

FRIDAYS

ESOL - English for Speakers of Other Languages
10.00am to 12 noon

Term times only, just turn up. **FREE !**

Computer Room **10.00 am to 3.00 pm**
Free Access to computers and the internet

Tai Chi **11.00 to 12.30 pm**
Tai Chi is a very low impact health and relaxation art that helps to release and ease tension from tired muscles and joints.
£5.00 per session (First session Free!)

The W.A.N.T Warm Welcome Lunch Club
10.00am to 1.00pm

You are invited to enjoy free meal & hot drinks and good company in our community cafe!

Lonsdale Food Bank **1.00pm to 2.00pm**
Supermarkets and food manufacturers surplus produce available to all residents for a small donation.

REACH (Romanians & Europeans Association Community Hub) **4.30pm to 7.30pm**
Romanian Family Cooking & Social Group
Email: andreea.salvage@reach-hub.co.uk

SATURDAYS

Tri Colour Kids Club **9.30am to 1.00pm**
Lithuanian Culture & Language Project for Lithuanian children and young people.
airinute@icloud.com

SUNDAYS

REACH (Romanians & Europeans Association Community Hub) **10.00am - 1.00pm**
Romanian Culture & Language Project for Romanian children and young people.
Email: andreea.salvage@reach-hub.co.uk

Lonsdale Community Shop
Monday to Friday **9.00 am - 4.00 pm**
Saturday **10.00 am to 3.00 pm**
Come in and grab a bargain!
Wanted!

Your old Clothes, Bric-a-Brac, Electricals, Toys, Books, CD's & DVD's, Shoes & Handbags.

We require volunteers to help in the Shop & Centre

We can cover expenses, provide support and training and help you improve your chances of finding employment.

Newington Neighbourhood Plan

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

<https://thenewingtonplan.co.uk>

Linus Lithuanian Community in Hull

liniizas@gmail.com

Contact 07902756991 for details



Lonsdale Community Centre

Activities 2025



8 Lonsdale Street
Hull, HU3 6PA
Phone (01482) 564691
E-mail: office@lonsdalecc.org.uk
Web: www.lonsdalecc.org.uk
Registered Charity Number 1111628

MONDAYS

Stay & Play 9.00am to 10.30am

Soft play, children's musical instruments, puzzles & games.

07704250237 **Only £1**

Crafting Club 10.00 am - 12.00 noon

This is an informal group that meet every week to socialise and share crafting skills. (Materials provided) **£3.00**

Computer Room 10.00 am to 3.00 pm

Free Access to computers and the internet

Latin Line Dancing 11.00am - 12.00 noon

This group is open to all ability levels and is lower impact than the more strenuous line dancing. **£5.00 per session**

Women Accede 1.00pm to 3.30pm

Food and Lunch Club

Food collection and distribution. Support, companionship and social activities for isolated adults and older people. **Small donation.**

Computer Maintenance Club

5.30pm to 7.30pm

Learn how to fix & maintain your computer. All aspects of computer hardware and software issues are covered. **£5 per session**

Yoga with Liz 7.00pm to 8.00pm

"Breathe, Move, Relax" **£6 per session**

Work on your mobility, flexibility, strength, balance and well-being. Classes include slow vinyasa flows, yoga therapy techniques, breath work and relaxations. Please bring your own mat if you have one. Contact Liz on 07746288349 for details.

TUESDAYS

The Warm Welcome Café Club

10.00am to 2.00pm

You are invited to enjoy free meal & hot drinks and good company in our community cafe!

Computer Room 10.00 am to 3.00 pm

Free Access to computers and the internet

Knit 'n Natter 10.00 am to 12 noon

Can you knit, crochet, or cross stitch? Or would you like to learn how? **Free!** Just turn up

Sew it All 10.00am to 12.00pm

A 12 week course offering you the opportunity to make, mend or refashion your clothes, soft furnishings, curtains, cushions or other fabrics. £60 for the full 12 week course, which includes tutor support and materials. *Next start date:*

Tuesday 13 January 2026

Lonsdale Food Bank 11.00am to 12.00pm

Supermarkets and food manufacturers surplus produce available to all residents for a small donation.

'Waffle'

Food by local chefs, Eating, Playing, and LIVING together. Pay what you can afford. Everybody welcome. **4.30pm, last orders 7.00pm**
@waffle_hull & Facebook/wafflehull

As well as our regular programme of activities we frequently host one-off events and activities and are always open to ideas from our local community please contact us for further information.

WEDNESDAY

Art Group 9.30am - 12.00pm

Weekly lessons and your own ongoing drawing and painting projects in oils, watercolours and acrylic for all abilities. Just turn up!

New members welcome, just come along!

Only £3 .00 - First session free!

SmokeFree Hull 9.30am to 12.30pm

Free products, advice and support to help you stop smoking for good! Ready to stop smoking? We're here for you. **Free!**

Call us on: [01482 977617](tel:01482977617)

hullstopsmoking.info@cgl.org.uk

THURSDAYS

Crafting Club 10.00 am - 12.00 noon

This is an informal group that meet every week to socialise and share crafting skills. (Materials provided) **£3.00**

World Crafts 10.00am to 12.00pm

(Second Thursday of the month)

A series of taster sessions demonstrating crafts from cultures around the world. **Free!**

Women Accede 12.30pm to 3.30pm

Food Workshops

(Bi-weekly from Thursday 23 October 2025

Preparing and cooking healthy meals on a budget. Just turn up, Free!