HEADWAY DARLINGTON & DISTRICT
Rebuilding lives after brain injury

October 2017: Activities & Sessions

Headway Hub, The Arena, Neasham Road, Darlington, DL2 1DL

01325 376444 / info@headwaydarlington.org.uk

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
2	3 **1.30-3.30:** Group Session. Opportunity to Chat plus activities to exercise the brain	4 **10am – 12 noon** Create & Craft with Jenny	5 1:1 (individual) sessions with Jean. Call 07891 34 90 36 for an appointment.	6 **1.00-3.00pm**: Pottery Open Art Studio	7	8
9 **1.30-3.30pm** Art Group with Petra. Introduction to drawing techniques	10	11 **10am – 12 noon** Create & Craft with Jenny **1pm – 3pm:** Family support meeting	12 1:1 (individual) sessions with Jean. Call 07891 34 90 36 for an appointment.	13 **1.00-3.00pm**: Pottery Open Art Studio	14	15
16	17 **1.30-3.30:** Group Session. Opportunity to Chat plus activities to exercise the brain **1.30-3pm:** Laughter Therapy to promote health and wellbeing with Deborah	18 **10am – 12 noon** Create & Craft with Jenny **1pm-3pm:** Holiday Spanish with Corinne	19 1:1 (individual) sessions with Jean. Call 07891 34 90 36 for an appointment. **1.30pm-3pm:** Open House! Drop in for a chat.	20 **10am-12 noon** Ancestry Group (to be confirmed due to internet) **1.00-3.00pm**: Pottery Open Art Studio	21 **10am – 4pm** Photographic Exhibition 'Life after brain injury' Mushroom works, Ouseburn Valley, Newcastle, NE6 1AR	22 **1.30 – 3.30pm** Adapted cycling at Eastbourne Sports Complex outside track
23 **1.30-3.30pm** Art Group with Petra.	24	25 **10am – 12 noon** Create & Craft with Jenny **1pm-3pm:** Holiday Spanish with Corinne	26 1:1 (individual) sessions with Jean. Call 07891 34 90 36 for an appointment.	27 **1.00-3.00pm**: Pottery Open Art Studio	28	29