


Brunswick Hub News

Being Here For Local Communities

DECEMBER 2021



Brunswick Hub will be open until December 17th, before closing for Christmas Break. We will reopen in the new year on Tuesday 4th January.



Christmas at the Hub

On Wednesday 15th December, we are once again holding our annual 'Turkey Batch Day' to spread some festive cheer. Members of the community and friends of the Hub are invited to come and get a free turkey batch (with 'all the trimmings') between 12 and 2pm. The staff will be donning their best Christmas costumes to try and raise some money for our Hardship fund that helps those that may be struggling. We will also be holding a festive tombola and small tabletop sale of pre-loved items, suitable for gifts, proceeds of which will go to the same fund.

To reserve your turkey batch, call us on 01926 422123 or get in touch via email: frontdesk@brunswickhlc.org.uk



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



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



01926 422123



@Brunswickhlc



@BrunswickHub



www.BHLC.services



@brunswickhub.bhlc

Chilled Foodbank

In the run up to Christmas, we are continuing to provide our Emergency Chilled Foodbank for families that are struggling to make ends meet. For £5, a family will get items such as milk, eggs, bread, butter, cheese and meat products to the value of £20.00.

How does it work?

Families can be referred by organisations they are working with (such as CAB, Family support, etc) or they can refer themselves - subject to a needs assessment - by contacting the Hub directly on 01926 422123.

Slippers

As winter creeps in, you may be in need of a cosy pair of slippers. We still sell both men's (£16) and ladies' (£13) in two different styles here at Brunswick Hub. Just pop in or call us to check availability.

Perfect for a Christmas present!



Long Covid Group



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 understanding some of the long-term implications it can have on the physical and mental wellbeing of survivors. We know that by talking with others who are in a similar situation you can help aid growth and recovery. If you are suffering with Long Covid and are interested in gaining support within a group environment, please get in touch at: Longcovidsupport@brunswickhlc.org.uk or 01926 422123

Computer Courses in 2022

A range of courses have been running here at the Hub since September and we have further courses available in the new year.

> **Intro to Microsoft Powerpoint** (2 weeks) Wednesday 5th & 12th January

Learn to find your way round Microsoft PowerPoint, creating and editing slide presentations.

(Free to those 18+ and receiving certain benefits)

> **Digital Gateway to Work** (5 weeks)- begins Wednesday 19th January

Develop or improve your online job search skills, your CV and cover letter and prepare yourself for an online interview.

(Free to those 18+ and receiving certain benefits)

> **Essential Digital Skills** (17 weeks) - begins Wednesday 2nd March

Get started using computers, develop your skills and confidence in and get a recognised qualification.

(Free course)

For more information or to book your place, please contact Rachel on 01926 422123 or email rachelcefai@brunswickhlc.org.uk



New Bereavement Groups



Our next scheduled bereavement group begins on Friday 28th January and runs weekly, 12.30—2.30, for 6 weeks.

We have an additional group planned for Tuesday afternoons beginning late March.

To book a place in either group, call Theresa on 01926 422123 or email theresataylor@brunswickhlc.org.uk

(One-to-one bereavement support is also available on an appointment basis)

Coffee Morning

We've teamed up with Orbit housing and are holding a coffee morning for their tenants on Tuesday 25th January at the Sydni centre.

Our Health & Wellbeing team will be there and available for a chat with those who want support with mental wellbeing, financial issues, employment & benefit advice, etc.

More info to follow on our website in the new year!



Brunswick Hub in **2021**

This year, we have been busy here at the Hub despite the ups and downs of the continuing pandemic. Many families have been facing hardships over the last 12+ months and we have tried our best to provide support and services that will be of help. We have provided 387 Chilled foodbank bags so far in 2021 to families or individuals that are struggling to make ends meet. We ran a school uniform scheme which, thanks to many of your kind donations, assisted those that were unable to afford the expense of uniform items. Our Health & Wellbeing team have worked with around 180 individuals to support them with various issues, such as mental health, financial troubles, housing needs, etc.

This year, our Employment programme continued to provide help to those looking for work and has supported 105 into employment since January. In 2021, the Brunswick Hub team grew as we welcomed four new members of staff to our ranks and we look forward to starting the new year with a full staff team!

Our Secret garden continued to flourish thanks to the hard work of Dougie and projects by our ASD group and was a lovely place to sit and relax in the Summer months. The garden was even acknowledged with awards from Leamington in Bloom and The Leamington Society. We look forward to another busy year in 2022!

Police Surgery

Local Police will hold a drop in here at the Hub on the first Thursday of every month—starting this month—for those in the community who have queries or need advice, just pop in to see them mid-morning.

(Please note: This is dependent on police staff availability)

Adventure Babies



The sensory classes for little ones continue to run

at the Hub. The new term starts on 14th January. For more info on the sessions/to book a place, visit: www.adventurebabies.co.uk/classes/warwickshire-coventry/

Xmas Appeal

We are still collecting donations of new/like new toys or gifts for children to give to families in hardship this Christmas. We're also asking for festive goodies mince pies, etc, tombola prizes and tinned/dried goods. Donations can be dropped off at the Hub up until 13th December.

