

# What's going on each week in

## The Hub @ Low Pavement

*Last updated 16th April 2024*

<b>Story Telling</b>	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>
<b>Arts and Crafts</b>	Art Class	Tuesdays	10-12pm	<i>Mixed materials with a qualified teacher</i>
	Contemporary Craft	Wednesdays	10.30 - 12.30pm	<i>Optional craft activity or doodling &amp; 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>
<b>Health &amp; Lifestyle</b>	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 Reed 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>
<b>Social</b>	Signposting Ambassadors	Mondays	12 – 12.30pm	<i>Help us to improve our knowledge about other local community spaces</i>
	Hub Clean Up Operation	Mon - Thurs	2.45-3pm	<i>Help us to keep the space clean and welcoming</i>
	Social Cafe	Thursdays	12.30 - 2pm	<i>Tea, coffee and a chat with optional board games &amp; jigsaws</i>
<b>Textiles</b>	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>
	Needlecraft Corner	Mondays	1pm – 2.45pm	<i>Help us to make a collective community wall hanging with textile rectangles</i>
<b>Musical</b>	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...*