pm		Can Cook Cant Cook Course 1-3 pm at Base . Week 1 Please register for 5 week		Washington BIG Group. Millennium Centre Concord 12.30 -2.30		
A.M	9th GYM at Sunderland University 10 – 12 noon	10th GYM 10- 12 noon Sunderland University	Tennis with Nick 11 am City Space	11th	12th GYM at Sunderland University 10.00 am -12 noon	13th
PM		Can Cook Cant Cook- Course 1-3 pm at Base . Week 2			NEW Course Stress Buster 1-3 pm Wk 1	
A.M	16th GYM at Sunderland University 10 – 12 noon	17th Gym at Sunderland University 10 – 11 am		18th CABIS Social Peer Support Group with Charlotte	19th GYM at Sunderland University 10 – 12 noon	20th Look ahead in the North Residential
		Can Cook Cant Cook - Course 1-3 pm at Base . Week 3		22nd Washington BIG Group. Millennium Centre Concord 12.30 -2.30	NEW Course Stress Buster 1-3 pm Wk 2	
AM	23rd GYM at Sunderland University 10 – 12 noon	24th GYM at Sunderland University 10 – 12 noon		56th	26th GYM at Sunderland University 10 – 12 noon	27 th
PM		Can Cook Cant Cook - Course 1-3 pm at Base . Week 4			NEW Course Stress Buster 1-3 pm Wk 3	