



# NEWSLETTER:

## April 2022

St David's Centre, 23 Albany Park, St Andrews, Fife KY16 8BP  
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### COOK/CATERING ASSISTANT

We are delighted to announce that Avril Smart joined the Hub team on 25 April as our Cook/Catering Assistant. Avril is looking forward to meeting you all.



*Avril Smart*

### COMMERCIAL KITCHEN

Our newly fitted commercial kitchen is now up and running. This has been possible due to very kind donations and additional funding.



### COMMUNITY FRIDGE

We now have a Community Fridge where short shelf life, or surplus to requirements food can be put for anyone to help themselves. This reduces food waste. You can never be sure what will be there, but you can base a meal on whatever random food is available for

free! If you wish to contribute to the community fridge, all food must be within date, and unopened. Unfortunately, we cannot accept home-made food and perishable items, as there is no regulation for allergens and industry-standard hygiene.

### HOUSE OF HEARING

We are pleased that the House of Hearing now has a pop-up service based at the Hub from Tuesday 19 April until Friday 27 May. Both Audiology and their ENT Nurse-led ear wax removal service will be available between 8.30am and 4.30pm every day Monday – Friday. You can contact House of Hearing on 01334 470 011 to make an appointment or pop in to see them at the Hub.

They hope to continue to offer periodic pop-up clinics at the Hub, after they have opened their new clinic in May.



HOUSE OF HEARING

### LET'S CHAT

We want to remind everyone that "Let's Chat" still takes place each Monday 10am – 12 noon. The aim of this is to help anyone who has struggled with isolation during lockdown to make new connections and anyone else who would like to come along for a hot drink and

a chat with one of our volunteers.

### ROD STODDART MBE

It was a pleasure to welcome Rod Stoddart and Clova to the Hub on 13 April. Rod gave a talk about the Trossachs Search and Rescue and included a demonstration of search dog Clova finding people for Community Aid St Andrews. We hope to welcome Rod back again soon.



*Jean Robertson and Clova*

### THE WELL

From 26 April, every Tuesday from 11am – 1pm, Fife Health and Social Care Partnership will be available to speak to you about things that matter to you. Receive help, advice and information from health and social care and other local organisations.



Fife Health  
& Social Care  
Partnership





In the next few editions of our Newsletter we will spotlight a member of our Hub Team or one of our Directors. First up is David Anderson, our Project Coordinator!

Before joining the Hub, David worked as a Chef for over 35 years. The role of Project Coordinator has enabled David to combine his skills as a chef and his passion for helping others. He has recently undertaken training to enable him to facilitate dementia groups within the Hub. David lives in St Andrews with his family and two dogs.



David Anderson

### ROOMS AVAILABLE

If you need a meeting space, remember the Hub has rooms available to rent on a long term basis or by the hour. Please contact us for further information.

<https://www.nefcommunityhub.org/giving>

### NEW GROUPS

If you are interested in making use of the facilities at Hub for a new or existing group please get in touch.

### VOLUNTEERS

We would like to say a huge thank you to all our fantastic

volunteers who give up their time to help at the Hub. The daily running of the Hub would not be possible without them.



### WEEKLY HUB ACTIVITIES

#### MONDAYS

##### **Let's Chat**

10.00am – 12.00pm

##### **Pilgrim Care Botanic Health Walk**

11.00am – 12.00pm

##### **Pilgrim Care Botanic Health Walk Lunch**

12.30 – 2.30pm

##### **Post Office**

12.30 – 2.30pm

##### **Hubbub Singing Group**

1.15pm – 2.15pm

#### TUESDAYS

##### **Storehouse & Clothesline**

11.00am – 1.00pm

##### **The Well**

11.00am – 1.00pm

##### **Knitting & Craft Group**

1.00pm – 2.30pm

##### **Football Memories**

2.30pm – 4pm  
(alternate weeks)

##### **Sensory Trust Group – referral only**

1.15pm – 2.15pm  
(alternate weeks)

#### WEDNESDAYS

##### **Cooking Class**

9.15am – 11.15am

#### **Pilgrim Care Lunch Club**

12.00pm – 1.00pm

#### **Pilgrim Care Armchair Exercises**

1.15pm – 1.45pm

#### THURSDAYS

##### **Storehouse & Clothesline**

11.00am – 1.00pm

##### **Credit Union**

11.00am – 1.00pm

##### **Post Office**

1.00pm – 3.00pm

#### FRIDAYS

##### **Hub Sewing Bees**

10.00am – 2.30pm

##### **Pilgrim Care Chow & Chat**

12.00pm – 2.00pm  
(alternate weeks)

##### **Pilgrim Care Health Walk**

2.30pm onwards

#### MONDAY – FRIDAY

#### ACTIVITIES

##### **Café Open**

9.00am – 4.30pm

##### **Dominoes/Triominoes**

9.00am – 2.30pm



*Our café will open on Saturdays from 14 May 2022 10am – 3pm*

#### NEWSLETTER MAILING LIST

If you would like to be added to our mailing list to receive our Newsletter and other information please email us:

[admin@nefcommunityhub.org](mailto:admin@nefcommunityhub.org)

