**Tayport Community Trust Groups**

**Tayport Community Trust consists of a range of different activities based in Tayport but accessible to people in the local area of NE Fife.**

**The activities and opportunities for each of the arms of the Trust are listed below:**

**PLANT-**

Based in the Community garden in Pond Lane, Tayport PLANT has been working on projects bringing people together to grow food and flowers, while reducing carbon emissions and enhancing Tayport’s natural environment.

You can become involved as a volunteer by popping along to the garden on a Sunday between 11-3pm or by e-mailing volunteers@tayportct.org.uk

**The Larick Centre-**

The Centre has a range of groups running, both paid classes and free groups.

There is a monthly schedule available online via the Facebook page or as a hard copy at the reception at the Centre.

Paid activities include:

Pilates, Zumba, Tai-Chi, Seniors fitness, Yoga, table tennis, Kempo Kombudo

Free groups include:

Toddlers group, Family Social group, Art Classes, RVS Social Lunch and Activity, Couch to 5k running group

Free services include:

Free legal advice, social security drop-in, Community Fridge

We also have a range of volunteering opportunities from helping with practical activities such as weeding to helping run groups or even running a group of your own. Ask at reception or contact volunteers@tayportct.org.uk

**The Larick Café-**

The Larick Café is a café run on behalf of Tayport Community Enterprises Limited. Volunteers are needed to help with washing dishes, clearing tables and serving customers. If you have kitchen experience we can also offer opportunities in food preparation area. Ask at reception or contact volunteers@tayportct.org.uk

**The Harbour Café-**

The Harbour Cafe is a community cafe run on behalf of Tayport Community Enterprises Limited. Volunteers are always welcome, just pop into the café to enquire.

**The Larick Campsite-**

The Larick Campsite is a beautiful little community campsite situated next to the Larick centre. You can get involved by volunteering to help with weeding, grass cutting or maintenance. Ask at reception or contact volunteers@tayportct.org.uk