

# Brunswick Hub News

APR-JUN 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](http://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

## Award Nominations

We are really pleased to share that Brunswick Hub has recently has been nominated for several awards.

Firstly, the Hub has been nominated for the Ladies First Business & Inspirational Women Awards 2024 in two different categories -

*'Charity of the Year/Community Champion'*  
*'Excellence in Health & Wellbeing'*.

We have also been nominated in the *'Community of the Year'* category in this years Business Success Awards!

We are very grateful for the nominations, thanks to everyone involved!

To find out more about either awards, visit the below websites:

<https://ladiesfirstnetwork.co.uk/>

<https://businesssuccessnetwork.co.uk/>



## Bereavement group

There will be a new Bereavement group beginning on Tuesday 4th June. The sessions will run every Tuesday, 11am-12.30pm for 5 weeks. If you are struggling to cope after a bereavement and would like to book a place in the group, please call us on 01926 422123 or email [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)

## Dates to Remember

4th April: *Police Drop in*

9th April: *Late drop in*

2nd May: *Police Drop in*

6th May: *Bank Holiday—Hub closed*

8th May: *No Wednesday drop in*

9th May: *RockBox starts at the Hub*

27th May: *Bank Holiday—Hub closed*

4th June: *New Bereavement group starts*

4th June: *Late drop in*

6th June: *Police drop in*



For children ages 2-4 years old, Mini Kickers runs every Tuesday afternoon (term time only) between 1-1:45pm here at the Hub.

£3 per session.

For more info, email

[emma.pheasey@leamingtonfc.co.uk](mailto:emma.pheasey@leamingtonfc.co.uk)

## Printing & Photocopying



Unfortunately, due to rising supply costs, we'll be slightly changing some of our printing prices.

Black and White printing will remain 10p per A4 side, 20p per A3 side - However colour printing will now be 50p per A4, 80p per A3 side.

These changes will start from April.

Just a reminder, we are only able to take cash here at Brunswick Hub.

## Wolseley Volunteering

In March, a team from Wolseley came for a volunteering day here at the Hub. They spent the day in our Secret Garden, working hard to get the space looking good, giving it the TLC it needed after the winter season. They sorted the greenhouse, garden furniture and planting areas to get the garden ready for reopening soon.

We would like to say a massive thank you to the team for their efforts, they did an amazing job on the garden (and generously donated to the Easter appeal too - Pg 8)

We look forward to doing some planting (*see below*) and opening up the Secret Garden when the weather picks up a bit—it will be a lovely place to spend time in again come Summer!



## Garden Volunteering

Now that Spring is officially here, we are looking for volunteers to be a part of our garden project.



If you have a few hours to spare during the week and would like to get involved, give us a call on 01926 422123 to register your interest.

## Save the Date!



Summer Holiday Event  
on Tuesday 6th August  
@ Brunswick Hub

## Changes to Wednesday Drop in

Over April and May, we will continue to run Wednesday drop in sessions with the Health & Wellbeing staff despite a reduced team. We plan to run these weekly, between 1-3 every Wednesday afternoon, however this may change so please check our Facebook for any updates or give us a call. Late drop ins will continue (see below).



There will be no drop in on Wednesday 8th May -Apologies for any inconvenience.

One to one appointments will still be available, however there is a little bit of a wait for these. If you need help & support from the team, please call us on 01926 422123

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.

TUESDAY, APRIL 9TH

TUESDAY, JUNE 4TH

TUESDAY, JULY 2ND

TUESDAY, AUG 13TH

FOR MORE INFORMATION, CALL 01926 422123

# VOLUNTEERS WANTED:

WE ARE LOOKING FOR  
SEVERAL DIFFERENT  
VOLUNTEERS TO ASSIST  
WITH VARIOUS SERVICES  
AT CROWN ROUTES,  
LILLINGTON

## CHILLED FOODBANK VOLUNTEER

Role involves helping to operate our Chilled Foodbank scheme at the Crown Routes location. Transport is required (expenses will be paid)

## TEA & CHAT (FOR NEW PARENTS) VOLUNTEER

We are looking for someone who has young children who would be interested in running a regular session for new parents to get advice and support.

## HEALTH & WELLBEING VOLUNTEER

Role involves assisting with providing advice and support to those in the local community



BRUNSWICK HUB @ CROWN ROUTES

Crown Routes, Acorn Court, Stockton Grove,  
Lillington, CV32 7NP,



IF YOU ARE INTERESTED OR WOULD LIKE ANY  
MORE INFORMATION, EMAIL  
[DAWN-JOHNSTONSMITH@BRUNSWICKHLC.ORG.UK](mailto:DAWN-JOHNSTONSMITH@BRUNSWICKHLC.ORG.UK)

# Do you have a child with SEND needs and want some support?

The Brunswick Hub SEND project can help with various things, including:

- Disability and carer benefits
- Grants and funding
- School and education
- Knowledge and advice around additional needs and strategies to help
- Support with understanding processes and procedures
- Isolation and loneliness
- Parent and carer wellbeing
- Group support (in person and facebook)
- Signposting and referring
- Liaising with professionals
- Forms

Feel free to contact Hannah on [hannah.stear@brunswickhlc.org.uk](mailto:hannah.stear@brunswickhlc.org.uk) or drop in at the monthly support group (3rd Thursday of the month, 10am-12pm)



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

# Are you a parent or carer to a child with additional needs?

## Would you like to meet other parents?

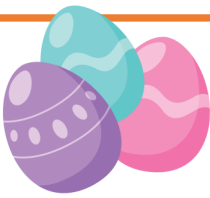
The Brunswick Hub SEND project holds:

- Support group on the 3rd Thursday of the month between 10am and 12pm
- Closed Facebook group that can be joined once registered with the service
- Evening online support groups on an Ad-Hoc basis
- Support groups and drop ins held at other venues on an Ad-Hoc basis
- Signposting to other social opportunities and groups

Please feel free to turn up at the monthly support group or email Hannah on [hannah.stear@brunswickhlc.org.uk](mailto:hannah.stear@brunswickhlc.org.uk) for more information.



Brunswick Hub,  
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# Easter at the Hub

## Easter Appeal

This year, we once again appealed for Easter eggs for our Chilled Foodbank and to use at our Easter event that raised money for the Hub's Hardship fund. We had an amazing response as usual from our brilliant community! We would like to thank all the individuals who donated eggs and Easter goodies over the last few months, as well as the following organisations:

- >The Hornets Netball group
- >TCS
- >Codemasters
- >Morrisons
- >WG Rathbone & HJ Dawson
- >Wolseley



*Top right: Staff from the Hub & Cellnex with their donations*

*Above: Karen from The Hornets donates eggs from the group*

*Left: Staff from WG Rathbone & HJ Dawson visit with Easter eggs*

## Easter Fun Day

We held our annual Easter event in the Easter holidays and the turn out was brilliant, with just under 300 people showing up to join in. Thanks to all that attended, we raised a great amount of money for our Hardship fund! We'd also like to say a huge thanks to all the volunteers that helped out on the day—your time & efforts were much appreciated and we couldn't have done it without you!

Many thanks to The Green Man Pub who held an Easter Raffle at their Curry Club on Easter Sunday, that raised money for Brunswick Hub and Warwick Lions Club!





## Soundbaths from Code 11 Holistics

Trish from Code 11 Holistics hosts a monthly Guided Meditation and Soundbath session here at the Hub.

The sessions run on a Friday evening 18:30-19.45 and the next few dates are as follows:

Friday 26th April

Friday 31st May

Friday 28th June



Visit Code 11 Holistics on Facebook for more info or go to <https://www.eventbrite.co.uk/o/code-11-holistics-55602742603> to book

**entrust**  
care partnership



*You're Invited!*



To join us **every Friday morning 9am -1pm**, during term time, for good company and delicious food & drinks at the **Brunswick Hub in Leamington** from Friday 8th September.

Our staff team and two fabulous Trainees, on the Pathway to Employment, will be serving whilst learning the skills they need to move into paid employment. Come along, support our young people and enjoy something yummy in a warm space or in the secret garden on sunny days.

**BHLC**

The Brunswick Hub, 98-100 Shrubland Street, Leamington Spa CV31 3BD



# SLOW COOKER Cooking Classes

*With Anne Marie*

**4 WEEKLY CLASSES TO LEARN HOW TO PREPARE  
TASTY, AFFORDABLE MEALS IN A SLOW COOKER**

**1:00 - 2:30pm**      ● **1ST MAY**      ● **8TH MAY**  
                                 ● **15TH MAY**      ● **22ND MAY**

*Limited spaces available*

If you are interested in booking a place (even if you don't already have a slow cooker), give us a call on 01926 422123



BRUNSWICK HUB, 98-100 SHRUBLAND STREET, LEAMINGTON SPA, CV31 3BD

## 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](http://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

#### TUESDAY

Prospects (Career advice for 16-18 year olds)	13:00-16:00	Weekly	Contact Catherine on 07702 862446
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Mini Kickers - Toddlers sport sessions	13:00-13:45	Term-time	Email <a href="mailto:emma.pheasey@leamingtonfc.co.uk">emma.pheasey@leamingtonfc.co.uk</a>
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Late Drop in for Help/Advice	16:00-18:00	9/4, 4/6, 2/7	Brunswick Hub
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Menopause Support Group	18:00-19:00	Fortnightly	Brunswick Hub
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#### WEDNESDAY

Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
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Drop in for Help/Advice	13:00-15:00	Weekly	Brunswick Hub
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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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SEND Group	10:00-12:00	3rd Thursday	Brunswick Hub
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Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
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Police Surgery Drop-in (*Subject to staff availability)	11:00-12:00	First Thurs of month	Brunswick Hub
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RockBox fitness	18:00-19:00	Weekly (from 9/5)	Email <a href="mailto:mcbeth77@hotmail.com">mcbeth77@hotmail.com</a>
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African Drumming	19:00-20:30	Weekly	Call Vieux on 07518 750179
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#### FRIDAY

Entrust Cafe	9:00-13:00	Term-time	Brunswick Hub
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Guided Meditation & Sound Bath	18:30-19:45	26/04, 31/05, 28/06	 @code11holistics
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## Recipe Idea— Leek and Bacon Pasta

A quick and easy recipe with only 5 ingredients—Ideal for a weeknight dinner for all the family. (From [bbcgoodfood.com](http://bbcgoodfood.com))

*Serves family of 4*

### INGREDIENTS

- + 1 tbsp olive oil
- + 300g leek  
*(halved & finely sliced)*
- + 8 rashers of smoked streaky bacon *(sliced)*
- + 400g pasta
- + 100g herb & garlic soft cheese



### METHOD

- 1) Heat the oil in a large non-stick frying pan before adding the leeks and 2tbsp water. Cook until soft (about 10 minutes)
- 2) Add the bacon and turn up the heat—fry until cooked
- 3) Meanwhile, cook your pasta following the instructions on the pack. When ready, drain and keep a mug of the pasta's cooking water.
- 4) Spoon soft cheese in with your leeks and bacon along with a little of the pasta water.
- 5) Season with salt & pepper and stir gently over a low heat until the soft cheese has melted
- 6) Add the cooked pasta and toss to combine (adding a little more pasta water if need) so the sauce coats the pasta.



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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](mailto:frontdesk@brunswickhlc.org.uk)