



Soup kitchens

Monday

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|----------------|---------------------|
| Renew | 8am until 10am |
| Mecca Bingo | 2:30pm until 4:30pm |
| Queens Gardens | 6:30pm until 8pm |

Tuesday

| | |
|----------------|----------------------|
| Renew | 8am until 10am |
| Jubilee Centre | 9am until 11am |
| Amazing Grace | 10:30am until 1:30pm |
| Queens Gardens | 7pm until 8:30pm |

Wednesday

| | |
|------------------|------------------|
| Renew | 8am until 10am |
| Jubilee Centre | 9am until 11am |
| St Mary's Church | 5pm until 6:30pm |

Thursday

| | |
|------------------|----------------------|
| Renew | 8am until 10am |
| Jubilee Centre | 9am until 11am |
| Amazing Grace | 10:30am until 1:30pm |
| St Mary's Church | 5pm until 6:30pm |

Friday

| | |
|------------------|---------------------|
| Renew | 8am until 10am |
| Mecca Bingo | 2:30pm until 4:30pm |
| St Mary's Church | 6pm until 7:30pm |

Saturday

Amazing Grace
Queens Gardens

11am until 1pm
8pm until 9:30pm

Sunday

Queens Gardens

6pm until 7:30pm



Showers

Monday

Renew

8am until 10am

Tuesday

Renew

8am until 10am

Jubilee Centre

9am until 11am

Amazing Grace

10:30am until 1:30pm

Wednesday

Renew

8am until 10am

Jubilee Centre

9am until 11am

Thursday

Renew

8am until 10am

Jubilee Centre

9am until 11am

Amazing Grace

10:30am until 1:30pm

Friday

Renew

8am until 10am

Saturday

Amazing Grace

11am until 1pm



Activities

Monday

| Activity | Address | Cost | Time | Other information |
|-----------------|--|-------------|--------------------|---|
| Art & Crafts | Sue Feve Arts Unit 24, Brook Street | Free | 11am – 3pm | |
| Fitness | Hull FC The Hub | Free | 1.30pm – 4.30pm | |
| Fitness | Boxing classes at The Vulcan Centre 42 Heron Street | | 6pm – 8pm | |
| Fitness | City of Hull Boxing 222 Orchard Park Road | Free | 7pm | A club for men, opportunity to talk and share experiences |
| Fitness | City of Hull Boxing Hull FC Performance Centre, Pickering Road | Free | 7pm | A club for men, opportunity to talk and share experiences |

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|-----------|--|------|--------------------------------|---|
| Fitness | City of Hull Boxing Hull College, Craven Park | Free | 7pm | A club for men, opportunity to talk and share experiences |
| Fitness | City of Hull Boxing Wellbeing Centre, Country Park | Free | 7pm | A club for men, opportunity to talk and share experiences |
| Fitness | Yoga Lonsdale Centre Café 8 Lonsdale Street | | 7pm – 8pm | Donations welcome |
| Fitness | Tai Chi Victoria Dock Village Hall | | 7.30pm – 9pm | |
| Gardening | Rainbow Community Garden Lewisham Close | Free | 10am – 11.30am 1pm – 2.30pm | |
| Wellbeing | Andy's Man Club Various locations and online session | | 7pm | |
| Skills | Eternal Benefits Community Café & Kitchen 104 The Quadrant | | 9.30 – 1pm | Complete small jobs in the kitchen to “pay” for a meal |

Tuesday

| Activity | Address | Cost | Time | Other information |
|-----------------|---|-------------|---------------------|--------------------------|
| Art & Crafts | Sue Feve Arts Unit 24, Brook Street | Free | 11am – 3pm | |
| Art & Crafts | Painting and Drawing Club Mitchell Community Centre 12 Goodrich Close | | 9.30am – 11.30am | |
| Art & Crafts | Photo editing Club Mitchell Community Centre 12 Goodrich Close | | 10am – 12noon | |
| Fitness | Unite Hull FC Performance Centre Pickering Road | Free | 6pm – 7.30pm | |
| Fitness | Boxing classes at The Vulcan Centre | | 6pm – 8pm | |

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|-----------|---|------|-----------------|-----------------------|
| | 42 Heron Street | | | |
| Fitness | Food for Thought Hull KR Craven Park | Free | 6pm – 7pm | |
| Fitness | Yoga Victoria Dock Village Hall | | 6.30pm – 7.30pm | |
| Gardening | Groundwork Hull 108a West Dock Avenue | | 10am – 1pm | |
| Gardening | No dig community allotment Clough Road Allotments | | 10.30am | |
| Music | Music Lab Polar Bear Music Venue | | 1pm – 3pm | For ages 16 – 29 only |
| Bingo | The Freedom Centre | | 12.30pm – 3pm | |
| Wellbeing | Tea and Chat Tuesdays Freedom Centre | | 10am – 11.30am | |
| Wellbeing | Support Group St Margaret's Welcome Centre 150 Shannon Road | | 11am – 12noon | |

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| Community Groups | Lonsdale Centre Café 8 Lonsdale Street | | 8.30am - 3.30pm | |
| Clubs | Chess Club Victoria Dock Village Hall | | 7pm – 10pm | |

Wednesday

| Activity | Address | Cost | Time | Other information |
|-----------------|--|-------------|-----------------------------|-----------------------------------|
| Art & Crafts | Cups and Scoops Café 209 Chanterlands Avenue | | 1pm – 3pm & 6.30pm – 9pm | 1 st Wed of each month |
| Art & Crafts | Lonsdale Community Centre 8 Lonsdale Street | £3 | 10am – 12noon | |
| Fitness | Unite Hull FC Performance Centre Pickering Road | Free | 6pm – 7.30pm | |
| Fitness | Boxing classes at The Vulcan Centre 42 Heron Street | | 7pm – 8.30pm | |
| Fitness | Fishing at Oak Road Pond | Free | 5pm – 8pm | All bait and tackle provided |
| Gardening | Rooted in Hull City Council Citadel Park | | 11am – 2pm | Lunch is provided |

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|------------------|---|--|-----------------|--|
| Gardening | No dig community allotment Clough Road Allotments | | 10.30am | |
| Community Groups | Lonsdale Centre Café 8 Lonsdale Street | | 8.30am - 3.30pm | |
| Computer class | Lonsdale Centre Café 8 Lonsdale Street | | 1pm – 2.30pm | |
| Wellbeing | First Ladies Club Airco Training Centre | | 7pm | Women only |
| Skills | Eternal Benefits Community Café & Kitchen 104 The Quadrant | | 9.30 – 1pm | Complete small jobs in the kitchen to “pay” for a meal |

Thursday

| Activity | Address | Cost | Time | Other information |
|-----------------|--|-------------|--------------------------------------|--------------------------|
| Art & Crafts | Sue Feve Arts Unit 24, Brook Street | Free | 11am – 3pm | |
| Art & Crafts | The Studio, 38 Selby Street | | 1.30pm – 3.30pm | Need to book a place |
| Art & Crafts | Community re-paint, 108a West Dock Avenue | Free | 10am – 2pm | |
| Art & Crafts | Expressive Arts Session Victoria Dock Village Hall | | 10am – 12noon | |
| Fitness | Boxing classes at The Vulcan Centre 42 Heron Street | | 6pm – 8pm | |
| Fitness | Food for Thought Hull KR Craven Park | Free | 6pm – 7pm | |
| Gardening | Rainbow Community Garden Lewisham Close | Free | 10am – 11.30am 1pm – 2.30pm | |

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|---------------------|--|----|--|-------------------------------------|
| Gardening | Rooted in Hull City Council Citadel Park | | 11am – 2pm - women only | Lunch is provided |
| Music | Hull Community Voices Choir Friends Meeting House | | 7.30pm – 9pm | Term time only |
| Community Groups | New Friends Social Group Victoria Dock Village Hall | | 11am onwards | |
| Community Groups | Book Club | | 7.30pm – 9pm | 1 st Thurs each month |
| Community Groups | The Thursday Forwards The Clubhouse Community Centre Elm Avenue | £2 | 1pm – 3pm | |
| Community Groups | Local History Club The Clubhouse Community Centre Elm Avenue | £2 | | |
| Community Groups | Men's Group St Margaret's Welcome Centre 150 Shannon Road | | 10.30am – 11.30am | |

Friday

| Activity | Address | Cost | Time | Other information |
|-----------------|--|-------------|---------------|--|
| Art & Crafts | Sue Feve Arts Unit 24, Brook Street | Free | 11am – 3pm | |
| Fitness | Boxing classes at The Vulcan Centre 42 Heron Street | | 6pm – 8pm | |
| Skills | Eternal Benefits Community Café & Kitchen 104 The Quadrant | | 9.30 – 1pm | Complete small jobs in the kitchen to “pay” for a meal |

Saturday

| Activity | Address | Cost | Time | Other information |
|------------------------|---|-------------|--------------------------------|---|
| Life drawing workshops | 48a Beverley Road | Free | 11am – 1pm | 2 nd & 4 th Sat of each month |
| Art & Crafts | Sue Feve Arts Unit 24, Brook Street | Free | 11am – 3pm | |
| Gardening | Rainbow Community Garden Lewisham Close | Free | 10am – 11.30am 1pm – 2.30pm | |
| Music | Music Improvisation 48a Beverley Road | | 11am – 1pm | 1 st & 3 rd Sat of each month |

Sunday

| Activity | Address | Cost | Time | Other information |
|-----------------|---|-------------|---------------|---|
| Fitness | Spinning with friends The Studio, 38 Selby Street | £3 | 11am – 2pm | Held 4 th Sunday of each month |
| Fitness | Boxing classes at The Vulcan Centre 42 Heron Street | | 2pm – 4pm | |
| Fitness | Karate Mitchell Community Centre 12 Goodrich Close | | 10am – 12noon | |
| Gardening | No dig community allotment Clough Road Allotments | | 1pm | |



Warm spaces

| Site | Address |
|--|--|
| Anlaby Park Community Library | The Greenway |
| Avenues Library | 76 Chanterlnds Avenue |
| Back to Ours | Store E3, 21 North Point Shopping Centre |
| Bodmin Road Church | Padstow Close |
| Bransholme Library | North Point Shopping Centre |
| Central Library | Albion Street |
| Community Café, Springhead Golf Course | Willerby Road |
| Connect Community Church | Askew Avenue |
| Fred Moore Library | Wold Road |
| Freedom Centre | 97 Preston Road |
| Gipsyville Library | Hessle Road |
| HU4 Community Café | 18 Sibelius Road |
| Hull Vineyard | Vulcan Street |
| Ings Library | Savoy Road |

| Site | Address |
|---|--------------------------------|
| Johnny Whitely Park | Askew Avenue |
| Oasis Hub | 310 Newland Avenue |
| Priory Baptist Church | Hotham Road South |
| St Aiden's Church | 139 Southcoates Avenue |
| St Albans Church | 62 Hall Road |
| St Johns Church and Community Centre | Rosmead Street |
| St Phillips Church | 107 Amethyst Road |
| St Richards Primary School | Marfleet Lane |
| Sutton Methodist Church | Potterill Lane, Sutton on Hull |
| Tiger Trust Arena | West Park |
| Unity in Community | 501 Endike Lane |
| Unity in Community | 372 Greenwood Avenue |
| Unity in Community | 201 Orchard Park Road |
| Waudby Library | Hemswell Avenue |
| Western Library | 262 – 264 Boulevard |



Food Banks

| Centre | Address | Cost | Days | Times | Contact |
|--------------------------------|------------------------------|-----------------|------------------------|--------------------------|---|
| 7 th Day Adventists | 92 Spring Bank | Free | Tues | 10am – 12noon | 07460803322 irma@anneli46@gmail.com |
| Food Cycle | Marfleet Community Centre | Free | 3 course meal Thurs | 6.30pm | hullmarfleet@foodcycle.org.uk |
| HU4 Community Network Hub | 18 Sibelius Road | | Tues – Thurs Sat | 10am – 2pm 10am – 1pm | 07830243199 terrissully@yahoo.co.uk |
| Humber All Nations Alliance | 44 Portland Street | Free | Mon – Fri | 11am – 2.30pm | 491177 admin@hanaonline.org.uk |
| Peel Street Project | Spring Bank Community Centre | Free women only | Mon | 12noon – 2.30pm | 07790770174 enquiries@thepeelproject.org.uk |
| Pelican Park Community Trust | Lambwath Road | Free | Tues & Thurs | 4pm | 703114 info@pelicanparkhull.org |
| Phoenix Project | Lothian Way | | Wed | 11am – 1pm | 07818005221 alphaeducommunity@gmail.com |

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|---------------------------|---------------------------------|------------------|------------|-----------------|--|
| St Albans Church | Hall Road | Free | Tues | 9am – 12noon | 443566 gthornalley@me.com |
| St John's Community store | St John's Vicarage , Wawne Road | £2 - £3 | Tues | 9am – 10.30am | 07534319072 |
| St John's Church | Clough Road | £2 | Tues & Fri | 9am – 12noon | 07791694566 |
| The Warren | 47 – 49 Queens Dock Avenue | £1 | Tues – Fri | 9am – 5pm | 218115 jjtatten@thewarren.org |
| Unity in Community | Endike Lane | Up to £4 per bag | Thurs | 9am – 11am | dennis@unityincommunity.org.uk |
| Vulcan | 42 Heron Street | Free | Mon - Fri | 3.30pm – 4.30pm | 229230 info@vulcancentre.co.uk |