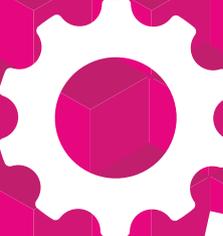


SOCIAL ECHO



THE  
**H**  **B** **B** **B** **B** **B**  
HUB

A space to create, collaborate and share

# Hobbies and Mental Health

**Launched in 2022, The Hobby Hub promotes traditional hobbies that range from painting and scale modelling, to sculpting and wargames, textile work and state-of-the-art 3D printing.**

Hobbies are a vital part of many people's lives, and for some a vital wellbeing tool in aiding them in their physical or mental health journeys. Many hobbyists report that their hobbies are essential in them remaining 'sane'. Recent research also shows the many rewards that hobbies offer to individual wellbeing. The reward from hobbies releases feel good chemicals, such as serotonin, which are proven stress busting natural hormones.

Traditionally hobbies are practised in isolation, often the stereotypical label of 'Men in Sheds' or 'Ladies in their craft rooms.' The hobby hub plans to smash through these stereotypes by offering a space for all, no matter difference, to come together to collaborate, create and be part of a community of like-minded individuals. We are also here to help those who are yet to find 'Their Hobby' and discover the endless possibilities and benefits that hobbies have to offer.





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*From the age of 13 I have faced significant lived experience of mental health challenges, being formally diagnosed with a serious mental illness. I have tried many therapies, medications and techniques, all to varying levels of success, but one thing that has been a driving force in my mental health recovery and a catalyst in said journey has been my passion for my hobbies. I am a keen railway modeller and all round creative and this has given me head space to express myself, practise mindfulness and seek the scientifically proven benefits that hobbies have to offer.*

## **Ollie Ayres**

National Young  
People's Mental  
Health Award  
Winner 2019





**Hobby Hub sessions are free to attend and include refreshments, a warm welcoming environment where thoughts and feelings can be shared safely.** Our hobbyists come from a wide range of backgrounds, including those experiencing challenges around their wellbeing. This can be physical disabilities, mental health challenges or those who endure loneliness and are seeking connections. We also have members who are unpaid carers and for whom this is one of the only opportunities for socialisation.

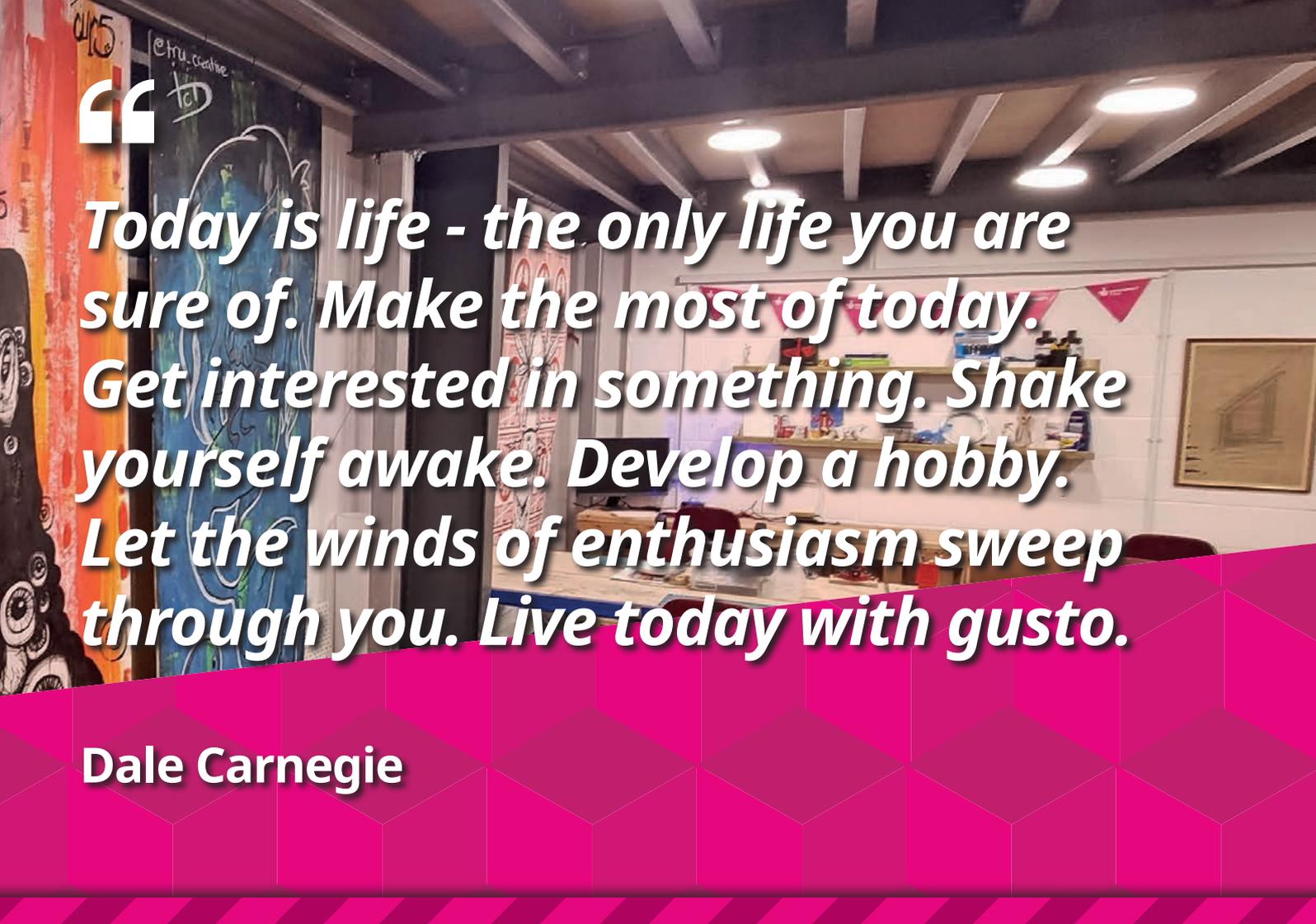


# Our Facilities

**The Hobby Hub** sessions are held at our dedicated craft room and workshop at the Social Echo premises, just outside Peterborough. The craft room features heavy duty workbenches for crafting with access to a wide variety of tools and crafting materials. Hobbyists also have access to desk space with PCs to explore design and Raspberry Pi mini computers to learn basic computer science. Our workshop area is used for heavier work including upcycling and is equipped with power tools and an industrial laser cutter.







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*Today is life - the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto.*

**Dale Carnegie**

# Support the Hobby Hub

The Hobby Hub is a project run by a not-for-profit social enterprise and relies entirely upon grant funding and donations to operate. In return we provide free sessions and training for our users.

Although we have fantastic support from our partners from the private, voluntary and public sectors, we welcome monetary donations and donations of materials and equipment. If you are able to help us, please do get in touch.



# Meet The Team

**SOCIAL ECHO**

**The Hobby Hub project is powered by Social Echo and a team of individuals dedicated to creating positive social impact.** Social Echo is a non-profit organisation based in the United Kingdom on a mission to dismantle poverty and lack of opportunity by harnessing the potential of social trading to build stronger communities. Together we have built partnerships that have brought together private, public and voluntary sector organisations to deliver measurable social impact. Our team has helped build and develop innovative social businesses and charitable organisations, created the UKs most ambitious free community festival and launched the UKs first Covid-19 support network in 2020.



**Stewart Howe**

Director



**Sally Howell**

Director



**Ollie Ayres**

Director

# THE H BBY HUB



**Social Echo North  
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Community Interest Company number 12663274