

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

August 2024

Story Telling	Story sharing & reminiscence	Mondays	10-11am	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
	Creative Writing	Mondays	11 – 11.45am	Write and share a poem or short story
Arts and Crafts	Art Class	Tuesdays	10-12pm	Mixed materials with a qualified teacher
	Contemporary Craft	Wednesdays	10-12pm	Optional craft activity or doodling & colouring together
	Mindscales	Tuesdays	10–1pm	Photography using a mindfulness approach in a peer support environment for mental health wellbeing
	Card Making	Mondays	1-2.45pm	Learn or share skills to create hand made greetings cards
Health & Lifestyle	Meal Planning Club	Thursdays	1.30 -2pm	Motivate and inspire each other to cook at least one healthy meal each week at home
	Deaf & Hearing support	Mondays	10.30-11.30am	Meet Adrian who can replace your hearing aid batteries and offer advice
	Benefits and Housing Drop In	Thursdays	12-2pm	Speak to Cameron from P3 for advice and help about support available
	Employment support Drop In	Thursdays	12-2pm	Talk to Celine from Reed about support for accessing employment with a disability
	Derbyshire Carers drop in	Monthly	11.30 - 1.30pm	Meet Heather on the 2nd Monday of the month about support for carers
Social	Signposting Ambassadors	Thursdays	12 – 12.30pm	Help us to improve our knowledge about other local community spaces
	Hub Clean Up Operation	Mon - Thurs	2.45-3pm	Help us to keep the space clean and welcoming
	Social Cafe	Thursdays	12.30 - 2pm	Tea, coffee and a chat with optional board games & jigsaws
Textiles	Crochet Club	Thursdays	10-12pm	Learn or share crochet skills
	Knit & Chat	Thursdays	10-12pm	Learn or share knitting skills
	Needlecraft Corner	Mondays	1pm – 2.45pm	Help us to make a collective community wall hanging with textile rectangles
Musical	Sing-a-long	Wednesdays	1.30-2.30pm	Singing popular requests together on a big screen with the lyrics

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...*