

Brunswick Hub News

Oct/Nov 2021



Being Here For Local Communities

We are 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

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



We have a new Bereavement group running from 10th November – 8th December. The group will run weekly on a Wednesday afternoon, 1.30-3.30. If you, or somebody you know, need support following a bereavement, please get in touch with Theresa on 01926 422123 or via email: theresataylor@brunswickhlc.org.uk

Employment Services



Employment club is still running on Mondays & Thursdays and we have supported 70 people into work since April 2021, so far! For help with CVs, online job searching and advice on applications & interviews, call Rachel on 01926 422123 or email rachelcefai@brunswickhlc.org.uk

Walking for Health

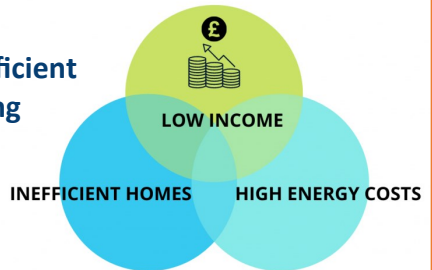
Weather-permitting, we are still running our walking group, every Tuesday afternoon from the Hub at 1.30pm. The group is free and is for all ages & abilities. If you are interested in joining us, just turn up and we will register you straight away!



Fuel Poverty

What is Fuel Poverty?

When a household has a combination of high energy costs, low income and an inefficient home (low levels of insulation, old heating systems, etc) they can find themselves struggling to afford to keep their house or flat adequately heated. As we head towards another winter, this will be a concern for many low income families.



Getting Help...

If you are really struggling to afford your heating bills, have a gas meter and do not have the funds to heat your home or you are concerned that your house has poor energy efficiency, you may be able to get help. Our Health and Wellbeing team can give you advice and support on managing these issues. Give us a call on 01926 422123.



Act On Energy is an organisation that provides free advice on energy costs, available grants making your home more energy efficient.

Call 0800 988 2881

Space Synergy

Our support service for Orbit tenants can help with the following:



- Loneliness & Isolation
- Access to physical activity
- Dementia support
- Bereavement
- Digital inclusion
- ASD Support
- Employment & Benefits
- Fuel Poverty (see above)
- Mental wellbeing
- Access to food bank

If you live in an Orbit property and would like support with any of the above, contact Julie (julieclamp@brunswickhlc.org.uk) or Tricia (triciacollier@brunswickhlc.org.uk) via email or on 01926 422123.

Course Updates

All computer courses are now full, however we will be running new courses in 2022.

Both Functional Skills courses are also full. To register your interest for the next lot of courses, contact Rachel: 01926 422123 or email rachelcefai@brunswickhlc.org.uk

Jaykays

Jaykays Dance Company offer classes in a number of dance styles, such as tap, ballet & jazz. They run classes here at the Hub (late afternoon/ evening) throughout the week. Visit their website:

jaykaysdancecompany.co.uk for more information on classes and timetables.



Christmas at the Hub

Last year, because of all of your amazing generosity, we were able to give gifts to a huge number of struggling families in the weeks running up to Christmas. We are hoping to do the same in 2021 so we are asking for donations to our Christmas appeal. We are looking for new/like-new gifts for children 0-16yrs, toiletries and biscuits & other Xmas treats, as well as prizes for a tombola that we will be running on Turkey Batch day (See below). Any donations will be much appreciated and can be dropped at reception during our opening hours (Mon–Fri, 9.30-3pm).



Turkey Batch Day

On Wednesday 15th December, we will be holding our annual Turkey Batch day! The local community is invited to visit the Hub for a free turkey batch (with all the trimmings) and a cuppa.

This year, our staff will be donning their most festive Christmas costumes to raise funds for our Hardship Fund which allows us to provide various services to those in need. We will also be running a Christmas tombola to raise money for this cause.

Keep your eye out for more details in December's newsletter!



TIMETABLE

Most of these services require pre-booking, contact (detailed below) to book.

MONDAY

	TIMES	HOW OFTEN	CONTACT
Energise Employment Services	10:00-11:30	Weekly	Brunswick Hub

TUESDAY

360 Pilates	9.30-10.30	Weekly	Call Nicolette on 07958 464971
-------------	------------	--------	--------------------------------

Functional Skills-English	9:30-11:30	Term-time	Brunswick Hub
---------------------------	------------	-----------	---------------

Functional Skills-Maths	12:30-14:30	Term-time	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	Contact Ben on 07915 368734
----------------------	-------------	--------	-----------------------------

Havana Salsa	19.00-22.00	Weekly	www.havana-salsa.co.uk
--------------	-------------	--------	--

WEDNESDAY

Digital Gateway to Work Course	9:30-11:30	Term-time	Brunswick Hub
--------------------------------	------------	-----------	---------------

ASD/SEND Activity Group	10:00-12:00	Weekly	Brunswick Hub
-------------------------	-------------	--------	---------------

Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
---------------------------	-------------	--------	---------------

Essential Digital Skills Course	12:45-15.30	Term-time	Brunswick Hub
---------------------------------	-------------	-----------	---------------

Bereavement Group	13:30-15:30	From 10/11	Brunswick Hub
-------------------	-------------	------------	---------------

THURSDAY

Energise Employment Services	10:00-11:30 12:30-14:00	Weekly	Brunswick Hub
------------------------------	----------------------------	--------	---------------

Ongoing Bereavement Group	13:30-15:30	Weekly	Brunswick Hub
---------------------------	-------------	--------	---------------

FRIDAY

Adventure Babies	09:30-12:00	Term-time	www.adventurebabies.co.uk
------------------	-------------	-----------	--

Long Covid Support Group	10:00-12:00	Fortnightly	Brunswick Hub
--------------------------	-------------	-------------	---------------