****NEWSLETTER AND EVENTS FOR MARCH 2022

**The Hub Winter Opening Hours are**:

Monday/Tuesday: Hub CLOSED, Wednesday: Events ONLY,

Thursday: Events, Hot Drink/Cakes from the SHOP 11-2pm.

Friday and Saturday: Café 10am – 4pm Shop 11am – 2pm

Sunday: Café 10-6pm. (Hot food till 3pm) Shop: 11am – 2pm

Call 01387373760 or email hub@eskdalemuir.com

**EVENTS AND ACTIVITIES**

**Paint Aid** E**very Wednesday: 1.30 - 3.30pm.** All welcome.

**Writers Group** **Thursday: 10th and 24th March,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** **Every Friday:10.30–11.30am** with Angela & Graham Barrie. £30 for 4 sessions.

**Pool & a Pint** **Every Friday: 7.30 – 11pm**. Every Friday.

**Church Service of Worship** Sunday **13th March 2022 3pm.**

**Bowling** at the **ESMP Hall** 7pm on the first and third Friday of each month **4th, 18th March**. Great fun!

**Losar potluck Lunch.** **Thursday 3rd March1pm**, Please bring a contribution for lunch and have a lovely afternoon.



**Summerland 3pm 6th March 3.30pm.** Come for lunch then a great film. £3/£5 (2020) (12A) Director: Jessica Swale With Gemma Arterton, Gugu Mbatha-Raw.

During World War II, reclusive writer Alice has her sequestered life upended when Frank, an evacuee from the London Blitz, is left in her care. Despite initially resolving to be rid of him, Alice finds herself and her emotions reawakened by him. Summerland provides a warmth of tone amidst the wartime background, with some knock-out performances by its ensemble cast, unearthing yet another surprising tale from WWII. Organised by EEA and Driftwood Cinemas. Please book for Lunch, but tickets for the film are on the door.

**Jilly jazz improv: Singing Workshop with Jilly Jarman.** **Friday 11th March. 7.30pm**. Sing songs, play around with rhythms and grooves, experiment with harmonies and words and explore different ways of using our voices. A lot of fun no experience necessary! The bar will be open for refreshments. £7.50/session

**Open Music Sessions** on **13th March at 2.30pm** with Nick Jenkins. Please bring your instruments, your voice and tell your friends, it is going to be such a great musical afternoon. Open to all. Bar open till 6.30pm.

**Jewellery Making Workshops** with Jesse, **19th March 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.

**Everyday Mindfulness and Meditation Course**

**Saturday 19th March 10am – 4.30pm** Full day workshop. Including helpful practices for everyday life. Talks, discussions and sitting sessions**.**

BOOKING ESSENTIAL 01387373386

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

**Live Music Concert by Anima - Saturday 19th March 7.30pm** Anima are a duo based in the south of Scotland featuring the combined talents of Toby Mottershead (Guitar & Vocals) and Nick Jenkins (Fiddles, Mandolin & Vocals).Toby (Black Diamond Express, Jack of Diamonds) is a multi dimensional musician and raconteur from Edinburgh. His musical background is rooted in the Early Blues, Roots and Gospel music, showcasing artists such as Blind Willie McTell, Robert Johnson and Rev Gary Davis, amongst others. However, his talents extend into a multitude of different styles including Folk, Classical and a considerable back catalogue of popular songs from the past hundred years.

Nick Jenkins is a string player based in Dumfriesshire. His repertoire is deeply rooted in Irish and Scottish traditional music but also includes tunes from a diverse array of European traditions, as well as a more recent foray into Early Music. Together, as Anima, Toby and Nick play sets that showcase their combined influences, as well as some original music composed by the duo. **Book on Eventbrite, £10 including buffet.**

For more information: <https://youtu.be/dRWdI-NVSJM> <https://tobymottershead.bandcamp.com/releases> <https://www.reverbnation.com/nickjenkins/song/29823228-crow-hill-jack-of-diamonds>

**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. 11th, 25th March**

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 **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 . **4th 18th March and 1st April.**

**New** to the Treatment Room at the HUB. **Diana Stewart Foot Care Thursday 24th March** appointments all day. Excellent for all your foot care needs. Corns, hard skin, nail treatments, callouses and cracked heels. £23 for all treatments. Please book at the Hub or call 01387373760

**UEDG HUB NEWS**

The UEDG board has changed over the past few weeks. Victoria Long – Chairperson, has resigned from the Board. The community appreciated her gifts of time, energy, and experience which she brought to UEDG Board, the HUB and the community. She kept the HUB afloat through these past few difficult years. Thank you, Victoria. We warmly welcome Marjorie Wilson and Pippa Simmonds to the Board. They bring with them fresh ideas, inspiration, and energy. If you are interested on being on the board or to become a volunteer, please get in touch. **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. If the hub is open, go up and have a look. 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.

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**We are collecting for the Ukrainian Refugees**

New or nearly new clean goods only. We have a list of what is most urgently needed: School supplies, Blankets, Soaps, shampoos, shower gels etc, Emergency foil blankets, Towels, Sanitary towels, Nappies, Colouring pencils, Colouring books/notebooks, Sleeping bags, Toothbrushes, Kids' clothes (new or like new condition) Cups (stainless steel), First aid kits, plasters, bandages etc, Baby clothes. If you can help organise, please get in touch. Please drop off before 11th March. Please bag or box and label goods.

Please respond with **remove** if you no longer wish to receive mailings from us.