

# Brunswick Hub News

Jan-Mar 2022



***Being Here For Local Communities***

**We are open 9.30am-15.00pm, Monday-Friday for various services, some of which are appointment only.**

For details of all services currently available, you can visit our website  
[www.BHLC.services.org.uk](http://www.BHLC.services.org.uk)

Here's how to get in touch:



**01926 422123**



**@Brunswickhlc**



**@BrunswickHub**



**@brunswickhub.bhlc**



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

## Volunteers required

We are still looking for volunteers to help us run the Coffee Shop on a Wednesday, Thursday and Friday. If you are interested and would like more information on the role, please give us a call on **01926 422123**



## Essential skills spaces

Essential Digital Skills (17 weeks) Begins Wednesday 2nd March. Get started using computers, develop your skills and get a recognised qualification. (Free course) for more information or to book a place, call Rachel at the hub or email [rachel-cefai@brunswickhlc.org.uk](mailto:rachel-cefai@brunswickhlc.org.uk)



## Come and tell Orbit

Orbit housing is inviting you to come and join them here at Brunswick Hub on the 10th March between 15:00 and 18:00



**Free food and Drinks**

**Children's Art & Crafts**

**Competition to win £50 high street voucher—come and tell Orbit, what would make your community a better place to live.**

**Meet your local team to discuss the following:**

**Employment, wellbeing, Foodbank / Chilled foodbank / Veg bags, Tenancy / Housing issues, Property maintenance, Debt and money advice.**

## Christmas 2021 at the Hub

Thank you to everyone who came to our annual Turkey batch day your support has helped us to raise over £350 for our hardship fund!

We would also like to thank everyone who generously donated toys, books and other gifts to our Christmas present appeal. With your help we were able to give out presents to families that we have helped through our emergency chilled food bank.



### Dates to Remember

**January 4th: Reopening after Christmas break**

**January 19th: Digital Gateway to Work course start**

**January 25th: Orbit Coffee Morning at Sydni**

**January 28th: New Bereavement Support group**

**March 2nd: Essential Digital Skills course start**

**March 10th: Come and tell Orbit**

**March 22nd: New Bereavement Support Group**

### Energise Employment Services

**Unemployed & looking for work?**

**Book an Appointment for FREE Help & Advice @Brunswick Hub**

**Tuesday & Thursday 10.00—14.00**

- Create a Professional CV
- Update your CV
- Job Searching
- Interview Techniques
- Free Internet Access
- Benefit Advice
- Free Computer Access
- One 2 One Support

**For more information contact**

**Rachel on 01926 422 123 or email**

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

## Spotlight - Triple Link

Triple Link is our support service here at the Hub for those living with dementia and memory / cognition problems and their carers. It is held every Wednesday between 11:00 and 12:30 where we have a full program of activities such as yoga, quizzes and music alongside peer support and understanding from others in a similar situation and support from Carers Trust and Theresa (our Wellbeing officer). Refreshments and laughs are provided free of charge!

Once a month our carers have a separate meeting (held at the same time as our main group) where they can speak freely about concerns they may have and outside speakers are invited in to update the carers on relevant topics.



## Wellbeing Service

For any concerns you may have which may be affecting your wellbeing please do get in touch with the team. We can support you with form filling, signpost, refer you to the most appropriate service or just give you the space to talk.

## Sydni Computer Drop-in

Sydni Centre are running a computer drop in on Fridays 10:00-11:30 where people can access support to check their emails, complete online forms, how to use their smart phone etc...



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



@brunswickhub.bhlc

### Chilled Foodbank

We continue 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 we carry on through the winter, you may be in need of a cosy pair of slippers. We 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.



### LONG COVID SUPPORT 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](mailto:Longcovidsupport@brunswickhlc.org.uk) or tel. 01926 422123

## Managing Money Wisely @ Brunswick Hub

Would you be interested in joining an informal, relaxed and friendly course to improve your confidence and gain skills in how to manage your money?

We will help you to learn how to budget wisely using a wide range of practical methods.

Gain a nationally recognised qualification as part of the course

*To register your interest please  
Contact Rachel on 01926  
422123 or email [rachelcefai@brunswickhlc.org.uk](mailto:rachelcefai@brunswickhlc.org.uk)*



## 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 or to book a place, visit:

[www.adventurebabies.co.uk  
/classes/warwickshire-coventry/](http://www.adventurebabies.co.uk/classes/warwickshire-coventry/)



## 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)

## New Bereavement Groups



Our next scheduled bereavement group begins on Friday 28th January and runs weekly, 12:30—14:30, 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](mailto:theresataylor@brunswickhlc.org.uk)

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

## Coming soon....

Tuesday 19th April The Great Brunswick bake off & Easter bonnet competition. More details will be posted soon on our website and Facebook page to keep updated make sure you give our Facebook page a like.





# *Space Synergy*



Our Wellbeing Officers Julie and Trish, provide a service to help people living in ORBIT properties to make positive changes to their lives.

They offer a range of non-medical interventions that helps to connect people to their community, access practical and emotional support and signpost them to activities or services.

Everyone is unique and will have different needs depending on their situation. Our wellbeing officers will listen to your needs, understand what is important to you and work with you to meet your needs or goals.

We can offer support in so many ways, support in meeting new friends, finding professional help with debt and finances, mental health, bereavement support, the list is endless.

If you would like a chat please contact them on 01926 422123 where we will be more than happy to speak to you.





**ASD support**

**Food-  
bank/chilled  
foodbank/veg**

**Employment  
and benefit ad-  
vice**

**Mental  
Wellbeing**

**Bereavement**

**Digital Inclusion**

**Dementia  
Support**

**Access physical  
activity**

**Loneliness and  
isolation**

## Hearing Aid Battery Service

The hub is a hearing aid battery supplier for registered NHS patients only. Batteries can be acquired from our reception desk—we are able to provide you with 1 pack per hearing aid. Please remember to bring either your brown book or white battery issue card with you as batteries cannot be issued without it.



## Lateral flow test kits

Subject to supply you can get a box of Lateral Flow test kits here at the Hub. The boxes come with 20 test kits that you can do at home and full instructions. Drop in to Brunswick Hub (Monday - Friday) and ask us at reception to get one. We are unable to supply more than 1 box per person attending.

## SEN / ASD Support

We currently provide a closed Facebook page for parents and carers to get advice and support and to build up relationships with peers. We have a weekly online support sessions for parents and carers providing advice and strategies. The groups currently meet online on a Wednesday 10:30—11:30. For more information please give us a call on 01926 422123

## Welcome to the team..

Big welcome to Heather the newest member of the team who joined us in December as an admin assistant.



# Free Walking Group

**Want to get more active? Then we're here to help!**

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly walks today!

**Meet at: Brunswick Hub,  
98-100 Shrubland Street,  
Leamington Spa, CV31 3BD**

**'Shrubland Strollers' meet every Tuesday @ 1.30pm**

**Toilets are available, Disabled parking available nearby**

**Call Brunswick Hub for more information: 01926 422123**

**or email: [frontdesk@brunswickhlc.org.uk](mailto:frontdesk@brunswickhlc.org.uk)**



**Check our Facebook page or website for updates on the walking group**



# BOXING IN THE COMMUNITY



The SYDNI Centre, Leamington. Every Monday  
5pm-6pm. First Session 24 January 2022  
The Brunswick Hub, Leamington. Every Tuesday  
5pm-6pm. First Session 25 January 2022  
\*\*\*

**FREE** Non-Contact boxing sessions for 10-16 year old girls and boys, delivered by qualified England Boxing coaches.

- ★ No booking required feel free to just come along.
- ★ Sessions aim to teach young people the fundamentals of non-contact boxing in a positive and engaging environment.
- ★ Refreshments provided by Morrison's.
- ★ All equipment provided and regularly sanitised.

For more information please contact:  
Head Boxing Coach Dean Gunton  
on 07392759790 or Ben Spann on  
07915368734

Change Your Life With Morrisons

**Morrisons**  
Since 1959

**ABA**  
The Amateur Boxing Association  
of England Limited



## YOGA CLASS

ALL ABILITIES WELCOME  
Please bring your own mat

£7 per class  
Every Thursday 18:00-19:00  
@Brunswick Healthy Living Centre  
Contact Lauren on 07426875458



## Community Veg Bags

OPEN  
TO  
ALL

A big bag of vegetables  
and fruit every week!

only.. **£5** ...or a small  
bag for **£3.50**



- ✓ Affordable fresh vegetables and fruit
- ✓ Bought in bulk
- ✓ Packed by volunteers
- ✓ Seasonal selection each week

For more information or to order a  
Veg Bag please call 01926 422071

South Warwickshire NHS

Believe in children

Barnardos

South Warwickshire

County Council

**GREAT RECIPES EACH WEEK**  
**HEALTHY START VOUCHERS ACCEPTED**

Can also be ordered through the  
Hub on **01926 422123**

To book contact me on  
07426875458

## HULA HOOP

TRICK AND DANCE

CLASSES

Location:

Brunswick Healthy Living Centre

When?

Every Thursday 7:15pm-8:15pm

Hoops provided

PRICE:  
£7 PER CLASS



@coley.hoops

## Fuel poverty is on the rise with energy prices increasing

Could you be eligible for some extra financial help? There are grants and schemes available to help if you're in debt or if you need extra help or support in any way. Many suppliers have helpful schemes for their customers who are struggling to pay for an energy debt and may also have schemes for customers who require a household appliance to replace one that's broken or in poor working condition. There are also some government payments that you might be eligible for. It's best to contact your supplier to find out what support is available and for eligibility criteria, or visit: [charis-grants.com](https://charis-grants.com) or [aurigaservices.co.uk](https://aurigaservices.co.uk)

### *Government payments*

These are payments made directly to you by the government if you meet certain eligibility criteria.

### *Cold Weather Payment*

This is an extra payment if you're receiving certain benefits. If eligible, you'd receive it if the temperature in your area is recorded as, or forecast to be, 0°C or below for 7 consecutive days.

### *Winter fuel payment*

Provides tax-free support to help pay your heating bills if you were born on or before a given date. It's usually paid automatically if you get the state pension or another social security benefit—(except for Housing benefit, Council tax reduction, Child benefit or Universal Credit).

To find out more and to check if you qualify for the above visit: [gov.uk/winter-fuel-payment/overview](https://gov.uk/winter-fuel-payment/overview)

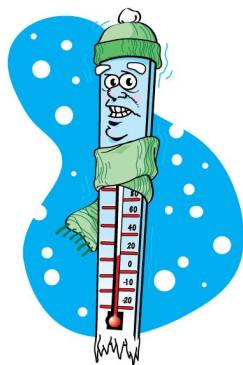
Other help available to you:

Citizens Advice—They can help you with things like:

- How to switch suppliers
- What to do if you are struggling to pay your bills or are in debt
- Saving money on your energy bills.

Call their consumer helpline : 0800 223 1133 or visit:

[citizensadvice.org.uk/consumer/energy](https://citizensadvice.org.uk/consumer/energy)



## **TIMETABLE**

These are our ongoing services—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
<b>TUESDAY</b>			
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
Boxing in the community	17:00-18:00	Weekly	Brunswick Hub
Havana Salsa	19:15-20:45	Weekly	<a href="http://www.havana-salsa.co.uk">www.havana-salsa.co.uk</a>
<b>WEDNESDAY</b>			
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	From	Brunswick Hub
<b>THURSDAY</b>			
Police Surgery Drop-in	AM	1st Thursday of month	Brunswick Hub
Energise Employment Services	10:00-11:30 12:30-14:00	Weekly	Brunswick Hub
Ongoing Bereavement Group starting 28th January	12:30-14:30	6 Weeks	Brunswick Hub
Yoga Class	18:00—19:00	Weekly	Brunswick Hub
Hula Hoop Classes	19:15—20:15	Weekly	Brunswick Hub
<b>FRIDAY</b>			
Adventure Babies	09:30-12:00	Term-time	<a href="http://www.adventurebabies.co.uk">www.adventurebabies.co.uk</a>
Long Covid Support Group	10:00-12:00	Fortnightly	Brunswick Hub

## Recipe Idea—Billycan Beans

Looking for a cheap, quick, and nutritious meal idea? Here is a lovely recipe which can be eaten alone or used as a jacket potato topping.

1 of your 5-a-day of your recommended intake.

Typical energy values per 100g:

347kj/83kcal

### INGREDIENTS

1 large red onion, chopped  
1 tbsp sunflower oil  
1 level tbsp smoked paprika  
1 tbsp Worcestershire sauce  
2 tsp Tabasco sauce  
1 level tsp Dijon mustard  
227g can Chopped Tomatoes  
300g can cannellini beans, drained and rinsed  
2 x 410g cans Baked Beans in Tomato Sauce

### METHOD

- 1) Cook the onion in the oil in a large pan until soft and golden. Add the paprika, Worcestershire sauce, Tabasco, and mustard, then stir.
- 2) Stir in the tomatoes, then simmer, covered, for 10 minutes.
- 3) Add the cannellini beans, red kidney beans and baked beans. Heat through, stirring occasionally.



If you have any favorite family meals and would like them in the next Brunswick Hub newsletter, please send in your recipe to our Wellbeing Officer, Trish Collier via email: [triciacollier@brunswickhlc.org.uk](mailto:triciacollier@brunswickhlc.org.uk)

Let's try and get some recipes together as a community. We could even see if we could create a lovely recipe book.