

HLC Enrichment Programme 2024

Physical – **GREEN** Group based – **YELLOW** On-Line **ORANGE**
 Foodbank – **BLUE** Mental Health – **PINK** Museum/Places of Worship **GREY**
 Council Information - White

Activity	Brief description	Venue/Location	Day/date/time	Contact details
Fareshare	Fighting hunger, tackling food waste. We offer two options for getting food – a paid for service with a FareShare Community Food Membership or the opportunity to collect free surplus food from your local supermarket through FareShare Go.	FareShare Hull & Humber 6 Bergen Way Hull HU7 0YQ	Mon-Fri: 7.30 am – 2.30 pm. Closed Sat-Sun	https://fareshare.org.uk/getting-food/ E-mail fshullhumber@fareshare.org.uk 01482 337999
The Warren – Food Parcels	We can provide food parcels for any young person in need to collect.	The Warren Queens Dock Chambers, 47-49 Queens Dock Ave, Hull HU1 3DR	Please get in touch beforehand so we can check that we have enough food in for you.	You can do this by calling 01482 218115, texting 07395313640 or messaging us on social media. https://www.thewarren.org/
Goodwin Pantry	Please telephone the Pantry staff on 01482 587550 for more information.	Goodwin Centre/Octagon, Walker Street HullHU3 2RA	Friday 10.30 -12 noon	www.facebook.com/GoodwinTrust 01482 587550
Two Rivers Community Pantry	Our project is aimed at providing support to those who need some assistance through these challenging times.	Two Rivers Community Pantry, Goole Council Offices, Stanhope Street, Goole DN145BE	Monday – Thursday 9.30 - 1.30 pm	e-mail contact: office@tworiverscommunitypantry.org.uk Tel: 07517937914

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<p>Shores Community Pantry</p>	<p>A referral is all that is required to access the food bank. These can come from the welfare team, Citizens Advice, or other trusted sources.</p> <p>For further information about the social supermarket or food bank, visit the Community Pantry at 151 Queen Street, Withernsea, or find them on Facebook by searching "Shores Community Pantry".</p>	<p>The Community Pantry 151 Queen Street Withernsea</p>		<p>Contact The Shores Centre Seaside Road Withernsea</p> <p>https://www.facebook.com/ShoresPantry</p>
<p>Re-Store Brid Quay</p>	<p>Re-Store is a drop-in service where people can receive support - i.e., food/ toiletries/clothes and other items.</p> <p>You will be made to feel welcome, and the Re-Store team can signpost on to other agencies if required.</p> <p>The Re-Store Hope Hub runs alongside the Re-Store Food Bank on a Monday and Wednesday between 11am and 12noon and operates from inside the church, serving hot drinks and food.</p>	<p>Christ Church 2 Quay Road Bridlington YO15 2AP</p>	<p>The drop-in service is open on a Monday and Wednesday Morning between 11am and 12noon and is open to anyone who needs support.</p> <p>No referral is needed.</p>	<p>Contact the Re-Store team on: 01262 679103</p> <p>www.facebook.com/p/Christ-Church-Re-Store-Pantry</p>
<p>Freedom Road Creative Arts</p>	<p>We aim to make a positive difference in the lives of children and young people and to empower, raise confidence and give a voice to them primarily through the creative and performing arts. To support, nurture and raise their</p>	<p>Marist Church Hall The Community Enterprise Centre, Cottingham Rd, Hull HU5 2DH</p>	<p>Dance/Musical Theatre sessions take place on a Thursday evening. The sessions are open to all ages 7 - 17 years.</p> <p>Tuesday:</p>	<p>www.freedomroadcreativearts.com/dance</p> <p>info@freedomroadcreativearts.com</p> <p>https://www.facebook.com/FRCArts</p>

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	<p>aspirations as individuals to help them be, not only rounded, contributing adults, but also successful ones.</p>	<p>Music – Weekly sessions held at The Albermarle Music Centre, 60 Ferensway, Hull, HU2 8LN.</p>	<ul style="list-style-type: none"> •Music - Guitar, Bass, Drums & Vocal Lessons - 4.45pm till 7pm •Band Rehearsal - 5pm till 6.30pm •Dance – 5pm till 6.45pm <p>Wednesday:</p> <ul style="list-style-type: none"> •Music - Guitar, Bass, Drums & Vocal Lessons - 4.45pm till 7pm •Band Rehearsal - 5pm till 6.30pm •Podcast Corner / Stranded Songs on West Hull Radio 106.9FM 6pm <p>Saturday:</p> <ul style="list-style-type: none"> •Group Music - 10.30am till 12.30pm @ The Albermarle Music Centre 	<p>ianbolton@freedomroadcreativearts.com</p> <p>Tel: 07921800617</p>
<p>Good to Go</p>	<p>Building on the highly successful work of This-Ability, Good to Go is a bespoke programme for young people aged 18 – 29 years with learning disabilities, physical disabilities and long-term health conditions including mental health issues, living in Hull and the East Riding. The project will offer first steps for young people by increasing social skills and life skills through a menu of activities.</p>	<p>Various locations</p>	<p>Please contact the Good to Go team for more information. e-mail: goodtogo@hlc-vol.org</p>	<p>https://www.hlc-vol.org/our-programmes/goodtogo/</p>
<p>Creative Workshops:</p>	<p>Youth Arts Takeover & Hull Youth Music Network Present – Free Creative Workshops – age 16-29 Creative and fun workshops. Explore a new creative topic and learn new skills.</p>	<p>Goodwin Community College Anlaby Road HULL HU3 2LL</p>		<p>For more information and bookings please e-mail: anoble@goodwintrust.org jrhodes@goodwintrust.org www.facebook.com/YouthArtsTakeover</p>

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	<p>Monday nights - 6pm - 8 pm - Music Lab @ the Polar Bear Music Club - learn to play as part of a band, play and put on gigs - 16 - 29 year olds - Contact anobel@goodwintrust.org for more details</p> <p>Thursdays - Hull Youth Music Studio @ Kingston Youth Centre - vocal recording , band recording , learn basic music production skills and networking - Contact anobel@goodwintrust.org for more details</p> <p>Creative sessions every Friday at the Goodwin Hub - 1pm - 3pm. Activities include Digital music making , video game design and creative writing.</p> <p>Get Into Goodwin - various activities such as cooking session, bingo, allotment sessions etc all based at the Octagon. Contact KTreadwell@goodwintrust.org for further details. Available to anyone over the age of 18.</p>			
Goodwin Games Design	Youth Arts Takeover – from building monsters to design levels get a crash	Goodwin Community Hub Anlaby Road HULL		For more information and course dates please e-mail

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	course on making your very own game.	HU3 2LL		jrhodes@goodwintrust.org www.facebook.com/YouthArtsTakeover
SHoRes Centre Withernsea	The South Holderness Resource Centre (SHoRes Centre) has been established by the local community campaigning long and hard for a provision that can benefit each and every individual within Southern Holderness. The result of this public demand is a bespoke building that currently accommodates various community groups as well as function room, meeting room, IT, and multi-media facilities, as well as a healthy living kitchen that provides healthy nutritional meals.	The Shores Centre Seaside Road Withernsea HU19 2DL		Tel: 01964 615190 info@shores.org.uk
R-evolution	<p>R-evolution is a charity led by people who are endlessly enthusiastic about learning. We think that everyone deserves the opportunity to learn, to feel confident in their abilities, and to be a part of a community. We also understand that not everyone is afforded that opportunity.</p> <p>We work with professionally trained Cycle Mechanics, Horticulture Tutors, and Life Coaches to develop the skills of volunteers and trainees to bridge the skills gap in the Humber area.</p>	<p>Various areas:</p> <p>Our Areas</p> <p>Hull Trinity Market Hull University Bike Hub Hull Community Hubs Cottingham Cycle Workshop All Ride – Bridlington North Lincolnshire Cycle Hub North East Lincolnshire Cycle Project North Lincolnshire Horticulture Project</p>		<p>www.r-evolution.org.uk</p> <p>R-evolution Station Road, Cottingham, HU16 4LL</p> <p>Email: info@r-evolution.org.uk</p> <p>Telephone: 01482 844 422</p>

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	Our wonderful volunteers are offered free City & Guilds training in either qualification, so they are equipped to help the charity ongoing, with opportunities such as cycle mechanic support, van driving, helping at community events or even maintaining the wonderful gardens of Normanby Hall Country Park!			
Digital Inclusion Hub	Learn basic ICT skills to help you get better connected and apply for jobs	Goodwin Centre/Octagon, Walker Street Hull HU3 2RA	Monday 1-3 pm	Tel: 01482 587550 e-mail: info@goodwintrust.org
Brid Quay	CCBN (Christ Church Bridlington Network) has a big vision to see the good news of Jesus proclaimed to the town of Bridlington, the region, and the world through works of rebuilding, restoring, and renewing. See our website for more information on our services www.ccbn.org.uk	Christ Church Bridlington PCC (Registered Charity no. 1130584) 2 Quay Road, Bridlington, East Yorkshire, England, YO15 2AP 01262 404100		Email - office@ccbn.org.uk www.ccbn.org.uk
Craft Club	Get creative and meet new friends (This is a warm/safe space session)	Goodwin Centre/Octagon, Walker Street Hull HU3 2RA	Wednesday 1-3 pm	
Soup Social	Free Soup with a bread roll, tea, and coffee (This is a warm/safe space session)	Goodwin Centre/Octagon – 1 st Floor Walker St, Hull HU3 2RA	Tuesday 12.30 -2.30 pm	
LGBT+ @ The Warren	At The Warren Youth Project, we are proud to offer support and a	The Warren	Step Out Ages 11-17, held at The Warren	

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	<p>safe place to be for LGBT+ Youth across the City of Hull, and beyond!</p> <p>We offer two separate confidential Youth Groups for young people identifying as Lesbian, Gay, Bisexual, Transgender and Queer or Questioning. We keep our membership confidential to protect your privacy, as not all our group members are "out" to their families and peers. You do not have to be sure which labels fit just yet; you still have a place with us. People come to the groups for all sorts of reasons, but one of the most popular is to make friends and meet other like-minded people.</p>	<p>Queens Dock Chambers, 47-49 Queens Dock Ave, Hull HU1 3DR*</p> <p>*During refurbishments we will be temporary located at Norwich House – the old 'Chinese Laundry' - Saville Street Hull – HU1 3ES</p>	<p>every week. For more info contact: emma@thewarren.org</p> <p>Shout Group Ages 16-25, held at The Warren every week. For more info contact: shout@thewarren.org</p>	<p>https://www.thewarren.org/lgbtq</p>
<p>THE Curve @ The Warren</p>	<p>WHAT IS THE CURVE? The Curve is a free-to-use digital hub and safe space where we help young people build confidence, learn new digital skills and be ready for the future. The Curve offers several workshops and activities – no skills or qualifications needed! If you are aged 16-25 years and interested in getting involved, you are in!</p>	<p>The Warren Queens Dock Chambers, 47-49 Queens Dock Ave, Hull HU1 3DR</p>	<p>Weekly – please contact The Warren for more information. Tel: 01482 218115 Or E-mail: jjtatten@thewarren.org</p>	<p>https://www.thewarren.org/thecurve</p>
<p>Knit and Natter</p>	<p>Library knitting groups offer improved health and wellbeing and a lively group of new friends</p>	<p>East Riding Libraries Various locations across the East Riding</p>	<p>Weekly</p>	<p>https://www.eastridinglibraries/knitandnatter</p>

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	for all ages and abilities. Did you know knitting has therapeutic qualities similar to meditation? Research shows it can help prevent and manage stress and pain. No need to book, just come along and join our friendly group.			
Adult Book Club/reading club	Reading can reduce stress by 68% and risk of dementia by 35%. Broaden your horizons, meet like-minded people, and explore the fascinating world of literature. Suitable for all adults and ability levels, no need to book just come along.	East Riding Libraries Various locations across the East Riding	Monthly	https://www.eastridinglibraries.co.uk
Family History Group	Trace your family history	East Riding Libraries Various locations across the East Riding	Monthly	https://www.eastridinglibraries.co.uk
Games Group	Do you like to play Chess, Scrabble or Ludo? Do you enjoy card games? Come along and join our friendly group to chat and play, no booking necessary just turn up!	East Riding Libraries Various locations across the East Riding	Weekly	https://www.eastridinglibraries.co.uk
Cuppa and a Chorus	Come and make music with a group of friendly people. You do not need to read music or have any previous experience of singing, just come to meet new like-minded people in relaxed surroundings and find your own voice. Singing in a group is proven to have a range of health benefits, including regulating heartbeat and improving mood.	East Riding Libraries Various locations across the East Riding	Weekly - Booking is necessary in person at and leisure centre or by calling 01482 393939 or contact us by email at lama.admin@eastriding.gov.uk	https://www.eastridinglibraries.co.uk

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Craft and Chat Group	Chat while you work on craft projects. Bring your own supplies.	East Riding Libraries Various locations across the East Riding	Weekly	https://www.eastridingculture.co.uk
Hull 4 Heroes Armed Forces Coffee Moring	A relaxed coffee morning for veterans, serving personnel and military families to chat, share stories and find support. Hosted by Hull 4 Heroes.	East Riding Libraries Various locations across the East Riding	First Wednesday of the month	www.eastridinglibraries.co.uk/whats-on/library-groups/
Tech Time	Tech Time groups meet in East Riding libraries to share and develop digital knowledge. Everyone is welcome, from beginners to pros. Bring your own device, whether it is a tablet, laptop, smartwatch, or phone, and get to grips with it - from changing settings and using apps, to checking emails, taking pictures, or catching up with friends. Learning is better when we learn together!	East Riding Libraries Various locations across the East Riding	Weekly	https://www.eastridingculture.co.uk
Full timetable of classes Monday – Friday	Foresight (Northeast Lincolnshire) Limited operates throughout North and Northeast Lincolnshire to meet the needs and requirements of disabled people, their families, and carers. Our Mission Statement is “To provide the way forward for the disabled community of North and Northeast Lincolnshire and surrounding areas. Empowering individuals to a new beginning, a brighter future, and a full and enjoyable life.”	Foresight 60 Newmarket St, Grimsby DN32 7SF	Daily – please book directly with Foresight.	https://www.foresight-nelincs.org.uk/ Tel: 01472 269666

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<p>Various Maths, Literacy, Digital, Health & Wellbeing Courses</p>	<p>Creating Positive Opportunity is a community business, we are not for profit. This means that everything we do is of benefit to the people and the neighbourhoods we support. Any financial surplus we make is reinvested into our core aim of helping people, as and when, and for as long as they need us. All our projects operate with the purpose of giving people better life chances, with the hope that they will be motivated, educated, informed, and inspired to fulfil their own ambitions.</p>	<p>Creating Positive Opportunities (CPO) Centre4, 17a Wootton Rd, Grimsby DN33 1HE</p>	<p>Weekly</p>	<p>www.mycpo.co.uk</p>
<p>YMCA Humber</p>	<p>Our mission is to provide a safe environment where people can belong, contribute, and thrive.</p>	<p>YMCA 21 Freeman Street Grimsby</p>	<p>Daily</p>	<p>www.ymca-humber.com</p>
<p>Library Service</p>	<p>A variety of books to borrow. Library card required.</p>	<p>Scartho Community Hub St Giles' Ave, Scartho, Grimsby DN33 2HB</p>	<p>Monday to Friday</p>	<p>www.scarthocommunityhub.co.uk</p>
<p>Daily Events – see Link for a full list of events</p>	<p>Scartho Community Hub – more than just a Library</p>	<p>Scartho Community Hub St Giles' Ave, Scartho, Grimsby DN33 2HB</p>	<p>Daily</p>	<p>https://www.scarthocommunityhub.co.uk/our-newsletter</p> <p>Telephone: (01472) 752841 E-mail: info@scarthocommunityhub.co.uk</p>

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<p>Hull KR Foundation</p>	<p>Various events throughout the week – please see the Facebook page for more information:</p> <p>Women’s Hull KR Girls Under 16’s 13’s 14’s Mini Robbins Rugbees – Girls aged 7-11. Touch Rugby Walking Rugby Movement 2 Music Wheelchair Rugby Fit Robbins – Circuit, Yoga & Pilates</p>			<p>https://www.facebook.com/HKRFoundation/</p> <p>Sewell Group Craven Park Preston Road Hull East Yorkshire England HU9 5HE</p> <p>Email: info@hullkr.co.uk Telephone: +44 (0)8712 88 99 88*</p>
<p>The Warren Counselling Service</p>	<p>We offer a flexible space where you can let off steam, talk about the things that are on your mind, sit and relax, be seen and heard. If you are having a tough day and need someone to talk to, we are here for you. You can access us in a spontaneous way if you are struggling and need to talk or you can book an appointment. You can have a one-off session or do something weekly, or you can come in if you are feeling overwhelmed and just want to offload in the moment.</p>	<p>The Warren Queens Dock Chambers, 47-49 Queens Dock Ave, Hull HU1 3DR*</p> <p>*During refurbishments we will be temporary located at Norwich House – the old ‘Chinese Laundry’ - Saville Street Hull – HU1 3ES</p>	<p>To book an appointment contact: 01482 221416</p> <p>Or e-mail counselling@thewarren.org</p>	<p>https://www.thewarren.org/</p>
<p>Working For Health</p>	<p>Mental health and employment specialists based at Cottingham Station, supporting people to move closer to the world of work. We have a full prospectus of enrichment activities provided</p>	<p>Working For Health CIC The Railway Station, Station Road, Cottingham, HU16 4L</p>	<p>Tel: (01482) 242808</p>	<p>email us at: hello@workingforhealth.co.uk www.workingforhealth.co.uk</p>

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	free of charge to eligible adults - see https://www.workingforhealth.co.uk/our-services/getting-you-back-to-work/workshops/ for latest sessions			
The Warren Mindfulness & Meditation	Complimentary therapies offered in Reiki, Massage, Sound Therapy and Reflexology.	The Warren Queens Dock Chambers, 47-49 Queens Dock Ave, Hull HU1 3DR* *During refurbishments we will be temporary located at Norwich House – the old 'Chinese Laundry' - Saville Street Hull – HU1 3ES	Bookings required	Please call into The Warren Tel: 01482 218115 Or E-mail: ijtatten@thewarren.org https://www.thewarren.org/
Mental Health Counselling	One-to-one support for participants dealing with mental health.	Mind 108 Beverley Rd, Hull HU3 1YA 14 Town Hall St, Grimsby DN31 1HN	Throughout the week	www.mind.org.uk/information
Side by Side – MIND Mental Health Support	We all know what it is like to struggle sometimes. Side by Side provides a safe place to listen, share and be heard. Whether you are feeling good right now or having a hard time, the Side-by-Side community is a safe place to share experiences and listen to others. The community is available to all, 24/7. Side by Side is moderated daily from 8am to midnight.	Mind on-line support	24/7	sidebysideonline@mind.org.uk Click on the link HERE to access the Side-by-Side website

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FREE Data	We are now community partners with the Good Things Foundation, helping to prevent data poverty. We are providing data to 20 people 18+ who need it. See link for eligibility criteria.	Creating Positive Opportunities (CPO) Centre4, 17a Wootton Rd, Grimsby DN33 1HE	Ongoing	https://www.goodthingsfoundation.org/databank/
Listening Books	Free membership to Listening Books - Listening Books is a national audiobook charity providing an online and postal audiobook service for the print impaired.	On-line via the website	Ongoing	https://www.listening-books.org.uk/join
HSBC UK	HSCB UK Financial Capability Programmes 3–25-year-olds	Via Website	Ongoing	https://assets.practice365.co.uk/wp-content/uploads/sites/685/2022/09/HSBC-UK-Financial-Education-2022.pdf
East Riding Museums	Various Museums and local attractions in the East Riding.	Various locations throughout East Riding		www.eastridingmuseums.co.uk/find-a-museum/
Buddhist Retreat - Madhyamaka Kadampa Meditation	A walk around the grounds and mindfulness meditation	Buddhist centre Pocklington and York Kilnwick Percy Hall, Pocklington, York YO42 1UF		https://madhyamaka.org/ Tel: (01759) 304 832
Active My Way	Active My Way is here to help you live a more active life. Active My Way is the brainchild of Together Active. Our vision is <i>Everyone More</i>	Various locations across the Humber and North Yorkshire		www.activemyway.org/humbernorthyorkshire

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	<i>Active More Often</i> , and we work with a range of local and national organisations to make this happen.			
Tigers Trust – In the community	<p>The Tigers Sport and Education Trust is a charity which aims to make a difference to people’s lives by involving them in sport. Through our work, the Tigers Trust promote the values linked with sporting success and we help up-skill participants through practical activity as well as running courses, events and promoting our work in schools across the Hull and East Yorkshire region. Involvement in community sport projects can help tackle a wide range of issues including health, youth crime and unemployment.</p> <p>With a workforce of around 40 full and part time members of staff, a large cohort of volunteers and participants and a high-profile association with professional football, the Tigers Trust is dedicated to helping our local communities to live active, healthy and happy lives.</p>	<p>Tigers Trust Arena West Park Walton Street HULL HU3 6GA</p>		<p>For more information contact the Tigers Trust via their website:</p> <p>https://www.tigerstrust.co.uk/</p> <p>Tel: 01482 358371</p> <p>e-mail: office@tigerstrust.co.uk</p> <p>www.facebook.com/TigersSportandEducationTrust</p>
Walking Group - ERYC	A health and wellbeing walk in the fresh air run by ERYC	<p>Meeting points - Bridlington Leisure Centre Promenade, Bridlington YO15 2QQ</p>	Please refer to website for days and times of each walk.	<p>www.eastridingleisure.co.uk</p> <p>Laura Hutchinson Phone</p>

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			https://www.eastridingleisure.co.uk/clubs-and-activities/clubs/?entry=walking_for_health	(07887) 653489 laura.hutchinson@eastriding.gov.uk
		Beverley Leisure Centre Flemingate, Beverley HU17 0LT		
		Driffield Leisure Centre Bridlington Road, Driffield.		
		Goole Leisure Centre North St, Goole DN14 5QX		
		Haltemprice Leisure Centre 120 Springfield Way, Anlaby, Hull HU10 6QJ		
		Hornsea Leisure Centre Broadway, Hornsea HU18 1PZ		
		Francis Scaife Burnby Ln, Pocklington, York YO42 2QE		
		South Cave Leisure Centre Church St, South Cave, Brough HU15 2EP		
		Withernsea Leisure Centre 134 Station Road, Queen Street, Withernsea HU19 2QA		
Learning Disability Rugby League	The LDRL activity is part of a wider strategic partnership between Community Integrated Care, the Betfred Super League and the RFL, which aims to develop and enhance the community programmes provided by the sport to people with care and support needs.	Hull FC Training Ground, County Road, HU5 4HN	Monday night sessions, 6:00pm-7:00pm	https://hullfcfoundation.co.uk E-mail bradley.sugden@hullfc.com matthew.kirby@hullfc.com

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Table Tennis Club	Open Age Coaching Session	Goodwin – The Octagon Walker Street, Hull.		https://clubspark.net/goodwintabletennisclub E-mail info@goodwinttc.co.uk
North Ferriby Riding for the Disabled	Volunteering opportunities, horse grooming, ragworting, painting and decorating, cleaning etc.	Riverside Walkway Ings Lane Church Road North Ferriby		https://northferribyrda.com/
The Green Team	<p>The Green Team is a registered charity based in Goole in the East Riding of Yorkshire, providing volunteering opportunities to local people.</p> <p>Our aims are to:</p> <ul style="list-style-type: none"> Benefit the elderly and people with disabilities in Goole and the surrounding area by the provision of a gardening maintenance service. Advance the education of our Volunteers in horticulture skills and practices by providing training. 	<p>The Green Team The Courtyard, Boothferry Rd, Goole DN14 6AE</p> <p>The Pavilion, West Park, Shaftesbury Avenue, Goole, DN14 6UU.</p> <p>01405 462950 info@thegreenteam.org.uk</p>		www.thegreenteam.org.uk
Super 1's Inclusive Cricket	Free inclusive cricket sessions Age 12-25 All disabilities welcome	Hull Hub Nuffield Health Tennis Centre, Kingston Park, Hull HU1 2TX	Thursdays 6-7.30 pm	www.lordstaverners.org/super1s

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<p>Nunny Farm volunteering</p>	<p>Opportunities on community family run farm. We are Nunny's Farm! A community petting farm for everyone. At our core, we provide a day out for all the family. Offering experiences with 13 different animal species from highland cows to alpacas and rabbits. Our vision is to empower the local community to be more at one with nature. Getting outdoors, meeting our animals has huge physical and mental health benefits.</p>	<p>17a Wootton Road, Grimsby. DN33 1HE</p>	<p>We are open for visitors between 1st April and 31st October, 7 days a week between 10am – 5pm, our last entry is 4pm.</p>	<p>https://nunnysfarmcic.org/about-us/ Tel: 01472 236676</p>
<p>Hall Farm</p>	<p>Social activity to build relationships with participants and improve communication and social skills. Here at Hall Farm Eastoft, we open our working farm to deliver a range of services for the community. From educational trips to family experiences, for groups and individuals, we use the natural environment to empower young people and adults to realise their potential.</p>	<p>Eastoft Farm The Hall, Yorkshireside, Eastoft DN17 4PG</p>	<p>Enquiries to be made via the website link</p>	<p>www.hallfarmeastoft.co.uk</p>
<p>Park Run</p>	<p>parkrun UK (United Kingdom) is a free, community event where you can walk, jog, run, volunteer, or spectate. parkrun is 5k and takes place every Saturday morning. Parkrun UK is positive, welcoming, and inclusive, there is no time limit, and no one finishes</p>	<p>Various location – see website for details</p>	<p>Saturday Mornings</p>	<p>www.parkrun.org.uk</p>

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	last. Everyone is welcome to come along.			
Probe Hull (Ltd)	We offer a number of services, working with local people to help build prosperous, safe, and attractive neighbourhoods.	369-371 Marfleet Lane, Hull HU9 5UH		Contact - (01482) 782400/714242 Email: steve.alltoft@employmenthouse.org https://probeltd.co.uk/
Unity In The Community	<p>We help our Local Community We are a charity based in North Hull aiming to support the local community through several different funded projects. Offering a variety of training courses and funding for residents of HU6. We also run several projects designed to benefit the community.</p> <ul style="list-style-type: none"> • Computer suite and provide training in Digital Skills. • Unity Contracts performs contracting work for members of the public and other organisations. • We are a landlord and currently have several properties that we let. • Weekly food bank scheme run by volunteers 	<p>Unity in Community 501 Endike Lane, Hull, HU6 8AQ</p> <p>01482 852292</p>		<p>https://unityincommunity.org.uk/</p> <p>www.facebook.com/UICHU6/</p> <p>e-mail address: info@unityincommunity.org.uk</p>

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	<p>provide affordable food to the local community.</p> <ul style="list-style-type: none"> • Bursaries for groups and individuals of up to £250. • Work with several other groups in the area including Looking Good Feeling Good and Hull Northern Social Club. • We also provide a range of activities as part of the NHS Social Prescription initiative. 			
<p>Vulcan Centre</p>	<p>The Vulcan Centre is a charity organisation that aims to help young people and their immediate community to achieve their potential and direct them towards a positive future.</p> <p>The Centre uses sport and recreational activities to teach young people about the importance of respect and self-control. We embrace diversity and use a variety of methods to empower our members. Our goals are to increase self-esteem and improve employability, whilst promoting social inclusion. We have been awarded funding from several sources which helps us to fulfil these goals.</p>	<p>Vulcan Centre and Vulcan Boxing Hull Fish Trade Building, 42 Heron Street, Hull, HU3 3PF</p>		<p>https://www.vulcancentre.co.uk/</p> <p>Tel: 01482 229230</p> <p>Email: info@vulcancentre.co.uk</p>

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	The Vulcan Centre provides a friendly and supportive atmosphere which is conducive to learning, training, integrating, recognising capabilities, and building confidence.			
SEND East Riding Local Offer	<p>The purpose of the local offer is to provide clear, accessible information about what services are available in the area for parents, children and young people aged 0 - 25 years with Special Educational Needs and Disability (SEND). This is a major part of the SEND reforms which aims to transform the way children, young people and their families can access services and achieve their aspirations.</p> <p>The local offer is available to those who do not have access to the internet by calling the Families Information Service Hub on (01482) 396469.</p>	Various locations throughout the East Riding	See website for more information	https://www.eastridinglocaloffer.org.uk/directory/ Families Information Service Hub on Tel: (01482) 396469.
Hull and East Riding Mumbler	Explore the website for things to do in Hull and the East Riding of Yorkshire for families. Including classes and activities for babies and children, local days out, ideas and inspiration for school holidays. Helping parents make the most of our area.	Hull & East Riding		https://hullandeastridingmumbler.co.uk/

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Hull What's On	Hull news, events, offers, local businesses and more... We help you get out there and experience more of the amazing things to do in Hull & East Yorkshire.	Hull & East Riding		https://hullwhatson.com/
Visit East Yorkshire	From a walking festival that showcases the very best of our beautiful Yorkshire Wolds, to the bustling markets and food events that offer the true tastes of our region, through to musical events in our Minster, literature festivals in our market towns, racing on our beaches and artful installations and exhibitions across our network of galleries, museums and stately homes, there's always something special to see, hear, taste and be part of.	Throughout East Yorkshire		https://www.visiteastyorks.co.uk/whats-on

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