

# Brunswick Hub News

APRIL - JUNE 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

## Awards Won



We are delighted to say that in the last few months, we have been awarded both 'Charity of the Year' at the Leamington Business Awards and a Matt Western Community Award for 'Community Group'! We are very proud of the Hub team for all their efforts and hope to continue offering services to help the local community.



## Computer Use

Free computer access is now available here at the Hub during our above opening hours. You no longer need to pre-book but may still wish to phone ahead to check availability. (Printing or photocopies are 10p per black&white side, 35p colour)

## Shrubland Strollers

Our free walking group will now meet on Monday mornings at 10.30am before setting off on a walk in the local area. The group is for all abilities and is a great way to get more active and make some friends.



## Brunswick Hub Crown Routes

We're pleased to announce that from the 4th April, we are relaunching Crown Routes Community Project @ Acorn Court, Lillington.

Crown Routes Community Café provides a central hub which serves drinks and lunches three days a week for all residents of the wider community especially those who may be experiencing social isolation. The café will be open Monday, Wednesday & Thursday 10am-2pm.

**CROWN ROUTES**  
**"ONE STOP SHOP"**  
**MON & WED, 10-2**

Brunswick Hub will be offering a "One Stop Shop", where members of the local community can drop in for free information, advice, and guidance on a range of topics including employment, housing, benefits, debts, health & wellbeing, and food bank vouchers.

From May, we hope to be offering a Seated Exercise class, as well as other projects supporting members of the local community to participate in socially inclusive activities. Keep an eye out on our social media pages and local notice boards for updates on what we will be offering.

The vision of Brunswick Hub @ Crown Routes is to see a heathy community fulfilling its potential. We aim to be non-judgmental, inclusive, welcoming, open, and transparent to ensure we create a safe environment, endeavouring to empower individuals and the community and improve access to services.



BRUNSWICK HUB @ CROWN ROUTES



### Easter Donations



We are still collecting donations of Easter eggs & other easter goodies for tombola prizes, etc for our Easter event

(see page 6) that will raise money for Safeline.

If you would like to donate, please drop any items in at reception by Thursday 14th April.

### Toddler Multi Sports

Leamington Football Club are starting a new Multi Sports group for ages 2-5years in several venues, including here at the Hub on Tuesday mornings. Sessions run

9.30-10.30am and cost £3 per child.

For more details, contact 07917 005385





We're very pleased to welcome Janine to the Brunswick Hub team, where she has come onboard as an Employment Officer.

Janine has 20 years experience in recruitment, working in both commercial agency & in-house, providing recruitment services in all office-based roles, from reception to senior management. Janine has always loved the people side of recruitment and feels passionately about helping people find the right job for them. She is looking forward to getting stuck in here at the Hub, using her experience to provide advice & support to our Employment programme users, old and new!



## Courses (Sept 2022)



The Functional skills courses and various IT courses that have been running here at the Hub since September 2021 have been well attended and so we plan to have more from September 2022.

If you are interested in any of the following courses, please get in touch to be put on our list for the new course year:

- >Functional Skills—English
- >Functional Skills—Maths
- >Essential Digital Skills
- >Digital Gateway to Work
- >Various other short term IT courses.

## New Employment Club times

We are happy to announce that Job club is now once again a drop-in service on two mornings a week! From the first week of April, there is a slight change to the current running times, job club will now be 10.00-12.30 on Mondays and Thursdays.

Please note, one-to-one appointments will still need to be pre-booked.

## Jobseeker Travel Discounts



Did you know that Stagecoach offers jobseekers discounts on bus tickets if they have a JobCentre Plus Travel Card?

To find out if you're eligible and how to apply for this card, visit [www.stagecoachbus.com/promos-and-offers/national/back-on-board](http://www.stagecoachbus.com/promos-and-offers/national/back-on-board)



**Energise Employment Club**

Rachel 01926 422 123    [rachelcefai@brunswickhlc.org.uk](mailto:rachelcefai@brunswickhlc.org.uk)

Janine 01926 422 123    [janinedevaney@brunswickhlc.org.uk](mailto:janinedevaney@brunswickhlc.org.uk)

**Brunswick Hub, Leamington Spa**



# The Great Brunswick Bake Off & Easter Bonnet Competition



On Tuesday 19th April we will be holding our Easter Eggstravaganza between 10:00 & 15:00!

Bake an Easter themed cake and pop it in for judging between 09:30 & 12 noon on the 19th April.

The winner will receive a luxury hamper!

All cakes will then go on sale with proceeds going to Safeline.



Our Easter tombola will be running throughout the day.

Our Easter trail will take place 10:00—15:00 collect your map from reception and follow the trail to win a easter prize!

Children's colouring and craft activities.



Children's Easter bonnet Competition

*3 prizes to be won!*

Please drop your decorated bonnet off for judging by 12 noon on the 19th April. (make sure to add your child's name to the bonnet)



For more information please give us a call on 01926 422123



All proceeds will go to Safeline



## Family Cooking Classes

Following the success of the free Family Cooking classes run by Anne-Marie at the Hub last summer, we will be organising another set of sessions this year. The 'Cooking on a budget' classes aim to teach parents & children cooking skills. If your family are interested in taking part, get in touch with Theresa on 01926 422123.



## Adventure Babies

Sensory Storytelling classes for little ones here at the Hub. Next term is a set of 4 weekly sessions and begins April 29th. Visit [www.adventurebabies.co.uk/classes/warwickshire-coventry/](http://www.adventurebabies.co.uk/classes/warwickshire-coventry/) for more information.



## Thursday eve exercise classes



On Thursday, Lauren holds both Yoga and Hula Hoop classes here at the Hub. If you are looking for a way to get more active or maintain your fitness, why not give one (or both) a try?

Yoga (for all abilities): 6-7pm

Hula Hoop Trick and Dance Class: 7.15-8.15pm

Classes are £7 a session.

Call Lauren on 07426 875458 to book a place in either class.

## Our Garden is Open Again!

Spring is here and the weather seems to be picking up, so we have started opening up the secret garden once again. The garden has coped relatively well over the winter & in the recent winds and so we are looking forward to seeing it in bloom over the Spring/Summer months.



## Orbit Event recap

On 10th of March, Orbit held a 'Come and Tell Orbit' event here at the Hub, where their tenants were invited to come and meet the local Orbit team and raise any questions or concerns. Our Wellbeing team were there to chat to people about our Space Synergy service for Orbit tenants (see below) and those in attendance



were treated to some tasty fish and chips!

Thanks to all that made it—keep an eye out on our website and social media for future Orbit/Space Synergy events!



## Space Synergy



Our Wellbeing team can provide a service to those living in Orbit properties, helping them to make positive changes in their lives. They can offer support in a variety of ways: assisting with finding help with issues such as debt, mental health, bereavement, access to physical activity, and more. Each individual is different so our Wellbeing officers, Trish & Julie will listen to your needs and help you to work towards your goals. Call Trish or Julie on 01926 422123 for our Space Synergy service.



*Space Synergy*



## Upcoming MH event –details TBC

We are busy planning an event for in the summer holidays. The event will be a fun day aimed at families with children who are going through any issues which they are finding difficult, including transitioning from Primary to Secondary school and we hope to have information & resources available for those that may be overwhelmed with these big changes. We will have more details on this event in the next issue of the newsletter, so stay tuned!



# 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

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

South Warwickshire NHS Foundation Trust | Children's Barnados | SYDN | Warwickshire County Council

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

## Word Search



Here is our Spring word search.

Find all 12 Spring-themed words, then pop into the Hub and show us your completed search and we will give you a free hot drink!

- |            |        |          |
|------------|--------|----------|
| Springtime | Easter | Bloom    |
| Sunshine   | Picnic | Flowers  |
| Blossom    | Grow   | Ladybird |
| May day    | Lambs  | Eggs     |



M	D	S	N	E	D	L	A	D	Y	B	I	R	D	N
B	N	P	P	H	A	A	S	B	Y	H	S	O	W	K
L	W	I	E	R	T	S	X	M	L	F	U	U	L	Z
O	P	C	M	A	I	H	T	M	D	O	N	A	Q	C
O	X	N	L	A	F	N	O	E	N	C	S	J	Q	W
M	A	I	A	D	Y	P	G	N	R	N	H	S	X	W
G	E	C	M	U	I	D	V	T	S	E	I	R	O	V
R	G	V	B	T	B	F	A	B	I	L	N	U	T	M
O	G	Q	S	V	D	W	P	Y	D	M	E	G	G	U
W	S	H	F	L	O	W	E	R	S	O	E	Y	K	Y

# LONG COVID SUPPORT GROUP

Post Covid Syndrome more commonly known as Long Covid is the term used to describe the long term effects created from suffering Covid-19.

We are providing support for those who are suffering from Long Covid in Warwickshire through a participant-led peer support group. We aim to provide a place where people can share emotional and wellbeing support.

If you are suffering from Long Covid and would like more information on our support group please contact us at:

Address:  
Brunswick Hub  
98-100 Shrubland Street  
Leamington Spa CV31 3BD

Phone:  
01926 422123

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

## How to find us online...

We post up-to-date news about our services on our social media and share other info that may be useful/interesting to those in the community.

Here where you can find us online:



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc

Or visit our website



[www.brunswickhlc.org.uk](http://www.brunswickhlc.org.uk)

## 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	10:00-12:30	Weekly	Brunswick Hub
Brunswick Walking Group	10:30-11:30	Weekly	Brunswick Hub
Functional Skills-English	13:00-15:00	Term-time	Brunswick Hub
TUESDAY			
Toddler & Young Children Multi	9:30-10:30	Weekly	Contact Leam FC—
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
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>
WEDNESDAY			
Essential Digital Skills Course	9:00-12:15, 13:00-15:45	Term-time	Brunswick Hub
Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
Essential Digital Skills Course (L1)	16:00-18:30	Term-time	Brunswick Hub
THURSDAY			
Police Surgery Drop-in	AM	1st Thursday of month	Brunswick Hub
Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
Ongoing Bereavement Group	12:30-14:30	Fortnightly	Brunswick Hub
Yoga Class	18:00—19:00	Weekly	Brunswick Hub
Hula Hoop Classes	19:15—20:15	Weekly	Brunswick Hub
FRIDAY			
Adventure Babies	09:30-13:45	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— Tortilla Pizzas

Looking for a cheap and quick meal idea? These tasty tortilla pizzas are great for a speedy lunch/dinner or even a last minute spring picnic. You could even get the kids creating their own with their favorite toppings!

### INGREDIENTS

- + Soft tortilla wrap
- + Passata
- + Tomato puree
- + Dried herbs
- + Garlic (Optional)
- + Salt and Pepper
- + Grated Cheese
- + Any topping of your choice (tuna, ham, thinly sliced peppers, pepperoni)



### METHOD

- 1) Mix a tablespoon of passata with a teaspoon of tomato puree, add a pinch of dried herbs and the garlic to the sauce mix. Add a pinch of salt and pepper. Mix well.
- 2) Spoon the sauce mix over the soft tortilla and spread evenly.
- 3) Sprinkle over the grated cheese and add the topping(s) of your choice.
- 4) Place under the grill for a few minutes until the cheese has melted.
- 5) Serve with a side salad for a quick and easy meal.



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.