

Brunswick Hub News

JULY-SEPT 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

Volunteer Week note

It was Volunteer Week in June and it gave us a chance to reflect on how grateful we are for our brilliant volunteers and extend a massive thank you to all those who help us out here at Brunswick Hub. Their contributions are invaluable and the Hub wouldn't be the same without those who donate their time to helping us out!

Coffee Shop



Our Coffee Shop is open throughout the week (Mon-Friday) for hot drinks, cakes and biscuits.

Over summer, there will be cold drinks available to purchase too.



Why not pop in, grab a drink & relax in our secret garden on a sunny day?...or have a cuppa & a treat in our café area?

Soundbaths



Come and sooth your soul at Code 11 Holistics' Guided Meditation & Sound Bath sessions, here at the Hub one Friday evening a month. (Tickets available on EventBrite)

Upcoming dates: 28th July; 25th August; 29th September.

For more information about the sessions:



Code 11 Holistics



code_11_holistics

Welcome to Jean

Last month, Jean joined Brunswick Hub as our new Admin Assistant and she is settling into the team brilliantly.

Jean has previous experience doing admin for a construction company before taking a break from work to raise her family. So far, she is enjoying being part of the team, meeting new people and engaging with the community.



We'd like to take the time to say a proper hello and welcome to Jean, it's lovely to have you!



Dates to Remember

6th, 13th, 20th July: *Cost of Living Workshops*

19th July: *Orbit Coffee morning*

1st August: *Late Drop in 4-6pm*

4th Sept: *New Bereavement group dates*

12th Sept: *Late Drop in 4-6pm*

20th Sept: *New I.T courses begin (see pg5)*

Princes Trust Thanks

We'd like to say a massive thank you to the Leamington Prince's Trust group who took on the project of improving the garden area along the front-side of the Hub. This was part of the 12 week team programme that they run for 16-25yr olds with the aim to boost their confidence and employability skills.



The group fundraised for the project—They did a 100k walk, held a raffle and spent time collecting donations from the public and raised over £400, as well as managing to procure some donations of materials. They then spent 2 weeks digging, painting & building planters, putting down slate and adding plants.



I'm sure you will agree that they have done a fantastic job, the front of the Hub looks better than ever! For more details on the team & their project, visit brunswickhlc.org.uk/our-new-front-garden/



BRUNSWICK HUB

LATE DROP IN

Our Wellbeing team will be here at the Hub between 4-6pm on the below dates to offer help & support to those who may not be able to make it during our usual hours.

Drop in* between 4-6pm on one of the below dates and see one of the team for help with the following:

- + Wellbeing support
- + Filling in forms
- + Foodbank & related resources
- + Benefit checks
- + Housing issues

TUESDAY, AUGUST 1ST

TUESDAY, SEPT 12TH

*(Appointment slots available)

FOR MORE INFORMATION, CALL 01926 422123

Allotment Appeal

The amount of people that come for our 'Free Food Table' (see pg6) continues to grow and is mostly stocked by donations from supermarkets and some of the non-profit services that we work with when they have surplus. However, last summer we were very grateful for donations of home/allotment-grown items we received from those in the wider community. If you grow fruit or veg and have an excess amount of produce that you do not want to go to waste, we would be very happy to take it off your hands so that others in the community could benefit.

Contact sarah.gutteridge@brunswickhlc.org.uk or call 01926 422123.

EMPLOYMENT SERVICES



What can we offer?

Our Employment team can give you individual support & friendly advice to help you in your job search.

Employment Club...

Every Thursday from 10:00am - 12:30pm, we have a drop-in session here at the Hub where there is free computer access and on-hand support.

If you feel you need more individual support, we can also offer 1-2-1 appointments.




CV help
Job searching
Interview preparation
Benefit calculations
Job applications
General advice/
employment support

CONTACT US

 Brunswick Hub, 98-100 Shrubland Street, CV31 3BD

 01926 422123

 employmentprogramme@brunswickhlc.org.uk

Upcoming I.T Courses

In September, Adult Community Learning will be running another set of courses to develop computer skills.

Basic Computing for Beginners (10wks)

Wednesdays, 9.30am-12.00pm

Basic Computing for Beginners (10wks)

Wednesdays, 1.00-3.30pm

Developing Skills with Computers (12wks)

Wednesdays, 4.00-6.30pm

All three courses are term-time only and begin on 20th September.

For more information or to book a place, call Adult Community Learning on 01926 736392 or email acl@warwickshire.gov.uk

ACL also run a wide range of courses up at their base in Pound Lane, Lillington, such as ESOL and Functional Skills. Visit their website for more information—www.warwickshire.gov.uk/adult-community-learning-5



Summer Event



In August, we are holding an event here at the Hub where you can meet the team and find out about our services.

There will be refreshments available and we will have second-hand school uniform up for grabs.

Wednesday 23rd August, 1.30pm-3.30pm

Stay tuned on our Facebook or website (www.brunswickhlc.org.uk) for more details to come.

Police Surgery

Community Police Officers will be at the Hub on a monthly basis for anybody to drop in for a chat if they need advice or have any concerns regarding the local area.

July 6th: 11-12:00

August 3rd: 11-12:00

Sept 7th : 11-12:00

Oct 5th: 11-12:00

Brunswick Hub's

FREE FOOD TABLE

Thursdays & Fridays
from 9am



Free Food

Surplus items from supermarkets and/or local growers donated to us that would otherwise be thrown away. Aims to reduce food waste as well as providing for those who may need it.

Due to the numbers using this service, we are now operating a queue system, which will hopefully be a little bit fairer.

On arrival, please join the queue and take up to 6 items.

(Please do not arrive earlier than 9am).

HAF

The holiday activities and food (HAF) programme is for school aged children in full time education from reception to Year 11 (inclusive), who receive benefits related free school meals.

The programme offers valuable support to families on lower incomes, giving young people the opportunity to access activities with a healthy meal provision over the Summer and other main school holidays .

For more information on the scheme and how to apply for a HAF code, as well as links to activity providers, visit <https://searchout.warwickshire.gov.uk/holidays-activities-food-haf>

The programme's Summer listings are now live and sessions often reach capacity so if you are eligible and book as soon as possible!

Veg Bags

The Sydni Centre's Veg bag scheme 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 & collected from here at Brunswick Hub. We'll need your order & 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.

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.

Looking for Cost of Living help?

Look after the pennies with **FREE**
cost of living workshops

- Saving Energy , Save Money
- Shop for Less, Cooking on a Budget
- Balancing your budget
- Making your money go further

Are you in control of your spending?



Make the most of your money and
develop good saving and budgeting habits

Brunswick Hub

10:00am to 12:30pm

Thurs **6th July 23**

Thurs **13th July 23**

Thurs **20th July 23**

98-100 Shrubland St, Leamington Spa
CV31 3BD

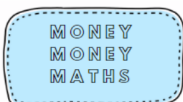
Scan Me



Start your journey to financial freedom today

To find out more and to register, go to

<https://cwcd.co.uk/community-services/money-money-maths/>



Garden Sessions

New Gardening club with Kat Reay from Warwickshire Wildlife Trust



Join Kat on Tuesday mornings, 10.00am—12.00pm in our Secret Garden.

You can plant some seeds to leave in the garden or take home and they'll be free drinks and biscuits available.

A great chance to meet new people and learn about nature and wildlife.



No need to book a place, just drop in!

Kat's also here to help with local wildlife related projects so if you have an idea, come and chat.

Our garden area is open to anyone throughout the week* and is a great space to enjoy the sunshine and get some peace and quiet.

*Mon-Friday, during the Hub's opening hours.



Walk Leaders Wanted!



Our weekly walking group meets at 10.30 every Monday morning at Brunswick Hub before going on a walk around the local area.

We are currently looking for volunteers that would like to become Walk Leaders. (Relevant training would be given).

If you are available on Monday A.Ms and are interested in this volunteer role, please get in touch with us on 01926 422123, email frontdesk@brunswickhlc.org.uk or pop in for more information.

Menopause

If you are struggling with symptoms of menopause and would like a place to have an open and non-judgemental chat with others having similar experiences, then come join our Menopause support group at the Hub. The group meets every other Tuesday, 6-7pm.



If you need any more information or feel you may want to join the group, please get in touch with Theresa on 01926 422123 or email thereastaylor@brunswickhlc.org.uk

Bereavement Support

Brunswick Hub offers both one-to-one bereavement support and support in a small group setting. Our next bereavement group runs for 5 weekly sessions from Monday 4th September, 1.00-2.30pm.



If you are struggling following a bereavement, and would like to know more about the service that we offer, get in touch with Theresa at the Hub.

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, or enjoy music from a band/musician. Over the next few months, there are some day trips planned for the group too.

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



To find out more, get in touch with Theresa by phone (01926 422123) or email theresataylor@brunswickhlc.org.uk

Yoga/Wellness (Thurs)

We now have Yoga & Wellness sessions here at the Hub on Thursdays, 5.30-6.30pm. Joe, who runs them, explained what the classes are about...

"The class is a full body flow that will get you more flexible more mobile more able to move how you naturally should and at the same time build on your core strength, mindfulness and connection to the earth.

I call upon my years of experience and study across multiple movement disciplines, meditation styles and body biomechanics. It is for all abilities and ages"

The class is £10 and pay as you go.

Whatsapp Joe on 07782139061 for more information



African Drumming

African drum classes are here every Thursday, 7-8.30pm at the Hub. 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)



Do you enjoy the outdoors? Would you like to bring your community together?

We are looking for Community Mile volunteers who would like to be a part of a new group at Brunswick Hub. These volunteers will attend a one-day training course to develop their ability to facilitate these activities.

Activities include:
Buggy Walk
Community Litter Pick

If there is another activity you would like to help run please let us know.



If you are interested,
Contact Julie on 01926 422123



building
communities



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

TUESDAY

Prospects (Career advice for 16-18 year olds)	13:00-16.00	Weekly	Contact Catherine on 07702 862446
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Menopause Support Group	18:00-19:00	Fortnightly	Brunswick Hub
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WEDNESDAY

Basic Computing course	9:30-12:00	From Sept	ACL- 01926 736392
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ASD/SEND Coffee Morning	10:30-12:30	Twice monthly	Hannah @ Brunswick Hub
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Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
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Basic Computing course	13:00-15:30	From Sept	ACL- 01926 736392
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Developing Computer skills	16:00-18:30	From Sept	ACL- 01926 736392
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THURSDAY

Drop-in Baby Weigh Clinic	9:00-11:30	2nd&4th Thursday	Contact Health Visitor for any info
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Police Surgery Drop-in	11:00-12:00	6/7, 3/8, 7/9	Brunswick Hub
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Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
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Yoga and Wellness Classes	17:30-18.30	Weekly	Whatsapp Joe on 07782139061
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African Drumming	19:00-20:30	Weekly	Call Vieux on 07518 750179
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FRIDAY

Adventure Babies	09:30-13:45	Term-time	www.adventurebabies.co.uk
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Guided Meditation & Sound Bath	18:30-19:30	28/07, 25/08, 29/09	Code 11 Holistics (see pg1)
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Recipe Idea— Turkey and Cabbage Stir Fry

This quick and easy stir fry recipe is perfect for hot summer week nights when you don't want to turn on your oven. It's also a great way to use up leftover veg!

Serves family of 4

INGREDIENTS

- + 500g Turkey mince
- + 1/2 head of cabbage
- + 1 large carrot
- + 1 white onion
- + 1 spring onion
- + Handful of coriander
- + 2 tbsp Soy sauce
- + 1 tbsp cooking oil
- + Peanuts (*chopped*)



METHOD

- 1) Prep your veg—Chop cabbage and carrot into shreds, dice your white onion and slice any other veg you want to add.
- 2) Heat a wok or large frying pan with oil on a medium heat, then once it is hot, add in onions until they start to soften.
- 3) Add in turkey to brown, then add cabbage and carrots. Spoon in soy sauce and cover to cook for about 10mins. Stirring every few minutes.
- 4) Uncover and cook for additional 5mins
- 5) Serve garnished with chopped spring onion, coriander and peanuts.



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