** Alzheimer’s Society**



**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** | Tuesdays11.00 – 12.30 every 2 weeks  | Thursdays 10.30 – 12.30Every 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 month11:00- 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 Glades4 Leads RoadHull HU74YJ | Florence Nightingale Court, Barrington Avenue, Hull HU5 4BW | Community based |
| **Dates** | 4th April 18th April 2nd May 16th May 30th May13th June 27th June 11th July 25th July 8th August 22nd August 5th September 19th September 3rd October 17th October 31st October14th November 28th November 12th December  | 6th April 20th April 4th May 18th May 1st June 15th June 29th June13th July 27th July 10th August 24th August 7th September21st September5th October19th October2nd November16th November30th November14th December | 24th April29th May26th June31st July28th August25th September30th October27th November25th December | 3rd April1ST May 5th June3rd July7th August4th September2nd October6th November4th December | 10th April8th May12th June10th July14th August11th September9th October13th November 11th December | 26th April24th May28th June26th July23rd August27th September25th October29th November27th 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**