

December 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113				
Monday		Tuesday	Wednesday	Thursday	Friday	Sat 6th
AM	3rd GYM at Sunderland University 10- 12 noon	4th GYM at Sunderland University 10- 12 noon	5th	6th GYM at Sunderland University, City Space 10.30 am -12 noon	7th	
	Therapies with Klaire Bookable appointment	Social Session – Art with Julie		Wearside Stroke Group 1-3.30 pm		
A.M	10th GYM at Sunderland University 10- 12 noon	11th GYM at Sunderland University 10- 12 noon	12 Cabis Peer Support with Charlotte	13 GYM at Sunderland University 10.30 am -12 noon	14th	
PM		Social Session – Art with Julie				
A.M	17th GYM at Sunderland University 10- 12 noon	18th GYM at Sunderland University 10- 12 noon	19 th	20 th GYM Sunderland University City Space 10.00 am -12 noon	21st	
PM	Therapies with Klaire Bookable appointment	Social Session – Art with Julie Minced pie and non alcoholic mulled wine will available.	Christmas Meal at the Hastings Hill Bookable . contact the office			