

## January 2018 Newsletter



### Spotlight on ...

#### New Mini-Courses here at Brunswick HUB

These short computer courses are **FREE** but there may be a small charge if you wish to take home a printed handout (up to £2 to cover the cost of materials)

#### What's on:

**Internet for Beginners** Friday 5th January 2018 - 11.30am to 12.15pm



**Exploring Ways to save money online** Friday 12th January 2018 - 11.30am to 12.15pm



**An Introduction to Laptops and Tablets** Friday 2nd February 2018 - 11.30am to 12.15



If you wish to book a place on any of these courses please contact reception on **01926 422123** and leave your name and number.

If you are interested in another subject, please let reception know and, subject to demand, we can look at putting this course on at a later date.

Please note that access to "Learn My Way" and IT Drop in will continue on the above dates on a Friday as normal.

### Triple Link goes weekly!

**Our Triple Link group offers support, activities and friendship for people with a diagnosis of dementia as well as their carers, family and friends.**

**From 10th January, the group will run every Wednesday from 11am - 1pm here at Brunswick Hub.**

**There is no charge to attend the group, but there is now an option to buy a cooked lunch for just £3.75 per person.**

**If you are not sure about coming along and would like to talk to someone about the group, or about transport options, please call Hilary on 01926 422123.**

**To find other Dementia Friendly activities at Brunswick Hub, look out for this symbol on our timetable:**



### Come Volunteer with us in 2018

**Coffee Shop Volunteers** provide excellent customer service by knowing the products and creating a welcoming, healthy environment for customers.

**Data Entry Volunteers** inputting information onto our database, helping to develop our services through monitoring and evaluation.

**Digital Volunteers** support people to access the internet and develop the necessary computer skills to become independent users.

**Employment Club Volunteers** help the Employment Advisors run the employment club service by assisting individuals with their job seeking activities.

**Fundraising Volunteers** help increase the organisation's fundraising revenue through individual, community, corporate and event fundraising.

**Garden Volunteers** look after the community garden at Brunswick Hub.

**Meet and Greet Volunteers** a point of contact for our visitors providing a warm welcome, offering information and general assistance as required.

**Reception Volunteers** a point of contact for the centre, responding to enquiries, signposting and assisting people as necessary.

**Social Prescribing Volunteers** to raise awareness amongst people waiting in the reception area at Waterside Medical Centre of the services and activities available to people locally.

**Triple Link Volunteers** enable people with dementia and carers to enjoy a safe, supportive environment and take part in activities.

If you would like to know more, you can contact our Volunteer Coordinator, on **01926 422123** or email: [wendyknott@bhlc.services](mailto:wendyknott@bhlc.services) or pick up a volunteering pack inside the Hub.

2018



## Timetable - January 2018

MONDAY	Times	How often	Cost
Lillington Employment Club (@ CHAIN Hub)	10:00 - 13:00	Weekly	FREE
Lunch Club for over 55s 	12:30 - 13:30	Weekly	£4.75
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
TUESDAY			
Employment Club	09:30 - 14:30	Weekly	FREE
Singing For The Brain (for people with Dementia and their Carers/Families) 	10:15 - 12:00	9th and 23rd	FREE
JayKays Dance Company	17:00 - 20:00	Weekly	See Trainer
WEDNESDAY			
Tai Chi	09:30 - 10:30	Weekly	£5.00
Citizens Advice (appointment only) 	10:00 - 13:00	Weekly	FREE
Victim Support Drop-In	10:00 - 14:00	Weekly	FREE
Triple Link (for people with dementia and their Carers/Families) 	11:00 - 13:00	Weekly from 10th Jan	FREE
JayKays Dance Company	17:00 - 20:30	Weekly	See Trainer
THURSDAY			
Employment Club	09:30 - 14:30	Weekly	FREE
Breathing Space (Money, Housing and Debt Advice)	10:00 - 14:00	Weekly	FREE
Aero-tone	10:00 - 11:00	Weekly	£3.00
Seated Exercise 	11:00 - 12:00	Weekly	£3.00
Police Advice Surgery 	14:00 - 15:00	1st Thursday/Month	FREE
Sequence Dance 	14:00 - 16:00	Weekly	£3.00
JayKays Dance Company	16:30 - 21:00	Weekly	See Trainer
FRIDAY			
Computer Club (support to improve your computer skills; access to our IT facilities)	09:30 - 16:00	Weekly	FREE
Jaykays Dance Company	13:15 - 14:45	Weekly	See Trainer
JayKays Dance Company	17:00 - 18:00	Weekly	See Trainer
SATURDAY			
JayKays Dance Company	09:00 - 14:00	Weekly	See Trainer
MONDAY TO FRIDAY			
Coffee Shop 	08:30 - 16:30	Monday - Friday	Choice of Menu
Internet Café	09:00 - 16:55	Monday - Friday	FREE



Got a ques-

tion? Drop us an email at: [frontdesk@bhlc.services](mailto:frontdesk@bhlc.services) or call us on 01926 422123

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