

September 2019 Newsletter

Baby Clinic

The local Health Visitors will continue to hold monthly Baby Weigh Clinics here at Brunswick Hub. The drop-in sessions will run 9.30 - 11.30 on the 4th Tuesday of every month. Parents can weigh their baby and have the chance to ask any advice from the Health Visitors.



The next Baby Clinic will be on Tuesday 24th September.

Volunteering

Do you have any free time and skills that you would like to share? Would you like to donate your time and help out in a community-spirited environment?

Our volunteers play a huge part in what we do here at Brunswick Hub, here are the roles we currently have available:

- ✦ **Coffee Shop Volunteer**
- ✦ **Walking Group Volunteer**
- ✦ **Garden Volunteer**
- ✦ **Employment Club Volunteer**
- ✦ **Data Entry Volunteer**

For more information, contact Leanne on 01926 422123 or via email: leannedorrell@bhlc.services
Alternatively, pop into the Hub and pick up a volunteer pack.

Year of Wellbeing: September



This month we will be focusing on Road Safety sharing information at the Hub and on Social Media on how to stay safe on the roads for drivers, cyclists and pedestrians.

In addition to this, we will have information available on the various awareness months going on. Did you know that September is World Alzheimer's Month? The international campaign, that has been running for 8 years, aims to raise awareness and challenge the stigma that surrounds dementia. With various services for those living with dementia taking place at Brunswick Hub, we are keen to continue sharing information and advice on this subject. September is also Prostate Cancer month, National Blood Cancer Awareness Month and features Organ Donation Week, Sexual Health Week and National Fitness Day, amongst others, so expect to see info and advice crop up about some of these campaigns.

Meanwhile, with four months left of Coventry and Warwickshire's Year of Wellbeing, you may have already made some positive changes to improve your mental and physical health and wellbeing...but if not there is still time. To find out a bit more about what the Year of Wellbeing is about, visit www.bettercarecovwarks.org.uk/year-of-wellbeing-2019/.

Coffee Shop

Our Coffee Shop and serves a selection of drinks and food for reasonable prices.

Each day, we have a different dish of the day available for lunch (from homemade quiche with salad to cheese and potato pie) as well as a variety of sandwiches and salads to choose from. There are also an assortment of tempting homemade treats on offer, that go nicely with a cup of tea or coffee.



This month, we are introducing an exciting new children's menu* to the Coffee Shop! It includes tasty dishes such as 'Taco Baskets' filled with beef or chicken and 'Vegetable Ratatouille with Potato Wedges'. These meals are £5 and also include a drink of squash and a piece of fruit. *This menu is available to Jaykays students during evening lessons but must be pre-ordered before 2pm.

The Coffee Shop is open as follows:

Mon: 9.30 - 4pm
Tues: 9.30 - 4pm
Wed: 9.30 - 4pm
Thurs: 9.30 - 4pm
Fri: 9.30 - 3pm



To download copies of both our main menu and our new children's menu, visit our website: www.bhlc.services

Employment Club

Looking for work but need a little help with the search? Or maybe you just need some advice on updating your CV?

Brunswick Employment Club runs twice-weekly, every **Tuesday** and **Thursday** from **9.30am until 2pm** and can offer support with the following:

- CVs and Cover letters
- Online job searching
- Job applications
- Links to work experience & volunteering opportunities
- Signposting to courses and training
- Signposting to benefits advice

For more info call **01926 422123** or just drop-in and register to join!

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



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Timetable - September 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
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	2nd & 16th	FREE
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
TUESDAY			
Baby Weigh Clinic	9.30 - 11.30	24th	FREE
Employment Club	09:30 - 14:00	Weekly	FREE
Prospects Drop-in (Careers advice for 16-18yr olds)	14.00 - 16.00	Weekly	FREE
CELST Lip Reading Course	14.00 - 16.00	Weekly	Visit www.celst.org.uk
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	5th	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:



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www.BHLC.Services

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