



SUCCESSES FROM OUR GROUPS

Congratulations to Mindscapes for curating a wonderful exhibition of their work at West Studios! You can still see it until 21st June - do ask the group for more info

Huge thank you to our Crochet Club for creating almost 200 "Huggie" badges to help us to highlight Loneliness Awareness Week - what an inspirational team contribution they've made to support us

Our brilliant arts and crafts groups have made a mammoth effort over the past few weeks to improve how we organise our storage - it's going to really help us as a Hub Community to look after our resources and empower everyone to support each other's activities and projects with compassion and enthusiasm!

EVENTS COMING UP

Chatty Market Stall for Loneliness Awareness Week

To support the national Loneliness Awareness Campaign we are holding a Chatty Market Stall on **Saturday 13th June!** An opportunity for people to find out more about Feeling Connected and The Hub, and for us to fundraise for activity materials! Come along and help if you can!

Mindscapes Exhibition at Chesterfield Royal Hospital

Mindscapes have arranged for their exhibition to move to Chesterfield Royal Hospital after West Studios! Their work will be displayed to celebrate a year since their Wellbeing Hub opened to support NHS staff resilience during the first week of July! Well done to all involved!

Public and Patient involvement in NHS Research

Tracey Elder, from an NHS Public & Patient Involvement and Engagement project wants to understand how best to support people and groups to have a voice in health research. She'd like to ask people about their understanding about it, whether they've ever been asked to be involved and what makes it difficult or easy to take part. She will be available in The Hub on **Tuesday 18th June** from 1.30pm for either a one to one or a group chat and you can earn a Morrison's voucher as a thank you for your time.

Bollywood Dance Class

We have a second opportunity to try Bollywood Dance on **Tuesday 25th June** at 1.30pm! You can stand or stay seated and take it at your own pace! Just bring your enthusiasm and let's share the joy of moving to lively music together!

WHAT ARE WE WORKING TOWARDS NEXT?

Getting to know our local community better

It's really important to us that we understand what's happening in our community, and how each other can both support and benefit from places and events going on out there.

Our Community Signposting Team have created some really practical tools to help us to keep in touch with what's happening! The spaces they have liaised with so far have requested a copy of the information sheets the team has made about them which is a big endorsement! If you're interested in visiting any of the spaces with a volunteer, then you can either join the team catch up on Mondays at 12.30pm, or use our new notice board in The Hub to find out where you can go, when, and who with.

Improving our space

It would be great if we can gather contributions from each group to create another beautiful exhibition in our space in September. The exhibitions displayed so far have really inspired newcomers to want to get involved and it's such an opportunity to share and appreciate talent. Do share theme ideas that can bring us together and we will agree one collectively by the end of June.

You will hopefully have noticed that we have gathered useful information about The Hub on the table by the pillar in the middle of the room. Do take a look and feedback whether or not the information is helpful or not. We plan to add some feedback and task sharing jars -we will update -ideas welcome!

Sharing our space

We've had feedback that some people who could benefit from The Hub are a little overwhelmed by our busier sessions. This isn't anyone's fault -it's great to see the community growing! At our volunteer event, we agreed it might help anxious newcomers if we schedule in some quiet Tuesday afternoons where we really make an effort to keep the space calm and easy to become familiar with. We can see how this goes and review it!

We are also going to have a think about how to create a window display which represents what's happening inside, and some signage for outside the space during opening hours. Do share any thoughts you have and thanks so much to everyone who has volunteered ideas about this already.



GETTING MORE INVOLVED

Thank you so much to everyone in the Hub who has been trying to keep the space clean and welcoming! It's really making a difference and we really appreciate it!

We held a celebration and training event on Saturday 8th June for existing volunteers! It was such a privilege to have so many skills and so much community spirit in one room at once! Hopefully it's the first of many more opportunities! Do speak to Helen or one of our volunteers if you'd like to find out more about help needed.