Brunswick Hub

Being Here For Local Communities

August 2019 Newsletter

Bereavement Group

This month, our current set of Bereavement Group sessions come to a close and we have scheduled another set to begin on September 17th.
The group will run for 6 weeks, this time on a Tuesday evening 5pm-7pm.
The sessions hope to help those struggling to cope after a bereavement, in a small group with a friendly and supportive environment.

To find out more information or to book a place for the 6 weeks, please get in touch with **Theresa** on **01926 422123** or via email: **theresataylor@brunswickhlc.org.uk**

Staff Update

Last month we welcomed Sally, our new Social Prescriber to the staff team. Sally previously worked at Warwickshire college, both as a lecturer and personal learning advisor, assisting with pastoral care. She also has links with various health and community organisations through volunteering, etc.
Social Prescribing is a means of enabling GPs, nurses and other primary-care professionals to refer people to a range of local, non-clinical services for help with some of the areas pictured.
Sally will be assisting people in these areas in order to improve their health and wellbeing.
We'd like to say an official 'Hello' to Sally and look forward to having her on the team!

The Secret Garden

Over the last few weeks, flowers planted have bloomed, we have had a number of garden accessories donated from local charity shops and volunteers & members of the community have continued to work hard to maintain the garden. We also had a visit from Mental Health Together, a local charity that did a session called 'Pottering Around' where service-users got involved with planting. The garden is now full of life and a lovely spot for members of the local community to appreciate.

Year of Wellbeing: August

This month, we are focusing on how you can get active—with a particular emphasis on families. There are lots of free activities to get you moving, particularly as the summer weather (hopefully) kicks in. You could visit parks or green spaces, go for walks in the local area such as along the canal or in the woods, go for bike rides, play some ball games... The Change 4 Life website has some great ideas for getting the kids involved (Visit www.nhs.uk/change4life) or you could have a look at the Warwickshire Family Information Service on Facebook (@WarwickshireFIS)
Remember to keep the ever-changing weather in mind when your planning any activities—make sure to take care if it's a hot day, getting plenty of time in the shade, wearing enough sun cream and drinking loads of water.
During the month we will be sharing some ideas and tips on our social media for getting moving throughout the summer, whatever the weather.

Computer Club

Want to learn more about using a computer? Sign up to our **Computer Club** in a relaxed and friendly environment. Our Staff and volunteers will be on hand to offer help and support whenever you need it.
No need to book – once you have registered with us you can just drop by for as long, or little, as you want as you want on **Fridays** between **9.30am and 3pm**.
You can also sign up to Learn My Way - FREE, an online learning platform that you can learn from in your own pace and choose topics that interest you.

Wanting a specific IT class?
We will be running our Free Tutor led I.T workshops again.
These include:
Word Processing
Internet for Beginners
File Management
An Introduction to Exploring Ways to Save Money online
An Introduction to Staying Safe online

For more information on the Friday sessions or to register your interest in one of our workshops, email **tanya.newby@bhlc.services** or call **01926 422123.**

For up-to-date news and upcoming events throughout the month, visit our Brunswick Hub website: www.BHLC.services

find us on facebook @Brunswickhlc

follow us twitter @BrunswickHub

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www.BHLC.Services
Charity No: 1125500
Company No: 06181997

Timetable - August 2019

MONDAY	Times	How often	Cost
Lillington Job Club **(AT LILLINGTON LIBRARY)**	10:00 - 12.30	TBC	FREE
Shrubland Strollers Walking Group	11.45am	Weekly	FREE
Celeste Lip Reading Classes	14:00 - 16:00	Weekly	See Trainer—0
Lunch Club for over 55s	12:30 - 13:30	Weekly	£4.75
Singing For The Brain (for people with Dementia and their Carers/Families)	13:00 - 14:30	5th & 19th	FREE
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
TUESDAY			
Employment Club	09:30 - 14:00	Weekly	FREE
Prospects Drop-in (Careers advice for 16-18yr olds)	14.00—16.00	Weekly	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
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
THURSDAY			
Employment Club	09:30 - 14:00	Weekly	FREE
Police Advice Surgery	AM	1st	FREE
Aero-tone	10:00 - 11:00	Weekly	£3.00
Seated Exercise	11:00 - 12:00	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 - 15:00	Weekly	FREE
Jaykays Dance Company	09:30 - 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
SATURDAY			
JayKays Dance Company	09:00 - 14:00	Weekly	See Trainer
MONDAY TO FRIDAY			
Coffee Shop	09:30 - 16:00	Mon - Thurs (Fridays until 3pm)	Choice of Menu
Internet Café	09:30 - 16:00	Mon - Thurs (Fridays until 3pm)	FREE

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

Get our latest news: Find us on Facebook **@BrunswickHLC** **www.BHLC.Services**

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