

Brunswick Hub News

JAN-MAR 2023



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

Tabletop Sale

After the success of previous sales, volunteers from the Prince's Trust are helping us run a tabletop sale of preloved children's toys and games on Tuesday 31st January. The sale aims to raise money for Brunswick Hub's Hardship Fund, that allows us to help those struggling to make ends meet.

If you want to grab yourself a bargain, head down to the Hub between 10am and 2pm to have a look at what's on offer!



Walking Group

Looking for a way to get more active? Walking is a great way to get fit, explore what's on your doorstep and make new friends. Why not join our free walking group on a Monday morning? Everyone is welcome - all ages and abilities!

Every Monday at 10.30am from the Hub



Call 01926 422123 or email theresataylor@brunswickhlc.org.uk for more information.

(If you are further away up in Lillington, there is a similar walking group available from Lillington Childrens centre on Mondays at 9am)

Dates to Remember

23rd January: *New Bereavement group starts*

31st January: *Tabletop sale*

6th February: *ESOL lessons start*

15th February: *Orbit Cost of Living Event*

22nd February: *Half term Family Funday*

28th February: *Menopause group starts*

5th April: *Easter Funday*

Upcoming Courses



Various free courses have been running throughout the academic year and we have several more to come, starting in the Spring.

A 5 week course on Internet & Email runs on Wednesdays 9.30am-12pm beginning April 26th.

A selection of short Microsoft App-focused courses are running Spring-Summer.
Microsoft Word—7th & 14th June
Microsoft Excel—21st & 28th June
Microsoft PowerPoint— 5th & 12th July

If you are interested in any of the above contact Rachel on 01926 422123 or email rachelcefai@brunswickhlc.org.uk

ASD

At Brunswick Hub we offer support for parents and carers of children, young people and adults with SEND needs.
Weekly group: This runs every Wednesday morning, 10am-12pm and is a chance to get advice & support from staff and peers.

1:1 Support: tailored help and advice with a variety of things, including but not limited to DLA, liaising with other professionals, form filling and accessing other support and services that benefit the family.

Facebook Group: Private group that shares info, advice & resources

For any of the above, contact Hannah via email:
hannah.stear@brunswickhlc.org.uk

Computer use

If you need to access a computer, we have PCs at the Hub that are available for public use. You can get in touch with us prior to coming in to book a computer, alternatively just drop in and see if we have one free.

Printing is available for a small cost:
10p per B&W side of A4
35p per colour side of A4

Please note, those wanting to use the computer will need to fill in a quick registration form if they are not already registered with the Hub.

These PCs are for independent use, unfortunately we don't have staff available for 1:1 support with using them.

February Family Fun Day

Wednesday 22nd February

1.30-4.00pm

Come and join us this afternoon in the School Holidays for free refreshments and Half Term fun!

Free Hot
Dogs



Kids
Craft



Tabletop
Sale



Free Hot
Chocolate



And more...

Are you 16-18yrs and looking for part time work?

3 Reasons every teen needs a part time job:

- Increased independence and sense of responsibility
- Key work skills, timekeeping, customer service
- Financial awareness and independence

Are you looking for **part time** work to fit around your education?

- We can put you in touch with local employers
- Help you create a CV
- Help you complete application forms
- Coach you and prepare for interviews
- Support you through the whole process

If you want to find part time work and need help please get in touch with Janine @ Brunswick Hub

01926 422123

janinedevaney@brunswickhlc.org.uk



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 a quiz or some gentle exercise, enjoy music from a band or occasionally go on a trip. Additionally, once a month, carers are joined by somebody from Carer's Trust for a separate Carers group, where they can get advice and support.



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

Orbit

If you are an Orbit tenant, we 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 we will listen to your needs and help you to work towards your goals. Contact Julie on 01926 422123 or email julieclamp@brunswickhlc.org.uk

African Drums

African drumming classes are here at the Hub every week on a Thursday evening, 7-8.30pm. The classes are £10 per session and are suitable for beginner to advanced level.



Call Vieux on 07518 750179 for more info.

(Please call ahead if you wish to borrow a drum as these aren't stored on site)



Orbit Event

In February, Orbit are hosting a Cost of Living event here at Brunswick Hub with advice & support for those living in Orbit properties. We will be serving free teas & coffees and bowls of warming winter soup for those attending. Stay tuned to our social media for further details and please call us to reserve a spot.

If you are struggling with a bereavement, we offer free one-to-one bereavement support both face-to-face or over the phone. For more information, call Theresa on 01926 422123 or email theresataylor@brunswickhlc.org.uk



Last Year

Brunswick Hub Highlights in 2022

JANUARY—We held an event for Orbit tenants at the Sydni centre



FEBRUARY—Brunswick Hub won a Matt Western Community Award for 'Community Group'.

We started a Money Management course for those struggling with the cost of living.

Janine joined the team as an Employment Officer.

MARCH—Triple Link had a bake sale & raffle and raised some money for Comic Relief.

Some of our staff team attended the Leamington Business Awards and The Hub won 'Charity of the Year'.

We relaunched our Walking Group—now on Mondays at 10.30.



APRIL—The Hub team relaunched Crown Routes in Lillington and began running services there such as our 'One-Stop Shop' and Seated Exercise.

We held an Easter event in the school hols and raised money for Safeline. There was kids crafts, an Easter egg tombola & a fire engine visit.

MAY—We continued to run services such as our Chilled Foodbank and Employment services.

JUNE— Triple Link celebrated the Jubilee with a traditional British tea party.

We welcomed Hannah to the team to run our ASD Support service.



at the Hub



JULY—Our Triple Link volunteers and Garden volunteer, Dougie were nominated at the WCAVA Awards. Dougie won the 'Environment Award' for all his hard work in our Garden area!
Sarah joined the team as our Community Food Project Officer.

AUGUST—Morrisons supported us through Summer (& beyond) with contributions to our Chilled Foodbank.

SEPTEMBER— We held a free interview workshop here at the Hub, run by CV Coach, Rebecca Pay.



We started receiving supermarket donations to reduce food waste and Free Food Thursdays & Fridays began.

Triple Link visited the British Motor Museum.

Our Open Afternoon took place with various organisations having stalls, an African drumming session and a performance by Spakulele.

OCTOBER—Our garden won a silver Leamington in Bloom award.

Triple Link at the Hub was the venue for Tony Britton receiving a Queen's award for Voluntary Services for all his excellent work with dementia support services.

NOVEMBER— We joined with Warwickshire Iyengar Yoga to offer 6 weeks of free Yoga to some of our service users.



The garden won a further award, this time from The Leamington Society.

DECEMBER—Our Triple Link members enjoyed a Panto at the Spa centre.



Christmas 2022 at the Hub

We held our annual Turkey Batch Day at the Hub and the turn out was bigger than ever! We gave out free turkey batches, had a tombola, raffle & other festive games, as well as a tabletop sale of preloved toys & games and a kids' craft table.



Our Triple Link group had a festive celebration of their own with turkey batches and music from Front House Attic Band.



Viv, Rachel and volunteers from Love Lillington held a Christmas lunch at Crown Routes. Customers tucked into a turkey dinner and enjoyed music from Circle Singers and Lillington Free Church.



Thank you to all who attended the above events and contributed to them, including all volunteers & Heart of England who helped us fund all three.

This year we once again appealed for donations from the wider community for gifts and Christmas treats and the response was unbelievably generous!

Both individuals and companies/organisations donated piles of children's gifts, which allowed us to provide many of the families that use our Chilled Foodbank and other services with Christmas presents for the children. We also got a brilliant amount of festive snacks & treats, as well food staple items that we were able to add as extras to food parcels.

We'd like to say a huge thank you to all that donated to the appeal, including the following :

Cellnex Telecom

Morrisons

Nick Whale Motor Homes

Tata Consultancy Services

Thomas Flavel Solicitors

Ashorne Hill

Wincanton

Aubrey Allen

Star & Garter

Rose & Crown

Cassandra Pokorny

The Hygiene Bank

The Hair Shop

The Salvation army

The Lions

Orbit

Wilko

Paul Donnelly @

National Grid

Gino De-Gol

Police Surgery

Local police visit the Hub once a month for those in the community to come and meet them, raising any issues/concerns that they may have about the local area.

Dates for the next few months are as follows*:

Thursday 2nd Feb

Thursday 9th March

Thursday 13th April

Please note: This session is dependent on police availability, we will try our best to put updates on our Facebook page if the drop-in is unable to go ahead that month.

Call us for more info

Menopause

Are you struggling with symptoms of the menopause?



Would you be interested in coming along to a support group with other ladies going through similar experiences?

New Menopause Support group starts Tuesday 28th February, 6-7pm and will run fortnightly to start with.

For further information about the group and how to book a place, get in touch with Theresa on 01926 422123 or via email: theresataylor@brunswickhlc.org.uk

Chilled Foodbank



Our Chilled Foodbank is for those in need of crisis support or really struggling to make ends meet and costs £5 for £20-worth of fresh & frozen goods such as milk, bread, eggs and some meat products.

How does it work? Those in need can be referred by organisations they are working with (such as Social prescribers, Family support, CAB, etc) or they can self refer - subject to a needs assessment - by contacting the Hub directly on 01926 422123 and having a chat to one of our team.

Once referred, we will arrange a collection day with you—We buy items to order so may be able to substitute items to suit dietary requirements.

Please get in touch if you are struggling, to see if we can help.

We usually have a selection of food donated by supermarkets to help reduce food waste. These items are free to pick up on Thurs & Fridays from about 9.15am. Come and get what you need.

Please note: Items are first come, first serve



Easter

Save the date!...In the Easter holidays, we're hosting an Easter Family day at the Hub! There will be free refreshments, kids crafts, an Easter raffle, an egg Tombola* and more.

Join us on Wednesday 5th April, 1.30-4.00pm

Proceeds from the day will go to our Hardship fund.

Stay tuned on our website or social media for more of the day's details nearer the time.

*We will be appealing for donations of Easter eggs from the beginning of March for the tombola & our Chilled Foodbank families



Adventure Babies

The sensory storytelling classes for little ones have started up again for a new term. For information on these fun and interactive sessions, or to book a place for a term, visit www.adventurebabies.co.uk/classes/warwickshire-coventry/



Hearing Aid Batteries

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.

Please note that we'll need to register any first-time BHUB service users.

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

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
ESOL Lessons	11:00-13:00	Term-time	Brunswick Hub
TUESDAY			
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
Menopause Support Group	18:00-19:00	From 28/02	Brunswick Hub
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
Digital Essential Skills Course	13:00-15:30	Term-time	Brunswick Hub
IT Courses	16:00-18:00	Term-time	Brunswick Hub
THURSDAY			
Police Surgery Drop-in	AM	02/02, 09/03	Brunswick Hub
Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
Ongoing Bereavement Group	12:30-14:30	Fortnightly	Brunswick Hub
African Drumming	18:00-19:30	Weekly	Call Vieux on 07518 750179
FRIDAY			
Adventure Babies	09:30-13:45	Term-time	www.adventurebabies.co.uk

Recipe Idea— Easy Vegetable Pasta

A simple and versatile pasta dish that will fill you up! You can mix and match veg for your faves or what you have in your fridge and beans are a great source of protein.

Serves family of 4

INGREDIENTS

- + (4 portions) pasta of your choice
- + 1 onion (*chopped*)
- + 1 courgette (*chopped*)
- + 1 pepper (*chopped*)
- + 2 tsp minced garlic
- + 2 tins chopped tomatoes
- + 1 large squeeze of tomato puree
- + 1 tin of beans (any variety)
(*drained & washed*)
- + 1 tbsp dried mixed herbs
- + 1 tbsp dried oregano
- + salt & pepper to taste
- + (opt) fresh herbs and/or cheese to garnish



METHOD

- 1) Boil pan of water and then put your pasta in to cook.
- 2) In a separate large pan, cook onions on a low heat until translucent then add in the chopped pepper and cook for 2-3 minutes.
- 3) Add courgettes and your dried herbs and cook until courgette starts to soften.
- 4) Add both tins of tomatoes and the puree and bring to the boil.
- 5) Season with salt & pepper then pop in your beans. Cover pan and simmer for 15 minutes.
- 6) When pasta is cooked, remove from heat and drain water.
- 7) Add cooked pasta to pan of sauce and stir to coat.
- 8) Serve! Top with fresh herbs or cheese to garnish if you wish.



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This recipe came from one of our service users.

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