

# Brunswick Hub News

**Being Here For Local Communities**

**MAY 2021**

We are now open 9.30am-3.00pm, Monday-Friday for various services, some of which are appointment only. For details of all of our services currently available, you can visit our website [www.BHLC.services](http://www.BHLC.services)

Alternatively, you can contact us here at the Hub—  
Here's how to get in touch:

 01926 422123

 @Brunswickhlc

 @BrunswickHub

 @brunswickhub.bhlc

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

## Bereavement Group

Our next Bereavement group runs weekly from Friday 11th June, 11am-1pm, for 6 weeks.

To book a place for the 6 weeks, please contact Theresa on 01926 422123 or via email:

[theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)

One to one appointments are also available.



## Returning Kids services

Now that restrictions have eased a little, we are pleased to welcome back both Adventure Babies ([www.adventurebabies.co.uk](http://www.adventurebabies.co.uk)) on Friday mornings and Jaykays Dance Company ([www.jaykaysdancecompany.co.uk](http://www.jaykaysdancecompany.co.uk)) throughout the week! We are also pleased to welcome free Boxing training for 10-16 year olds, sponsored by #change your life, put down your knife. Sessions run every Tuesday evening, 5-6pm. Contact Ben on 07915 368734 to book!

# Space Synergy

Brunswick has a new support service for Orbit tenants.



If you would like support for any of the issues above, please get in touch on 01926 422123 or email [triciacollier@brunswickhlc.org.uk](mailto:triciacollier@brunswickhlc.org.uk)

## Employment Services

Our Employment services has now resumed face-to-face support.

You can book a one to one appointment for support with:

Creating/Updating CVs  
Careers & training advice  
Job applications  
Benefit assessments

Employment club—Tues: 10-12  
Thurs: 10-12  
1-2.30

(Access to computers, internet & printing, with support on hand if needed) - **Appointment only**

To book an appointment, email [rachelcefai@brunswickhlc.org.uk](mailto:rachelcefai@brunswickhlc.org.uk) or call on **01926 422123**

## Walking Group

Our free walking group has started up again, meeting at the Hub at 1.30pm on Tuesdays before setting off on walks around the local area. The group is open for all abilities, just turn up on the day and register to join in!

## Havana Salsa

We are please to welcome Havana Salsa Cuban Salsa classes to Brunswick Hub every Tuesday evening 7.30-9.30pm —beginning on May 18th.

For more info visit [www.havana-salsa.co.uk](http://www.havana-salsa.co.uk) or search 'Havana Salsa Leamington Spa' on Facebook.

# **LONG COVID**

**Have you or someone you know been  
affected by COVID-19?  
Have you been left with some  
long-term effects?**

Covid 19 has affected us all over the last 12 months and the results of that impact will be with us for some time to come.

We are only just beginning to understand some of the long-term implications it can have on the physical and mental wellbeing of survivors.

In **Warwickshire** we know that talking to others who have had similar experiences is essential for growth and recovery.

**COVID-19 Survivors Group** will be molded by its members, through your voices and opinions.

If you or someone you know would be interested in joining a support group, please get in touch at

**[longcovidsupport@brunswickhlc.org.uk](mailto:longcovidsupport@brunswickhlc.org.uk)**

**01926 422123 (lines open 10-2)**

<b>MONDAY</b>	<b>TIMES</b>	<b>HOW OFTEN</b>	<b>CONTACT</b>
Energise Employment Services		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	10:00-12:00	Weekly	Brunswick Hub
Prospects (Career advice for 16-18 year olds)	13:00-16.00	Weekly	Contact Catherine on 07702 862446
Brunswick Walking Group	13:30-14:30	Weekly	Brunswick Hub
Free Boxing Training	17:00-18:00	Weekly (from 01/06)	Contact Ben on 07915 368734
Havana Salsa	19:30-21:30	Weekly	<a href="http://www.havana-salsa.co.uk">www.havana-salsa.co.uk</a>
<b>WEDNESDAY</b>			
ESF Couse	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	10:00-12:00 13.00-14.30	Weekly	Brunswick Hub
ASD Parents/Carers Group	10.30-11.30	Weekly	Brunswick Hub
Bereavement Support Group	13:30-15:30	15/04 –20/05	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>
Digital/Computer Support	10:00-14:00	Weekly	Brunswick Hub
<b>SATURDAY</b>			
JayKays Dance Company	09:00-15:00	Weekly	See website (as above)

Unfortunately none of these services are drop-in, contact (detailed above) to book.