

		May 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113			
		Monday	Tuesday	Wednesday	Thursday	Friday	
AM	7 th May	Bank Holiday	8 th May	GYM at Sunderland University 10- 12 noon	9 th	10 th Walking Football /Bowling Sunderland University, City Space 10.30 am -12 noon	13 th
			Social session- Art with Julie bring your own packed lunch				
A.M	14 th	GYM at Sunderland University 10- 12 noon	15 th	GYM at Sunderland University 10- 12 noon	16 th CAB Peer support with charlotte 10.30 am	17 th Walking Football/Bowling Sunderland University 10.30 am -12 noon	18 th
PM		Relaxation with Klaire & Live life Well – alcohol and smoking awareness	Social session- Art with Julie bring your own packed lunch				
A.M	21 st	GYM at Sunderland University 10- 12 noon	22 nd	GYM at Sunderland University 10- 12 noon	23 rd	24 th Walking Football /Bowling Sunderland University City Space 10.00 am -12 noon	25 th
PM							
A.M	28 th	Bank holiday	29 th	GYM at Sunderland University 10- 12 noon	31 th	1 st	
PM			Social session- Art with Julie bring your own packed lunch				