



SESSIONS AND ACTIVITIES MAY 2017

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>	<i>Sunday</i>
1 BANK HOLIDAY	2 1.30 – 2.30 pm Headway Fit Club - Eastbourne Sports Complex - gym	3	4 1:1 sessions available with psychologist. Ring Jean on 0789 134 9036 for an appointment.	5	6	7 1.30 – 3.30 pm Adapted cycling at Eastbourne Sports Complex
8 1.00 – 3.00 pm Chat and catch-up at Mowden	9 BRAIN 1.30 – 2.30 pm Headway Fit Club - Eastbourne Sports Complex – gym	10 INJURY	11 AWARENESS 1:1 sessions available with psychologist. Ring Jean on 0789 134 9036 for an appointment.	12 WEEK 1.00 – 3.30 pm Creativity Sessions: Open Art Studio, Yarm Road, Darlington	13	14
15	16 1.30 – 2.30 pm Headway Fit Club - Eastbourne	17	18 1:1 sessions available with psychologist. Ring Jean on 0789 134 9036 for an appointment.	19 10 am-12 noon Ancestry Group 1.00 – 3.30 pm Creativity Sessions: Open Art Studio	20	21
22 11 am-12 noon Discussion Group (Led by Richard) 1 - 3 pm Session: “Living with a hidden Disability”	23 1.30 – 2.30 pm Headway Fit Club - Eastbourne	24	25 1:1 sessions available with psychologist. Ring Jean on 0789 134 9036 for an appointment.	26 1.00 – 3.30 pm Creativity Sessions: Open Art Studio,	27	28
29 BANK HOLIDAY	30 1.30 – 2.30 pm Headway Fit Club - Eastbourne	31				