

Q & A...

Is Triple Link for me?

If you are living with memory loss or dementia, or caring for someone who is, we would like to support you. We want you to enjoy your experience and so our service is tailored to suit you - it is up to you how much information you share with us and there is no pressure to join in with any group activities.

At Brunswick Hub we understand that it can be hard to take that first step in seeking help and trying something new, so if you are unsure, 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 joining a group straight away. You can get to know the Centre and share any questions or concerns in confidence.

Can I get support as a Carer?

Yes, and you are very welcome to come along either with the person you care for, or by yourself. At Triple Link, we aim to help people get the information they need. You may have the opportunity to speak with relevant agencies at our sessions, and we can often make individual referrals. Whether your need is for physical help, professional advice or emotional support, we will do our best to assist you. You will also meet other carers, which is a great way to share information and get mutual support.

Can you provide day care?

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. Our staff and volunteers are unable to provide any direct care services.

Any other questions?

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

Reasons to come along...

Time out for 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...

Brunswick Hub 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.



Bringing together people
with dementia, carers
and community

Contact Us

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

T: 01926 422123
triple.link@bhlc.services

Visit us on the web:
www.bhlc.services

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BRUNSWICK HUB



LOTTERY FUNDED

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



Triple Link

A friendly, relaxed and supportive group for people who are living with memory loss or dementia and for their carers.

No need to book, just drop in!

- Support, information and guidance for carers and for those who are living with dementia or memory loss
- Meet others who understand and can share your experiences
- Get help with paperwork or form completion
- Trained volunteers on hand
- Join in with fun activities, or just take time to relax and talk
- Option to stay for lunch (£3.75 charge)

**Every Wednesday
11am - 1pm**

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 Blue Badge holders. The Centre is fully accessible for wheelchair users.

Brunswick Hub is open from 9am until 4pm Monday to Friday

Our services are led by you. If you would be interested in a particular activity or service, 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 Triple Link 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, we have pledged to work towards becoming Dementia Friendly and have 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



Bringing together people with dementia, carers and community