

Brunswick Hub News

JUL-SEPT 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

Prince's Trust



Last month, we had a team from the Prince's Trust visit to do some jobs in our Secret Garden & the front garden area.

The Team Programme is a 12 week programme that they run for 16-25yr olds with the aim to boost their confidence and employability skills, which includes a community project for which they chose to help us out here at Brunswick Hub. Prior to their time spent here, the group fundraised for the project in order to buy the materials they needed—They did a sponsored walk and ran a tombola.

They painted & repaired the fences, repainted pots and weeded them all, freshened up the decor within the garden which had all weathered and faded, repainted all tables and chairs in the garden and have given everything a good clean.



Thank you so much to Team 202 (Ollie, Raine, Lucy, Cameron, Eden, Jack, Lauren, Josh, Skye, Ashton, Dominic, Eliza & Ryan) and leader, Martin, for all their hard work. Let's hope the sunshine remains so we can enjoy the summer in the garden!



Dates to Remember

2nd July: Late Drop in (pg9)

4th July: Police Community Drop in

4th July: Job Fair @ Lillington Pantry

19th July: School Holidays begin

1st Aug: Police Community Drop in

6th Aug: Family Fun Event (see opp)

13th Aug: New Bereavement group begins (pg6)

13th Aug: Late Drop in

26th Aug: Bank Holiday—the Hub is closed

5th Sept: Police Community Drop in

24th Sept: Late Drop in



JOB FAIR

4TH JULY 2024
11:00AM - 02:00PM

Lillington Community Pantry, based at
Pound Lane Learning Centre, CV32 7RT



Local employers and training providers showcase their current opportunities at our first job fair!

employmentprogramme@brunswickhlc.org.uk



Computer use

We have two computers for public use in our coffee shop area - They are free to use, however you will need to register with us if you haven't already.

You can book a slot or just pop in and see if we have one available.

Printing costs are as follows:

10p per B&W A4 side

50 per Colour A4 side

20p per B&W A3 side

80p per Colour A3 side

Our printer is unable to print from phones via wi-fi but you can email printing to us and we will print this for you (above prices apply)

FREE FAMILY

Fun Day

this Summer



TUES 6TH AUGUST 10AM-2PM

* **Variety of fun activities**

* **Free hot dogs & drinks**

* **Bake Sale**

* **Raffle**

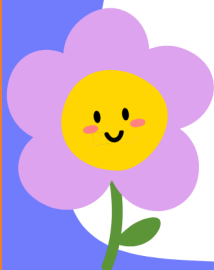
* **Local 'Treasure Trail'**

(for a small prize)

→ Kids Craft, STEM activity run by TCS, activities in our secret garden, and more...

→ A range of prizes from local businesses

**EVENT TO RAISE MONEY FOR THE HUB'S CHILLED
FOODBANK & HARDSHIP FUND**



← Visit our Facebook page!

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



EMERGENCY CHILLED FOODBANK

Brunswick Hub offers a Chilled Foodbank scheme that can support those in need of crisis support.

We provide basic fresh and frozen items* such as bread, milk, eggs and frozen meat products.



*Items are bought to order so we may be able to substitute some items to meet dietary requirements

Those in need can self-refer and following a short needs assessment, we will arrange a collection date. We ask for a contribution of £5 for items valuing £25

Please give us a call on 01926 422123 or pop into the Hub to have a chat with one of the team.



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Community food project

Many families & individuals are struggling with the rising living costs in some way or another and we offer various services as part of our Community food project that can help.

Here are some of what we offer...

Our Emergency Chilled Foodbank is for those one offs when you are really having a hard time (barely any money and no food in the fridge) - See opposite page for more information.

On Thursdays & Fridays, we have a 'Free Food Table' at the Hub. Surplus items from supermarkets, etc are donated as they can no longer be sold— The idea is to reduce food wastage as well as give an extra hand to those feeling the pinch. Items are put out at about 9am and are there until they are all gone.

We have linked with Sydni centre and take orders for their Fruit & Veg Bag scheme (See page 10).

We now offer a bag of low cost basic Toiletry items for just £2 for those on certain benefits (see top right).

For more information on any of these services, get in touch with us here at the Hub.

Now at the Hub: TOILETRY SELECTION BAGS



FOR JUST £2!

Available for those in low income households, receiving benefits such as Universal Credit or Pension Credit

Will usually include*:

- Shampoo
- Conditioner
- Shower gel
- Toothpaste & Toothbrush

(with optional items - sanitary products & razors)

**Subject to availability*



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Do you grow your own produce?



If you have excess produce that you do not wish to be wasted, we will happily take it off your hands for our 'Free Food Table' so others in our community can benefit.



Get in Touch with Sarah on 01926 422123 or at

sarahgutteridge@brunswickhlc.org.uk

HAF Programme



The HAF Programme is funded to provide young people who are in full-time education (Reception to Year 11) and eligible for benefits-related free school meals with access to enriching activities and meals, for free, during the three main school holidays - Winter, Spring and Summer. Summer HAF will be running from Monday 22nd July - Friday 30th August 2024 and you can book a maximum of 16 sessions per HAF code. You can book with one provider, or you book across multiple providers.

For information or to get a HAF code, visit searchout.warwickshire.gov.uk/holidays-activities-food-haf/haf-parents

Volunteer Week Recap

Last month from 1st-7th June, it was Volunteer Week 2024—a chance to celebrate those that volunteer for the brilliant things they do.



We took the opportunity this Volunteer Week to gather as much of the team as possible together for a small coffee morning and it was lovely for everyone to have a chance to catch up.

Thank you to all that made it—for those that couldn't on this occasion, you were very much missed!

Bereavement Group

We offer a free bereavement support service here at the Hub that includes both one-to-one and group support.

Our next group runs on Tuesdays, 11-12.30 from 13th August for 5 weeks.

To book a place or find out more, call Theresa on 01926 422123



Our small volunteer team, that help with our various services such as our dementia group or parts of our food project, donate an great amount of their time, effort & enthusiasm.



Triple Link

Our Triple Link Dementia Café runs every Wednesday morning here at the Hub, 11-12.30, for those living with dementia and their carers. Those attending get to have a chat over a cuppa & a biscuit and enjoy the weeks activity—This ranges from a musical performance to seated yoga. The group also go on trips out every so often, they recently spent a lovely day at Bletchley Park.

To find out more about the service, please give us a call on 01926 422123 or contact Theresa at theresataylor@brunswickhlc.org.uk

Employment Services

Our friendly employment services are here to help you. Whether it's to create an outstanding CV, provide help completing an online application, advise on interview preparation or simply assist you with your job search, we are there every step of the way.

We can help with:

- > Creating/updating CV
- > Completing applications
- > Online job searches
- > Finding training courses
- > Benefit checks/advice
- > General advice & support
- > Interview tips

WHERE ARE WE BASED?



Monday - 1-2-1 appointments available at the Brunswick Hub

Thursday - 10:00am - 12:30pm drop-in session in the IT suite at the Brunswick Hub

Friday - 10:00am - 12:00pm drop-in session at the Lillington Community Pantry

For more information, please get in touch with Sophie on 01926 422123 or email employmentprogramme@brunswickhlc.org.uk

Health & Wellbeing Support

Our Health and Wellbeing team are here at the Hub to provide advice and support to those who need it.

They can help with a variant of issues including:

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

Wednesday Drop ins

The team hold a drop in session every Wednesday afternoon from 1-3pm for anybody that needs their support. They will do what they can to help you there & then, or they will book you a full appointment if you need further support.

Late Drop ins

Similar to our Wednesday drop ins, these sessions give those who need support a chance to see one of the team without needing an appointment. We run these session once a month on a Tuesday, 4-6pm for those that may not be able to make the regular session. The next dates scheduled are 2nd July, 13th August and 24th September.

1:1 Appointments

Appointments are available with one of the team throughout the week. There is a little bit of a wait at present for an appointment but if you contact us and leave your details, we will try our best to get back to you as soon as we can.



For more information or to request an appointment, please give us a call on 01926 422123 or email frontdesk@brunswickhlc.org.uk. Alternatively, pop in and speak with one of the reception team and they will take your contact details.

Fitness Classes

Beth from Dance Yourself Fit will now be running 2 different classes here at the Hub if you looking for a fun way to get more active.



FitSteps (Starting 1st July!)

Mondays 11am-12pm. £7 per class.

FitSteps was created by 2 of Strictly's superstars, Natalie Lowe and Iain Waite and uses a mix of Ballroom and Latin steps to provide a workout.

Come and dance like the stars—No partner or experience required, you can go at your own pace. We dance , we sing, we have fun!

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

RockBox

Thursdays 6.15-7pm. £7 per class.

Cardio & toning class to classic tracks or rock, metal and punk. From AC/DC to ZZTop and everything in between.

Using real drumsticks—Bring your own air guitar!

www.rockboxfitness.co.uk



For more information on either of the classes, visit Dance Yourself Fit With Beth on Facebook.

Shrubland Strollers

Our walking group is open to all ages & abilities and runs every Monday morning. The group meet at 10.30 at the Hub and usually spend about an hour or so out and about.

No need to book a place, just turn up and fill in a registration form before your first walk!

Crown Routes

The Hub team provide several services up at Crown Routes Café in Lillington including general advice & support.

For more information on what they do, visit them on Facebook



Crown Routes Café and Health and Wellbeing Hub

COMMUNITY FRUIT & VEG BAGS



OPEN TO
ALL!

Get a big bag of fruit and
vegetables for just £5
(or £3.50 for a small)
from the Sydni
Centre's Veg co-op.



Items are bought in
bulk to keep costs low and
packed by Sydni's volunteers

You can order and collect from us here at
Brunswick Hub. Just pop in before midday on
a Tuesday to place an order & pay and then
collect your bag on the Thursday afternoon



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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
FitSteps (see page 9)	10:00-11:00	Weekly	Email

TUESDAY

Prospects (Career advice for 16-18 year olds)	13:00-16:00	Term-time	Contact Catherine on 07702 862446
Mini Kickers - Toddlers sport sessions	13:00-13:45	Term-time	Email emma.pheasey@leamingtonfc.co.uk
Late Drop in for Help/Advice	16:00-18:00	2/7,13/8,24/9	Brunswick Hub
Menopause Support Group	18:00-19:00	Fortnightly	Brunswick Hub


WEDNESDAY

Triple Link Dementia Cafe	11:00-12:30	Weekly	Brunswick Hub
Drop in for Help/Advice	13:00-15:00	Weekly	Brunswick Hub

THURSDAY

Drop-in Baby Weigh Clinic	9:00-11:30	2nd&4th Thursday	Contact Health Visitor for any info
SEND Group	10:00-12:00	3rd Thursday	Brunswick Hub
Energise Employment Services	10:00-12:30	Weekly	Brunswick Hub
Police Surgery Drop-in (*Subject to staff availability)	11:00-12:00	First Thurs of month	Brunswick Hub
RockBox—Dance Yourself Fit	18:15-19:00	Weekly	Email mcbeth77@hotmail.com

FRIDAY

Entrust Cafe	9:00-13:00	Term-time	Brunswick Hub
Guided Meditation & Sound Bath	18:30-19:45	26/07, 30/08, 27/09	 @code11holistics

Recipe Idea— Chicken Fajitas

A fun meal for the family, everyone can build their own wrap with what they like in it. Have as many extra toppings to choose from as you want, like guacamole, sour cream and grated cheese.

INGREDIENTS

- 6 chicken breasts
- 6 tbsp olive oil
- 2 garlic cloves (crushed)
- 2 limes (juiced)
- 1 large red onion (sliced thinly)
- 4 bell peppers—mix of red, yellow & green (sliced into strips)
- 1 tsp chilli powder
- 1 tsp ground cumin
- Pack of coriander (finely chopped)
- 24 small flour tortillas
- Optional—Any extras (such as dips like sour cream or salsa, grated cheese, etc)



METHOD

- 1) Slice the chicken into thin strips and put into a bowl. Add 4tbsp of the oil, garlic, lime juice, coriander & spices and rub into the chicken until evenly coated
- 2) Heat remaining oil in large frying pan and cook the onion until softened (about 6mins) then set aside on a baking tray to keep warm. Cook the peppers in the same way and add to the onions
- 3) Using the frying pan, or a griddle pan, cook the chicken over a medium heat, turning occasionally. Add these to the onions & pepper and mix together
- 4) Heat the tortillas on a griddle pan (or heat in the microwave following pack instructions) then wrap in foil to keep warm
- 5) Serve chicken mix, tortillas and any extras chosen.



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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