** Alzheimer’s Society**

A logo for a alzheimer's society

Description automatically generated with low confidence

**Groups in Hull – 2023**

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|  | **Singing for the Brain** | **North Hull Café** | **West Hull Café** | **East Hull Café** | **Central Hull Café** | **Carer’s Support Group** | **Younger Onset Group** |
| **When** | Tuesdays  11.00 – 12.30 every 2 weeks | Thursdays  10.30 – 12.30  Every 2 weeks | Last Monday of the month 10.30am- 12.30pm | 1st Monday of the month 1:30pm-3:30pm | 2nd Monday of every month, 1:00pm–3:00pm | Last Wednesday of the month  11:00- 12:30 | Please enquire to find out more details |
| **Where** | Florence Nightingale Court, Barrington Avenue, Hull HU5 4BW | North Hull Community Centre,  26 37th Ave, Hull HU6 8AU | Anlaby Park Library,  The Greenway, Anlaby High Road, Hull HU4 6XH | Holderness Road Methodist Church,  329 Holderness Rd, Hull HU8 8SH | Redwood Glades  4 Leads Road  Hull  HU74YJ | Florence Nightingale Court, Barrington Avenue, Hull HU5 4BW | Community based |
| **Dates** | 4th April  18th April  2nd May  16th May  30th May  13th June  27th June  11th July  25th July  8th August  22nd August  5th September  19th September  3rd October  17th October  31st October  14th November  28th November  12th December | 6th April  20th April  4th May  18th May  1st June  15th June  29th June  13th July  27th July  10th August  24th August  7th September  21st September  5th October  19th October  2nd November  16th November  30th November  14th December | 24th April  29th May  26th June  31st July  28th August  25th September  30th October  27th November  25th December | 3rd April  1ST May  5th June  3rd July  7th August  4th September  2nd October  6th November  4th December | 10th April  8th May  12th June  10th July  14th August  11th September  9th October  13th November  11th December | 26th April  24th May  28th June  26th July  23rd August  27th September  25th October  29th November  27th December | Dates will alter each month – please reach out to the team to find out more information |

**Due to circumstances beyond our control these dates may be subject to change.**

For further information about the activity groups or other support services in Hull please contact the Hull team on **01482 211255** email**:** [**hulleastriding@alzheimers.org.uk**](mailto:hulleastriding@alzheimers.org.uk)