

Helensburgh Community Hub – H&L Community Planning Group update, August 2023

#essential sector campaign – The Hub is delighted to be one of ten organisations chosen from across Scotland by the Scottish Council for Voluntary Organisations to feature in a new nationwide campaign showcasing the impact and diversity of the sector. The campaign will be launched at the SCVO's The Gathering conference in November.

Volunteer recognition event – around 130 volunteers from 20+ Volunteer Involving Organisations across Helensburgh and Lomond joined us for a hugely successful celebration lunch at the Civic Centre on Sunday 4 June as part of Volunteers' Week Scotland. This was a great collaboration with Visiting Friends and we want to build on this local recognition and celebration of volunteering and would ask any organisations interested in getting involved to contact Hub Development Manager Gill Simpson (contact details below).

Restructured membership – we have restructured the Hub membership in line with the development of the workings of the organisation. A new category of “supporter” has been created for those people who wish to follow, support and participate in the Hub's activities but with no liability for debts on winding up and with no voting role at the AGM. All existing members have been offered the choice between remaining as full members or becoming Hub supporters.

Update on activities in the Hub:

- The Book Nook has slightly changed opening hours. The new opening times are: Mondays 2-5pm, Tuesdays 10am-2pm, Wednesdays 10am-4pm and Saturdays 10am-1pm. We are looking for more volunteers to support our increased opening.
- Following the closure of Males Tales, the Hub was approached by a former committee member to start a men's talking group in the Hub. The first Time to Talk session was held in July and will continue to meet on the third Thursday of the month in the Book Nook.
- The Hub is working with a Helensburgh writers' group to try to start a regular writing group for young people.
- The Hub is supporting a new creative moment session for people with a dementia diagnosis, their families and carers. This will be run by Spin Turn on the last Sunday of the month.
- Following a summer break the Hub community yoga returns on Mondays from 5-6pm. The focus of the Gentle Yoga for Relaxation sessions (which are on a donation basis) is on breathing, meditation and relaxation.
- Following discussion in our monthly Menopause Café the Hub will hold a Making Menopause Better event as part of World Menopause Month in October. Details tbc.
- The Hub has been working with Community Link worker Louise Cassidy to offer volunteer-led crafting sessions for people dealing with depression, anxiety and social isolation. The feedback has been exceptionally positive: “I was really low and this has turned me around. If someone had told me I would sew and make an elephant or make bags for my grandkids I would never have dreamt of doing it and now I love it.” (It's a Design Feature participant).

For more information on anything in this update please contact Hub Development Manager Gill Simpson on 01436 678088 or manager@helensburghcommunityhub.org.uk