

## FRIDAYS

ESOL **9.30 - 11.30 am**  
FREE !

(English for Speakers of Other Languages)  
Term times only, just turn up.

Tai Chi **11.00 - 12.30 pm**  
£3.00 per session

Tai Chi is a very low impact health and relaxation art that helps to release and ease tension from tired muscles and joints.

Social Dancing **8.00 - 10.30 pm**  
£4.00 per session

Ballroom tuition followed by social dancing. You do not have to have a partner to accompany you. Bring your own drinks.

### We require volunteers to help in the Shop & Café

If you are interested, please call in for a Volunteer Application Form.

We can cover expenses, provide support and training and many people find volunteering allows them to meet new friends and improves their chances of finding employment.

## Lonsdale Community Shop

Monday to Saturday **9am - 4pm**

**Come in and grab a bargain!**

**Wanted!** Your old Clothes, Bric-a-Brac, CD's, DVD's, Electricals, Soft Toys, Shoes & Handbags.

### Newington Neighbourhood Plan

The Newington Neighbourhood Plan is a plan for the Anlaby Road area of the Newington ward which will enable the local community to have more say in the development of their neighbourhood.

If you would like to get involved and have ideas of your own for the area then please contact us for full details.

the  
**Tudortrust**



# Lonsdale Community Centre

## Activities

Winter 2018



LOTTERY FUNDED



Lonsdale  
Community  
Centre

8 Lonsdale Street  
Hull, HU3 6PA  
Phone (01482) 564691  
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E-mail: [office@lonsdalecc.org.uk](mailto:office@lonsdalecc.org.uk)  
Web: [www.lonsdalecc.org.uk](http://www.lonsdalecc.org.uk)

## MONDAYS

**Card Making Group** 10.00 - 12.00  
**£2.00 per session**

This is an informal group that meet every week to socialise and share card making skills.

**Latin Line Dancing** 11.00 - 12.00  
**£3.00 per session**

This group is open to all ability levels and is lower impact than the more strenuous line dancing.

**Drama Group** 7.00 - 9.00 pm  
**£2.00 per session**

The Chameleon Players are a long established amateur dramatic group that rehearse and put on performances regularly in the city centre.

**Line Dancing** 7.30 - 9.30 pm  
**£4.00 per session**

A very popular line dancing group suitable for all abilities with no need to have a dance partner to accompany you!

**Fertility Group Hull** 6.00 - 7.30 pm

A support group for anyone experiencing fertility issues. Just turn up!  
First Monday of the month (*second Monday if the first is a bank holiday*)

**Free!**

## TUESDAYS

**Knit 'n Natter (Free!)** 10.00 - 12 noon  
Can you knit, crochet, or cross stitch? Or would you like to learn how? If so why not join us?

**Freestyle Embroidery** 10.00am to 12 noon  
A new 10 week course Free machine embroidery gives you complete freedom of movement to create stunning fabric designs. Booking essential.  
£15 for 10 weeks. Starts 1st September 2018

**Over 50's Computer Club** 12 noon - 2.00 pm  
**£2.00 per session**  
One to one support and learning on all aspects of computers in a comfortable space.

**Sew it All** 1.00 to 3.00 pm  
A new 10 week course offering you the opportunity to create your own clothes & soft furnishings. Booking essential. £15 for 10 weeks  
Starts 1st September 2018.

**Children's Dance Class** 5.30 - 6.30 pm  
**£2.00 per session**  
Ballroom & Latin dance classes for children from 3 years upwards.



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## WEDNESDAYS

**Art Group** 9.00 - 1.00 pm  
**£2.50 per session**

A long established group led by a volunteer who paint in both oil and watercolours.  
New members welcome , just come along!

**Indoor Market** 9.00 - 12.30 pm  
A selection of cards, books and products for sale.

**Job Club** 10.00 - 2.30 pm  
Help and support from volunteers with all aspects of job applications and online training.

## THURSDAYS

**Job Club** 10.00 - 2.30 pm  
Help and support from volunteers with all aspects of job applications and online training.

**Drama Group** 7.30 - 9.30 pm  
**£2.00 per session**

The Chameleon Players are a long established amateur dramatic group that rehearse and put on performances regularly in the city centre.

### Community Counselling Drop-Ins

These are free confidential one-to-one drop in sessions offering mutual support and motivation to anyone wishing to make positive lifestyle changes  
Call us on 564691 to book an appointment.