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**ALL of our activities are FREE**

**Monday - 10:30-12:30pm – Meet & Eat**

Contact for more details

**Tuesday – 12:30-2:30pm – Parent & Child Group**

Have a cuppa while the little ones play

**Wednesday - 10:30-12pm Gardening Group**

Come and help out in our community garden.

**Thursday – 10:00-12pm – Community Drop In**

Activities, Chat, Games and a nice brew!

**Last Thursday of the month - 12:30 - 1:30pm - Fitness class**

Gentle exercise to music, adult's of all ability

Check out our website for more information

**Fit Stop- FREE Community Gym**

**Networks Attic- Charity Shop**

**Freedom Foods-Register for low cost family meals**

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**Contact Details:**

**Hessle Road Network**

1 Massey Street, Hull, HU3 3LA

**Tel: 01482 606077**



# Community Sessions and Information

*Run For The Community, By The Community*

**H**essle Road Network is a charity that works with the whole community.



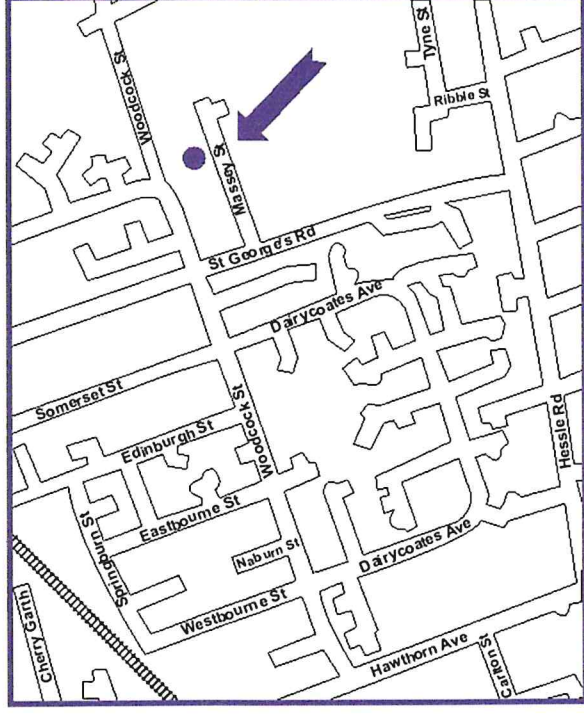
Monday-Friday every week  
(with a break at Christmas)

Our Community Workers are dedicated to making a real difference to people's

life's. There is lots going on through the week, with many special events happening, keep an eye on our social media, Facebook & Twitter

[@hesslerdnetwork](#) for updates on events.

Why not take a look, there is always a warm welcome.



*CRAFTS*

**Volunteering**

**Opportunities**

Friendship

Exercise

**Support**

**FUN**

Mindfulness

**Education**

Health

**Chat**

