

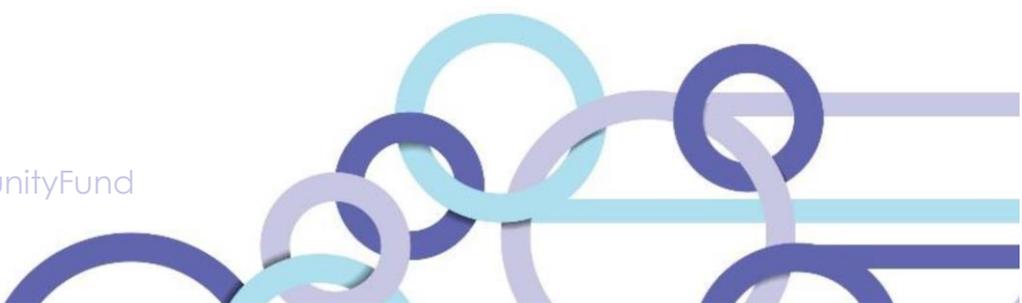
# Healthier Hull Community Fund Project Summaries 2014

[www.hullccg.nhs.uk](http://www.hullccg.nhs.uk)

 HealthierHullCommunityFund

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Map to show the areas of Hull where projects are running

The Healthier Hull Community Fund was launched in July 2013 to help achieve the CCG's ultimate goal of creating a healthier Hull. The project went to the heart of the community and invited voluntary and community groups to bid for grants of up to £5,000 for projects benefitting Hull residents and making the city a healthier place.

The goal was to give local people the chance to come up with innovative ideas to improve the health of their community; and for the wider community to decide which projects received funding. Every project had to have one or more of the following aims;

- Improving the health of their community,
- Getting people active,
- Helping people look after their own health and develop self-care.

The voting process involved around 250 members of the public voting live, and 500 accessing the online voting facility for the citywide projects. Approximately £360,000 in funding was awarded to projects across the city.

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# Citywide Projects

## Autism Plus

### Who will this project help?

Between 20 and 40 people with learning disabilities

### What is the project about?

Autism Plus has supported people with autism and long life disabilities from Hull for many years; however, they currently travel to South Yorkshire because there is no suitable facility in the Hull area. The project is to create a specialist support service for people with long life disabilities in Hull which would provide an innovative confidence and skills building programme and support around employment. A former resource centre in East Hull has been identified as a suitable facility but the flat roof needs essential repairs. After it is repaired Autism Plus can deliver their services in Hull for the first time.

### Who to contact about this project?

Paul Burton, Autism Plus, 01143 840273  
mark.burton@autismplus.co.uk

## CASE Training

### Who will this project help?

Around 500 people with a learning disability and their families

### What is the project about?

CASE would like to produce a Learning Disabilities newsletter which would be distributed to local people with learning disabilities in Hull, their families, carers and other support helping agencies. CASE's own learning disability trainees would produce content, design and edit and co-ordinate distribution.

The newsletter would be in an easy read format and use photo symbols promote positive health messages including: healthy eating, sexual health and relationships, smoking cessation, obesity, dental health and personal hygiene.

This funding will allow the publication of two newsletters about 3 months apart.

### Who to contact about this project?

CASE training, 01482 609030  
info@case4life.co.uk

## Dove House Hospice

### Who will this project help?

People with terminal illness and their families and carers

### What is the project about?

Dove House Hospice would like to undertake a programme of community awareness with pop-up community information and advice days with the overall aim to inform the whole community of the services the hospices provides and how we can directly help people suffering from life limiting illnesses, their families and their carers.

The sessions will enable conversations with potential patients and their families and friends about how Dove House could help them improve their health whilst suffering from a life limiting illness as well as highlighting the respite services they provide to carers so they can look after their own health too.

### Who to contact about this project?

Dove House Hospice, 01482 785743  
fundraising@dovehouse.org.uk

## Exploring Crafts

### Who will this project help?

Around 100 adults

### What is the project about?

Taking part in group craft activity can help people who are in chronic pain, suffering from depression or lonely or those with limited joint mobility by encouraging movement in fingers, hands and wrists.

Exploring Crafts is open to all ages, sexes and ethnicities and offers craft teaching that is free to attend. It can provide a learning and teaching experience by acquiring new talents or helping others learn them. It offers good company, and an outlet for expression by producing an end product for people's own use or one that can be passed on to a charity.

### Who to contact about this project?

Linda Whitton, 01482 783517  
lindamwhitt@aol.com

## The Green Project

### Who will this project help?

Around 50 people with mental health problems

### What is the project about?

The Green Project (TGP) has 2 allotments in Hull and a one acre smallholding at Woodmansey. These are run with one regular highly experienced volunteer at each site. Horticultural activity is proven to be of therapeutic benefit with improved mental health from social interaction and inclusion.

Some of this funding would help run a minibus to take a group of people to the site at Woodmansey (at no cost to participants) and for them to grow their fruit and vegetables there. The produce grown and consumed will lead to a healthier diet, and participants will benefit from the physical activity itself and improved mental health.

### Who to contact about this project?

The Green Project, 01482 343726  
eddie@recyclingunlimites.org.uk

## Hull & East Riding Panthers Triathlon Club

### Who will this project help?

People of any age with a disability, but mainly young people between 13 and 18 years of age

### What is the project about?

Hull & East Riding Panthers Disability Triathlon Club is the 1st disability club of its kind in the country, providing sporting opportunities to disabled athletes, their siblings, friends, parents & carers. They coach in the 3 disciplines of swimming, cycling & running, adapting to individuals where necessary and offers a much needed short break to parents & carers providing a free escorted bus service to ensure participation and inclusion.

Club members are able to socialise and make new friends as well as increase their confidence and strive to achieve more by pushing themselves harder, and tackle new things that they would not have done before.

### Who to contact about this project?

Hull Panthers, 07833 542790  
hull.panthers.tri@live.co.uk

## Hull & East Yorkshire Mind

### Who will this project help?

Between 30 and 50 adults

### What is the project about?

Hull & East Yorkshire Mind would like to provide free, professional Life Coaching. Many people experience social and financial difficulties such as poor housing, unemployment, alcohol and drug issues and Life Coaching offers a useful alternative to counselling and therapies and is less stigmatising.

Life Coaching will help people to move forward and feel mentally well. Additional aims will be for people to feel physically well and improve their relationships with family and friends and also enhance their learning, employment and financial situation. The Life Coach will work with the individual to agree actions and produce a tailored Coaching Programme

### Who to contact about this project?

Hull & East Yorkshire Mind, 01482 240200  
info@mindhey.co.uk

## Hull & District Diabetes Support Group

### Who will this project help?

Anyone with, or at risk of developing diabetes

### What is the project about?

For people who suffer from a long term condition help and support is essential. The Hull and District Diabetes Support Group offers information to the people of Hull, to make them aware of diabetes and related health problems. They offer information about the help that is available and promote changes to lifestyle that could result in better health. This funding would help to support this important work.

### Who to contact about this project?

Hull and District Diabetes Support Group, 01482 844933  
hull\_district\_diabetes\_support@hotmail.co.uk

## Hull Remembers

### Who will this project help?

Around 250 people aged 65 and over with mental illness

### What is the project about?

The Hull Remembers project currently visits the elderly and infirm, including those with mental and/or physical disabilities and they also invite groups into their exhibition centre for fully-participative talks and to immerse themselves in the memories of their younger days.

The project would like to be able to provide refreshments and to develop the memory experience to include sounds and smells as well as visual stimulants. They encourage families to bring in their elderly relatives benefit from the experience at an individual level and would like to encourage (and provide) 'homework' to encourage continued mental activity which may help to stimulate those with dementia related illnesses.

### Who to contact about this project?

Hull Remembers, 07956 178885  
info@hull-remembers-co.uk

## Hull's Wellbeing Centre

### Who will this project help?

Could be around 1000 adults with learning difficulties

### What is the project about?

The project will support people with learning disabilities by teaching them numerous social skills such as cooking, budgeting, shopping, gardening, growing own herbs etc. A DJ workshop will teach participants how to use music as a therapy and a Holistic workshop will teach relaxation, calming and breathing techniques to lower stress levels.

Participants will receive tasters of Indian head, face and hand massage. Reiki and aromatherapy are also on offer along with instruction on how to blend oils for use in massage making products such as bath salts, face creams and body lotions.

### Who to contact about this project?

Hull's Wellbeing Centre, 01482 770330  
Reception@HullswellbeingCentre.co.uk

## The Humber Basketball Association

### Who will this project help?

Black, minority or ethnic groups and children and young people

### What is the project about?

The Humber Basketball Association project contains two key programmes:

Six 'All Nations' Street Basketball events will be held across the City over a two year period, targeting areas of deprivation and high populations of black and minority ethnic communities who do not engage in traditional sports

'Hoops 4 Health Hull' is an interactive health education programme, promoting physical activity and healthily lifestyle choices within local primary schools using local basketball players as role models.

The long term aim is to create at least three new community groups, one in each area of the City, to provide sustainable sport and physical activity opportunities for local residents.

### Who to contact about this project?

The Humber Basketball Association  
admin@basketballhumber.com

## Journey to Recovery

### Who will this project help?

Around 100 adults in recovery from substance misuse

### What is the project about?

Journey to Recovery provides support to people who are striving to overcome their addictions to drugs and alcohol. People in recovery from substance misuse have often experienced social isolation and self neglect and J2R has a football team, a walking group, a running group and at the request of service users plans to start a fishing group.

There are plans to open a café, which will be subsidised for service users, to promote healthier eating and regular meals. They also intend to start a regular cooking group to raise awareness of healthy meals on a budget and provide access to more fresh fruit and vegetables.

### Who to contact about this project?

Journey to Recovery, 01482 335331  
www.j2rhull.org.uk

## International Children's Ostomy Educational Foundation

### Who will this project help?

Children and young people with stomas

### What is the project about?

A network of volunteers would work to support children, young people and their families adjust to life with a stoma.

They will educate pre-surgical children by using a puppet equipped with an identical prosthesis such as a colostomy or ileostomy bag or a catheter. They will also provide educational booklets covering topics such as changes in body image; clothing, dietary restrictions; sport restrictions; self-esteem, bullying etc. They would facilitate mentoring sessions between adults, teenagers and child ostomates with regular meetings and through a professional mentored forum on the main website. Education would also include video diaries and light-hearted video documentaries.

### Who to contact about this project?

Judith Spurling, 01482 813105  
pedro1947uk@yahoo.co.uk

## KIDS Hull

### Who will this project help?

40 families (on average 2 parents one child)

### What is the project about?

"Learn to Talk Together" sessions are for really young disabled children with poor conversation skills and lack of social understanding. The sessions develop the physical, mental and communication skills of each child with intense speech and language therapy and staff also work with parents to teach them the skills to support their child's development in the long term. With better communication skills these children will be much more likely to access mainstream education, make friends, and access sporting and social activities; improving their physical and mental health. Participation within the group encourages children to interact positively, accept the presence of others, and communicate effectively with their other children.

### Who to contact about this project?

KIDS Hull, 01482 467540  
Jonathan.Greenwood@kids.org.uk

## Mental Health Action Group

### Who will this project help?

About 88 people with mental health issues

### What is the project about?

The Mental Health Action Group offer a peer advocacy service for people with mental health issues. They provide advice on issues such as housing, benefits, advocacy, form completion as well supporting with ATOS assessments and tribunals.

They have plans to provide self-help groups and a community drop-in service and would like take on new volunteers as peer mentors and peer support workers providing training for them and the charity's trustees who would like to get more involved in the day-to-day running of the charity.

### Who to contact about this project?

Mental Health Action Group, 01482 585244  
info@mhag-hull.org

## The PBC Foundation

### Who will this project help?

22 people with long term conditions

### What is the project about?

The PBC Foundation is the only organisation in the UK exclusively dedicated to providing support and information to those affected by Primary Biliary Cirrhosis (PBC), a progressive autoimmune liver disease, with no known cause or cure.

Currently there is little information or support for PBC sufferers and the Foundation would use this funding to hold a workshop in Hull, to teach PBC sufferers, their relatives and partners, the skills to help them change the way in which they view their condition, and how they self-manage.

The workshop will cover coping with the negative effects of PBC in a more positive manner, how to best approach day-to-day life and also include exercise-led sessions.

### Who to contact about this project?

The PBC Foundation, 0131 556 6811  
info@pbcfoundation.org.uk

## The Prince's Trust

### Who will this project help?

12 children and young people

### What is the project about?

The Prince's Trust proposes to deliver a 'Get Started with Football' programme to 12 young people aged 16-25 from deprived communities in Hull, who will have a range of needs including a high prevalence of undiagnosed mental health issues, substance misuse, poor healthy living and sexual health knowledge and risky lifestyles. The brand of 'Hull City' will be a powerful hook to engage the hardest to reach young people.

The programme aims to motivate particularly disengaged young people through focusing on high quality football coaching, getting them active and engaged in other exciting activities which will support personal development as well as improving the health of participants.

### Who to contact about this project?

The Prince's Trust, 01482 211368  
james.epworth@princes-trust.org.uk

## Search

### Who will this project help?

Up to 100 people on low incomes and people with a long term condition

### What is the project about?

Living Better for Less helps people gain new skills in growing their own food, cooking it and sharing it with others. They also help people source healthier, low cost food with buying tips and cooking fact sheets. People with long term illness or disability have become engaged and enabled, and made real changes in their lifestyle and attitudes to hard physical work and exercise, within their ability. The project has significantly enriched participants' mental health and reduced their social isolation.

This funding would enable work with up to 12 new groups in new locations; cultivating land to grow food on and providing low cost healthy cooking sessions.

### Who to contact about this project?

Search, 01482 851008  
iwant2livebetter@gmail.com

## Time Bank Hull and East Riding

### Who will this project help?

Approximately 200 people

### What is the project about?

Participants will take part in 'GROUP COOKS' in which they make healthy ready meals to take home to eat later or freeze. As confidence increases, participants will be encouraged to pass on the recipes they have learnt to other time bank members through the COOK CHAIN which will earn time credits from the recipient.

The READY RECIPE BOX initiative enables people to buy boxes which contain a weeks' supply of bulk bought and where possible locally sourced, ingredients and recipe's to enable them to make time bank seasonal recipes from scratch in their own homes.

This funding will enable Time Bank to kick start these specific projects with the aim of them becoming self-sustaining.

### Who to contact about this project?

Time Bank, 01482 464962

kate@timebankhullandeastriding.co.uk

## Us Girls Alive

### Who will this project help?

Minimum of 16 to 25 year olds

### What is the project about?

Us Girls Alive is part of a national initiative that will support young females from disadvantaged communities to participate in health and wellbeing activities.

The project focuses on personal development whilst offering an opportunity for progression through the recruitment of "motivators" who will assist in the development of Us Girls Alive clubs and the signposting to local physical activity programmes across the city. As well as sport, the "motivators" will be involved in providing inclusive and informative activities that combines social activity with health improvement. The project will recognise and overcome barriers to participation such as not owning a pair of trainers or never being in a leisure centre before.

### Who to contact about this project?

The Warren, 01482 218115

jae@thewarren.org

# East Hull Projects

## Club House Community Centre

### Who will this project help?

75 adults aged 50+

### What is the project about?

This project will establish a weekly table tennis club open to all adults aged 50+ and hopefully in the future other activities will be developed such as exercise classes, skittles, and social opportunities.

All will be welcome regardless of where they live and their ability to pay. Both able bodied and disabled participants will be encouraged as the club house, which is the former Hull Police Boys Club, is fully accessible.

This application will fund additional equipment for the table tennis club, which at the moment only caters for children and young people.

### Who to contact about this project?

The Club House Community Centre, 01482 708104  
theclubhouse@yahoo.co.uk

## Fenner Cricket Club

### Who will this project help?

20 children and young people

### What is the project about?

Fenners Cricket Club is seeking to purchase two additional mobile cricket nets and to increase their coaching team in order to support with delivering sessions to juniors. Many of these children come from backgrounds of unemployment, hardship and poverty and inclusion in sport can make them feel less isolated, achieve their potential and raise aspirations.

This additional funding will ensure that the cricket club continues to be a thriving and successful safe haven for youngsters to come and play and enjoy themselves.

### Who to contact about this project?

Fenner Cricket Club, 01482 376472  
www.fenner.play-cricket.com

## Food 360 (Probe Hull Ltd.)

### Who will this project help?

50 people with low incomes

### What is the project about?

This project will build upon existing courses which have been teaching people about growing vegetables, salads, etc. as well as understanding more about the food they eat. This project will be delivered in an area where many people are on low incomes and there has been a great deal of interest in the courses to date, mainly from young mums and children.

The proposal is to develop the course to include; cooking on a budget, basic cookery, growing in small spaces, foraging for hedgerow fruit and chicken keeping. The funding will pay for a part time trainer beyond January 2014 when the current funding runs out.

### Who to contact about this project?

Food 360, 01482 782400  
adrianf@probeltd.co.uk

## The Hull & East Riding Community Badminton Network

### Who will this project help?

35 adults aged 25 - 64

### What is the project about?

A new, Saturday morning family badminton session will be set up at the Archbishop Sentamu Academy. The sessions will aim to attract new people to the sport, using a qualified badminton coach to run a fun, engaging and social session for families in the local area.

The session will get more people active and work to improve the health of residents in East Hull. The Badminton Network will work with the local primary and secondary schools to promote the sessions to pupils and parents/ carers as well as the wider community.

### Who to contact about this project?

The Hull & East Riding Community Badminton Network, 01482 346807  
paul@paulpratt.karoo.co.uk

## Hull City Council East Area Team

### Who will this project help?

5000 adults aged 24 - 64

### What is the project about?

This funding would pay for a qualified fitness instructor to support users of the outdoor gym currently under construction at the Barbara Robinson Playing Fields in Sutton Village. The gym instructor will also have a wider health promotion role acting as a local health champion in the Sutton Ward.

The outdoor gym equipment will be promoted to casual users, hard to reach groups, children in organised school parties, the retired active and all interested in improving their health and fitness.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Hull Kingston Rovers Education and Sport Trust

### Who will this project help?

112 children and young people

### What is the project about?

This project will work with four secondary schools in East Hull to address the link between health, obesity and the development of personal skills and development.

'Fun focused' physical activity sessions, featuring Hull KR's first team stars, will take place at the Craven Park Stadium and schools will be able to refer year 7 pupils who are less 'engaged' with the school and its services such as those with poor attendance or discipline records.

There are also four practical sessions on preparing and cooking healthy meals, which would also seek to involve parents' participation to ensure sustainability in the home environment.

### Who to contact about this project?

Hull Kingston Rovers Education and Sports Trust, 0844 2490 105 (option 5)  
martin.dunn@hullkr.co.uk

## Hull Scorpions Baseball Club

### Who will this project help?

30 young adults aged 19 - 25

### What is the project about?

Due to the closure of their current site at Sydney Smith School, Hull Scorpions need to relocate back to their former home at Eastmount Recreation Centre. However, funding is needed to bring the site up to the required standard and to make it safe.

The long term goal is to create a centre of excellence for baseball and softball for residents of all ages and abilities giving them the chance to participate in active sport. There will be the opportunity to play, learn to coach and /or umpire or even administrate in a team environment, there is a role for anybody within the sport. Participation will enable people to become healthier, fitter and active while gaining self-confidence.

### Who to contact about this project?

Hull Scorpions Baseball Club, 01482 784123  
langojr@hotmail.co.uk

## Ings Ladies

### Who will this project help?

398 senior citizens

### What is the project about?

Ings Ladies organise lots of varied projects for their members to participate in, many of whom are widows and without the organised activities would be lonely and socially isolated. The club gives them an incentive to go out, meet other people and get involved.

Group members improve their physical and mental wellbeing by participating in activities such as quizzes, indoor games, handicrafts, and listen to talks by guest speakers. The club also arranges coach trips out to the seaside, country venues and stately homes.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Inspire Communities

### Who will this project help?

50 children and young people (+ parents)

### What is the project about?

Inspire Communities hope to build on a successful project that has previously been run at Archbishop Sentamu Academy people are encouraged and motivated to make healthy changes to their diet, physical health and mental health. This funding will enable this work to continue and engage even more families into healthy activities.

Families engage in weekly cooking classes, preparing and cooking meals together. Fitness and diet sessions are delivered at the East Hull Community Farm, teaching people how to grow their own fruit, vegetables and herbs in raised beds and financial awareness sessions will show how good health and fitness does not have to be expensive.

### Who to contact about this project?

Inspire communities, 01482 219595  
dave.edeson@inspirecommunities.co.uk

## Local Works Ltd

### Who will this project help?

20 people aged 25+

### What is the project about?

This programme will deliver various physical activities including boot camp style sessions, gym sessions and studio sessions such as spinning, body conditioning and boxercise, and outdoor activities such as various team building exercises, the bleep test and outdoor running clubs.

The programme will target people over 25 who lack a good education and have not participated in any form of exercise for at least 6 months. Goals will be to lose weight, increase fitness levels, confidence and motivation. Discussion with participants will include dietary advice and specifically designed plans, tips on how to exercise and advice on how to generally improve quality of life through exercise and dieting.

### Who to contact about this project?

Local Works, 01482 706333  
wayne@localworks.info

## Longhill Link Up Trust

### Who will this project help?

25 older people

### What is the project about?

This older people's Lunch Club, helps combat feelings of isolation, food poverty, escalating food and fuel prices and lack of motivation to cook a meal. Attendees are able to enjoy bingo sessions, gentle chair exercises, reminiscence sessions and trips out or can simply relax and chat after a meal and allow friendships to blossom.

As numbers increase, the plan is to serve meals and undertake other social activities in the main hall, allowing other families to continue to use the café area. Working in partnership with other lunch clubs in the area, the Community Wardens and East & West Hull Community Transport, ensures there is lunch provision Monday to Friday so residents can access nourishing meals regularly.

### Who to contact about this project?

The Lonhill Link Up Trust, 01482 707680  
suenicholson@linkuptrust.org

## The Maxlife Youth Project

### Who will this project help?

20-30 children and young people

### What is the project about?

This project will set up a 'resilience' café where local young people come together in an informal setting, to develop new skills to improve their ability to tackle daily living challenges, both financially and socially.

The café will offer drinks and healthy snacks in an informal, inclusive setting, encouraging young people to become involved and get to know each other. There will be opportunities to learn a variety of skills such as how to eat healthier on a budget, improving financial knowledge, interview techniques, building self esteem and other skills which will aid young people through the transition to adulthood and independent living.

Outside agencies will also be invited in to share information and resources available to young people.

### Who to contact about this project?

The Maxlife Project, 01482 781333  
maxlife@kingstonwesley.karoo.co.uk

## Movement to Music Group - Alexandra Court, Residential Home.

### Who will this project help?

30 people aged 65+

### What is the project about?

This programme will offer 12 weeks of varied activities including:

- Movement to music sessions
- Healthy weight and eating well
- Making healthy foods and snacks
- Activities such as gardening, chair exercises, quizzes, curling stones, indoor netball and walking
- Pamper sessions including manicures, hand massage, foot massage and mini facials
- Singing and movement – performing songs of the group's choice
- Poetry, creative writing, storytelling and art
- Drama and games

This is a chance for the group to share their knowledge and work with family, friends and the community. A certificate will be given to all members that have taken part in the programme.

### Who to contact about this project?

Alexandra Court Residential Home, 01482 376702  
alexandracourt@prestigegroup.uk.com

## Oldfleet primary school

### Who will this project help?

Approximately 500 adults and children

### What is the project about?

Oldfleet Primary School's project will provide opportunity for families to think about their own health and fitness. This programme supports the premise that swimming is both a cost effective way of developing fitness and an essential life skill.

The national curriculum provides 10 weeks swimming instruction per academic year for pupils in year 4 pupils. In addition to this, the school will provide each year group with between 7 to 14 hours of swimming instructions over a two year period. The school is also seeking to enhance this provision with the opportunity for families to practice this life skill as a family activity; strengthening relationships, improving health and fitness and having fun.

### Who to contact about this project?

Oldfleet primary school, 01482 782200  
kbarker@oldfleet-hull-sch.uk

## Park Training - Stephen Hughes

### Who will this project help?

400 adults

### What is the project about?

The Park Training initiative is an outdoor fitness club, delivering fun fitness classes. Stephen Hughes, who runs Park Fitness, has many years of experience as an army physical training instructor and civilian trainer with a commercial company. Stephen, along with other qualified instructors, runs sessions in Bude Park, Bellfield Park, and more recently Peter Pan Park)

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Pre-school Learning Alliance

### Who will this project help?

540 children aged 0 - 4

### What is the project about?

This project will work in partnership with Children's Centres to run active parent and child sessions aimed primarily at children 0-5 years. During school holidays, older siblings and other parents and carers will be encouraged to get involved.

Sessions begin with activity songs where the children and their parent/carer have to get up, sing and do the actions to the songs. These songs are followed by a group activity such as parachute games, ribbons, scarves or mini-obstacle course. Each session will be different in order to maintain interest and encourage on-going attendance.

### Who to contact about this project?

Pre-school Learning Alliance, 01482 229859  
thehumber@pre-school.org.uk

## Riverside ECHG

### Who will this project help?

Approx 200 homeless people on low incomes

### What is the project about?

The Crossings is a homeless centre providing temporary accommodation, support, advice and training in Hull. The health of residents is often poor and many do not have the knowledge or confidence to exercise independently or funds to access fitness activities. Their diet is also often inadequate due to the inability to cook healthy meals on a budget.

This project aims to get people more active through fitness activities and improve health through learning how to eat healthily and cook on a budget. Funding will be used to transport residents to access local programmes such as those offered by Active Hull as well as fund activities such as football and non-contact boxing. The money would also buy sports equipment such as table tennis and upgrade the onsite gym.

### Who to contact about this project?

Riverside ECHG, 01482 598370  
lisa.wilson@riverside.org.uk

## Simba Football club

### Who will this project help?

30 people aged 19 – 25 from  
black, minority or ethnic groups

### What is the project about?

The Football for Health Project will be run by the Simba Football Club. The project will involve mainly black, minority or ethnic (BME) communities but will allow integration with the wider communities through football matches.

The group will meet weekly at the KC Stadium to have football training sessions, and members will be provided with refreshment at each session. After a month of training, the group will be ready to take part in a weekly 5 aside league at the Goals Soccer Centre on Clough Road.

### Who to contact about this project?

Simba Football club, 07440 0508867  
fabricebanguma@yahoo.co.uk

## Special Stars

### Who will this project help?

100 families of children with a disability

### What is the project about?

Special Stars provide regular play sessions, activities and trips for families with disabled children in Hull and East Yorkshire. For most of the families this is the only opportunity they have to get out and do something positive and be active in the local community.

Special Stars is welcoming and inclusive and encourages physical activity, providing a place to share information on local services and important advice between parent and carers. The funding will support the expansion of resources and provide additional opportunities to promote physical activity such as group bowling, hire of a soft play centre etc.

### Who to contact about this project?

Natalie Barnes, 07527 307609

Natalie@heyspecialstars.co.uk

## St Stephens Neighbourhood Centre

### Who will this project help?

30 older people

### What is the project about?

This project provides monthly support sessions for older people and their carers and families. Each month offers a different activity such as exercise, healthy cooking and recipe ideas, and games sessions, all of which will be overseen by a facilitator.

The activities will focus on "Remembering the past and improving the future" and will be a way of supporting those attending the sessions by bringing together families with similar issues, allowing them to socialise and share experiences. All activities will include refreshments.

### Who to contact about this project?

St Stephens Neighbourhood Centre, 01482 781223

support@ssnc.org.uk

## Viking FM Cash for Kids

### Who will this project help?

1000 children and young people aged 13 - 18

### What is the project about?

This programme will help children, young people and their families develop a range of skills with a particular emphasis on healthy cooking, healthy eating and physical activity.

Food preparation and cooking skills sessions will be delivered by specialist chefs and well known restaurant owners in the area and physical activity will be promoted with regular walking groups, personal exercise programmes and regular gym sessions offered to children and their parents.

Media and radio endorsement will make children, young people, families and adults more aware of the benefits of healthy eating and making healthier food choices and a 'school of the week' will be chosen where pupils and their parents have demonstrated achievement of a healthier lifestyle.

### Who to contact about this project?

Viking FM Cash for Kids, 01482 594077  
adriana.paxton@vikingfm.co.uk

# North Hull Projects

## Bameen - Black & Minority Ethnic Environmental Network

### Who will this project help?

60 people from black, minority or ethnic groups

### What is the project about?

People from black, minority or ethnic (BME) communities are up to six times more likely to develop diabetes, than white people (Diabetes UK).

Workshop sessions to raise awareness of diabetes will be held at community centres used by the city's BME population and will be delivered by professional Diabetes UK facilitators, who will be aided by volunteers recruited from within this community. The aim will be to encourage changes in lifestyle and therefore reduce the risk factors of developing both diabetes and other long term conditions. BAMEEN will also work with faith organisations like mosques to give expert advice on managing diabetes while fasting.

### Who to contact about this project?

BAMEEN, 07582 567052  
dawda@bameen.org.uk

## Bransholme Enterprises

### Who will this project help?

50 people with low incomes

### What is the project about?

This project will enhance and re-generate the Noddle Hill Community Woodland and Noddle Hill Allotments.

This funding would provide tools, equipment and a paid coordinator for 6 months to restart the work in bringing these communities assets back into full use.

The project will work with the existing of 50 volunteers from the HU7 area and disabled groups, eventually providing an income stream through sales of home grown fruit and vegetables, flowers and plants. A sustainable programme for the future will be developed by training group leaders and volunteer champions.

### Who to contact about this project?

Bransholme Enterprises, 01482 821467  
bransholmeenterprise@gmail.com

## Castle Hall Tenants

### Who will this project help?

Between 20 - 70 people with physical disabilities

### What is the project about?

This project will provide a schedule of exercise activities for tenants in Castle Hall to enable them to improve their general health and mobility, increase social integration and develop community spirit.

The project activities will consist of:

- Gentle exercise and Zumba Gold, which could initially be chair-based.
- Indoor games, including indoor golf, ten pin bowling, new age curling, boccia and a variety of other games that are able to be delivered using the equipment provided by Sportsability.
- Dance, including salsa and line dancing.

Singing, the instructor is also a professional singer who performs clients' favourite songs as part of a sing a long session.

### Who to contact about this project?

Anchor Trust, 01482 831653  
lorraine.firth@anchor.org.uk

## City of Hull Sport and Community Group

### Who will this project help?

60 females

### What is the project about?

This project will deliver a new Sport and Community Active Recreation Programme to engage females who do not presently take part in regular physical activity, to help them overcome their barriers to regular participation. Parental involvement will be encouraged and help offered to increase their skills to support their children's learning.

The project will provide access to a varied menu of activities, a flexible programme of learning opportunities and specialist delivery. Benefits to participants include improved self-worth and self-esteem, as well as the positive physical health benefits.

### Who to contact about this project?

City of Hull Sport and Community Group, 01482 802826  
mike.gibbons@cityofhullabc.com

## Fast Fit Takeaway

### Who will this project help?

Between 500 - 1,000 children and young people

### What is the project about?

This project focuses on bringing traditional cooking methods and skills into homes and communities to help address obesity issues, cooking within budgets as well as raising social skills, self-esteem and confidence.

This project will promote the use of very basic cooking equipment to make fresh, nutritional meals and snacks using cost effective ingredients. The back to basics, fun approach promotes positive relationships with food within families and communities with lots of discussions and activities around picking, eating, cooking with children, menu planning and supermarket tricks of the trade.

### Who to contact about this project?

Fast Fit Takeaway, 07522 055671  
sharron@fastfittakeaway.co.uk

## Friends of Oak Road

### Who will this project help?

People of all ages and abilities

### What is the project about?

This project will create an outdoor fitness equipment area within the Oak Road Playing Fields (adjacent to Beresford Park). Similar equipment has already been provided in several other park areas in the city and has proved to be successful. The equipment allows people of all ages to increase their physical activity in a fun way.

### Who to contact about this project?

Friends of Oak Road, 07709 728625  
katee1958@live.co.uk

## Gardening Club

### Who will this project help?

500 children / young people

### What is the project about?

The Gardening Club would use the funding to purchase a 20ft x 90ft commercial poly-tunnel for their very large school allotment. This will enable them to grow produce through the year.

This allotment provides a safe environment where children not only grow fruit and vegetables, but also have the opportunity to get close to wildlife and nature.

### Who to contact about this project?

Gardening Club, 01482 305740  
admin@nsj.hull.sch.uk

## Hull Families Project – ACT for you

### Who will this project help?

Over 50 families on low incomes

### What is the project about?

This project is called ACT for you (**A**chieve and aspire, **C**hange for the positive, **T**ake opportunities to learn).

ACT for you helps families achieve positive changes by supporting them to overcome barriers to employment, gain a more confident outlook and develop skills in managing problems and crisis situations, becoming more resilient to adversity, particularly where poverty is having an impact on family life. They help families build healthier relationships leading to stronger family stability and social interaction within the community.

The funding will pay for a worker who will assess the family circumstances, guide family members through a range of issues affecting their emotional and physical health and support them to face challenges more positively.

Other activities will include growing their own food and walking sessions.

### Who to contact about this project?

Hull Families Project, 01482 809333  
k.wardale@hullfamilies.co.uk

## Looking good feeling good in North Hull

### Who will this project help?

30 adults

### What is the project about?

This project is to build on the success of a group that has been running for the past 5 years. The group meets weekly for an exercise class that incorporates a mix of exercise; from seated to more physical exercise movements.

As current members get older the membership is changing and Looking Good Feeling Good feel it is time to promote the group again to attract new members into the group, and are considering starting a new group on a different day or evening.

### Who to contact about this project?

Looking Good Feeling Good, 01482 804934  
dennis@unityincommunity.org.uk

## Thorpes Hub LTD

### Who will this project help?

150 young people and adults

### What is the project about?

Thorpes Hub Ltd would like to use the money to help improve the health and well-being of the local community. They would like to employ 2 level 2 gym instructors to run the following sessions:

- 20 x 1 hour circuit training
- 20 x 1 hour women only sessions
- 60 hours mixed gym sessions with personal trainers
- 30 hours fitness to music for 13-18 year olds

They also plan to run food planning and weekly weighing and measuring sessions.

### Who to contact about this project?

Thorpes Hub, 01482 801551  
tcarclub@hotmail.com

## Unity Training

### Who will this project help?

People on low income

### What is the project about?

This project will work with local residents to demonstrate that cooking on a budget and eating healthily can be done. Learning sessions cover areas such as shopping correctly, making dishes from scratch and introducing your five a day into dishes.

Cooking taster sessions will be held within the centre on Endike Lane, and local residents will be invited to watch, try and taste the dishes on show. They can then use the skills and knowledge gained to cook these dishes at home, experimenting with them to their own personal tastes and then passing the skills on to friends and families.

### Who to contact about this project?

Unity Training 01482 852292

[info@unitytraining.org.uk](mailto:info@unitytraining.org.uk)

# West Hull Projects

## @the edge

### Who will this project help?

Approx. 80 – 100 people with low incomes

### What is the project about?

The Thoresby Edible Forest Garden (TEFG) aims to create and maintain an attractive, organic, low maintenance edible forest garden, which will provide a long term free sustainable food resource for local people. Benefits include bringing the community together as well as the opportunity for people to improve their physical and mental health.

A 95 square meter area of land at the rear of Thoresby Primary School will be developed and gardening sessions will be delivered by several volunteers and a paid youth and community worker.

Groups most likely to engage in the practical gardening sessions will be local children, young people, their parents, and those who are unemployed, have a disability, poor mental or poor physical health.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Action on Hearing Loss

### Who will this project help?

Approximately 204 older people

### What is the project about?

This project will set up two "Hear to Meet" befriending groups to run alongside the existing hearing aid drop-in sessions in the west of Hull.

Groups will offer a peer-to-peer befriending service to reduce isolation and loneliness and improve health and well-being amongst older people, their families and carers who are dealing with hearing loss. Meeting monthly, group members will provide mutual support, share experiences and coping strategies for hearing loss.

The project will be led by a Community Support Officer supported by Action on Hearing Loss's Regional Volunteer Manager who will support the project in recruiting and supporting the volunteers to become befriending hosts and organisers and/or travel buddies and drivers.

### Who to contact about this project?

Action on Hearing Loss,  
regional.services@hearingloss.org.uk

## Age UK Hull

### Who will this project help?

Initially 20 older people

### What is the project about?

The aim of this joint project between Age UK Hull and The Fishermen's Mission is to establish a social group focussed on lonely and isolated older people from the Seafaring community in Hull, many of whom are especially affected by low incomes, isolation, loneliness, long term illness, and a lack of mobility.

The project hopes to encourage an initial number of approx 20 older people to become both more socially and physically active by inviting them to attend a new social group, based at the Age UK Healthy Living Centre. The group will primarily be social, but Age UK will offer both practical and emotional support to each individual person along with advice and information as identified/ required in areas such as benefits advice, debt counselling, housing etc. Transport to the sessions will also be arranged.

### Who to contact about this project?

Age UK Hull, 01482 324644  
mailbox@ageukhull.org.uk

## Anatolian Society

### Who will this project help?

About 30 adults and 27 children

### What is the project about?

The project will provide healthy educational sessions on eating, drinking, and activities habits.

The Anatolian Society feels that 'modern life' means that people can become much less active and this project will provide aerobic exercise sessions for adults and dancing sessions for younger people. Sessions will be held to educate parents regarding healthy eating and how to make this fun for their children.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Anlaby park live at home

### Who will this project help?

30 older people

### What is the project about?

In order to help older people maintain their independence in their own homes, the 2 o'clock club has been established where members can take part in chair based exercises to music and join the craft group to aid mental skills. There is also a nostalgia group and a general social group where members can make friends and feel less isolated. Occasionally guest speakers attend and offer information about mobility items, dementia and other health issues.

At present 10-12 people participate each week and the group is keen to expand to support more older people in West Hull.

### Who to contact about this project?

Anlaby Park Live at Home, 01482 561211  
anlaby.liveathome@mhs.org.uk

## Best Hope

### Who will this project help?

55 homeless people

### What is the project about?

Research carried out with older and homeless people showed that there was a need for support to tackle social isolation and feelings of loneliness. However, these are groups of people who rarely take part in healthier and creative activities.

This project is designed to cater for the needs of these groups of people and plans to run a series of activities including: interactive, motivational and entertaining musical therapy, socio-cultural activities, hands-on art and craft sessions and recreational art.

These activities will help the target group maintain a healthy and active lifestyle.

### Who to contact about this project?

Best Hope, 01482 447004  
augustus@besthope.org.uk

## Community Forward

### Who will this project help?

65 older and homeless people

### What is the project about?

Catering for Diversity is an interactive social activities and workshop aimed at engaging older people and people with special needs such as homeless people with personal needs that distance them away from socialising. Part of the project will promote healthy eating and encourage people to practice healthy eating in their various homes.

There will also be an opportunity for people to take part in different games, dance and music and these activities will be taken into various community centres to encourage access and for range of people to benefit.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## The Echoes Foundation

### Who will this project help?

Up to 100 disabled people

### What is the project about?

The Echoes Foundation supports disabled children, young people and their families.

This funding would be used to pay for the hire of a local purpose built hydro swimming pool. Located in a local school, the pool has excellent changing facilities and hoisting equipment and all other facilities to meet the needs of many Echoes members and their families.

### Who to contact about this project?

The Echoes Foundation, 01482 505589  
[www.echoesfoundation.org.uk/](http://www.echoesfoundation.org.uk/)

## Goodwin Development Trust

### Who will this project help?

People with low incomes

### What is the project about?

Goodwin - Thornton Community Co-op and Community Gardens provide fresh food, food parcels and much subsidised food to families and individuals on low incomes in the West of Hull. The co-op is based on the Thornton estate and the community gardens provide allotment sites for individuals in the HU3 community.

This funding would pay for care staff and six volunteers at the co-op allowing them to develop further healthy projects such as cooking on a budget at the Octagon, allotment development and links to fare shares, which means recipes, cooking projects would be very low cost and include food grown by residents at the community garden.

### Who to contact about this project?

The Goodwin Development Trust, 01482 587550  
[dhamilton@goodwin-centre.org](mailto:dhamilton@goodwin-centre.org)

## Hon Lok Association

### Who will this project help?

35-40 people of all ages

### What is the project about?

Hon Lok Association offer weekly Tai Chi and "Dance Exercise" every week and have been doing it very successfully for several years.

They would now like to extend this to wider community groups and wider age-groups. The project will initially be for a year, spread over 36 weeks with three 2-hour sessions per week. One hour will mainly be for exercises, such as breathing exercises, Tai chi, etc. and the second hour will be mainly for dancing.

Participants are encouraged to attend for all of the 2 hour session, but can also select certain sections depending on their needs and mental/physical abilities.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Hull Afro Caribbean Association/ Women of Substance

### Who will this project help?

100 people from black and minority ethnic groups

### What is the project about?

The Defying Diabetes project will raise awareness of the impact of diabetes, and the potential risks of developing the disease amongst black, minority and ethnic communities and offer support to those diagnosed with the disease.

The support offered will include:

- Glucose tolerance and blood sugar testing conducted by a qualified practitioner.
- Advice for pregnant women to help minimise the risk of developing gestational diabetes.
- Qualified instructors will assess fitness levels and appropriate levels of physical activity will be encouraged.

Completion of food diary sheets to assist with dietary advice

### Who to contact about this project?

Hull Afro Caribbean Association, 01482 222751  
admin@hullaca.co.uk

## The Hull Branch of the Russian Community

### Who will this project help?

Children and adults

### What is the project about?

This project will organise and deliver 'Gymnastics and Traditional Dance to Keep Healthy'. Children and their parents will take lessons in lessons of traditional Russian and Eastern European gymnastics and traditional dances. A qualified instructor will be employed who can speak both English and Russian languages to involve all members of the communities irrespective of their language skills.

Those involved are children and families with little or no opportunities to participate in cultural events and many of them are members of migrant workers' families who face financial difficulties. This project will give them an opportunity to mix together and encourage the community's elders to join in physical activity alongside children and parents.

### Who to contact about this project?

The Hull Branch of the Russian Community, 01482 447008  
sorokina379@hotmail.com

## Humber Community Advice Services

### Who will this project help?

25 people from Black and Minority Ethnic groups

### What is the project about?

The project 'Your Health Your Treasure' referred to as Project 'YHYT' will run sessions for minority ethnic communities living in the St Andrews, Myton, Orchard Park and Newland wards of Hull. The beneficiaries will include mainly migrant workers, refugees and asylum seekers who have had past traumatic experiences, are isolated, economically inactive and lead lonely lives.

Project YHYT will run weekly workshops/awareness sessions on healthy eating, mental wellbeing and/or physical activities at the Afro Caribbean Centre, Park Street, Hull. The sessions will provide participants with opportunities to learn about, and be involved in, healthy activities that promote an active lifestyle and improve healthy living.

### Who to contact about this project?

Humber Community Advice Services, 07914 635641  
info.hcas@gmail.com

## Humber United Communities forum

### Who will this project help?

Black and Minority Ethnic groups

### What is the project about?

This project aims to encourage people to use cycling as a mode of transport and exercise.

In the Black and Minority Ethnic community very few people use bicycles and this project will purchase refurbished bikes and encourage bike use as there are many benefits such as saving money, saving the environment, losing weight, reducing stress and improve general fitness.

### Who to contact about this project?

Humber United Communities forum, 01482 345859  
humberunitedcommunitiesforum@gmail.com

## Hungarian community Group

### Who will this project help?

300 children, young people and their families

### What is the project about?

This funding is to organise and deliver weekly sessions of traditional Hungarian dances. The sessions will bring together members of the Hungarian community and other members of the public to learn about traditional dances, enabling them to build new social networks and friendships.

The project will run for 48 weeks with two hours per week.

### Who to contact about this project?

hungarian.community.group@gmail.com

## JC Ready 4 Work

### Who will this project help?

10 people with low incomes

### What is the project about?

Project CREAM (calories rule everything around me) will run over 13 weeks and will engage local residents within the West Hull area,

Sessions will include gym workouts and various other exercise activities, eating healthily and shopping on a budget, relaxation techniques, looking good on a budget, physio advice and one day emergency first aid qualification.

The project will conclude with an attendee evaluation and awards ceremony.

### Who to contact about this project?

JC Ready 4 work, 01482 215 600

[jay@jcready4work.org](mailto:jay@jcready4work.org)

## Kingston ABC

### Who will this project help?

120 children and young people

### What is the project about?

This well established community boxing club is looking to add more sessions and extend its hours. The group needs more equipment to increase membership for their quality health and fitness sessions.

The group hopes to expand, by gaining more members across all age groups, levels of fitness, background and genders. Subscriptions are kept very low to maximise numbers able to join and increase the potential to get many more people fit and active.

### Who to contact about this project?

Kingston ABC, 07838 382364

[sammibks@hotmail.co.uk](mailto:sammibks@hotmail.co.uk)

## LIFEZONE!

### Who will this project help?

250 children and young people

### What is the project about?

LIFEZONE'S work with children and families has become a life-line for local people who face multiple disadvantages, and in many cases poor physical and mental health. They offer a range of sports and activities, a place of love, sharing and community and family support through crises and severe challenges.

The proposed project is based in Hull Community Church on Newland Avenue, which benefits from first-rate existing facilities for sport and has over the past five years won trust and built up relationships in the immediate Newland local community.

This funding would secure the project for a year.

### Who to contact about this project?

NHS Hull CCG, 01482 344700  
HULLCCG.contactus@nhs.net

## Lonsdale community centre

### Who will this project help?

150 mainly older people

### What is the project about?

This project will include two new activity groups, which will be based on requests from centre users.

The first is a new weekly activity group for the over 55's including: Pilates, yoga, dance and movement to music. Users will include people with chronic fatigue, restricted movement and mobility conditions such as arthritis, and people with learning difficulties.

The second will be a monthly 'Living Well Group' which will consist of a series of talks, presentations and interactive sessions focusing on issues such as the rise in dementia and how people can be proactive in preventing and coping with these conditions, and the promotion of healthy eating for people with specific health conditions such as heart disease.

### Who to contact about this project?

Lonsdale community centre, 01482 564691  
office@lonsdalecc.org.uk

## Maurice Rawling Community Centre

### Who will this project help?

15 people aged 45+

### What is the project about?

An Exercise to Music class is held at the Maurice Rawling Community Centre in Bean Street, which is a deprived area of Hull, with a high record of unemployment and low income. It attracts people aged 45+ and helps those who may be socially isolated, out of work and feel age is a barrier to future employment, or those with little or no income.

This funding will help attract new members, particularly linking in the Active Gold programme in local sheltered housing, and help to sustain the activity for the next six months to build up a core group of participants that will ensure the activity runs for years to come.

### Who to contact about this project?

The Maurice Rawling Community Centre, 01482 219167

## Mencap 'Dance for health' Group

### Who will this project help?

30 Adults with learning disabilities

### What is the project about?

This project offers creative movement and dance sessions for adults with learning disabilities (including physical disabilities).

Through the provision of regular, appropriately tailored, movement & dance activities, participants are able to develop a much improved body-awareness and body-confidence which results in a marked increase in self-awareness, self-confidence & overall sense of wellbeing. Participants will also experience improved awareness of others, develop social interaction skills, emotional confidence and above all have fun and make new friendships.

Sessions last an hour and a half and take place once a week at The Lonsdale Community Centre

### Who to contact about this project?

Mencap 'Dance for health' Group, 01482 642412  
hullspecialdance@hotmail.co.uk

## Open Doors Project

### Who will this project help?

Black and Minority Ethnic groups, homeless and migrant workers

### What is the project about?

The Open Doors Project works with people of all ages from different cultures and backgrounds. The project aims to offer them both a welcome and the practical support in order to help them live a healthy life within the community.

Drop in sessions are held every Thursday welcome around 200 people and support includes; free food parcels, healthy fresh food, tea/coffee, counselling, information, mental and physical health advice, sport, music, English classes, help with form filling and support looking for work and education.

### Who to contact about this project?

The Open Doors Project, 07913 120198  
opendoorshull@live.co.uk

## The RCCG Amazing Grace Chapel

### Who will this project help?

About 30 children and young people from black, minority and ethnic communities

### What is the project about?

This project is planned to encourage black, minority and ethnic groups to be involved in exercising as an avenue to living healthily as they rarely are involved in exercise or recreational activities.

Delivered over a period of 6 months the project involves various activities like body gospel (doing various exercises in rhythm with music), boxing and talks on healthy eating.

### Who to contact about this project?

The RCCG Amazing Grace Chapel, 01482 470015  
admin@rccg-agc-hull.org.uk

## The Sitting Room (part of Lighthouse Hull)

### Who will this project help?

Approximately 30 vulnerable women

### What is the project about?

For the last 16 years Lighthouse Hull has engaged with women working in street sex prostitution by supporting and empowering them to move away from prostitution. These women often find themselves on the fringes of society, socially isolated and looked down on for the work they have engaged in. They are vulnerable, with histories of abuse, self-neglect, poor mental health and chronic low self-esteem.

This funding would support a Wednesday daytime drop-in called "The Sitting Room". Women who have exited prostitution will be able to come together and share a meal, enjoy companionship, take part in fun and creative activities, which will see a real benefit to their mental health and their self-esteem.

### Who to contact about this project?

Lighthouse Hull, 01482 442953

## Stevie Smith Boxing Academy

### Who will this project help?

20-30 adults, children and young people

### What is the project about?

The 12 week programme will encourage groups of children and adults to work together as a group to participate in health and fitness activities. Sessions include Boxing for Fitness and circuit training, with benefits including all over body conditioning, building strength, endurance, balance, agility and co-ordination as well as building confidence and discipline.

A 'Healthy Eating Club,' will encourage members to follow a healthy eating plan and monitor progress through weekly food diary reviews, weight checks, body fat analysis and sharing recipes and new ideas as a group. Individually tailored, one on one, weight loss therapy can also be offered with a Specialist Consultant.

### Who to contact about this project?

Stevie Smith Boxing Academy, 07912 899122  
stevie@steviesmithboxing.com

## The Sudanese friendship association

### Who will this project help?

100 women

### What is the project about?

This project is aimed at helping the women of the Sudanese community to engage in exercise and physical activity by delivering a women-only gym where the ladies of this community can attend and take part in physical exercise in a culturally suitable context. The children will attend with them and appropriate healthy activities will be organised for them.

The project will also be open to ladies of other communities as this will also enhance community cohesion.

### Who to contact about this project?

The Sudanese Friendship Association, 07886 366447  
rماغلاد@yahoo.co.uk

## Vulcan ABC

### Who will this project help?

120 children and young people

### What is the project about?

This well established community boxing club is looking to add more sessions and extend its hours. The group needs more equipment to increase membership for their quality health and fitness sessions.

The group hopes to expand, by gaining more members across all age groups, levels of fitness, background and genders. Subscriptions are kept very low to maximise numbers able to join and increase the potential to get many more people fit and active.

### Who to contact about this project?

Vulcan ABC, 07932 081920  
info@vulcancentre.co.uk

## The Windmill Parents Action Group

### Who will this project help?

Up to 100 people

### What is the project about?

This project will provide 40 weeks of exercise to parents from the children's centre and offer access to a crèche for their children. These sessions will also be tied in with nutritional advice from NHS Why Weight Team.

In addition, benches will be provided for the green space next to the children's centre for the children and parents to spend time outside and encourage walking, jogging and games in the fresh air. These benches can also be used the local residents to spend more time outdoors.

### Who to contact about this project?

The Windmill Parents Action Group, 01482 331290  
tracey.butterworth@hullcc.gov.uk

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