

Organisation	About	Contact	Web
<p>Beverley Town FC Walking Football</p>	<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>
<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>Second Thoughts East Yorkshire</p>	<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>www.secondthoughtseastridingofyorkshire.btck.co.uk @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</p>	<p>Chris French 07702 831538 chris@chrisfrench.plus.com</p>	<p>www.pocklingtontennis.com @PockTennis</p>

	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.		
Endurance Fit	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.	Linda Perry endurancefit@btinternet.com	www.endurancefityork.uk www.facebook.com/endurancefityork
Dementia Friendly East Riding	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.	Jan Stainforth, Simon Foster or Nigel Walker info@dementiafriendlyeastriding.org.uk	www.dementiafriendlyeastriding.org.uk @DementiaER
East Riding Libraries	East riding libraries provide a range of health related initiatives that are free for customers to attend and access. These include; Reading Well Books on Prescriptions Schemes Reminiscence groups (soon to link with Sporting Memories)	Hannah Gibbs hannah.gibbs@eastriding.gov.uk	https://library.eastriding.gov.uk/web/arena/welcome www.eastriding.gov.uk/

	Knit and Natter groups and Reading groups		
Hull and District Diabetes Support Group	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.	Lionel Curtis hull_district_diabetes_support@hotmail.co.uk	http://hulldiabetes.support/