

St Jude's Community Hub News Spring 2022

Welcome back after COVID disruptions

We hope that everyone is keeping well and staying safe. The COVID virus is still prevalent in the community but vaccines and boosters have given people protection from suffering the worst of its effects. Our **new start time of 10.30 every Tuesday** means we can make sure everything is clean and ready to go before we welcome people in to the Church Hall. A huge thank you to everyone who has helped the Community Hub safely restart this year. The extra precautions include wearing of masks whilst moving around the room and being waited on at tables. Thank you to those helpers who provide the table service and do the washing up. All this helps to reduce people mingling around the room and stops the potential spread of the virus.



St Jude's Community Hub

Open every Tuesday
10am to 12noon

St Jude's Church Hall
Beaumont Road
PL4 9BJ
email: hub@jules.org.uk

All Welcome

A warm and welcoming place at the heart of St Jude's with a drop-in cafe serving free refreshments. There is also free wi-fi and use of laptops and regular health walks in our local parks.



COME ON IN



Fresh Air indoors!

A major improvement to the air quality in the Upper Hall has been the introduction of several air purifiers that effectively 'scrub' and recirculate the air in the room. These were provided by the church but the Hub and our local City Councillors have helped make a contribution towards the cost. A cheque for £1,500 was presented to our vicar, Tim Smith, by Councillors Eddie Rennie, Sue Dann and Mary Aspinall in March. **We are very grateful for this local support.**



Help from Plymouth Community Homes

We enjoy the regular support from Plymouth Community Homes through their community development worker Hazel Alexander attending each week and providing valuable help on a range of issues. PCH have once again helped by



purchasing a year's subscription to 'Ancestry' so anyone can get on the computer and research their family tree. PCH have also paid for a few extra tables and table cloths so that we can space out our guests as much as possible within the hall. **Thank you Hazel and PCH!**

Walkers are still walking!

The Walking for Health group never stopped walking (and talking!) during the pandemic and are growing in number each week now that restrictions have been fully lifted. They meet in the car park at the front of church and depart at 10.30am (sharp!) for a variety of walks around the local parks. As the weather is getting warmer, maybe think about joining in the activity - there is always a warm welcome and a variety of routes to suit all abilities, with the prospect of a cuppa back at the Hub at the end of the walk.



Colouring can be calming!

One of our regular members has been colouring pages as a way to relax and reduce stress and anxiety. Here's an example of their work and a testimony to the many benefits this activity has for physical and mental well-being.

"I found colouring a life-saving pastime and have completed many beautiful pictures that give me great pleasure. Everyone should try it!"

Ukraine Appeal

Thanks for your generous donations last month towards the work of a group of partner churches helping refugees who are flooding into Moldova and giving practical and spiritual support to people in the Odessa region. St Jude's church was able to send over £1,500 towards their work through the organisation Transform Europe Now (TEN).

Upcoming events

10 May - During Mental Health Awareness Week we will have a presentation by Dr Steve Warren at 12:00 about Kintsugi Hope - A UK charity that promotes mental health and well-being.



17 May - During Christian Aid Week we will be supporting the work of this charity.

Thank you for your continued support for the St Jude's Community Hub - see you sometime soon on a Tuesday!

