

# Brunswick Hub News

**Being Here For Local Communities**

**OCTOBER 2020**

Brunswick Hub is currently open Monday—Friday, 9.30am until 3pm for reception services, such as issuing hearing aid batteries, photocopying/scanning, etc and general signposting, as well as appointment-based services. You may be asked to fill in a quick registration form if you haven't used our services since we reopened in August after lockdown.

We ask that those who are able to wear a face mask or covering do so when entering the Hub and that all stick to good hygiene habits such as regular hand-washing and using the hand sanitiser available around the building.

## Slipper Service

We still sell slippers, sizes 3—12 in both regular slipper style and bootie. Both styles are wide-fit and open up down the front with a Velcro-fastening so are easier to get on and off. The bootie style are cut slightly higher on the ankle. At this time, prices are £13 for the Ladies slippers, £16 for the Mens.

For more info on getting slippers, call reception on 01926 422123.



## Bereavement Group



Our next support group for those who have faced a Bereavement is due to begin in November.

The set of six sessions will start on 5th November and run weekly, every Thursday, 11am-1pm.

To book a place, or to enquire about one-to-one support appointments, get in touch with Theresa on 01926 422123 or [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)

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



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



01926 422123



[www.BHLC.services](http://www.BHLC.services)



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc

## Walking for Health Group

Starting 6th October, our walking group - Shrubland Strollers— will begin short walks from Brunswick Hub. The group will now meet on Tuesday afternoons at 1.30pm and is open to all!

We ask that anyone attending wears a face mask/covering for meeting at the Hub and would encourage those who can bring their own bottle of hand sanitiser to do so. Call 01926 422123 for more information.



## Warm Home Discount Scheme



You could get £140 off your electricity bill for Winter 2020 to 2021 under the Warm Home Discount Scheme—The 2020 to 2021 scheme will open on 12 October 2020.

The money is not paid to you - it's a one-off discount on your electricity bill, between September and March.

(The discount will not affect your Cold Weather Payment or Winter Fuel Payment.)

There are 2 ways to qualify for the Warm Home Discount Scheme:

- > You get the Guarantee Credit element of Pension Credit - known as the 'core group'
- > You're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group'

Contact us for more info or visit [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

## Sexual Health Clinic

To book appointments or for advice on your sexual health, contraception, etc, call 0300 123 6644 and (option 3). Unfortunately, Brunswick Hub staff are unable to assist with these matters and will signpost you to the above number. (For further info, visit [www.sexualhealthwarwickshire.nhs.uk](http://www.sexualhealthwarwickshire.nhs.uk))

## Dementia Support

Although we are still unable to resume our Triple Link Dementia Café for the meantime, we are still able to offer support for those living with dementia or caring for someone who is.



For more information, call Theresa on 01926 422123 or 07936 947776.

## Jaykays Dance Company at Brunswick Hub

From September, Jaykays have resumed a variety of dance lessons here at Brunswick Hub and can take new starters. Visit their website: [jaykaysdancecompany.co.uk/](http://jaykaysdancecompany.co.uk/) or Facebook page (@jaykaysdance) for more information.



## 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-FRIDAY	TIMES	HOW OFTEN	CONTACT
Public Computer use	10.00-15:00	(Hour slots)	Brunswick Hub
<b>MONDAY</b>			
Energise Employment Services	10:00-15:00	Weekly	Brunswick Hub
Jaykays Dance Company	16:30-21:00	Weekly	<a href="http://www.jaykaysdancecompany.co.uk/">www.jaykaysdancecompany.co.uk/</a>
<b>TUESDAY</b>			
Energise Employment Services	10:00-14:00	Weekly	Brunswick Hub
Bereavement Group	14:00-16:00	08/09-13/10	Brunswick Hub
<b>WEDNESDAY</b>			
Energise Employment Services	10:00-15:00	Weekly	Brunswick Hub
Jaykays Dance Company	16:30-19:30	Weekly	See website (as above)
<b>THURSDAY</b>			
Energise Employment Services	10:00-15:00	Weekly	Brunswick Hub
Jaykays Dance Company	16:30-20:30	Weekly	See website (as above)
<b>FRIDAY</b>			
Adventure Babies	09:30-12:00	Weekly	<a href="http://www.adventurebabies.co.uk">www.adventurebabies.co.uk</a>
<b>SATURDAY</b>			
JayKays Dance Company	09:00-15:00	Weekly	See website (as above)

## Fruit and Veg Bags from SYDNI

You can place your order for SYDNI's Community Veg bags here at Brunswick Hub. Bags are full of a seasonal selection of fruit & veg, bought in bulk to keep costs low and packed by a team of SYDNI volunteers! There are great recipes each week to give you ideas of how to use the produce... and with 'soup season' upon us, you won't be short of ways to use any leftovers!

Orders should be placed and paid for by midday on a Tuesday, for collection on Thursday.

Small bag: £3.50 Large bag: £5



For more information on ordering from Brunswick Hub, call 01926 422123

## Energise Employment Programme

**Mon:** Employment club & One-to-ones

**Tues:** One-to-one appointments

**Weds:** Return to work course

**Thurs:** Employment club & One-to-ones

Our Employment services run Monday-Thursday and can provide assistance with the following:

-Info & advice on careers, benefits, redundancy, education and employment

-Support with creating CVs

-Help with online jobsearches and applications

-Interview preparation

Call Rachel on 01926 422123 or

email [rachelcefai@brunswickhlc.org.uk](mailto:rachelcefai@brunswickhlc.org.uk)



Charity No: 1125500

Company No: 06181997