

# What's going on each week in

## The Hub @ Low Pavement

November 2024

<b>Story Telling</b>	Reminiscence	Mondays	10-11am	<i>Share experiences and stories. Bring a short story or poem or simply bring your self and your memories</i>
	Creative Writing	Mondays	11 – 11.45am	<i>Write and share a poem or short story</i>
<b>Arts and Crafts</b>	ComunArty	Tuesdays	10-12pm	<i>Mixed materials in a friendly art group</i>
	Contemporary Craft	Wednesdays	10-12pm	<i>Optional craft activity or doodling &amp; colouring together</i>
	Mindscales	Tuesdays	10–1pm	<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	Thursdays	12.30 – 1pm	<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	Thursdays	1.30 – 2.30pm	<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>
	Makers Monday	Mondays	1-2.45pm	<i>Share a skill or help a maker create items to sell on our fundraising stall</i>
<b>Textiles</b>	Knit & Chat	Thursdays	10-12pm	<i>Learn or share knitting skills</i>
	Crochet Club	Thursdays	10-12pm	<i>Learn or share crochet skills</i>
<b>Musical</b>	Sing-a-long	Wednesdays	1.30-2.30pm	<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...*