



Headway Wearside: Improving Life after Brain Injury

Charity Number 1140910 Company Number 07504702



Jump In

with Headway Wearside

Indoor Activity/Sports and Gym sessions and Free Everyone Active Card [limited space]

Do you have a long term health need or a disability or would you just like some support to **Get out and Get Active?** **Why not come along and** learn to play sports such as seated tennis, Boccia or sports in a new fun way then these sessions are just for you.

Come along to our open day and find out more or register your place ?
Wednesday 25th August or Thursday 26th August

Wednesday Morning – St Mary and St Peters Community Project, Springwell SR3 4DY

Thursday Afternoon – Washington Millennium Centre NE37 2QD

Weekly sessions will be held at the venues above and across the city .

Everyone Active cards can be used at anytime at a centre near you. 7 days a week at a time when its best for you. [carers places free]

For more details contact Kim 07830346985



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET



Kim Hunter

Business and Development Officer

On behalf of Headway Wearside

Email. Kim.hunter@headwaywearside.org.uk

Headway Wearside

St Mary and St Peters Community Project, Springwell Road, Sunderland, SR3 4DY

Tel. 0191 522 7113 "Affiliated to Headway - the brain injury association - a registered charity"



the brain injury association