

COMMUNITY GROUPS IN HULL/EAST RIDING (2022)

Chess Club – Café Per Te (Chants Avenue – HU5) First Tues of every Month
10am – 1pm (All abilities welcome)

Knitting/Crochet Community Group – Cottingham Road Baptist Church
1.30-3.30pm

Life & Loom - The Studio @ 38 Selby Street Hull HU3 3PT
Spinning with Friends (Every 4th Sunday of the Month)
11-2pm (£3 suggested donation)
Sew & Natter – every Thursday 1.30-3.30pm
£10 investment - carolann@ianpaul.karoo.co.uk to book a space.

Ladies That Lunch (*Craft session & Lunch*) – Every Thursday 10 – 2pm
108a West Dock Avenue Hull HU3 4JR
Free Drop-In sessions.

Hull Craft Collective – Meets 1st Wednesday of the month to knit, stitch, crochet or craft at Cups and Scoops café on Chanterlands Avenue, HU5.
1-3pm and 6.30-9pm

Unite Fitness – Women's Fitness & Mental Health Group.
Tuesdays 6 – 7.30pm (12-week programme)
<https://hullfc.typeform.com/to/mHPCMm8S?typeform-source=hullfcfoundation.co.uk> (*link to book classes*)
Classes held at Bonus Youth Performance Centre, Pickering Road, HU4 7AB

Our Best Years – Older People's Social Group for fans of Hull FC/ Sport and reduce isolation in older people. Includes gentle exercise such as tai chi, walks and opportunities to meet new people.
Groups held at; *Mondays 1.30pm-3.30pm at Hebrides Close, East Hull, HU9 3LF*
Tuesdays 1pm-3pm Westgarth Ave Pop-In, West Hull, HU6 8LS
Fridays 10.30am-12.30pm, The Hub, MKM Stadium, Walton St, West Hull, HU3 6HU

Rainbow Community Garden – Grow fruit/veg, socialize, crafting groups, connect to nature and volunteer.

Open Monday/ Thursday & Saturday. Morning Session – 10 – 11.30am

Afternoon Session – 1 – 2.30pm

Levisham Close, Endike Lane, Hull, HU6 8AB

Roaring 50's Dance Group – The Freedom Centre, 97 Preston Road, Hull, HU9

Every Other Monday – 1 – 3.30pm (£2.50) *No need to book*

Bingo Club - The Freedom Centre, 97 Preston Road, Hull, HU9

Every Tuesday – 12.30 – 3pm. *No need to book / Prizes to win!*

Memory Loss Support Group – Run by Butterflies. Meets at 3rd Floor, Stonefield House, 16-20 King Edward Street, Hull, HU1 3SS.

For those with dementia, carers or affected family.

Email info@butterflies.org.uk or call 07821519212 – to attend.

Trans Peer Support Group- Support for those questioning their gender, provides advocacy & guidance, welcomes non-binary/ intersex and those already transitioned. Support welcome to friends and family of who attend.

First 2 sessions free, then £1.50 charge or £10 for the year.

Meets 7-10pm – every 1st Thursday of the month and every 3rd Tuesday.

GMB offices 62 Russell Street Hull HU2 9AD

Email tpsghull@gmail.com or call 07832763796 to join.

ASCEND Arts & Crafts Group (*for adults with SEND*)

Every Thursday 10.30am – 12.30pm

423 Endike Lane, Hull, HU6 8AG. £5 per session, Carers/ support workers free.

contact Sarah on - 01482 259069/sarah.ascendhull@gmail.com to attend

Men in Sheds – *Social group for primarily older men, to learn new skills and bond over activities such as gardening, DIY, and woodworking.*

Oak Road Playing Fields, Beverley Road, Hull, HU6 7EY

Tuesdays and Thursdays 10 am – 4 pm.

Contact 01482 803700 to join or fill out referral form on

<https://www.meninshedshull.org/how-to-join>

Lonsdale Community Centre

8 Lonsdale Street, Hull HU3 6PA

Community Café (8.30am – 3.30pm) Open Tuesdays and Wednesdays.

Knit & Natter (10am – 12noon) Every Tuesday

Art Group (10am – 12noon) Every Wednesday - £3 cost

Computer Class (1 – 2.30pm) Every Wednesday

Yoga class (7 – 8pm) Every Monday – *Donation's welcome*

Boxing classes at The Vulcan Centre. (For all abilities)

Hull Fish Trade Building, 42 Heron Street, Hull, HU3 3PF

Gym open - Mon/ Tues- 6 – 8pm Wed- 7- 8.30pm Thurs/ Fri- 6-8pm Sun 2-4pm

Call 01482 229230 for more information.

Victoria Dock Village Hall & Community Centre.

South Bridge Road, City of Kingston-Upon-Hull HU9 1TL

Tai Chi – Mon 7.30 – 9pm

Chess Club – Tues 7 – 10pm

Yoga Class – Tues 6.30 - 7.30pm

Expressive Arts sessions – Thurs 10am – 12 noon

New Friends (Social Group) – Thurs 11am onwards.

Book Club – Meets 1st Thursday of the Month – 7.30 – 9pm

Latin American Line Dancing – Thurs 7 – 8.30pm

Ballroom Dancing – Thurs 8.30 – 10pm

Mitchell Community Centre

12 Goodrich Close, City of Kingston-Upon-Hull HU2 0BQ

Painting / Drawing Club – Tues 9.30 – 11.30am

Photo Editing Club – Tues 10am – 12noon (£2 cost)

Karate – Sunday 10am – 12 noon

Feral Art School

22, Alfred Gelder Street, Town Centre, Hull HU1 2BS

Feral runs various affordable 6 week courses in Textiles, Fashion, Painting, Photography and Print Making.

Contact info@feralartschool.org for more information.

The Brunch Bunch (Social Group) *aimed toward older client group*

Anlaby Park Community Library, The Greenway, Hull, HU4 6XH

Social activities and a cuppa. Every Thursday 9.30am – 11.30am (£3 cost)

Book a place; 01482 324644

Craft Session *aimed toward older client group*

Springhead Golf Club, Willerby Road, Hull HU5 5JE

Paint, sew, knit, or crochet every Thursday 9.30am – 11.30am (£3 cost)

Book a place; 01482 324644

The Village People Social Group *aimed toward older client group*

The Club House Community Centre, Elm Avenue, Garden Village Hall, Hull HU8 8PZ

Opportunity to meet new people and engage in activities such as bingo, quizzes and games. Every Wednesday 9.30am – 11.30am (£3 cost)

Book a place; 01482 324644

Music Lab *(For ages 16-29)*

The Polar Bear, 229 Spring Bank. Hull. HU3 1LR.

Develop your skills in music production, on an instrument and receive professional tuition in guitar, drums, keyboard, digital music, video games etc.

Every Tuesday 1-3pm. *More info – contact jrhodes@goodwintrust.org*

Hull Community Voices Choir

Friends Meeting House, Bean Street HU3 2PR

Inclusive singing group for all ages and abilities.

Meets during term time every Thursday from 7.30 – 9pm.

Contact - HullCommunityVoices@gmail.com

Hull Sisters

Unit 12, Station drive, Hull, HU5 1AD

Hull Sisters promote the independence and inclusion of all women from all backgrounds in Hull and East Riding. Furthermore, it supports women challenging the discrimination and human rights abuse they face – allowing them to live a happy and fearless life.

Their community centre is open Mon – Thurs 9am – 3pm. (Term time only)

Activities include – sewing, crochet, yoga, ESOL sessions. They can support women with benefits, FGM, abuse, immigration, food parcels and clothing.

Contact – 0753920321502

Inclusion Drama Group *(for clients with learning or physical disabilities)*

Hull Truck Theatre, 50 Ferensway, Hull HU2 8LB

This group focuses on using nonverbal physical theatre to develop skills, build confidence and create quality art which reflects and celebrates their unique creativity.

Meets every Tuesday at 1.30 – 2.30pm.

Email engagement@hulltruck.co.uk to join.

Hull Carers Group *(Run by Rethink Mental Illness)*

Jubilee Church, 62 King Edward St, Hull, HU1 3SQ

Group to support those who care for someone with a mental illness. A space to share without judgement and meet others in a similar situation. Facilitators can give information, support, and knowledge where necessary.

Meet every 2nd Thursday of the month 2 – 4 pm.

Contact – 07752095780

Food for Thought Exercise Sessions.

Hull Kr Craven Park, Preston Road, Hull HU9 5HE

Free exercise sessions twice a week to encourage people to work on their fitness levels and improve their mental health.

Every Tuesday and Thursday evening 6 – 7 pm.

Contact michael.mcbride@hullkr.co.uk for more information

Breakfast Club *primarily aimed at BME communities*

Humber All Nations Alliance Office, 44 Portland Street, Hull, HU2 8JX

Free drink and light snack. Opportunity to socialize and meet new people.

8am – 10am

Endike Community Care Day Centre *aimed towards older client group*

Ashton Close, Hull, HU6, 9RJ

Safe and friendly community centre that provides activities & support.

Services are geared towards over 50's client group.

Support includes counselling, hypnotherapy, and chiropody.

Activities include arts & crafts, quizzes, bingo, silver surfers club, lunch club, film club and hair & beauty.

Day centre is open 7 days a week. Mon – Fri 8.30am – 4pm Sat – Sun 10am – 3pm

Contact 01482 809473

Hull Art Circle

Methodist Church Hall, Tower Hill, Hessle HU13 0SP

1 Market Green, Cottingham HU16 5QG

Group of artists who meet weekly to work on portraiture, still life, landscapes, sketching and life drawing.

All abilities and new members welcome. £2 fee if a life model attends.

£5 per session. Bring own equipment. No professional tuition but members welcome to give advice and support.

Monday meeting at Cottingham 6.45 – 8.45pm

Thursday meeting at Hessle 6 – 8pm

Best contact via their Facebook page @HullArtCircle.

Andy's Man Club

The Airco Business Lounge, Airco House, Goulton St, Hull HU3 4DL

City of Hull Boxing Club, 222 Orchard Park Rd, Hull HU6 9BX

Bonus Youth Performance Centre, Pickering Rd, Hull HU4 6TA

Hull College Craven Park, Poorhouse Ln, Hull HU9 5HE

Wellbeing Centre, Country Park, Humber Bridge, HU13 0LN

A club to encourage men to open up and talk about whatever is going on in their life. A peer support group for men to share their experiences in a non-judgemental environment.

Each group meets at 7pm every Monday.

Anyone is welcome and no need for a referral, just turn up to the group.

First Ladies Club

Airco Training Centre, Goulton Street, Hull, HU3 4D

City of Hull Boxing Club, 222 Orchard Park Rd, Hull HU6 9BX

Asda, Mount Pleasant, Hull HU9 2BN

Group for women to socialize, get things off their chest, engage in activities, meet likeminded people, and have a hot drink.

Each club meets Wednesdays at 7pm.

Contact - info@firstladiesclub.co.uk

Tigers Together Football Club

St Mary's College, 196–210 Cranbrook Ave, Hull HU6 7TN – Monday 8 – 9pm

Tigers Trust Arena, West Park, Walton Street, Hull HU3 6GA – Thursday 1.30 – 3 pm

Friendly weekly kickout about sessions to encourage those with an interest in football to use physical exercise to improve their mental health. Tigers Together provide opportunities to take part in competitions locally and

nationally. Those with any mental health condition welcome to join in.

To make a referral contact - kayleigh.jackson@tigerstrust.co.uk

Phoenix Friendship Club

Tigers Lair, Anlaby Road, Hull, HU3 2EE

Hull Branch of the NCDSW (The National Council for Divorced, Separated and Widowed) A club with opportunities to meet new people which offers a range of social outings and activities.

Meets every Wednesday 8-11pm.

Contact George 07831883480 or Marie 07825735841 for more information.

East Park Walks

East Park Avenue, Hull HU8 8JU

Improve your health and wellbeing by joining likeminded people and enjoying a weekly walk-through East Park. Our walks are suitable for all abilities and are wheelchair accessible. At the end of the walk, we meet for refreshments in the cafe in the park.

Meet every Monday at 9.30am near the children's play area in East Park.

Contact - traceyingramjane@gmail.com or 07745320393 for more information.

Eternal Benefits Community Café and Kitchen.

104-106 The Quadrant, Hull HU6 8NS

Eternal Benefits run a community café which serves a range of dishes. If you are struggling to afford a meal, you can do a small job within the kitchen to 'pay' for the meal or have the meal for free. The community kitchen runs cooking sessions for all ages to teach people how to prepare low cost, healthy meals. They have an onsite allotment which grows the ingredients they use in the meals they prepare.

The café & kitchen is open Mon / Wed / Friday – 9.30am – 1pm. Last orders are taken at 12.30pm. Fridays tend to be a busier day.

Contact Ian at respecteb@gmail.com for more information.

Rooted In Hull

Citadel Park Delivery Office St. Peter Street, City of Kingston-Upon-Hull HU9 1AA

Beginning April 2022, Rooted in Hull will be delivering workshops centred around getting in touch with nature, food and art. Lunch will be provided. Numbers will be limited so contact martin@rootedinhull.org.uk if client is interested, 07419337489

Yoga for Health

Victoria Dock Village Hall, South Bridge Road, Hull, HU9 1TL

A 10-week programme of gentle and low intensity yoga practice guided by an expert teacher. Proven to improve your physical and mental health, this is a free programme funded by the NHS. The 10-week sessions will teach mindfulness, breathing exercises, relaxation, and simple yoga poses. There will be exercises to do at home, to improve your practice.

Contact aliwileman@twswellness.co.uk or 07981 300531 for more information to refer clients.

Man V Fat

St Mary's College, Cranbrook Ave Hull, HU6 7TN

Man v Fat Football League combining weight loss and football. The league is for men with a BMI of 27.5 or over.

For every 2 players that lose weight that week they gain an extra goal.

Increase your fitness and improve your mental wellbeing.

Meet every Tuesday 7-9pm. Cost - £28.50 monthly subscription.

Sign up - <https://www.manvfatfootball.org/Home/Registration>

Community Art group

St Philips church hu9 4jg

Fancy yourself as a bit of an artist or want to become one?

Why not join our friends at [Local Works Hull](#) at their Community Art Group which starts on alternate Tuesday 2pm - 4 pm, 4th October

For more information contact Glen on 07486865355

Tea and chat

Freedom Centre, Preston Road, Hull HU9 3QB

Tuesdays from 10am in café

Coffee morning @ Inspire Cafe

Jean Bishop Centre, Centre 63-69 David Lister Drive Hull HU9 2BL

Telephone 01482 780748

Wednesday and Friday morning at 10am - 12pm, games board games, outings.
£2 charge.

Welcome Wednesdays – Bereavement Café

Amy Johnson Community Hub, Dove House Hospice, HU8 8HD

First and third Wednesday of the month, 1pm – 3pm

Self - help bereavement group

The meeting room at *St Andrew's Church, Grandale, Sutton Park, HU7 4BL*

On the first Saturday of each month at 10:30 am – 12pm

Contact Karl Stevens 07931 546698

Get em onside with Carer's Information & Support Service, free men's club

East Hull Billet Crooked Pub Ings Road

On Thursdays at 11am – 2pm fortnightly, next one due on 20th October

Talk all things rugby