

Brunswick Hub News

Being Here For Local Communities

SEPTEMBER 2020



We are happy to say that we are open again, although for limited services only (Appointment based and reception services)! Unfortunately the café remains closed for now. We're following government guidelines and the safety of staff & service-users is our priority. We ask that you wear a face mask or covering whilst in the Hub, use the hand sanitisers available and follow the systems that we have in place. We look forward to seeing you!

SOCIAL PRESCRIBING

Social Prescribing is a relatively new term to most people. We are all familiar with going to a doctor and getting a medical prescription to make us better. However there are times when medicine isn't the answer as issues such as loneliness, lack of money, housing problems, relationship breakdown and lethargy make us feel unable to cope with our daily lives. This is particularly the case in current times, as many are feeling additional strain.

Our Social Prescriber, Sally, can see people on a one-to-one basis and assist them in finding ways to tackle some of these issues.

For more info on how a Social Prescription could help you contact Sally on [01926 422123](tel:01926422123) or email Sally at sallyharwood@brunswickhlc.org.uk



COMPUTER USE

We now have a computer open for public use. Hour long slots are available to pre-book at 10.00, 11.15, 12.30 and 13.45. Call [01926 422123](tel:01926422123) or pop in to book a slot.



How to get in touch with us here at the Hub:



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



01926 422123



www.BHLC.services



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc

ENERGISE EMPLOYMENT PROGRAMME

We now have Employment services running Monday—Thursday, to help you with job searches, updating CVs, benefits advice, etc!

Mon: Employment club + One-to-ones

Tues: One-to-one appointments

Weds: Return to work course

Thurs: Employment club + One-to-ones

(All Appointment only)

To book for any of the above, get in touch with Rachel on [01926 422123](tel:01926422123) or email rachelcefai@brunswickhlc.org.uk  @BrunswickHubEC

RETURN TO WORK COURSE

This new 7 week course is for those who have been unemployed for over 6 months and aims to help develop practical job search and I.T skills as well as building confidence, improving motivation, etc. Starting 16th September.

ROOM HIRE AT THE HUB

We are pleased to report that we are still offering rooms to hire, however, due to COVID19, we have had to make adjustments to maintain social distancing and ensure that the rooms get sanitised between clients. The smaller rooms are not available at present, however, all of the information you will need is in the Room Hire Pack and Risk Assessment.

To request a Room Hire Pack or if you would like further information, please contact Helen Sheard on [01926 422123](tel:01926422123) or email helensheard@brunswickhlc.org.uk



NEW ASD GROUP

We will be holding a support group for parents/carers of young people with Autism. If you think you would benefit from this service, get in touch with Sally on 01926 422123 or email sallyharwood@brunswickhlc.org.uk

BEREAVEMENT SERVICES

We have two new Bereavement Groups starting in the near future:
> Tuesday (2-4pm) from Sept 8th
> Thursday (11-1pm) from Nov 5th
To register for a place for the set of 6 sessions, contact Theresa on [01926 422123](tel:01926422123) or email theresataylor@brunswickhlc.org.uk
(One to one support is available on request)

ADVENTURE BABIES AT BRUNSWICK HUB!!

Adventure Babies classes began on Friday mornings in August and they look like lots of fun for little ones with storytelling, sensory play and much more! The current 5 week course is all booked up but you can still get a place in classes to come—
Visit <https://www.adventurebabies.co.uk/classes/warwickshire-coventry/> for info!



EU SETTLEMENT SCHEME—ONLINE APPLICATION HELP

If you need to apply for EU Settlement scheme or UK Visa but do not have the appropriate access, skills or confidence to complete the online application form, you can receive Assisted Digital Support at the Brunswick Hub.

Here at the Hub, we can help you register your ID through digital means, support you to complete the online form, and scan & upload the required documents for evidence.

If you would like to book an appointment to access this digital support, please ring 'We Are Digital' on 03333 445 675, who will book you an appointment here at Brunswick Hub.

(Please note we do not provide Immigration Advice.)

THE SECRET GARDEN IN LOCKDOWN

Our garden is still looking bright and beautiful (and growing great tomatoes), thanks to the time and effort of Dougie whilst we were closed! All are welcome –fingers crossed we still have some sunny days to come!



TIMETABLE

Here are some of the things happening at Brunswick Hub. Unfortunately, none of these services are drop-in at the moment, get in touch for more info!

MONDAY	TIMES	HOW OFTEN	CONTACT
Energise Employment Services	10:00-15:00	Weekly	Brunswick Hub
Jaykays Dance Company	16:30-21:00	Weekly	www.jaykaysdancecompany.co.uk/

TUESDAY

Energise Employment Services	10:00-14:00	Weekly	Brunswick Hub
Bereavement Group	14:00-16:00	08/09-13/10	Brunswick Hub

WEDNESDAY

Energise Employment Services	10:00-15:00	Weekly	Brunswick Hub
Jaykays Dance Company	16:30-19:30	Weekly	See website (as above)

THURSDAY

Energise Employment Services	10:00-15:00	Weekly	Brunswick Hub
Jaykays Dance Company	16:30-20:30	Weekly	See website (as above)

FRIDAY

Adventure Babies	09:30-12:00	Weekly	www.adventurebabies.co.uk
Bereavement Group	11:00-13:00	Until 25/09	Brunswick Hub

SATURDAY

JayKays Dance Company	09:00-15:00	Weekly	See website (as above)
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Charity No: 1125500

Company No: 06181997