



# NEWSLETTER:

## June 2022

St David's Centre, 23 Albany Park, St Andrews, Fife KY16 8BP  
Email: [admin@nefcommunityhub.org](mailto:admin@nefcommunityhub.org) Tel No: 0779 294 1783

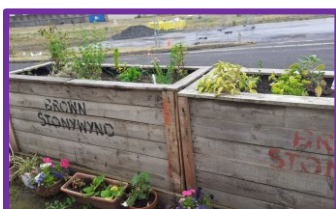
### RAMP ACCESS

We are pleased to announce our new ramp access is now fully complete and available for use.



### SENSORY TRUST

The Hub is in partnership with Sensory Trust, a charity dedicated to creating connections between people and the outdoors. We are developing a dementia-friendly group, based on evidence that our health and wellbeing can be improved by contact with nature and the outdoors. The group provides opportunities to take part in nature-based activities and for people to meet on a regular basis. We are starting to create an outdoor haven and sensory garden. Seeds have been planted, pots filled to attract bees and butterflies and we have secured a strawberry supply for the summer – thanks to plants from Balhungie Farm in Angus. You may notice the herbs we planted beside the Hub café kitchen window.



We are recruiting volunteers and new members. If you are interested, please contact Karen Marnie on [kmarnie@sensorytrust.org.uk](mailto:kmarnie@sensorytrust.org.uk) or 07419 356464.



### SUMMER FETE

We are holding our annual Summer Fete on Saturday, 23 July. If you know of any local business which may like to donate to our raffle, please let us know. Many thanks to the businesses which have already donated, including Blown Away, Artery, The View, Morrisons, Luvians, Toppings Book Shop, Bonkers, Cook Central, Fisher & Donaldson, J&G Innes and St Andrews Podiatry.

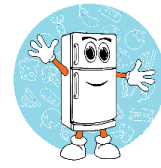


We will post on Facebook and send an email to our mailing list as soon as raffle tickets are available to buy.

### COMMUNITY FRIDGE

The Community Fridge continues to be available. 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.



### THE WELL

Every Tuesday from 11am – 1pm, Fife Health and Social Care Partnership will be available for discussion about things that matter to you.



They can offer information, advice and help.



Stewart Kerr is on our Board of Directors. Stewart was an industrial water treatment chemist for many years working in Scotland mainly. He is married and been on the board for several years.



**Stewart Kerr**

Stewart is adaptable and turns his hand to many tasks at the Hub whether it be stand-in janitor or labourer.

He lives in St Andrews and is down at the Hub most days and. Stewart plays golf, and is interested in gardening, cooking, eating, books, beekeeping and photography amongst other things.

### ROOMS AVAILABLE

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



### NEW GROUPS

If you are interested in making use of the facilities at the 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.



If you are interested in joining us as a volunteer, please get in touch for more information.

## WEEKLY HUB ACTIVITIES

### MONDAYS

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

10.00am – 12.00pm

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

11.00am – 12.00pm

#### **Pilgrim Care Botanics Health Walk Lunch**

12.30pm – 2.30pm

#### **Post Office**

12.30pm – 2.30pm

### 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)

#### **Coming Soon on a Tuesday .... The Dementia Meeting Centre.**

A Meeting Centre is a local resource, operating out of ordinary community buildings, that offers on-going warm and friendly expert support to people with mild to moderate dementia and their families.

### WEDNESDAYS

#### **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

#### **Hope at The Hub, Church Service**

1.30pm – 2.30pm

### 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



\* Please get in touch for further information

### 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)

