

Brunswick Hub News

JAN-MAR 2024



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

Walking Group

Our weekly walking group, 'Shrubland Strollers' meet at 10.30am on Mondays 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!



Menopause group



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-judgmental chat with other ladies going through similar experiences.

For more information on the group, contact Theresa on 01926 422123

Police surgery

Community Police will be at the Hub on a monthly basis for those in the community to come and meet them, raising any issues/ concerns that they may have about the local area.

First Thursday of the month, 11am-12pm

Please note: This session is dependent on police availability—we will update our Facebook with cancellation or alternate dates

Dates to Remember

1st February: Police Drop in

19th February: New Bereavement Group begins

7th March: Police Drop in

27th March: Easter Family Fun Day
(see page 9)

29th Mar-1st April: Easter Weekend (The Hub is closed)

4th April: Police Drop in

9th April: Late Health & Wellbeing Drop in session (see page 5)

Free Food Table

We usually have a selection of food donated by supermarkets to help reduce food waste as well as providing for those who may need it. These items are free to pick up on Thurs & Fridays from 9am. On arrival, please join the queue and take up to 6 items.



Bereavement Support

If you are struggling following a bereavement, we offer bereavement support on a one-to-one basis or in a small group setting.

The next group runs from Monday 19th February, weekly from 1pm-2.30pm, for 5 weeks.



To book a place in the group or to enquire about individual support, please give the Hub a call on 01926 422123 or

email theresataylor@brunswickhlc.org.uk

Chilled Foodbank



We run an Emergency Chilled Foodbank for those in need of

crisis support or really struggling to make ends meet. We ask for a contribution of £5 for £20+ worth of fresh & frozen goods such as milk, bread, eggs and some meat products.

You can self-refer and subject to a needs assessment, we will arrange a collection day with you.

Call the Hub on 01926 422123 or pop in to chat to one of our team.

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

NEW

Health & Wellbeing

DROP IN

SESSIONS

The Health & Wellbeing team will be hosting a drop in session every Wednesday afternoon for those that would like their help & support.

1 - 3PM

They can offer advice and help with a variety of matters including:

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

Starts Wednesday 10th January 2024

FOR MORE INFORMATION, CALL 01926 422123



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

Late Drop ins

The Health & Wellbeing team will be resuming their late drop in sessions the Spring, with the first one being Tuesday 9th April. Pop in between 4-6pm for advice and support from the team.

In the meantime, you can ring to book an one-to-one appointment with one of the team* or attend one of the Wednesday afternoon sessions.

**Please note, there is currently a bit of a wait for an appointments with the team.*



Glo Babies

Glo-Babies have a weekly session here at Brunswick Hub every Monday afternoon for 0-3year olds. The sessions feature 'light play', a magical way to encourage sensory development. Visit their Facebook page: www.facebook.com/globabies2018 for more information on sessions and how to book.

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. Last year, they celebrated Easter and the King's coronation and visited Twycross zoo, several museums and had a day in Bourton on the Water.

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

Last Year

Brunswick Hub Highlights in 2023

JANUARY— We gave out 'Warm Packs' to those that needed them.

FEBRUARY— We held a 'Family Fun Day' with free food and activities. We started a fortnightly group for those struggling with the Menopause.

MAR— Sophie joined the team to run our Employment services.

APRIL— We appealed for Easter eggs and had a great response, allowing us to provide some to families using our Chilled foodbank. We held an Easter Fun Day in the school break. Triple Link visited the MAD Museum.



MAY— We won an award from then-Mayor, Nick Wilkins for our efforts in the community.

JUNE— Jean joined the team as our new Admin Assistant.

The Princes Trust Leamington group worked hard to revamp our front garden area.

Entrust took over our café on Fridays, serving hot sandwiches and home-made cakes.

JULY— The Health & Wellbeing team started monthly late drop-in sessions for those who may not be able to make it in for advice in our regular hours.

Triple Link had a lovely day at Twycross zoo.



at the Hub



AUGUST— We worked with Morrisons on a preloved School Uniform scheme.

Both Redlands Residents Association & Murphfest raised money for the Hub.

We had a Defibrillator installed— courtesy of Our Jay Foundation.



Triple Link visited the Motor Museum

SEPTEMBER— The Annual Suicide Awareness Jam raised money for our Bereavement services.

Mini Kickers toddler sessions were rebooted for the new school year.

Triple Link had a day out in Bourton on the Water.



OCTOBER— St Patricks School gifted us bags of items donated for their Harvest Festival.

We launched our Christmas Appeal.

We held a Halloween Fun Day in the Half Term.

NOVEMBER— The Health & Wellbeing team trialed weekly Wednesday drop-ins (See page 4).

We held some free Christmas tree ornament workshops to make decorations for a tree festival.



DECEMBER— Staff & Volunteers spent a day at Morrisons collecting generous donations from shoppers.

We had a tree at Leamington Tree Festival which raised money for Helping Hands.

We offered gifts and food items to families that needed it thanks to the amazing response to our appeal (See overleaf).

We held our annual Turkey Batch Day for the community.



Christmas 2023 at the Hub

We launched our Christmas appeal in the Autumn and were stunned by the generous response in the months that followed. We received donations of new gifts, food items including festive treats and gift vouchers, as well as some cash donations, that helped us support families that were struggling this Christmas. We were also donated amazing amounts of pre-loved toys & games and tombola prizes for our Turkey Batch Day which raises money for our Hardship Fund.

We're very thankful to all the organisations & individuals that supported the Hub over the Christmas season, including:

Redlands Residents Association

Wincanton

Love Katies

Nick Whale Motor Homes

MGAE

Twinkle Stars

The Hygiene Bank

Salvation Army

Warwick School

Unique Care & residents of Queensway Court

TCS

Many thanks to all of the above as well as the countless members of the public that have been kind enough to donate to our Christmas appeal, including those that contributed on our Fill-a-bay day at Morrisons.

We held our annual Turkey Batch Day on 20th December. It was a great afternoon—we gave out free turkey batches and hot chocolate, and held various stalls including a tombola, a tabletop sale of preloved toys & games, guess the teddy's name and a raffle.



We'd like to say a huge thank you to the amazing volunteers that helped us in the busy run up to Christmas and on Turkey Batch Day itself, it was very much appreciated!

Fruit & Veg Bags

The Sydni Centre's Fruit and Veg bags are available to order and collect at the Hub. Orders must be placed & paid for by midday on a Tuesday (bags are then available for collection on Thursday PM). Large bags cost £5, whilst a smaller bag is £3.50. A box of half dozen eggs are available for £1.30.



For more information, call us on 01926 422123 or pop in to the Hub

*Seen above—Contents of a large bag.
Items differ from week to week*



adventure babies

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

Easter

This Easter holidays, we will be holding another Family Fun Day with free refreshments, kids crafts and a tombola to raise money for our Hardship fund.

Join us on Wednesday 27th March, 1-3pm

Stay tuned on our website and social media for further details—You can visit the Facebook event page with the following link:

www.facebook.com/events/227513250416029



Speaking of Easter, we are appealing for Easter eggs and treats to be used for our Chilled Foodbank and at the above event. If you would like to help by donating, please bring any donations to the Hub before Friday 22nd March.



MINI KICKERS SESSION



TUESDAY 1:00 - 1:45 | AGE; 2 - 4 YEARS | £3 PER SESSION
BRUNSWICK HUB | CV31 3BD
EMAIL; EMMA.PHEASEY@LEAMINGTONFC.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 or contact as detailed below for more information

MONDAY			
	TIMES	HOW OFTEN	CONTACT
Brunswick Walking Group	10:30-11:30	Weekly	Brunswick Hub
Glo Babies	13:00-14:00	Weekly	facebook.com/globalbabies2018
TUESDAY			
Prospects (Career advice for 16-18 year olds)	13:00-16:00	Weekly	Contact Catherine on 07702 862446
Mini Kickers - Toddlers sport sessions	13:00-13:45	Term-time	Email emma.pheasey@leamingtonfc.co.uk
Menopause Support Group	18:00-19:00	Fortnightly	Brunswick Hub
WEDNESDAY			
Basic Computing course	9:30-12:00	Term-time	ACL- 01926 736392
Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
Basic Computing course	13:00-15:30	Term-time	ACL- 01926 736392
Developing Computer skills	16:00-18:30	Term-time	ACL- 01926 736392
THURSDAY			
Drop-in Baby Weigh Clinic	9:00-11:30	2nd&4th Thursday	Contact Health Visitor for any info
Police Surgery Drop-in (*Subject to staff availability)	11:00-12:00	First Thurs of month	Brunswick Hub
Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
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
Entrust Cafe	9:00-13:00	Term-time	Brunswick Hub
Guided Meditation & Sound Bath	18:30-19:30	26/01, 23/02,	 @code11holistics

Recipe Idea— Quick Chickpea & Spinach Curry

A flavorful and comforting one-pot vegan dish that can be made in a short time. Serve with rice or naan bread. (From healthylivingjames.co.uk)

Serves family of 4

INGREDIENTS

- + 3 Garlic Cloves
- + 1 Onion
- + 2 tins of Chickpeas
(*drained*)
- + 200g Spinach
- + 2 tbsp of Tomato puree
- + 1 Veg stock cube
- + 1 can of Coconut milk
- + 60g Ground almonds
- + 200ml Water
- + 2 tbsp Olive/Coconut oil
- + 1 tsp Paprika
- + 1/2 tsp Cayenne pepper
- + 1/2 tsp Ground Coriander
- + Pinch of Chilli flakes



METHOD

- 1) Crush the garlic and roughly dice the onions then add both to a pot with oil over medium heat until the onion softens
- 2) Add all the spices to the pot, along with the puree and stir
- 3) Add the drained chickpeas, coconut milk vegetable stock & ground almonds and cook on a medium-high heat for around 5 minutes, making sure to stir
- 4) Take off the heat and stir through spinach until it wilts
- 5) Serve with chosen side



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