

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

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

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

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

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

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

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

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

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

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

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W/C 03.06	Time	Session	Practitioner	Venue
Monday	10am	Kintsugi	Acho	ScrapStore
Monday	1:30pm	Mindful Calligraphy	Acho	ScrapStore

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

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

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

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

Friday	10:30am	Card Making	Acho	North Brid Library
Friday	11am	Kick Start Football	Joe	Active+
Friday	1pm	Wellbeing through Creativity	Joe	Ferens Art Gallery
Friday	1:30pm	Tai Chi Club	Acho	North Brid Library

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

W/C 08.07	Time	Session	Practitioner	Venue
Monday	10:30am	Kintsugi	Acho	North Brid Library
Monday	1:30pm	Mindful Calligraphy	Acho	North Brid Library
Tuesday	10am	Photography	Joe	Bridlington North Beach
Tuesday	1pm	The Chatty Reading Group	Joe & Vicki	Crafty Coffee
Tuesday	1pm	Sound Bath	Acho & Cheryl	Oldroyds Corner @ Woodmansey Garden Centre
Wednesday	10am	Wellbeing through Creativity	Joe	North Brid Library
Wednesday	11am	Wellbeing Walks	Maisy & Rachel	Hull Marina
Wednesday	2pm	DIY Club	Acho	Vulcan Centre
Thursday	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
Thursday	1pm	Tai Chi Club	Acho	ScrapStore

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

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

W/C 22.07	Time	Session	Practitioner	Venue
Monday	10:30am	Kintsugi	Acho	North Brid Library
Monday	1:30pm	Mindful Calligraphy	Acho	North Brid Library
Tuesday	10am	Photography	Joe	Hull Marina
Tuesday	1pm	Gather & Game	Joe	ScrapStore
Wednesday	10am	Wellbeing through Creativity	Joe	North Brid Library
Wednesday	2pm	DIY Club	Acho	Vulcan Centre
Thursday	10am	Tennis for Wellbeing	Joe	Cottingham Tennis Club
Thursday	1pm	Tai Chi Club	Acho	ScrapStore

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