

Organisation	About	Contact	Web
Beverley Town FC Walking Football	<p>Beverley Town FC walking football team train on Tuesday evenings at Longcroft School sports hall between 8pm and 9pm at a cost of £3.00 per session. The sessions are open to anyone with an emphasis on having fun with no commitments. The sessions are open to those under 55 also, and great for the likes of support groups, physio and rehabilitation patients.</p>	<p>Gary Proud: gary-proud@hotmail.com</p>	<p>Under construction</p>
Health Stars	<p>We promote the development of exceptional healthcare which goes above and beyond NHS core services, through the investment in environments, resources, training and research. Health Stars invest £10k's into Humber NHS every year. Health Stars works in partnership with the Humber Teaching NHS Foundation Trust to enhance the community and mental health services provided to over 800,000 people living in our service area.</p>	<p>Clare Woodard: c.woodard@nhs.net O: 01482 389103 M: 07808 649161</p>	<p>Website www.healthstars.org.uk</p>
Second Thoughts East Yorkshire	<p>Supporting people with mental health problems through small group workshops in confidence building, assertiveness, anxiety management and valuing self, also 1 to 1 support. Support self-help groups across the county - Hull, Beverley, Driffield, Pocklington, Withernsea and York.</p>	<p>Greg Harman Stey2015@outlook.com</p>	<p>Website www.secondthoughtseastridingofyorkshire.btck.co.uk Twitter @2ndthoughtsey</p>

<p>Pocklington Tennis Club</p>	<p>Pocklington Tennis Club welcomes people of all ages and abilities to come and try tennis at Pocklington. The Club can offer tennis to all and has a friendly atmosphere offering club sessions for social tennis, coaching for all or if you feel you are an aspiring Wimbledon champion we have 15 teams competing in different leagues throughout the area.</p>	<p>Chris French M: 07702 831538 chris@chrisfrench.plus.com</p>	<p>Website www.pocklingtontennis.com Twitter @PockTennis</p>
<p>Talking About Loss</p>	<p>Talking about Loss (TAL) is a charity aimed at helping people deal with bereavement, redundancy and other forms of loss. It was set up by the Chair, Jacqui Gunn, who needed some help after losing her father, and created some pop-up wellbeing cafes in East and North Yorkshire where people could chat freely about their feelings. TAL will open a community hub in Market Weighton in 2020, to provide a welcoming venue and safe space for the public to take courses, receive counselling, help relieve social isolation and gain other support. It will also work as a signposting centre.</p>	<p>email manager.tal43@gmail.com T: 07771 926858</p>	<p>Website: www.talkingaboutloss.co.uk Facebook: @TALscommunityhub Instagram: talking_about_loss Twitter: @LossTalking</p>
<p>Dementia Friendly East Riding</p>	<p>DFER is a registered charity and aims to raise awareness and understanding of dementia and importantly to support those people living with dementia by organising various projects and practical activities. DFER also aims to support carers and families of people living with dementia.</p>	<p>Jan Stainforth, Simon Foster info@dementiafriendlyastriding.org.uk</p>	<p>Website www.dementiafriendlyastriding.org.uk Twitter @DementiaER</p>

East Riding Libraries	<p>East riding libraries provide a range of health related initiatives that are free for customers to attend and access. These include;</p> <p>Reading Well Books on Prescriptions Schemes</p> <p>Reminiscence groups (soon to link with Sporting Memories)</p> <p>Knit and Natter groups and Reading groups</p>	<p>Hannah Gibbs</p> <p>hannah.gibbs@eastriding.gov.uk</p>	<p>Websites</p> <p>https://library.eastriding.gov.uk/web/arena/welcome</p> <p>www.eastriding.gov.uk/</p>
Hull and District Diabetes Support Group	<p>Our aim is to offer help and support to people who are effected by diabetes and provide advice for living with the long term health condition, especially to those at a high risk. We also wish to help the families, friends, carers and any others who may want to know more about diabetes. We hope to increase Diabetes and Related Health Problems Awareness, throughout Hull and District.</p>	<p>Lionel Curtis</p> <p>hull_district_diabetes_support@hotmail.co.uk</p>	<p>Website</p> <p>http://hulldiabetes.support/</p>
Hutton Cranswick Sports & Recreation Association	<p>Provides sporting and recreational activities for the residents of Hutton Cranswick and surrounding area. This includes football, tennis, archery, cricket and outdoor keep fit equipment.</p> <p>The hall is used for pilates, yoga, furniture restoration, body combat, soft play, whist drives, seniors youth club and coffee mornings. All on a weekly basis.</p> <p>Caters for parties, functions and monthly quiz night.</p>	<p>Mike Wardell</p> <p>Mike.wardell1@btinternet.com</p> <p>07814 923699</p>	<p>Website</p> <p>www.huttoncranswicksra.co.uk</p> <p>Facebook</p> <p>https://www.facebook.com/Hutton-Cranswick-SRA-133919950027142/</p>

<p>The Sobriety Project</p>	<p>The 'Sobriety' Project (a charity) uses the Yorkshire Waterways Museum, vessels, nature Trail, community gardens, healthy eating cafe and allotments as resources for personal development and training for disadvantaged people in a deprived community. The disadvantaged people include adults with learning or physical disabilities, people with long term health conditions, people re-settling from custodial sentences, young people at risk of or being excluded from main stream education and socially isolated older people.</p>	<p>Linda Thornton linda@waterwaysmuseum.org.uk</p>	<p>Website http://www.waterwaysmuseum.org.uk/</p> <p>Facebook https://www.facebook.com/pages/The-Sobriety-Project/218091375225633</p>
<p>Patient Champions</p>	<p>A group of volunteers that work out of Brough surgery (The Ridings Medical Group). Responsible for helping around the surgery with tasks such as signposting, keep information racks full, assist in the flu clinic and general admin. Other tasks include gathering feedback about the surgery by way of patient surveys and manning an information stand within the surgery.</p>	<p>Colin Boothby patientchampions@gmail.com H: 01482 669102 M: 07568 448520</p>	<p>N/A</p>
<p>Barmby Moor Community Hub</p>	<p>The Barmby Moor Community hub runs from 'The Boot & Slipper' with lots of activities for the local community and beyond, including coffee mornings, IT lessons and chit chat evenings.</p>	<p>Andy Tennant: boot.slipper@gmail.com</p>	<p>N/A</p>

<p>Country Fit</p>	<p>I am a freelance health and wellbeing coach, specialising in fitness, nutrition and mobility. I am qualified specifically in Lower back training and I have a GP referral qualification, which allows me to work with certain specific medical issues. I work 1:1 and in small groups and I also run a circuit class at Hutton Cranswick SRA which is suitable for all ages and abilities. I also have a GP referral class at Leconfield (although GP referral isn't required to join)</p>	<p>Samantha Lowey Samsdesk@hotmail.co.uk M: 07789 816559</p>	<p>Website www.countryfitltd.co.uk Instagram https://www.instagram.com/countrycleanandfit/?hl=en Facebook https://www.facebook.com/countrycleanandfit</p>
<p>Active Withernsea</p>	<p>Active Withernsea is funded by Sport England and is one of 12 local delivery pilots across the country. Active Withernsea's vision is to make Withernsea a happier healthier place to live. Active Withernsea are working with residents of Withernsea and listening to their worries and barriers this covers all of health related illness, to feeling safe in their home to having to deal with day to day issues.</p>	<p>Email: Active.withernsea@eastriding.gov.uk T: 01964 782299</p>	<p>Facebook https://www.facebook.com/ActiveWithEY/ Twitter https://twitter.com/ActiveWithEY</p>
<p>Endurance Fit</p>	<p>Provides help and support to enable individuals to take part in physical exercise sessions within their community. Ensuring exercise options are available for all members of the adult population.</p>	<p>Linda Perry endurancefit@btinternet.com</p>	<p>Website https://endurancefit.wordpress.com/ Facebook www.facebook.com/endurancefityork</p>

Home Instead Senior Care	We provide support to older people in our local community to enable them to remain independent and happy in their own homes for as long as possible. We work with our clients and their families to create bespoke care plans that meet their needs. If we can help, we will.	Mandy Aitken Email: mandy.aitken@homeinstead.co.uk T: 01482231145 M: 07967304680	Website: https://www.homeinstead.co.uk/beverley-hull Twitter: @hisc_beverley Facebook: @hiscbeverleyhull