



HEADWAY SOUTH CUMBRIA

CALENDAR OF ACTIVITIES 2017

March <u>2nd</u>	<p><u>OUR AGM</u></p> <p><i>(Sue Kennaway, Network Support Co-ordinator for the North West and Secretary of Headway Lancaster will be attending as Headway UK Representative at our AGM)</i></p>
April <u>6th</u>	<p>Taster Session (RGM) Music & Rhythm Therapy – Sheila Stafford</p>
May <u>4th</u>	<p>Outdoor trip to Motor Museum, Old Blue Mill, Backbarrow, Ulverston LA12 8TA</p> <p><i>(Lunch in Motor Museum Café followed by visit to the Motor Museum)</i></p>
June <u>1st</u>	<p>Social Meeting at The Castle Street Community Centre</p>

July <u>6th</u>	Crafts – Painting Candle Holders and Card Making
July <u>8th</u>	10.00 a.m. – Staveley Village Hall, Abbey Square, Staveley in Westmorland, Cumbria LA8 9LY <i>(When we can hopefully sell some of the crafts made at the meeting on 6th July plus other existing crafts)</i>
August <u>3rd</u>	Hoping to have visit to Bendrigg Trust, Bendrigg Lodge, Old Hutton, Kendal LA8 0NR <i>(However only ½ day slot currently available is on 25th August 2017)</i>
September <u>7th</u>	Social Meeting at the Castle Street Community Centre
October <u>5th</u>	Subject to availability, Rogan Grant speaking re Mindfulness/Sleep/Fatigue
November <u>2nd</u>	Decorating Christmas Tree and/or Crafts
December <u>7th</u>	Our Christmas Party

"Affiliated to Headway – the brain injury association – a registered charity"