

Brunswick Hub News

APRIL-JUNE 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

Menopause



Are you struggling with symptoms of the menopause?

We are holding a Menopause support group here at the Hub every other Tuesday, 6-7pm where you can have an open, non-judgemental chat with other ladies going through similar experiences.

For more information on the group, contact Theresa on 01926 422123 or via email: theresataylor@brunswickhlc.org.uk

Walking Group

Our weekly walking group, 'Shrubland Strollers' meet at 10.30am, every Monday at the Hub before going on a walk around the local area.

The group is open to all ages and abilities and is a great way to be a bit more active, spend some time in the fresh air and socialise with others.

If you would like to join in with the walk, drop in anytime to register then just come along!



Bereavement Support

If you are struggling following a bereavement, our support group starts Tuesday 11th April and runs weekly, 11am-12.30pm for 6 weeks. We also offer one-to-one support if that is more suitable.



If you would like to know more about the service, get in touch with Theresa at the Hub!

Recap Feb Fun Day

We held an event in February Half term for families with free food & drink, kids crafts and more. The afternoon was a great success, we had lots of families join us and everyone seemed to have a lovely time.

We'd like to take the opportunity to say a massive thanks to everyone that attended and/or contributed to the event, we appreciate all the ongoing support from the community.

Soundbaths

Trish @ Code 11 Holistics is now running a Guided Meditation & Sound Bath session here at the Hub, one Friday evening a month. Upcoming dates: 21st April; 26th May; 23rd June.

For more information on what the sessions entail and how to book a place on a session, visit Code 11 Holistics on Facebook.



Reception Services

We provide a variety of services from our reception at the Hub, which is open Monday-Friday, 9.30am-3pm. These include general information & signposting, printing & photocopying, scanning, issuing NHS hearing aid batteries and our slipper service. You can reach us during opening hours on 01926 422123 or email us at: frontdesk@brunswickhlc.org.uk

Dates to Remember

5th April: *Easter Family Fun*

7th & 10th April: *Closed for Easter Bank Holiday*

11th April: *New Bereavement Group Starts*

13th April: *Community Police Drop-in*

1st & 8th May: *Closed for Bank Holiday*

29th May: *Closed for Bank Holiday*

Orbit help



We provide a service to those living in Orbit properties, helping them to make positive changes in their lives.

If you are an Orbit tenant, we may be able to 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 officer, Julie will listen to your needs and help you to work towards your goals.

Get in touch with Julie by calling 01926 422123 or via email:

JulieClamp@brunswickhlc.org.uk

Cost of Living

How we can help...

With living costs rising, many more are finding themselves in financial hardship, here are some services that may provide a little relief.

Chilled Foodbank

We run an Emergency Chilled Foodbank for those in need. You can self-refer and (subject to a needs assessment) we can provide £20-worth of items including bread, milk, eggs & frozen meat products for £5. For more info on this service please pop into the Hub or give us a call.



Food Bank Vouchers

The Trussell Trust has a number of foodbanks around Leamington and Warwick throughout the week. If you are struggling to buy food, please get in touch with us at Brunswick Hub to see if we can issue you a voucher for one of these foodbanks.

Free Food Days

On Thursdays and Fridays, we usually have food items, such as bread loaves and salad veg that we put out for anyone to drop in and take what they need. These items are donated by supermarkets as they are past their date, with the aim to reduce food waste.

Sydni Veg Bags

The Sydni Centre run a veg bag scheme that provides a bag of mixed fruit and veg for a low cost—£5 for a Large, £3.50 for a Small. These can be ordered and collected from here at Brunswick Hub. We will need your order and payment by midday on a Tuesday, your bag will be available to collect on Thursday afternoon. This is a great low cost option for getting a selection of fruit & veg and is available for anybody.



Act On Energy

If you are struggling with increasing gas and electric costs, you can get advice on energy related issues from Act On Energy. Visit www.actonenergy.org.uk or call 0800 988 2881



Welcome to Sophie and Jo

We're really pleased to welcome two new members of staff to the Brunswick Hub team! Sophie and Jo have joined us to run our Employment programme and we're very happy to have them!

They will be running our 'Job Club' and offering one-to-one appointment to help those looking for work (See below left)

Employment

If you are looking for a job and need a little help, then our Employment team may be able to assist.

We hold a drop-in 'Job Club' every Thursday morning, 10-12.30 which provides free computer access for jobsearches and applications, with support and advice on hand.

We also offer appointments throughout the week for 1:1 support with employment. We can help with the following:

- >Creating/Updating CV
- >Universal Credit advice
- >Job applications
- >Interview techniques
- >Housing support
- >Debt Advice

To book an appointment, contact our employment team on 01926 422123

IT Courses

Computer courses at Brunswick Hub are run by Adult Community Learning.

There are still some shorter courses left to come this academic year, such as 'Using the Internet & Email', 'Introduction to Microsoft Word', 'Introduction to Spreadsheets (Excel)'.



Visit the ACL website:

www.warwickshire.gov.uk/adult-community-learning-offer/adult-community-learning-curriculum-areas/6 to see upcoming courses here at the Hub and at other venues.

Alternatively, you can call them on 01926 736392 or email: acl@warwickshire.gov.uk

Voting in the Local Elections

The local elections take place on Thursday 4th May and the deadline to register to vote is 17th April. This can be done online at gov.uk/register-to-vote. You now need photo identification to vote, if you don't already have an accepted form of ID, you can apply for a free voter ID by 25th April. For help with registering to vote or applying for a voter ID, call WDC Electoral Services team on 01926 456105.



ASD Support

We currently offer support to families with children & young people with ASD/SEND, as well as adults with additional needs. Hannah can offer one-to-one appointments for advice & support— She can be reached via email: hannah.stear@brunswickhlc.org.uk or on 07923 230579(Weds&Thurs).

As part of the service, we are now running two different coffee mornings a month that aim to give attendees a chance to chat, share advice and resources and have a cuppa.

Families of those with additional needs

There is a coffee morning on the 2nd Wednesday of each month, 10.30-12.30 at the Charles Gardner Community hall. You can also request to join our private Facebook group that shares info & resources and is a safe space to find peer-to-peer support.

Individuals 16+ with neurodivergence or mental health needs

There is a coffee morning on the last Wednesday of the month, 10.30-12.30 at the Charles Gardner Community hall. We now have a new Facebook group for 16+ with additional needs.

If you would like to come to either coffee morning or join one of the Facebook groups, get in touch with Hannah (See above).

Learn African Drumming

Thursday Evenings: 7.00pm – 8.30pm

£10 per person

Suitable from Beginner to Advanced level

Please call ahead if you wish to borrow a drum as these are not kept on site.

Any queries, contact Vieux:

Phone/text: [07518 750 179](tel:07518750179)

Email: bakayokomusic@gmail.com



Search Facebook/Instagram for:

Bakayoko_Music_Company



Triple Link

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 musician/band. In the next couple of months, the group is celebrating both Easter & the King's Coronation and going on a trip.

Every month, somebody from The Carer's Trust attends to offer advice and facilitate a discussion with those that are carers.

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

Photos: The group enjoy music from Frank Allen (Music Shed) whilst they have their tea & biscuits; Music by Nash who is a classical Sitar player



CAB

Citizens Advice now run a drop-in service on Tuesday mornings, 10am-12pm at their office in Hamilton Terrace, L Spa. Pop in where you will be triaged and have an appointment made. Alternatively call 0300 330 1183 Mon-Fri.

Havana Salsa



Cuban Salsa classes run at Brunswick Hub every Tuesday evening for beginner to advanced level. For more information on classes and how to book a place visit www.havana-salsa.co.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

TIMETABLE - These are our ongoing services.

Visit our website/contact as detailed below for more information

MONDAY

	TIMES	HOW OFTEN	CONTACT
Brunswick Walking Group	10:30-11:30	Weekly	Brunswick Hub
ESOL Lessons	10:30-12:45	Term-time	Brunswick Hub

TUESDAY

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	Fortnightly	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 Coffee Morning	10:30-12:30	Twice	Hannah @ Brunswick
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	Monthly	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
Guided Meditation & Sound Bath	18:30-19:30	21/04, 26/05, 23/06	Code 11 Holistics

Recipe Idea— One-pot Chicken & Broccoli Bake

This easy one-pot dish is a cosy dinner that serves 6. Extra vegetables such as cauliflower or courgettes can be added to stretch the recipe further so you could make another meals-worth to freeze.

INGREDIENTS

- + 300g chicken breasts (*in chunks*)
- + 1 medium onion (*chopped*)
- + 300g carrots (*peeled & chopped*)
- + 250g mushrooms (*chopped*)
- + 1 head of broccoli (*cut into florets*)
- + 300g Basmati or brown rice
- + 1 chicken stock cube dissolved in 800ml boiling water
- + 2 tbsp butter
- + 2 tbsp olive oil
- + 120ml whole milk
- + 200g grated cheddar
- + Zest of 1/2 lemon
- + 2 tsp thyme



METHOD

- 1) Preheat oven to 180°C (or 170°C fan)
- 2) In a medium pan, heat oil add the onion & garlic, sautéing until soft. Add in the mushrooms, carrots & chicken and continue to cook until the chicken is golden.
- 3) Add in the butter, rice and thyme. Cook and stir until the rice is coated in the butter & slightly toasted. Pour the stock into the pan, add the broccoli and bring to a boil.
- 4) Reduce the heat to low, cover and cook for about 30 minutes until the rice is mostly cooked and the broccoli is tender.
- 5) Once the rice is cooked stir through the lemon zest, milk and ¼ of the cheese.
- 6) Place in an oven-safe casserole dish if needed. Scatter the remaining cheese over top and bake for about 15-20 minutes.



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