

## May 2018 Newsletter

### Spotlight on ...

#### Brunswick Hub



The story of Brunswick Hub, formerly known as Brunswick Healthy Living Centre began after the National census was conducted in 1991. The results showed the Brunswick area to be the most deprived ward in South Warwickshire and the second most deprived ward in the whole of Warwickshire.

During the following 10 years, planning took place and ended up taking the form of the 'Healthy Living Centre'.

A facility in the local area to provide one-stop-shop, information and numerous support services. This was to become a local hub of resources, to not only benefit but to grow with the whole community.

Regenesis was the lead body for the partnership that worked tirelessly on the funding application, the resultant capital build and the development of the facility. Through a local steering group the services were developed.

Before the Healthy Living Centre was built there stood an old library and clinic that were regularly used. The original idea was to refurbish until the Brunswick Healthy Living Centre arrived on the scene. With wheels in motion, the old facilities were demolished to build **Brunswick!**

Demolition began on 2<sup>nd</sup> December 2002, and was completed with Brunswick being opened on 3<sup>rd</sup> October 2003.

In autumn 2008, Brunswick Healthy Living Centre closed its doors for refurbishment, this was not only a perfect opportunity to update the centres image but to also use the new layout and momentum to boost its range of services.

New core funding was secured and a new business enterprise and employment suite was built in partnership with Warwick District Council. The refurbishment was completed and again the centre opened its doors on 13<sup>th</sup> July 2009. An official relaunch took place on 3<sup>rd</sup> October 2009, exactly 7 years after the original opening date.

The name change to **BHLC, Brunswick Hub** happened in June 2015, with an Open Day organised to celebrate the name change on 25<sup>th</sup> July 2015. The name change came about from the cease of funding from the NHS, Primary

### Employment Clubs

#### Care Trust.

The clubs are **free of charge and open to all**, regardless of whether you are claiming JSA, Universal Credit, ESA or no benefits at all. Whether you are taking a first step towards employment following a break or aiming to build on an established career, you can take things at your own pace.

Our volunteers and staff provide a friendly atmosphere and plenty of support to help you feel confident about using computers, finding suitable jobs and putting together strong applications.

#### We offer support with:

- CV Preparation
- Covering letter preparation
- Job applications
- Interview techniques
- Examining transferable skills
- Universal Job Match and other websites
- Computer skills
- Work Experience
- Links to volunteering opportunities
- Signposting courses and training
- Signposting benefits advice

**Just drop in!**

#### BRUNSWICK

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

**Tuesdays and Thursdays**  
9:30am-2:30pm

#### LILLINGTON

CHAIN Community Hub,  
89 Crown Way, Lillington,  
Leamington Spa.  
CV32 ZSH

**Mondays**  
10:00am-1:00pm

### New centre manager for Brunswick HUB

We are pleased to welcome our new Centre Manager, Dawn to the staff team. Dawn will be overseeing the day to day running of the centre and we are very excited to have her on board.



### BHLC Rocks!

On Tuesday 29th May, we're inviting children and their families to join us to get creative and paint rocks to place in the local area. There will also be prizes for anybody lucky enough to find one of our hidden Brunswick rocks!

Check our Facebook for more details.

## Free Activity

## Timetable - May 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
<b>TUESDAY</b>			
Employment Club	09:30 - 14:30	Weekly	FREE
Singing For The Brain (for people with Dementia and their Carers/Families) 	10:15 - 12:00	1st and 15th	FREE
JayKays Dance Company	17:00 - 20:00	Weekly	See Trainer
<b>WEDNESDAY</b>			
Tai Chi	09:30 - 10:30	Weekly	£5.00
Citizens Advice (appointment only) 	10:00 - 13:00	Weekly	FREE
Triple Link (for people with dementia and their Carers/Families) 	11:00 - 13:00	Weekly	FREE
JayKays Dance Company	17:00 - 20:30	Weekly	See Trainer
<b>THURSDAY</b>			
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
Sequence Dance 	14:00 - 16:00	Weekly	£3.00
JayKays Dance Company	16:30 - 21:00	Weekly	See Trainer
<b>FRIDAY</b>			
Computer Club (support to improve your computer skills; access to our IT facilities) 	09:30 - 16:00	Weekly	FREE
JayKays Mummy and Me	09:45 - 10:30	Weekly	See Trainer
Jaykays Dance Company	13:15 - 14:45	Weekly	See Trainer
JayKays Dance Company	17:00 - 18:00	Weekly	See Trainer
<b>SATURDAY</b>			
JayKays Dance Company	09:00 - 14:00	Weekly	See Trainer
<b>MONDAY TO FRIDAY</b>			
Coffee Shop 	08:30 - 16:30	Monday - Friday	Choice of Menu
Internet Café	09:00 - 16:55	Monday - Friday	FREE
Police Advice Surgery 	ad hoc basis	Drop-in Service	FREE to contact



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

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