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lubbesthorpealive.org.uk

AUTUMN NEWS FROM THE COMMUNITY HUB



LUBBESTHORPE ALIVE



“

18+ ADULTS ONLY

Save the Dates for Hub Pub Nights

Meet friends, have a drink, and relax at our Hub nights. Doors open 7:30pm

2024 DATES
FRIDAY 27TH SEPTEMBER
FRIDAY 29TH NOVEMBER

COMING SOON 2025 PUB NIGHTS:
LAST FRIDAYS, EVERY MONTH
GET READY TO UNWIND!



LUBBESTHORPEALIVE.ORG.UK

  @LUBBESTHORPEALIVE

Hub Nights-
Your new favourite spot!

Come and warm up in the
Community Hub at our

Halloween Hub Café & Treat Station

Thursday 31st October
16:30 till 19:00

We will be serving Hot Chocolate,
Pumpkin Soup and of course have
some yummy treats for all the treaters
out there!



Market CAFE

FROM 9AM

SECOND SATURDAY
OF THE MONTH
RUN ALONGSIDE THE
PARISH COUNCIL
MARKET

SERVING SAUSAGE &
BACON COBS FOR JUST £3
HOT & COLD DRINKS
YUMMY TREATS

THE HUB

DATES FOR
YOUR DIARY

SAT 12TH OCT
SAT 9TH NOV

Cash & Card
Accepted
SUPPORT YOUR LOCAL
COMMUNITY HUB



Save the Date

Saturday 7th December

Christmas Lights Cafe and Bar



Come and join
our resident led

'We Lub Books'



BOOK CLUB

- Meet ups monthly
- Discover New books
- Meet new people

Meet
every 3rd
Monday
@ 19:30



MORNING DROP IN

9:30 - 11:30
every Monday
term-time

Pop in The Hub for a cuppa.
Meet your friends
Find out about what happens
in the Hub and Lubbesthorpe.



Sue - LA's Pioneer Community Worker and
Lisa - Clerk to the Parish Council
will happily answer any questions.

**LITTLE
LUBBERS
NEWBORN TO
AGE 2**



**MEETS EVERY
TUESDAY
(TERM-TIME)
10AM - 11:30AM
AT THE COMMUNITY
HUB**



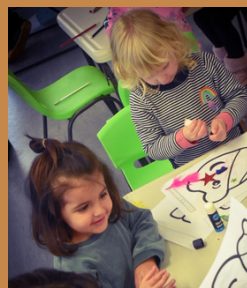
**BABY AREA +
COLOURING & TOYS
FOR THE TODDLERS,
PLUS STORY TELLING
& NURSERY RHYMES**



**Join Tea & Toast, our
toddler & pre-
schooler group**

**Toast, Crafts,
playing and a Sing-
song to finish off.**

**every Thursday
term-time
10am - 11:30am**



WELLBEING NETWORK



Join our Wellbeing Network!

This summer, we kicked off our brand-new Wellbeing initiative, starting with "Feel Good Friday"!

Our research showed that women were particularly eager to participate, and the response was amazing! But that's just the beginning. We're now introducing new community groups, initially created by the wonderful residents of Lubbesthorpe. We're also looking to launch activities specifically for men, so we invite everyone to join in our network and stay updated on all our Wellbeing news and upcoming events.

Let's build a healthier, happier community together!

Sign up **HERE**
[www.lubbesthorpealive.org.uk/
whats-on/wellbeing-network](http://www.lubbesthorpealive.org.uk/whats-on/wellbeing-network)



Remember we also offer Mental Health First Aid, signposting to organisations which can offer specialist support and referrals for those struggling with cost of living rises.


Contact Sue Steer LA's Pioneer Community Worker direct for confidential advice and help.

email: lubbesthorpealive.sue@gmail.com

call/whatsapp : 07719 193771



Big thank you to Lubbesthorpe Parish Council for the grant received this year to help expand our Wellbeing Work.



AUTUMN WELLBEING PROGRAM

*Group Coaching
for Women*

IT'S MY TIME



You have been there for everyone else, devoting YOUR time and energy supporting and trying to make others happy. But what about YOUR health and happiness? IT'S MY TIME is a monthly personal transformation coaching session that will enable you to recognise your true worth, prioritise your presence and own your confidence both at home and in the workplace.

Your Coach : Omita Gaiwad is a Leadership Transformation Coach and Motivational Speaker with over 10 years of corporate and personal transformation coaching experience. She is an award winning author, Global Woman of Excellence and a passionate advocate of holistic wellness.

Starting in October - for more details visit the QR code to complete our form.



*Breathwork and Meditation
Workshop*



A Journey Within

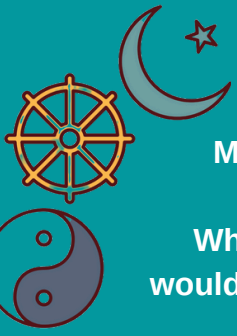
Join us for a transformative 90-minute breathwork workshop designed to cleanse, unblock, and open up your mind, body, and emotions. Begin with a quick informative chat with some intention setting, followed by a warm up through asanas to prepare the body. From there, you'll be guided through breathwork techniques, then diving deep into relaxation through meditation.

Learn practical techniques that you can bring into your daily life to cultivate mindfulness, clarity, and inner peace.

Guided by Chloe, a qualified yoga practitioner and breathwork instructor, this workshop is perfect for those looking to deepen their practice or explore breathwork for the first time.

8th October @ 6:30pm - for more details visit the QR code to complete our form





Interfaith Group



Meeting every Third Tuesday of the month
at 7:30pm in The Hub.

Whether you are part of a mainstream faith or
would just define yourself as Spiritual, join us in a
warm and welcoming space.

Connect, learn, and appreciate one another's
different beliefs and cultures.



Connexions

For adults around in the day.

Meet others, make new friends, and join in!
Everyone welcome - refreshments provided

Plus meals
and trips
out

Every 2nd & 4th
Wednesday @
the Hub
1.30pm to 3pm



Suggested
donation
£2.50 per
session



LCT IS NETWORK OF CHRISTIANS LIVING OUT AND SHARING THEIR FAITH ACROSS THE GROWING VILLAGE OF LUBBESTHORPE

www.lubbesthorpechristianstogether.com
Call/whatsapp/text on 07847 362965
email: lubbesthorpechristians@gmail.com



Monday Prayers and Reflection

Every Monday at 8am Hybrid in The Hub and via Zoom
15 minutes of prayer and reflection.
Join our whatsapp community for the link.



Mossy Church!

An intergenerational gathering that learns together about God through the bible stories, activities, crafts, nature and games.

Meets on the first Sunday of the month
2:30pm at The Hub



Monthly Gathering

Gathering in our homes to learn and talk about our faith in everyday life, often with food. Monthly on a Tuesday



Is your child ready to ace the new school year?

Book a skills assessment today!

The Hub, Tay Road, Lubbesthorpe LE19 4BH
Monday to Friday
3.15PM -5.45PM

t: 07534 498 086

e: lubbesthorpe@firstclasslearning.co.uk
www.firstclasslearning.co.uk/lubbesthorpe



maths, English and science tuition



We are seeking 3 new Volunteer Directors

Lubbesthorpe Alive are looking for 3 Volunteer Directors to join and expand our Board of Directors.

As Director you will ensure that as a not-for-profit organisation we keep in line with our
3 Core Aims:

To create and sustain a Sense of Place and Welcome

To be part of strong, healthy, connected and vibrant community

To be a resident led, grassroots community organisation

Volunteer Director - Treasurer

We are seeking an outstanding individual to volunteer as Treasurer. The ideal candidate should have experience in finance and governance, with a background in risk management being highly desirable.

In partnership with the Finance Director, the treasurer will oversee the monitoring of the organisation's finances on behalf of the whole board of trustees, to report regularly on them to the board, and to make sure that money and property are properly managed. Time required 3 hours per week.

Volunteer Director - Communications/PR Lead

Working with the Community Organiser you will ensure the message of who we are and what activities we do is effectively transmitted to the Community and Stakeholders of Lubbesthorpe Alive. Time required: 2 hours per week

Volunteer Director - Inclusivity Director

Ensuring that we fully represent our community we seek someone who will help us maintain this core value.

For us inclusion is about welcoming all people, regardless of their personal, physical or social characteristics. It's about creating a sense of belonging where everyone is valued, respected for their own unique identity. Can you help us in this aspiration? Time required: 3 hours per week

visit our website for more information or call 07847 362965
email: lubbesthorpealive@gmail.com

Join our Volunteers team(s)

✨ Join Us in Building a Stronger Community! ✨

Are you passionate about making a difference? Do you want to help foster well-being, friendship, and a sense of belonging in our community? We're looking for dedicated volunteers to support our events and groups that bring people together!

Volunteering offers so many opportunities to meet new people, give something back to the community but also to keep your skills up to date or learn new ones. Great if you have free time but also are in between or looking for a new job and want to add something more to your CV.

Together, we can make our community stronger
and more connected.

Scan the QR link or visit our website to sign up
www.lubbesthorpealive.org.uk



We're also looking for one dedicated volunteer to help keep our activities running smoothly and The Hub well-organised.

Role: Admin/Hub Support

Assist with weekly admin tasks.

Help maintain a tidy and efficient workspace.

Laptop provided for the role.

Time Commitment: One morning or afternoon per week.

If you are interested in more information on this role please email us at lubbesthorpealive@gmail.com



LUBBFEST
25

JULY
05
2025



SAVE
THE
DATE