



NEWSLETTER:

August 2022

St David's Centre, 23 Albany Park, St Andrews, Fife KY16 8BP
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SUMMER FETE

A huge thank you to all who made our Summer Fete 2022 such a success.... volunteers, staff and all the members of the local community who supported us on the day. We raised over £2,000 through the raffle, stalls, cafe, and donations. Thank you also to all the local businesses who so generously donated raffle prizes.

Another thank you goes to local celebrity Chef, Christopher Trotter, who formally opened our new kitchen. We are pleased to say Christopher plans to be involved with the Hub moving forward.

Thank you all!



LET'S CHAT

We would like to remind the community that we still have "Let's Chat" on a Monday 10am – 12pm. Talking to other can reduce stress levels, increase positivity and help people feel connected to their community.



CALLS FOR BAKERS!

You may not know that we have a fully fitted home-style kitchen at the Hub. If you would be interested in using your baking skills and would like to come along to bake for us please get in touch.

NEW TO THE HUB!

Play Art Create is starting a therapeutic dance movement class for ladies. Learn belly dancing in a safe space and shake away the stress, good for weight loss too! No need to worry about how it looks, it's all about moving and having fun. This group will take place on Thursdays and Saturdays 7.00pm -8:00pm.

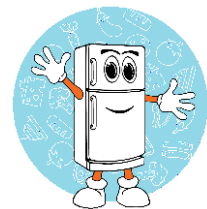


Play Art Create is also excited to announce they are opening a new facility at the Hub - a therapy room for 1:1 sessions in play therapy for children and creative counselling for adults in starting mid September.

For more details on these sessions and therapeutic dance contact Pavla, email pavla@playartcreate.co.uk or telephone 0795 676 9997.

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.



Cath Carter is one of the founding Directors of the Hub and currently Chair of the Board of Directors. Cath is the Parish Nurse in St Andrews and works with the older adult, she is in the Hub daily involved in leading groups and has an office at the Hub. Cath oversaw the acquisition of the building and the initial renovation and operational tasks. Cath will turn her hand to most things or ask someone she might know for assistance!

Cath has 2 boys, one who is a para-swimmer and the other enjoys sailing. She is involved in her local church, enjoys walking her dog, gardening and cooking.



Cath Carter

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
(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

Therapeutic Dance
7.00pm – 8.00pm

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

SATURDAYS
Therapeutic Dance
7.00pm – 8.00pm

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

