

Brunswick Hub News

JULY—SEPT 2022



Being Here For Local Communities

We are open 9.30am-15.00pm, Monday-Friday for various services, some of which are appointment only.

**For details of all services currently available, you can visit our website
www.BHLC.services.org.uk**

Here's how to get in touch:



01926 422123



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc



98-100 Shrubland Street, Leamington Spa, CV31 3BD

ASD

We are now able to resume offering support to families with children/ young people with ASD/SEND. Our weekly Wednesday support group will once again be running 10.30-12.30 offering advice & support (& a cuppa) for parents and carers in our Secret Garden. Register prior to attending by emailing hannah.stear@brunswickhlc.org.uk Hannah is also available for 1-to-1 advice—she can be reached by email or on 07923 230579 (Weds&Thurs).



You can also request to join our private Facebook group that shares info & resources and is a safe space to find peer-to-peer support. Email Hannah to request to join.

Volunteers Needed

Are you interested in becoming a volunteer? We are currently looking for help in our Employment Club on Monday and/or Thursday mornings. The role involves assisting clients with their online job search & applications and requires someone who is friendly, patient and has a good level of computer skills. If you are interested in this volunteer role, email janinedevaney@brunswickhlc.org.uk



(We are also still looking for help in our Coffee shop—Call us for more info!)



We'd like to say welcome to Hannah who has joined the Brunswick Hub staff team to run our ASD Support service. Hannah has been volunteering with us for the last year or so, helping to run our ASD Facebook group and she's currently studying with the OU for a degree in Health & Social Care. She is excited to get started and brings new ideas, knowledge and personal experience to the team!



Energise Employment Club

Are you unemployed? Or looking for a new job?

If you are looking for work, you can drop in to our employment club at the Hub for FREE help & advice—

Mondays & Thursdays,

10.00am-12.30pm

If you require a one-to-one appointment for further support, these are also available throughout the week. We can assist with creating/updating CVs, benefit advice, online job searches & applications, interview techniques, finding training/courses and more.

Give Janine a call or email

janinedevaney@brunswickhlc.org.uk

Dates to Remember

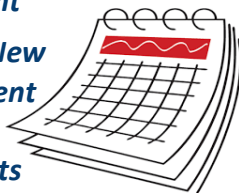
19th July: New bereavement support group starts

29th Aug: Bank Holiday
Monday (Brunswick Hub closed)

5th Sept: New bereavement support group starts

29th Sept: AGM (Look out for more details online closer to the event)

31st Oct: New bereavement support group starts



Secret Garden

Our garden is open to the community in the daytime during the week and is a great spot to enjoy the sunshine or some peace & quiet. It is looking even more colourful with all its bright decorations, now that the flowers have bloomed! Why not come and have a look?



Triple Link in June

At the beginning of June, our Triple Link group had a party for the Queen's Platinum Jubilee! Our brilliant volunteer team decorated the hall with Union Jacks galore and there was tea, party food and plenty of cake. Attendees enjoyed listening to music by the fabulous Front Room Attic Band and many had a spin on the dancefloor.



Also in June, our Triple Link group went on a trip to the National Memorial Arboretum.

They went on a land train around the grounds in the morning then spent a lovely afternoon strolling in the sunshine and looking at the monuments.



Also this year, the group had their own Easter Tombola which raised £82 towards a TL day trip, and they also raised £40 for Comic Relief in March!

What is Triple Link?

Triple Link group runs every Wednesday, 11-12.30 and is for those living with dementia and their carers. There is a friendly and supportive atmosphere and a chance to talk to others with similar experiences. Most weeks, the group join in with an activity, such as quizzes or gentle exercise or enjoy music from a musician/band.

The group is free and tea/coffee & biscuits are provided.

To find out more, get in touch with Theresa by phone or email theresataylor@brunswickhlc.org.uk

Tea and Talk Recap

On Wednesday 29th June, we held a 'Tea and Talk' afternoon, where members of the community could come in for a cuppa and get help & information with anything they needed support with. Those that came had tea & biscuits and a chat with our team... We also had a visit from Warwickshire Fire and Rescue who were here meeting some of our service users and sharing resources. We hope to have similar events in the future so if you missed this one, stay tuned!



Police Surgery



On the first Thursday morning of the month, Community

Police Officers are at Brunswick Hub (10-11am-ish) for those living in the surrounding area to come and meet them, raising any issues/concerns that they may have about the local area.

Please note: This session is dependant on police availability, we will try our best to put updates on our Facebook page if the drop-in is unable to go ahead that month.

Please get in touch if you need more information.

Toddler Multi Sports



Leamington FC
Community Scheme



Toddlers & Young Children Multi Sports Play Group

£3
per child

Ages 2-5 years



Classes are focused on providing a fun, non competitive environment for soccer based games. Parents can also join in the fun.

Classes are professionally designed to develop motor skills, promote physical fitness and self confidence. We use a variety of fun games to delight and engage children in physical activity.

Starting:
Monday 4th April:
9:30 - 10:30am
Warwick Gates
Community Centre
Cressida Close
Heathcote
Warwick
CV34 6DZ

Starting:
Tuesday 5th April:
9:30 - 10:30am
Brunswick
Hub
98-100 Shrubland Street
Leamington Spa
CV31 3BD

Starting:
Thursday 7th April:
10:00 - 11:00am
Your Coop
Community Stadium
Leamington FC
Harbury Lane
Leamington Spa
CV33 9QB

Fully qualified coaches in football and pre-school sports.

For more details please contact

community@leamingtonfc.co.uk or 07917 005385

Uniform

Last Summer, we did a School Uniform Recycling Scheme and helped a good number of families who were struggling to afford the cost of school uniform. This year, we are running a similar scheme and are asking for donations of uniform in good condition—branded items only (so those with a school logo on them). Any donations can be dropped into reception during our opening hours.

Those looking for uniform can pop in over the Summer to see if we have what they need—We will also be holding a few ‘open days’ later in the holidays for people to find what they need so keep your eye for the dates of those!



Hearing Aid Battery Service

BHLC is a hearing aid battery supplier for registered NHS patients. Batteries can be acquired from our reception desk. We are able to provide 1 pack per hearing aid. Please remember to bring either your brown book or white battery issue card with you as batteries cannot be issued without it. BHLC is not an audiology service, if you require any other equipment or advice please contact your local audiology department.

Warwick Hospital Telephone:
01926 482668



Bereavement Support

We have more bereavement support groups scheduled over the next few months.

- ❖ Tuesdays, 10.30-12.30, from July 19th
 - ❖ Mondays, 13.30-15.30, from Sept 5th
 - ❖ Mondays, 13.30-15.30, from Oct 31st
- (Groups run weekly for 6 weeks.)

To book a place, give Theresa a call or email theresataylor@brunswickhlc.org.uk

Adventure Babies

Sensory Storytelling classes for little ones here at the Hub on Fridays. Next term (after the holidays) begins Sept 16th.

[www.adventurebabies.co.uk/
classes/warwickshire-coventry/](http://www.adventurebabies.co.uk/classes/warwickshire-coventry/)





BRUNSWICK HUB @ CROWN ROUTES

Brunswick Hub are pleased to announce that in April they relaunched Crown Routes Community Project @ Acorn Court, Lillington, so far, they have supported several residents with chilled food parcels, money management advice, filling in benefit applications, creating CV's and even supporting someone in to paid employment. The Café offers a warm welcome to anyone that comes through the door and provides a lovely and friendly atmosphere with great value meals.

Crown Routes Community Café

Monday, Wednesday & Thursday 10:00—13:00

Food is served 12:00—13:00, £2.50 for a main meal, £1 for a pudding, 50p for a coffee and 40p for tea.

Brunswick Hub “One Stop Shop”

Monday & Wednesday 10:00—14:00

Drop in for free information, advice and guidance on a range of topics including employment, housing, benefits, debts, health & wellbeing and food bank vouchers, you can also pick up home choice applications.

Seated Exercise class

Wednesdays 10:00—11:00

First lesson is free, then it's just £2 a week!

**We will be having a stall at the Lillington Funday on Saturday 30th July
14:00—17:00 @ The Holt, Cubbington Road, Lillington, CV32 7LA**

For more information on our services at Crown Routes, please contact Rachel—Brunswick Hub @ Crown Routes on 07874865617 or email crownroutes@brunswickhlc.org.uk

Brunswick Hub @ Crown Routes, Acorn Court, Stockton Grove, Lillington, CV32 7NP

Space synergy

Brunswick Hub have a support service for Orbit Tenants called Space Synergy, that can offer support for a variety of issues—see below. Our Well Being Officers Julie and Trish will listen to your needs, understand what is important to you and work with you to meet these needs or goals.

+ Mental Wellbeing + Bereavement +Access to physical activity
+ Employment/Benefit advice +Dementia Support
+ASD Support +Loneliness & Isolation +Digital Inclusion
+ Foodbank/Chilled Foodbank/Veg Bags

Please do give us a call if you would like some support around any of the issues above and ask to speak to Julie or Trish.

Family Cooking Classes

If you are interested in taking part in some free cooking sessions with your family, then get in touch! Following the popularity of last years family cooking classes, we plan to have some over this summer once again. The sessions will feature ideas for healthy, low-cost family meals that you can make together. To register your interest, email theresataylor@brunswickhlc.org.uk



Computer Use

We have free computer access at the Hub between 09.30am and 3.00pm. You no longer need to pre-book but may still wish to phone ahead to check availability. (Printing or photocopies are 10p per black & white side, 35p for colour). We also provide scanning and lamination services at reception.



Yoga



Unfortunately, the Thursday evening Yoga and Hula

Hooping Classes have finished—We wish teacher, Lauren the best of luck with whatever comes next.

Please keep a look out on our website & social media for news of upcoming yoga/ exercise classes at the Hub !

CREATIVE GATEWAY

FREE: Adult Art Workshops

12:30 - 14:30

Venue:

Brunswick Hub
98-100 Shrubland Street
Leamington Spa
CV31 3BD

Tuesday 12th July

Collage landscape

Create a scenic landscape
using paper collage



Tuesday 19th July

Dot painting

Create your own painting using
the dot painting technique



Tuesday 26th July

Wool weaving

Weave your own colourful wool design



Tel: 07510917517

www.learningthroughthearts.co.uk

events@learningthroughthearts.co.uk


learning
throughthearts



Chilled foodbank

Our Chilled foodbank has helped around 250 families & individuals in the last 6 months and we will continue to run it over the Summer. Many are struggling with the rising costs of necessities such as utilities and fuel and some are finding that their income doesn't stretch far enough. Our Emergency Chilled Foodbank is for those in need of crisis support and offers £20 of fresh & frozen goods for £5. Those in need can self-refer by getting in touch with us on the telephone or popping in and (subject to a needs assessment) we will arrange a collection day and time with you.

(We shop for food to order so dietary requirements can usually be catered for).

WCAVA Awards

We are very happy to announce that some of our volunteers have received nominations for a South Warwickshire Volunteer Award! Both the excellent Triple Link volunteer team and Dougie, who works hard making our Secret garden look lovely, have been nominated and we're very proud they are getting recognition for all their efforts!

The Awards take place on 19th July and will celebrate the time and efforts of volunteers from a range of organisations. Good luck everyone!

Slipper Service

Our slipper service runs from reception, we sell both ladies (sizes 4-7) and men's (sizes 8-12), slippers & booties, all with a Velcro opening at the front, that can make them easier to get on and adjust than regular slip-ons. If you would like to check we have your size in stock before you visit, feel free to give us a call.

Prices

Mens slippers

- £16.00

Ladies slippers

- £13.00



Coffee Shop



Our Coffee Shop is now open for hot drinks and sweet treats during our regular opening hours. It currently runs as a self-serve service—so pay at reception (cash only at the moment, I'm afraid) and then help yourself. We've a range of cakes and biscuits to choose from!

☺ *If you are interested in volunteering in our coffee shop, get in touch!*



Shrubland Strollers

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Are you wanting to get a bit more active over the Summer and feel less isolated?

Looking for something to do during the holidays with the kids?

Why not come along to our friendly (& free!) walking group?

Here at Brunswick Hub,
Every Monday at 10.30am

For more information, give us a call or
email: theresataylor@brunswickhlc.org.uk

(Everyone welcome but if you are concerned, get in touch!)

Toilets are available,
Free & Disabled parking
available nearby



How to find us online...

We post up-to-date news about our services on our social media and share other info that may be useful/interesting to those in the community.
Here where you can find us online:



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc

Or visit our website



www.brunswickhlc.org.uk

TIMETABLE

These are our ongoing services—Most of these services require pre-booking, contact (detailed below) to book.

MONDAY	TIMES	HOW OFTEN	CONTACT
Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
Brunswick Walking Group	10:30-11:30	Weekly	Brunswick Hub
Functional Skills-English	13:00-15:00	Term-time	Brunswick Hub
TUESDAY			
Toddler & Young Children Multi Sports Group (2-5yrs)	9:30-10.30	Weekly	Contact Leam FC— 07917 005385
Functional Skills-Maths	12:30-14:30	Term-time	Brunswick Hub
Prospects (Career advice for 16-18 year olds)	13:00-16.00	Weekly	Contact Catherine on 07702 862446
Boxing in the community	17:00-18:00	Weekly	07392 759790
Havana Salsa	19:15-20:45	Weekly	www.havana-salsa.co.uk
WEDNESDAY			
Essential Digital Skills Course	9:00-12:15, 13:00-15:45	Term-time	Brunswick Hub
ASD/SEND Group	10:30-12:30	Weekly	Brunswick Hub
Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
Essential Digital Skills Course (L1)	16:00-18:30	Term-time	Brunswick Hub
THURSDAY			
Police Surgery Drop-in	AM	1st Thursday of month	Brunswick Hub
Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
Ongoing Bereavement Group	12:30-14:30	Fortnightly	Brunswick Hub
FRIDAY			
Adventure Babies	09:30-13:45	Term-time	www.adventurebabies.co.uk
Long Covid Support Group	10:00-12:00	Fortnightly	Brunswick Hub

Recipe Idea— Easy Sausage Pasta

An easy pasta dish to feed the family that is sure to be a crowd pleaser! You can make the recipe your own by choosing your favourite pasta and even adding in some veg of your choice, such as spinach, red peppers or sweetcorn!

INGREDIENTS *(Feeds family of 4)*

- + Pack of (8) Pork Sausages
- + 1 tin of tomatoes
- + 2 medium white Onions (chopped)
- + 3 cloves of Garlic (chopped)
- + Soft cream cheese
- + Fresh Basil
- + Pasta
- + Salt & Pepper



METHOD

- 1) Boil some water in a saucepan, add a dash of salt and your chosen pasta. Leave to cook for time specified on packet.
- 2) In the meantime, take the skins off your sausages. Pour a splash of oil into a large pan over medium heat and add skinless sausages, broken into pieces.
- 3) When the sausages begin to brown, add chopped onions, let them soften for a few mins then add the garlic, stirring in to combine and cooking for a further few minutes.
- 4) Add a whole tin of tomatoes and break them up a little. Fill the empty tin about halfway with water and add this into your pan as well. Season with salt & pepper and leave to bubble away for around 10 minutes, stirring occasionally.
- 5) Add some chopped basil and a large heaped tablespoon of cream cheese to your main pan and give it a good mix.
- 6) Spoon in your cooked pasta and stir well to coat it in the sauce, then serve & enjoy.



If you have any favorite family meals and would like them in the next Brunswick Hub newsletter, email your recipe to triciacollier@brunswickhlc.org.uk