

What's going on each week in The Hub @ Low Pavement?

Last updated 11th March 2024

Story Telling	Creative Writing	Mondays	11-11.45am	<i>Learn or share writing skills</i>
	Story sharing & reminiscence	Mondays	10-11am	<i>Share experiences and stories. Bring a short story or poem you've written or by your favourite author or simply bring yourself and your memories.</i>
Arts and Crafts	Art Class	Tuesdays	10-12pm	<i>Mixed materials with a qualified teacher</i>
	Creative Cafe	Wednesdays	10.30 - 12.30pm	<i>Optional craft activity or doodling & colouring together</i>
	Mindscales	Tuesdays	10.30 – 1pm	<i>Photography using a mindfulness approach in a peer support environment for mental health wellbeing</i>
	Card Making	Mondays	1-2.45pm	<i>Learn or share skills to create hand made greetings cards</i>
Health & Life-style	Meal Planning Club	Mondays	1.30 -2pm	<i>Motivate and inspire each other to cook at least one healthy meal each week at home</i>
	Deaf & Hearing support	Mondays	10.30-11.30am	<i>Meet Adrian who can replace your hearing aid batteries and offer advice</i>
	Benefits and Housing Drop In	Thursdays	12-2pm	<i>Speak to Cameron from P3 for advice and help about support available</i>
	Employment support Drop In	Thursdays	12-2pm	<i>Talk to Celine from Reid about support for accessing employment with a disability</i>
	Derbyshire Carers drop in	Monthly	11.30 - 1.30pm	<i>Meet Heather on the 2nd Monday of the month about support for carers</i>
Social	Table Talk	Thursdays	12.30 - 2pm	<i>Chatting over board games and jigsaws</i>
	Hub Clean Up Operation	Mon - Thurs	2.45-3pm	<i>Help us to keep the space clean and welcoming</i>
	Community Marketplace	Thursdays	1-2pm	<i>Tea, coffee and a chat. A chance to make helpful connections.</i>
Textiles	Crochet Club	Thursdays	10-12pm	<i>Learn or share crochet skills</i>
	Knit & Chat	Thursdays	10.30-12pm	<i>Learn or share knitting skills</i>
	Sew Social	Mondays	1pm – 2.45pm	<i>Bring a project, teach or learn sewing skills</i>
Musical	Sing-a-long	Wednesdays	1-2.30pm	<i>Singing popular requests together on a big screen with the lyrics</i>

We'd recommend aiming for one or two activities you'd like to do and building them into your routine if you enjoy them. Our Springboard Programme might be able to help you find other things too.

What is The Hub @ Low Pavement?

It is a place where you can...

- ✓ learn or share a new skill
- ✓ meet or welcome new people
- ✓ build confidence
- ✓ be purposeful
- ✓ help others
- ✓ be treated with kindness and respect
- ✓ find out more about other places in Chesterfield and North East Derbyshire

It isn't...

- A day centre
- A social hang out for closed friendship groups
- A pub

*Take a look at our Hub Handbook for more
information...*