



Tayport Community Trust

www.TayportCT.org.uk



The Larick Centre

Recently, we held a consultation on the newly built Community Hub now known as 'The Larick Centre'. We would like to thank all 87 people who completed the questionnaire! The responses have provided a wealth of information and ideas to take forward into an activity programme for The Larick Centre. There is

an enthusiastic feeling about the entire venture and people are clearly looking forward to using the building.

Based on our consultation and discussions with groups and individuals in the community, a programme of activities is being organised, so that we can get started immediately when The Larick Centre opens its doors on **24 February 2020**. A host of different potential projects are being developed, some of which we have presented below.

We will approach a variety of Community Services to provide Information & Advice sessions within the Larick Centre, such as: Citizens Advice (CARF), Job club and Careers advice, Financial Advice, Environmental groups, Adult Basic Education, Fife Council Services, Health and Social Care services and Support Services (i.e. Additional Support Needs, Mental Health, Addictions, Fife Carers, Fife Young Carers, Family Support; Bereavement; Befriending).

We will approach local businesses to see if they are willing to provide some of their services within The Larick Centre, such as: Beauty treatments, Wellbeing therapies, Physiotherapy, Counselling, Complimentary Medicine, Mindfulness.

We will negotiate with organisations and skilled individuals to facilitate provision of courses and workshops. Amongst the potential contributors would be:

- Existing sports clubs, providers of fitness and/or wellbeing classes
- Language teachers
- Arts and crafts teachers
- Music teachers
- Dance teachers
- Local artists who would like to exhibit/sell their art;
- Trainers/teachers/professionals providing workshops for different audiences and abilities on Healthy eating/cooking, Healthy living, Creative writing, Drama, Photography, Circus skills, (local) History; Nature and Wildlife, Mental Health and Stigma, Mindfulness, Bush craft/forestry, Gardening, Eco-living, Environmental sustainability, Up-cycling, Re-use workshop, Computing and Digital workshops, Coding workshops, Massage courses, First Aid, Bicycle maintenance, and many more.

Call for coaches, trainers, teachers and local artists

If you would like to take the opportunity to run sports classes, courses or workshops in the Larick Centre, or would like to exhibit your art, please contact Yvonne Wynia, Project Coordinator by emailing LarickCentre@tayportct.org.uk or call/text 0748 6893 215