

Q & A...

We are not sure whether the Dementia Café is right for us, how can we find out more?

At BHLC we understand that it can be hard to take that first step and try something new. If you are interested in any of our services, please do get in touch. We will invite you for a cuppa with one of our staff members or volunteers so that you can find out more without the pressure of joining a group straight away. You can get to know the Centre and share any questions or concerns in confidence.

Do we need to book before we come to the Dementia Café ?

No, you can just come along and stay for as much or little time as suits you.

Can you provide day care?

We are unable to provide any care services as we are neither registered nor insured to do so. If you are living with dementia and able to attend our services independently then you are very welcome to come alone. If support from a carer is needed, then we must ask the carer to stay.

Any other questions?

Please do get in touch - we'd love to hear from you.

Reasons to come along...

Time out for both of you...

An opportunity to relax in a comfortable and friendly environment. Whether you want to join in with the activities on offer, ask for support regarding a particular concern or simply enjoy a chat and a cuppa, the choice is yours.

Explore our other services...

Fancy a home-cooked lunch? Why not try our friendly, affordable coffee shop. Interested in an exercise class or want to develop your computer skills? There is plenty on offer here at Brunswick Hub and always a warm welcome.

A safe place...

BHLC has a clear set of values with an emphasis on an inclusive, open and non-judgemental approach to all. Our aim is to provide members of our community with personalised services and a safe place to call their own.

Contact Us

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

T: 01926 422123
frontdesk@bhlc.services

Visit us on the web:
www.bhlc.services

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Services for people with dementia and for carers at BHLC



BRUNSWICK HUB

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



Dementia Café

A friendly, relaxed and supportive group for people with dementia and their family and friends to enjoy together.

Just drop in!

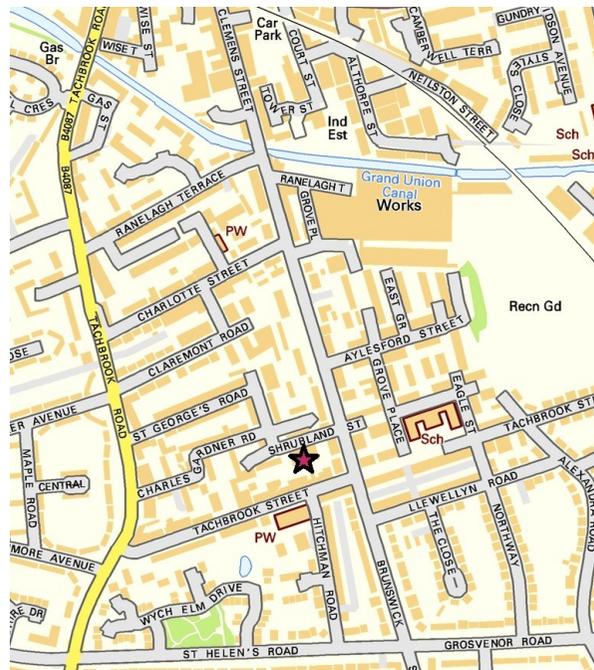
- Time to relax, talk and enjoy a cuppa.
- Meet others who understand and can share your experiences.
- Trained volunteers on hand to chat and provide support.
- Refreshments and fun activities.
- Relevant information and guidance available.
- Guest speakers from other organisations.

First and third Wednesdays of the month
11am - 1pm

Free of charge

FRIENDSHIP
is born at that
MOMENT
when one person
says to another:
"What!
You too?
I thought I was
the only one."
C.S. Lewis

Accessibility



BRUNSWICK HUB is in the old town of Leamington Spa, on Shrubland Street. The Gold Line G1 bus stops just a few yards away from us.

There is free on street parking and reserved parking for disabled people. The Centre is fully accessible for wheelchair users.

Brunswick Hub is open from 9am- 5pm
Monday - Friday

Our services are led by you. If you would be interested in a particular activity or topic, please do let us know .



A Dementia Friendly Centre

Our services are provided in partnership with the Pam Britton Trust for Dementia, a local charity dedicated to supporting people with dementia and their carers.

www.pbrittontrustfordementia.org.uk



Our Dementia Café staff and volunteers have chosen to become Dementia Friends and are committed to helping people with dementia and carers alike. One of our staff members has trained as a Dementia Friends Champion and can deliver group information sessions to promote further understanding - please get in touch if you are interested.

www.dementiafriends.org.uk



As an organisation, BHLC has pledged to work towards becoming Dementia Friendly and has signed up to the Dementia Action Alliance. We will endeavour to provide ongoing training for our staff and volunteers, as well as doing our best to ensure that Brunswick Hub is safe and accessible for people with dementia.

www.dementiaaction.org.uk

