



SPRING
JANUARY - MARCH
2026

**LIVE
LAUGH
LEARN**

Who are we?

Jubilee Life College is a project run by Jubilee Church Hull. Its aims are to help people, who are usually marginalised, experiencing long term unemployment, social issues, addictions or mental health issues and learning or physical disabilities.

The project provides courses that help learners to gain confidence in themselves, build self esteem, provide social interaction and acquire new skills.

JUBILEE CENTRAL - HULLBID CONTRIBUTION TO THE COMMUNITY AWARD WINNERS 2023

What we do

We aim to develop employability and social skills such as regular attendance, timekeeping, being organised, engaging with activities, following instructions, completing tasks, and working with others through collaboration.

We also help people to gain new skills in the areas of craft, cooking, communication skills and strategical skills through playing games. Lifelong learning skills such as reading, writing, maths and problem solving are an integral part of these courses. Students learn to interact and engage with others, through teamwork activities.

As a result of coming to Life College people have ended up volunteering, looking for work, finding employment, or going on to do other courses here or elsewhere.

NORTH HULL AT A GLANCE



All courses will be at the
Orchard Park Community Room,
Orchard Park Medical Centre.

Please see the brochure for more
information and start dates, contact:

Lifecollege@notdull.org
or ring 01482 328196 to book a place.

ARTS AND CRAFTS

WEDNESDAY

10am – 12pm

LOW IMPACT SEATED EXERCISES

FRIDAY

10am – 11am

BOARD GAMES AND QUIZZES

FRIDAY

11am – 12pm



All Courses are FREE and refreshments are available at no charge.

CENTRAL HULL AT A GLANCE

At Jubilee Central, 62 King Edward Street, Hull, HU1 3SQ.
Please see the brochure for more information and start dates,
contact: Lifecollege@notdull.org or ring 01482 328196 to book a place.



PHOTOGRAPHY	TUESDAY	10am – 12:20pm
CRAFT AND NATTER	TUESDAY	1pm – 3pm
BOARD GAMES & POOL	WEDNESDAY	10am – 11:30am
LOW IMPACT CHAIR EXERCISES	WEDNESDAY	11:30am – 12:15pm
LIFE SKILLS Money Budgeting & Basic Cookery	WEDNESDAY	1pm – 3:30pm

WEST HULL AT A GLANCE

Get on Board and Craft courses at Cecil Gardens, Hawthorne Avenue, HU3 5SA.

Please see the brochure for more information and start dates, contact:
Lifecollege@notdull.org or ring 01482 328196 to book a place.

GET ON BOARD - BOARD GAMES	MONDAY	6pm – 7:45pm
ESOL LEARN ENGLISH	WEDNESDAY	9:30am – 11:30am
CRAFT	FRIDAY	6pm – 7:45pm



Arts & Crafts for the Community

- North Hull



Venue	Orchard Park Community room, Orchard Park Medical Centre
Day & Time	Wednesdays 10am - 12pm
Start Date	14th January 2026
Duration	10 Weeks
Enrolment	Email lifecollege@notdull.org or call 01482 328196

Course Description

If you are interested in crafting with other like-minded people, then this is the place for you.

- ✎ Meet new friends
- ✎ Help build your confidence
- ✎ Learn new skills
- ✎ Improve mental health
- ✎ Increase your social skills
- ✎ Have fun together
- ✎ FREE refreshments and FREE materials.
- ✎ FREE for everyone over 18 years of age.

Low Impact Seated Exercises

- North Hull



Venue Orchard Park Community room,
Orchard Park Medical Centre

Day & Time Fridays 10am - 11am

Start Date 16th January 2026

Duration 10 Weeks

Enrolment Email lifecollege@notdull.org or call 01482 328196

Course Description

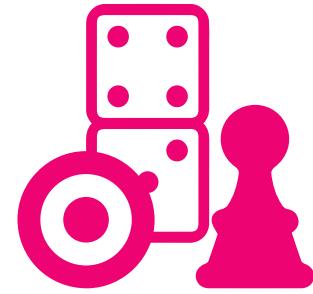
Stay active and fit with this fun and low-impact workout session.

This class is perfect for all fitness levels and can be done sitting in a chair or standing behind a chair. It is led by a professional trainer.

NOTE: Please make sure to wear loose fitting clothes suitable to exercise in and don't forget to bring water to stay hydrated.

Board Games and Quizzes

- North Hull



Venue Orchard Park Community room,
Orchard Park Medical Centre

Day & Time Fridays 11am - 12pm

Start Date 16th January 2026

Duration 10 Weeks

Enrolment Email lifecollege@notdull.org or call 01482 328196

Course Description

Do you enjoy playing board games?

Then why not come along to our new sessions on Friday afternoons, and meet new people over a cuppa whilst playing board games.

There are lots of benefits to playing games:

- **It can help memory formation and cognitive skills**
- **It can increase brain function and sharpen focus**
- **It can also enhance creativity, self-confidence**
- **It can help with anxiety, lower blood pressure, and can help prevent diseases like Alzheimer's.**

So come along and join in.

Photography

- Central Hull



Venue Jubilee Central, 62 King Edward Street
Hull, HU1 3SQ

Day & Time Tuesdays 10am - 12:20pm

Start Date 13th January 2026

Duration 6 Weeks

Enrolment Email lifecollege@notdull.org or call 01482 328196

Course Description

Jubilee Central has teamed up with a local professional photographer, Kevin Greene, for this creative, social and fun photography workshop. We have some cameras and gear available...all charged and ready for you!

In this Photography Workshop Kevin will....

- Help you know about the knobs, switches, dials and controls of a digital camera
- Introduce you to the basics of photography, including taking a bright and sharp photograph, composition, lighting, and storytelling through images.
- Show how accessible and adaptive tools like tripods, monopods and camera accessories enable you to engage with photography comfortably
- Share techniques and tips about how you can create photos you'll love and help you discover your creative edge

This workshop is a hands-on experience for all abilities, designed to inspire and engage. Join us in embracing the joy of creation and connecting through the art of photography.

Craft and Natter - Central Hull



Venue	Jubilee Central, 62 King Edward Street Hull, HU1 3SQ
Day & Time	Tuesdays 1pm - 3pm
Start Date	13th January 2026
Duration	10 Weeks
Enrolment	Email lifecollege@notdull.org or call 01482 328196

Course Description

Join our friendly, informal craft session as we do crafts and chat around a cuppa and a biscuit.

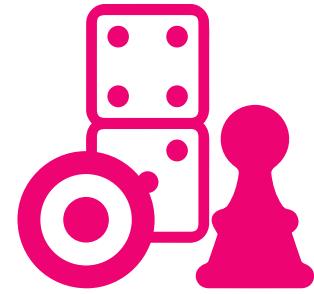
The sessions are participant led, you choose what you want to do from the many materials and ideas available.

You can learn a new craft, make suggestions for new ideas or bring along your own project to complete and show others what you are doing.

This is a great opportunity to socialise and be creative, so come along and join us. All materials and refreshments will be provided Free of Charge.



Board Games and Pool - Central Hull



Venue	Jubilee Central, 62 King Edward Street Hull, HU1 3SQ
Day & Time	Wednesdays 10am - 11:30am
Start Date	14th January 2026 (with half term break on 16/2/26)
Duration	10 Weeks
Enrolment	Email lifecollege@notdull.org or call 01482 328196

Course Description

Join this friendly group of people in Central Hull to play board games, pool and table tennis. This is a great way to meet new people and to socialise over a cuppa whilst playing different games. You can let your competitive side out whilst you connect with others, collaborate and compete all in good fun.

So come along and join in.

Low Impact Chair Exercises

- Central Hull



Venue	Jubilee Church, 62 King Edward Street Hull, HU1 3SQ
Day & Time	Wednesday 11:30am - 12:15pm
Start Date	14th January 2026
Duration	10 Weeks
Enrolment	Email lifecollege@notdull.org or call 01482 328196

Course Description

There are many benefits to Chair Exercises especially for people with limited mobility and is beneficial for everyone. These sessions are led by professional trainers.

Physical benefits:

Improves strength and endurance, enhances flexibility and mobility, boosts cardiovascular health, strengthens core muscles and improves posture and balance to limit falls.

Mental and emotional benefits:

Reduces stress and improves mood, increases confidence and supports independence through increased mobility.

Life Skills, Money Budgeting & Basic Cookery - Central Hull



Venue	Jubilee Central, 62 King Edward Street Hull, HU1 3SQ
Day & Time	Wednesdays 1pm - 3:30pm
Start Date	4th February 2026
Duration	6 Weeks
Enrolment	Email lifecollege@notdull.org or call 01482 328196

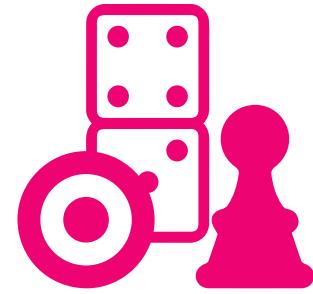
Course Description

This 6 week course is interactive and fun and will give tips on how to meet challenges in life with confidence; it will also give practical advice on how to manage your money with budgeting skills.

Each week there will be a healthy and nutritious food section to help you learn how to prepare and cook very simple and quick food from scratch.

Get on Board Board Games

- West Hull



Venue Cecil Gardens, Hawthorne Avenue
Hull, HU3 5SA

Day & Time Mondays 6pm - 7:45pm

Start Date 5th January 2026

Duration Until Summer 2026

Enrolment Email lifecollege@notdull.org or call 01482 328196

Course Description

Do you enjoy playing board games? Then this is for you.

This board games café is open to all. There will be a wide range of games to play, as well as opportunities to chat with others and socialise; free refreshments will also be available.

So come along and join in.

Craft

- West Hull



Venue	Cecil Gardens, Hawthorne Avenue Hull, HU3 5SA
Day & Time	Fridays 6pm - 7:45pm
Start Date	9th January 2026
Duration	14 Weeks
Enrolment	Email lifecollege@notdull.org or call 01482 328196

Course Description

Do you enjoy crafting or do you want to start? Then this is for you.

This is a mixed ability craft group with a wide range of opportunities to craft.

You will be able to chat with others and socialise whilst being creative; free refreshments will be available. So come along and get inspired to create.



Funded by
UK Government



HULL TRAINING AND ADULT EDUCATION

LEARN ENGLISH

AT CECIL GARDENS

171 HAWTHORNE AVENUE , HULL,HU3 5SA

Wednesday 9.30 - 11.30AM

Starting 21st January 2026

**Free friendly classes for beginners
and improvers.....Listening and
Speaking, Reading and Writing.**

CONTACT US FOR MORE INFORMATION



01482 328196



www.hcctraining.ac.uk



**Light
Church
Hull**

 **Hull
City Council**

 **Jubilee
Life
College**

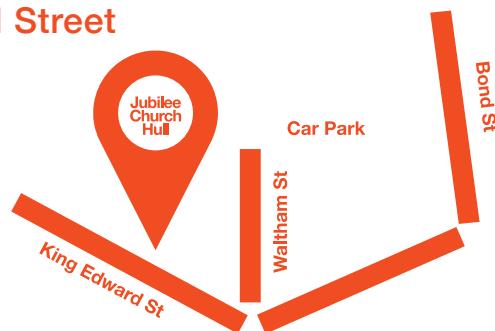
 **Hull**
Training & Adult Education

Venue Locations

JUBILEE CENTRAL

62 King Edward Street

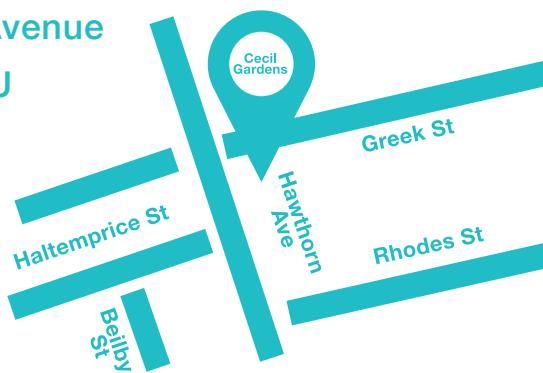
Hull HU1 3SQ



CECIL GARDENS

Hawthorne Avenue

Hull HU3 5PU



COMMUNITY HALL

The Orchard Centre, Orchard Park Road

Hull HU6 9BX



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LAUGH
LEARN**

Jubilee Life College is a project run by Jubilee Church Hull in partnership with:



**62 KING EDWARD STREET
HULL, HU1 2SQ**

T. 01482 328196
E. lifecollege@notdull.org