

January 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113			
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	8 <sup>th</sup>	9 <sup>th</sup> GYM at Sunderland University 10- 12 noon	10 <sup>th</sup>	11 <sup>th</sup> Walking Football Sunderland University City Space 10.30 am -12 noon	12 <sup>th</sup>
		Social session- Art with Julie bring your own packed lunch			
A.M	15 <sup>th</sup> Relaxation with Klaire Book your appointment 12.30 – 2.30	16 <sup>th</sup> GYM at Sunderland University 10- 12 noon	17 <sup>th</sup> CABIS Peer Support with Charlotte 10.30 – 12noon	18 <sup>th</sup> Walking Football Sunderland University 10.30 am -12 noon ***** Vestibular Support Group 10.30 am – 12 noon	19 <sup>th</sup>
PM	Bowling Club 1-30 - 2.30 pm	Social session- Art with Julie bring your own packed lunch 1-3 pm			
A.M	22 <sup>nd</sup>	23 <sup>rd</sup> GYM at Sunderland University 10- 12 noon	24 <sup>th</sup> Carer Catch up Healthy me . 10 – 12	25 <sup>th</sup> Walking Football Sunderland University 10.00 am -12 noon	26 <sup>th</sup>
PM	Bowling Club 1-30 -2.30 pm	Social session- Art with Julie bring your own packed lunch 1-3 pm			
A.M	29 <sup>th</sup> Relaxation with Klaire Book your appointment 12.30 -2.30 pm	30 <sup>th</sup> GYM at Sunderland University 10- 12 noon	31 <sup>st</sup>	1 <sup>st</sup> Walking Football Sunderland University 10.00 am -12 noon	2 <sup>nd</sup>
PM	Bowling Club 1-30 – 2.30 pm	Social session- Art with Julie bring your own packed lunch 1-3 pm			
	St Mary and St Peters Community Project – Gardening Project Mondays 10 am – 12 noon . All welcome				