

Brunswick Hub News

OCT-DEC 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

Here's how to get in touch:  01926 422123



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc



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

Triple Link



Our Triple Link group runs every Wednesday, 11-12.30 and is for those living with dementia and their carers. There is a

friendly and supportive atmosphere and a chance to talk to others with similar experiences.

Most weeks, the group join in with an activity, such as quizzes or gentle exercise or enjoy music from a band/musician. Recently they have been on a trip to the Motor Museum.

The group is free and tea/coffee & biscuits are provided.

To find out more, get in touch with Theresa by phone or email theresataylor@brunswickhlc.org.uk

African Drumming



Why not learn how to play African drums? There are now weekly classes Thursdays, 7pm-8.30pm here at the Hub.

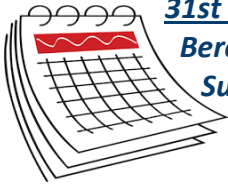
The classes are suitable for beginners-advanced level and are £10 a session.

(Please call ahead if you wish to borrow a drum for the session as these aren't stored on site) Call Vieux on 07518 750 179



Bakayoko_Music_Company

Dates to Remember



31st Oct: New Bereavement Support Group starts.

20th Dec: Turkey Batch Day

21st Dec: Last day open before Christmas

3rd Jan: Reopening after Christmas

16th Jan: New Bereavement Support Group starts.

Toddler Multisports

Run by Leamington FC in the Community, these classes for 2-5yr olds are £3 per child and aim to provide a fun, non-competitive environment for soccer-based games.



Tuesdays 9.30-10.30am (Term-time only)
Just drop in, no need to book!

The classes are designed to help develop motor skills and promote physical fitness & self-confidence.

For more details, contact 07917 005385 or email community@leamingtonfc.co.uk



Orbit

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 will listen to your needs and help you to work towards your goals.

Call us on 01926 422123 for our Space Synergy service.

Slippers

As the temperature starts to drop, it might be time for some new slippers. We sell both men's & women's slippers in a regular style and a bootie.



Both styles have a Velcro fastening at the front to allow for easier access and more adjustable fastenings. You call ahead to check we have your size or just pop in to see if we can help.

Men (8-12):£16 Ladies (3-7): £13

Adult Learning at the Hub

Our new year of courses has already begun but there are variety still to come!

Three different Introduction to Microsoft Applications courses:

- > Microsoft Word Wednesday 2nd & 9th November, 1-3pm
- > Microsoft Excel Wednesday 16th & 23rd November, 1-3pm
- > Microsoft PowerPoint Wednesday 30th November & 7th December 1-3pm



Using the iPad Thursday 10th November 1-3pm for 10 weeks

Then in the New Year...

Using Google Apps Thursday 2nd March 1-3pm for 10 weeks

To book a place on one of the computer courses, call us on 01926 422123 or you can register via the WCC Adult Learning website:

www.warwickshire.gov.uk/adult-community-learning-offer/adult-community-learning-curriculum-areas/6



We also have a new set of Stepping Stone courses in both English and Maths starting in January 2023.

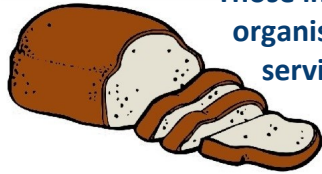
English—Mondays 1-3pm

Maths—Tuesdays 1-3pm

For more information call Rachel on 01926 422123 or email rachelcefai@brunswickhlc.org.uk

Chilled FB

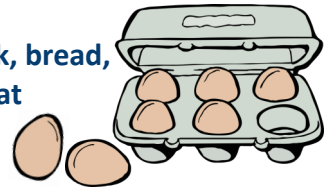
Many are struggling at the moment with the rising costs of necessities such as utilities and fuel and some are finding that their income doesn't stretch far enough. Our Emergency Chilled Foodbank is for those in need of crisis support and offers £20 of fresh & frozen goods for £5.



Those in need of this service can be referred by an organisation they are working with such as Family services, CAB, Heath Visitor, etc or they can self-refer.

You can self refer by getting in touch with us on the telephone or popping in and we will have a chat about your circumstances & do a quick needs assessment, then arrange a collection day and time with you.

Chilled food bags usually contain items such as milk, bread, cheese, ham, eggs, margarine and some frozen meat products. We buy items to order so are able to adapt for dietary requirements.



WELCOME

Sarah has recently joined the staff team as our Community Food Project Officer, coordinating our Chilled Foodbank and related services. Her employment background is in financial services - she's gone from helping people to buy houses to helping people feed their kids - and is so far enjoying the career change! Sarah has already got stuck in and is finding new ways to expand how we can provide for those struggling to make ends meet! Glad to have you as part of the BHLC family, Sarah!



Brunswick Hub can issue Foodbank vouchers for Foodbanks in the local area for those who need them. We will need to talk to you a little bit about your circumstances and (if you haven't used our services before) take some registration details. Please do get in touch if you are struggling to afford food.



Lillington Pantry



Residents struggling to make ends meet in Lillington and the surrounding areas can now get help with food and other essentials at their

local community pantry. You can request to join the Community Pantry by calling 01926 350800 or emailing lillington@thecommunitypantry.org.uk and then one of the team will get in touch for you to complete a membership application.

Open Thursdays & Fridays, 11am-3pm

Veg bags

Sydni run a Community veg bag scheme where you can get a bag full of fresh fruit and vegetables for a low price. It costs £5 for a large bag, whilst a smaller bag costs £3.50 and you can order & collect from us here at Brunswick Hub. Just pop in, order & pay by Tuesday lunchtime and your bag will be here to pick up on Thursday afternoon! (Boxes of 1/2 dozen eggs are also available for £1). Call us for more info.



Are you worried about the rising cost of energy bills?

Act On Energy is a charity that offers free expert advice on:



- > Financial assistance to help with fuel bills
- > Energy debt
- > Broken heating systems
- > Grants and funding for energy efficiency measures
- > Energy efficiency tips to reduce your bills
- > Billing issues with your supplier

Call free on [0800 988 2881](tel:08009882881) or visit www.actonenergy.org.uk

Pantry appeal

We try and keep our cupboards stocked with dry & non-perishable food items, toiletries (including sanitary products) and household goods so that we are able to provide a little bit more for the families & individuals that use our Chilled Foodbank service. If you have any of the aforementioned items spare, any donations can be dropped off to reception during the week. We are also happy to accept small scale donations of fresh produce such as surplus fruit/veg from allotments . Call Sarah for info about this.



Countdown to Christmas: Xmas Appeal

CAN YOU HELP?

So far in 2022, we have been able to help over 250 families and individuals, with services such as our chilled foodbank and support from our Wellbeing team. With living costs on the rise, we would like to help provide these families with any extras they and their children may need over the festive season. Last Christmas, those that we helped really appreciated the items they received and we wouldn't have been able to provide these without the generosity of those in the local & wider community.

So once again we are appealing for donations of the following....

Christmas treats such as selection boxes, biscuits, mince pies, toiletries.

Christmas gifts suitable for children new or like new.

Tinned goods/
Dried goods

Any cash donations that we can use to add to the Chilled Foodbank scheme and our Hardship fund

Any donations can be dropped off at reception between 9.00 - 3.00, Monday-Friday or you can give us a call on 01926 422123 to arrange an alternate drop off time.

We really appreciate your support and by donating to us at The Hub you will be helping local families in need who really appreciate your help.



Christmas Closing Dates: Brunswick Hub

The Hub will be closing for the Christmas break as usual. This year, our last day open will be Wednesday 21st December.

We will reopen on Tuesday 3rd January 2023



Countdown to Christmas: Turkey Batch Day



TURKEY BATCH DAY

Tuesday 20th December

12—2pm

You're invited to come and get a free Turkey batch (with all the trimmings) at our annual festive celebrations!

We will be raising money for the Hub's Hardship fund by once again holding a tombola and a small tabletop sale of pre-loved items suitable for gifts, such as children's toys & games.

Prebooking is advised
Call 01926 422123 to reserve
your turkey batch!

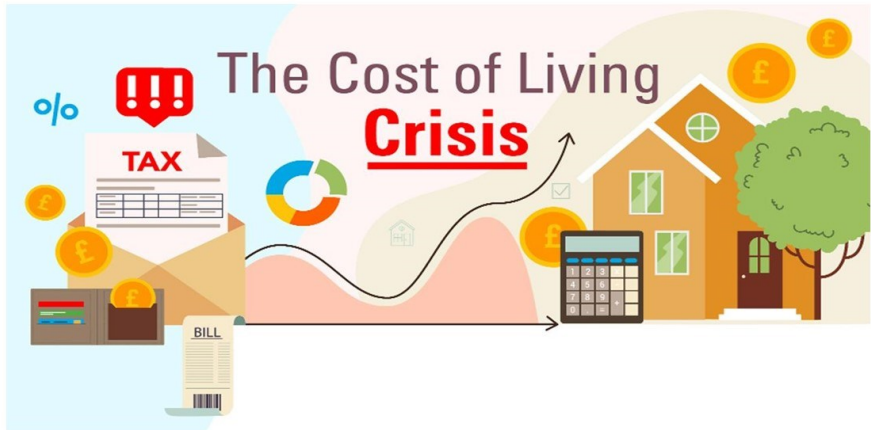
Christmas Closing Dates: Crown Routes

The café at Crown Routes, Lillington will be open until **Wednesday 21st December**.

It will reopen after Christmas on **Wednesday 28th December**

You can view the menu on Facebook:  @CrownRoutesBHLC





Money Management

How to Budget

Advice on how to Make Savings

@ Brunswick Hub Fridays 10am-1pm

4th November - 16th December

To book a place please contact

Rachel 01926 422123 /07874865617

rachelcefai@brunswickhlc.org.uk



www.warwickshire.gov.uk/acl



Bereavement



Our next Bereavement support group starts on 31st October, running every Monday 1.30-3.30pm for 6 weeks.

We also have another 6wk group starting in the new year: Every Monday from 16th January.

If you are interested in either group please get in touch with Theresa on 01926 422123 or via email: theresataylor@brunswickhlc.org.uk

One to One bereavement support is also available, either face-to-face or over the phone—contact Theresa for more info.

Adventure Babies

Baby sensory classes run throughout Fridays here at the Hub— They're lots of fun for little ones from 0 - 18 months.

To find out more about these classes visit: www.adventurebabies.co.uk/classes/warwickshire-coventry/



 [adventurebabiescoventryandwarwickshire](https://www.facebook.com/adventurebabiescoventryandwarwickshire)

ASD & SEND Support

Our weekly group for parents/carers of children with ASD/SEND runs every Wednesday morning , 10am-12pm and offers advice and support for those attending. Our ASD Project Officer, Hannah is also available for one-to-one advice and support. Get in touch with Hannah to access either type of support - She can be reached by email or on 07923 230579 (Weds & Thurs).  You can also request to join our private Facebook group that shares info & resources.

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



Rebecca Allen
WELLNESS

CHAIR YOGA AND MINDFULNESS

A combination of gentle chair yoga and relaxing mindfulness. The perfect opportunity to do some gentle exercise and relax the mind. Suitable for anyone and everyone, no experience necessary.

Thursdays | 6:30-7:15 | £8.50
Enterprise Room, Brunswick Hub
Please book at www.rebeccaallenwellness.com

TIMETABLE

These are our ongoing services—Visit our website or contact as detailed below for more information

MONDAY	TIMES	HOW OFTEN	CONTACT
Brunswick Walking Group	10:30-11:30	Weekly	Brunswick Hub
English Stepping Stones Course	13:00-15:00	Term-time	Brunswick Hub

TUESDAY	TIMES	HOW OFTEN	CONTACT
Toddler & Young Children Multi Sports Group (2-5yrs)	9:30-10:30	Weekly	Contact Leam FC— 07917 005385
Maths Stepping Stones Course	13:00-15:00	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	07392 759790
Havana Salsa	19:15-20:45	Weekly	www.havana-salsa.co.uk
WEDNESDAY			
Digital Essential Skills	9:30-11:30	Term-time	Brunswick Hub
ASD/SEND Group	10:30-12:30	Weekly	Brunswick Hub
Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
IT Course—(various) Intro to Microsoft Apps	13:00-15:00	Term-time (from Nov)	Brunswick Hub
IT Courses	16:00-18:00	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
IT course—Using an iPad	13:00-15:00	Term-time (from Nov)	Brunswick Hub
Chair Yoga	18:30-19:15	Weekly	rebeccaallenwellness.com
African Drumming	19:00-20:30	Weekly	Call Vieux on 07518 750179
FRIDAY			
Adventure Babies	09:30-13:45	Term-time	www.adventurebabies.co.uk
Long Covid Support Group	10:00-12:00	Fortnightly	Brunswick Hub
Cost of Living Course	10:00-13:00	(from 4/11)	Brunswick Hub

Recipe Idea— Vegan Shepherds Pie

This vegan version of a family favourite, should feed a family of four and is a warming comforting dish for the Autumn to Winter months. This is a great one to try even if you're not vegan— *the vegan stock and butter can be substituted for your usual versions to save buying especially.*

INGREDIENTS

- + 1 tin lentils*
- + 1 tin peas (or equivalent of frozen)
- + 2 large potatoes
- + 3 sweet potatoes
- + 1 onion (diced)
- + 5 mushrooms (chopped)
- + 2 carrots (diced)
- + 2 celery sticks (diced)
- + 2 garlic cloves (minced)
- + 300ml vegan stock
- + 2 tbsp balsamic vinegar
- + 2 tbsp tomato puree
- + 2 tbsp low cal spray
- + Vegan butter for mash



**Pre-cook your lentils beforehand following instructions on packaging*

METHOD

- 1) Peel & chop your potatoes. Boil them for about 12 minutes or until soft then drain. Mash the potatoes with vegan butter & salt and set aside.
- 2) Heat a pan on medium with some low cal spray then put in your garlic and diced carrots, onion, celery & chopped mushrooms. Fry for about 3-5 minutes, then add puree and balsamic vinegar, stirring in to combine
- 4) Add peas and cooked lentils with the stock. Bring to the boil then let simmer for 5-7 minutes
- 5) Preheat the oven to 200C. Put the lentil & veg mix into an oven proof dish and spoon the mash on top, smoothing so evenly covered.
- 6) Bake for 12-15 minutes, then grill for a minute or 2 to get the top golden brown.



If you have any favorite family meals and would like them in the next Brunswick Hub newsletter, email your recipe to frontdesk@brunswickhlc.org.uk