



NEWSLETTER AND EVENTS FOR APRIL 2022

The Hub Spring Opening Hours are:

Monday/Tuesday: See Diary for April
Wednesday to Saturday: Café and Shop 10am – 4pm
Sunday: Café and Shop 10-6pm. (Hot food till 3pm)
Call 01387373760 or email hub@eskdalemuir.com

EVENTS AND ACTIVITIES

Paint Aid Off for the next two weeks back on the 27th April.

Writers Group Thursday: 7th and 21st April and 5th May, 11-1pm. Every other week, all welcome.

Yoga with Hanna Casement. **Every Thursday: 1.30-3pm.** are £8 and places are limited, so advance booking and payment is essential. To Book: hanna.casement@googlemail.com or www.facebook.com/hannacasementyoga

Tai Chi April only will be Saturday, Back to Fridays in May :10.30–11.30am with Angela Barrie. £30 for 4 sessions.

Pool & a Pint Every Friday: 7.30 – 11pm. Every Friday. All Welcome, even those that can't play pool or drink a pint!

Church Service of Worship Sunday 10th April 2022 3pm. All Welcome

~~Jilly jazz improv: Singing Workshop with Jilly Jarman, Friday 8th April, 7.30pm.~~ Postponed will be rescheduled.

Open Music Sessions on 10th April at 2.30pm with Nick Jenkins. Please bring your instruments a song to sing and tell your friends, it is going to be such a great musical afternoon. Open to all. Bar closes at 6.30pm.

Community Meeting – Think BIG: 24th April 2022 at 2.30pm at the HUB. Think BIG is a meeting where we want the community to share ideas from BIG to small. Development ideas on the valley, the HUB, the community: What is important to you? How can we create more income to secure the HUB? Can Eskdalemuir become a Circular Community? What does 'community' mean to you? Especially now after COVID, have your needs changed? Have you newly moved in? Not been in the HUB for some time – then let us know why? How can the community support the HUB to meet these needs? UEDG is a charity, and for the HUB to flourish it needs the support of the community. The makeover of the Shop is proof that the community can make positive changes and make the HUB a place to be proud of. So come along and shape the HUBs future.

Jewellery Making Workshops with Jesse, 30th April 10 – 4pm. Make your very own silver ring with a gemstone. £80 which includes all materials needed. No experience necessary. jesse@jupitersgrace 01387373720. Booking Essential. I loved this course, so get booked and make a fabulous ring.



Towards abstraction Art Workshop with Bella Green **Saturday April 30th times from 10am - 4.30pm.** Starting from an observed photographic source, we will focus on those elements which are interesting or unusual or which are the main thing that interests you in the subject. We will try two different ways of developing an abstraction - a gestural, rhythmic interpretation and a playful geometric approach. We will explore the subject through shape, tone, colour and texture, and gesture in mark making. Our aim is to make the painting come alive through the relationship of all these visual elements and with the degree of abstraction we choose. What to bring - Bring your own A4 photo, black and white, if you can, or choose from the selection Bella will provide. The medium will be acrylics, and if you have pastels or oil pastels you can bring those too. A range of flat and round brushes including a 1.5 house painter's brush and Palette knife. Bring two large jars for water. Paper will be provided. Please book at the Hub and you will be given a checklist of items to bring.

Eskdalemuir Expressive Arts Committee is looking for a **secretary and more members**, please get in touch with Angie on 73386 or Adrian at the HUB.

UEDG HUB NEWS

UEDG Board Update We welcome Marjorie Wilson and Pippa Simmonds onto the Board and Diana Lilley as Chairperson.

Introducing some new specials on our menu. One of the aims of the Hub is to promote well being and health, so we have teamed up with our lovely neighbour Dr Miriam Maisel M.D Dip BSLM/Dip IBLM (Certified Lifestyle Physician) Family Practitioner. With her help we will be starting to offer more Whole Food Plant Based salads, soups, sandwiches, main meals and puddings. We hope these will prove to be as popular as our more traditional menu items. Let us know what you think. Below is a bit of information from Miriam about Whole Food Plant Based food. What is “whole food plant based”? Is it vegetarian? Vegan? Something else?

The terms ‘vegetarian’ and ‘vegan’ refer to what one does not eat, which in these cases would be animal products. “Whole food plant based’ refers do what one does eat, and in general means whole plant foods, such as fruits, vegetables, whole grains, legumes, nuts and seeds.

Research has shown that when people eat more fruits, vegetables, whole grains, beans, nuts and seeds, health is enhanced. Versions of a plant-based way of eating have even been used to help treat heart disease, diabetes and inflammatory conditions. That is why national food guidelines in many countries are recommending that we eat more of these health promoting elements and consume less of those elements which contain heart-unhealthy fats and empty calories. A prestigious international study call “Food in the Anthropocene” proposes a planetary health diet relying more on plant products to get full nutrition and put less stress on Mother Earth.

Finally, and most importantly, food should be delicious, and our plant-based offerings are full of flavour and goodness.

So, for a win-win-win---great taste, good for you and good for the planet, please enjoy our new Plant Based Menu items, and feel free to bring us more great ideas.

Volunteers are needed to: manage/serve in the bar, the shop, to wash up/serve in the café, to welcome visitors, to help with events. We can match you to jobs you like when you like. Everyone is welcome.



Sale or Swap Shop – Upstairs @ the Hub

Nearly new Swap Shop upstairs in room 18. Closed on Fridays if there are treatments happening. Come for a rummage, there are lots of lovely, preloved items, from clothing, plants, seeds, household items. Volunteers who would like to get involved please get in touch. We would like to

Treatment Room



We have two fabulous massage treatments on offer on Fridays. Fantastic at enhancing a feeling of deep relaxation and wellbeing. **Hanna Casement** is offering **Ayurvedic facial rejuvenation massage** treatment, £35 for a full hour. Appointments must be booked at least 48 hours in advance with Hanna, hanna.casement@googlemail.com Treatments will be between 10am and 4pm on alternate Fridays 22nd April and 6th May

Kirsten Jenkins is offering sessions of **seated Shiatsu** and can combine this with **Indian Head Massage treatment**. £25 for 40 minutes. To book contact Kirsten direct on 07852595750 or www.facebook.com/KirstenShiatsu . Fridays 15th and 29th April



New to the Treatment Room at the HUB. Diana Stewart Foot

Care. DATES TBA. Excellent for all your foot care needs. Corns, hard skin, nail treatments, callouses and cracked heels. £23 for all treatments. If interested please call 01387373760