

October 2019 - 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	GYM at Sunderland University 10 – 12 noon	1st GYM at Sunderland University 10- 12 noon	2nd	3rd GYM at Sunderland University, City Space 10.30 am -12 noon	4th
			Media Group 10.30 – 12 noon.	Ceramics Course [Week2] 1pm – 4 pm	
A.M	7th GYM at Sunderland University 10 – 12 noon	8th GYM at Sunderland University - 10- 12 noon Tennis with A690 Team in the Hall 11am	9th	10th GYM at Sunderland University 10.30 am -12 noon	11th
PM				Ceramics Course [week 3] 1pm – 4 pm	
A.M	14th GYM at Sunderland University 10- 12 noon	15 th GYM at Sunderland University, City Space 10- 12 noon Tennis with A690 Team in the Hall 11 am	16th CABIS Peer support	17th GYM Sunderland University City Space 12noon -12 noon	18th
				Ceramics Course [week 4] 1pm – 4 pm	
AM	21st GYM at Sunderland University 10- 12 noon	22nd GYM at Sunderland University 10- 12 noon	23rd	24th GYM at Sunderland University, City Space 10- 12 noon	25 th
				Ceramics Course [week 5] 1pm – 4 pm	
	28th GYM at Sunderland University 10- 12 noon	29 th GYM at Sunderland University 10- 12 noon	30th	1 November GYM at Sunderland University 10- 12 noon	
PM				Ceramics Course [week 6] 1pm – 4 pm	

Art sessions and relaxation sessions will resume soon. subject to funding.