



# HULL4HEROES

SUPPORTING THOSE WHO HAVE SERVED

## EVENTS - DECEMBER

### MONDAY

**AF Photography Group**  
10am-12pm  
Contact details below to book

**Guitar Group**  
10am-11am  
Drop in Centre

**Brid Outreach Clinic**  
Morrisons  
Community Room  
Bessingby Road  
Bridlington  
2<sup>nd</sup> & 4<sup>th</sup> Monday  
10am-2pm

**Veterans Singing for Fun**  
1pm-3pm  
Albermarle Centre

### TUESDAY

**Coffee Morning**  
10am-12pm  
3rd floor  
Princes Quay

**Monthly Citizens Advice Drop In**  
2 December  
3rd floor  
Princes Quay

**Green Doctor/ Energy Advice Drop In**  
2 December  
3rd floor  
Princes Quay

**Hairdresser every 6 weeks**  
9 December  
10am-12pm  
3rd floor  
Princes Quay

### WEDNESDAY

**Coffee Morning & Lunch Club**  
9.30-1.30pm  
West Hull Rugby Club

**Lisa's Ladies Talking Group Hull**  
12-2pm every week  
6pm - 1st & 3<sup>rd</sup>  
Wednesday  
3rd floor  
Princes Quay

**Monthly Solicitors Drop In**  
10 December  
West Hull Rugby Club

**Lisa's Ladies Talking Group Beverley**  
6pm - 2nd & 4th  
Wednesday  
Beverley Barge, Scaife  
Mews, Beverley

**Geo Mens Talking Group**  
6pm, 3rd Floor  
Princes Quay

### THURSDAY

**Walking Club**  
10am-2pm  
Contact details below to book

**Active Thursdays @ Nuffield**  
11am-1pm  
Nuffield Health  
Centre, HU1 2TX

**NEW Starts 27 Nov Thursday Afternoon Social**  
12-2pm  
Free Soup & Roll  
Games/Bingo/Quiz  
different each week  
3rd Floor Princes Quay

**Teatime Social**  
4.30pm-6.30pm  
Springhead Golf  
Club

### FRIDAY

**Coffee Morning**  
10am-12pm  
Morrisons  
Holderness Road

**Green Doctor/ Energy Advice Drop In**  
5 December  
Morrisons  
Holderness Road

**Coffee Morning**  
10am-12pm  
Morrisons Anlaby

**Coffee Morning**  
10am-12pm  
12 December  
Bransholme Health  
Centre, Room 25/26

### SPECIAL EVENTS/MEETINGS

**Childrens Christmas Party - £5 per child**  
12-3pm  
Saturday 13 December  
Active + Little Monkeys,  
National Avenue

**Santa Bike Ride starting at East Hull**  
AFBC/Lambwath Pub  
9am after b/f club  
Saturday 13 December  
The Lambwath Pub

**Karaoke & Pizza with East Hull AFBC £10**  
7pm till late  
Saturday 13 December  
The Lambwath Pub,  
Sutton Road, Hull

**Adults Christmas Party - £5 each**  
12-3pm  
Monday 22 December  
Hull Sports Centre,  
Chanterlands Avenue

**Christmas Eve Party**  
10am-12pm  
Wednesday 24  
December  
3<sup>rd</sup> Floor  
Princes Quay

If you have any ideas or suggestions for future trips and events please let us know.

**Contact Details Hull 4 Heroes : 01482 534483**

**CESA (C.Metcalf): 07931 582220**