

W/C 08.04	Time	Session	Practitioner	Venue
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	Hull Marina
<b>Tuesday</b>	1pm	The Chatty Reading Group	Joe & Vicki	Crafty Coffee
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	East Park Hull by the Cafe
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	10am	Mindfulness & Guided Meditation	Acho & Yvonne	MS Teams
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

W/C 15.04	Time	Session	Practitioner	Venue
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Bridlington South Beach
<b>Tuesday</b>	10:30am	Card Making	Acho	ScrapStore
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Joe	Bridlington by Brid Spa
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	10am	Mindfulness & Guided Meditation	Acho & Yvonne	MS Teams
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+

<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 22.04</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	East Park Hull
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	10:30am	Medications in Mental Health	Acho & Alberto	Hull CVS
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Beverley Beck by Foresters Arms
<b>Wednesday</b>	1pm	Focus Group	Maisy	Hull Central Library
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	10am	Mindfulness & Guided Meditation	Acho & Yvonne	MS Teams
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 29.04</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Bridlington North Beach
<b>Tuesday</b>	10:30am	Card Making	Acho	ScrapStore
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Hornsea by Hornsea Hub
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club

<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 06.05</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Tuesday</b>	10am	Photography	Joe	West Park Hull
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	10:30am	Mood & Food	Acho	ScrapStore
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Hull Marina
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 13.05</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	Hull Marina
<b>Tuesday</b>	10:30am	Card Making	Acho	ScrapStore
<b>Tuesday</b>	1pm	The Chatty Reading Group	Joe	Crafty Coffee
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Bridlington by Brid Spa
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club

<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 20.05</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Bridlington South Beach
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Tuesday</b>	1pm	Sound Bath	Acho & Cheryl	Oldroyds Corner @ Woodmansey Garden Centre
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	10:30am	Medications in Mental Health	Acho & Alberto	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Beverley Beck by Foresters Arms
<b>Wednesday</b>	1pm	Focus Group	Maisy	East Riding Community Hospital
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

**HALF TERM**

W/C 03.06	Time	Session	Practitioner	Venue
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	East Park Hull
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Tuesday</b>	1pm	Sound Bath	Acho & Cheryl	Oldroyds Corner @ Woodmansey Garden Centre
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Hornsea by Hornsea Hub
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

W/C 10.06	Time	Session	Practitioner	Venue
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Bridlington North Beach
<b>Tuesday</b>	10:30am	Card Making	Acho	ScrapStore
<b>Tuesday</b>	1pm	The Chatty Reading Group	Joe & Vicki	Crafty Coffee
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	10:30am	Mood & Food	Acho	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	East Park Hull by the Cafe
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library

<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 17.06</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	West Park Hull
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Tuesday</b>	1pm	Sound Bath	Acho & Cheryl	Oldroyds Corner @ Woodmansey Garden Centre
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	10:30am	Medications in Mental Health	Acho & Alberto	East Riding Community Hospital
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Bridlington by Brid Spa
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 24.06</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Hull Marina
<b>Tuesday</b>	10:30am	Card Making	Acho	ScrapStore
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Beverley Beck by Foresters Arms
<b>Wednesday</b>	1pm	Focus Group	Maisy	North Brid Library
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre

<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 01.07</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	East Park Hull
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Hornsea by Hornsea Hub
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 08.07</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Bridlington North Beach
<b>Tuesday</b>	1pm	The Chatty Reading Group	Joe & Vicki	Crafty Coffee
<b>Tuesday</b>	1pm	Sound Bath	Acho & Cheryl	Oldroyds Corner @ Woodmansey Garden Centre
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Hull Marina

<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 15.07</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10am	Kintsugi	Acho	ScrapStore
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	ScrapStore
<b>Tuesday</b>	10am	Photography	Joe	West Park Hull
<b>Tuesday</b>	10:30am	Card Making	Acho	ScrapStore
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library
<b>Wednesday</b>	11am	Wellbeing Walks	Maisy & Rachel	Bridlington by Brid Spa
<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library

<b>W/C 22.07</b>	<b>Time</b>	<b>Session</b>	<b>Practitioner</b>	<b>Venue</b>
<b>Monday</b>	10:30am	Kintsugi	Acho	North Brid Library
<b>Monday</b>	1:30pm	Mindful Calligraphy	Acho	North Brid Library
<b>Tuesday</b>	10am	Photography	Joe	Hull Marina
<b>Tuesday</b>	1pm	Gather & Game	Joe	ScrapStore
<b>Wednesday</b>	10am	Wellbeing through Creativity	Joe	North Brid Library



<b>Wednesday</b>	2pm	DIY Club	Acho	Vulcan Centre
<b>Thursday</b>	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
<b>Thursday</b>	1pm	Tai Chi Club	Acho	ScrapStore
<b>Thursday</b>	2pm	Boxing for Health	Joe	Vulcan Centre
<b>Friday</b>	10:30am	Card Making	Acho	North Brid Library
<b>Friday</b>	11am	Kick Start Football	Joe	Active+
<b>Friday</b>	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
<b>Friday</b>	1:30pm	Tai Chi Club	Acho	North Brid Library