

Brunswick Hub News

OCT-DEC '24



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

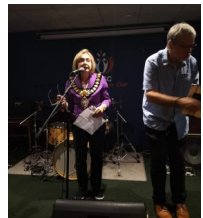
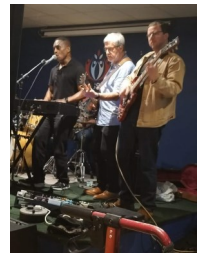
A Night of Music & Memories

September was Suicide Awareness & Prevention month and at the beginning of the month, a Night of Music and Memories was held at the Whitnash Sports & Social Club to promote the cause.

Those that attended had a great evening listening to the musicians and bands that came to support the event! We had performances from Muve On, Mark Russell and The Deltics and it was all MC'd by Simon Button..

Through a raffle and additional donations, nearly £550 was raised over the night and this is being generously donated to our Bereavement support services here at the Hub.

The event is an annual event and we would like to thank all those who once again made it possible, especially Nick and Cheryl Wilkins who organised the event and 14 Records who provided the audio system. Plus a huge thanks to all that performed and attended the evening in support.



Dates to Remember

28th Oct-1st Nov: School Half term

31st October: Halloween Fun Day
(see opposite)

5th & 6th Dec: Christmas Craft sessions (see page 6)

18th December: Turkey Batch Day
(see page 6)

20th December: Closing for Christmas holidays

6th January: The Hub reopens after New Year

21st January: New Bereavement group starts (see page 4)

Prospects



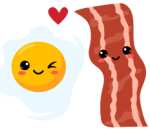
Prospects (part of Shaw Trust) helps young people aged 16-18 who are NEET (not in education, employment or training).

On a Tuesday afternoon, Careers Adviser, Catherine Wong attends the Hub from 1pm-3pm.

She can support anyone in this age group to look at their options & opportunities and support with applications/CV/ interview techniques etc.

Please call her on 07702 862446 to have an initial chat or to make an appointment.

shawtrust.org.uk



Entrust Café at Brunswick Hub—Open every Friday morning (term-time), 9am-1pm for hot drinks, hot food and delicious cakes! **cash only**

Wellbeing Updates

Wellbeing drop ins on Wednesday afternoons will continue throughout autumn, however this may change from week to week due to limited staff availability. If you need advice or support and are planning to attend one of the drop ins, keep an eye on our Facebook page for up to date info or just give us a call.



We can help with a variety of matters, such as benefit checks, housing advice and financial difficulties.

Please note: Drop in is cancelled on Wednesday 9th October and Wednesday 23rd October



BRUNSWICK
HUB'S

Halloween

FAMILY FUN DAY



THURSDAY
31ST OCTOBER
10AM TO 2PM



JOIN US FOR LOTS OF SPOOKY FUN THIS
OCTOBER HALF TERM

including

KIDS HALLOWEEN CRAFTS
FREE HOT DOGS(12-2) AND HOT & COLD DRINKS
SPOOKY BAKE SALE
AND MORE...



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

Garden closing

Now that that autumn is here, we are closing down our secret garden for the winter. Thank you to all the volunteers who helped get it Summer-ready and those who have looked after the plants since. Keep an eye on our newsletter for updates as we move towards Spring!

Room Hire

We hire out several of our rooms here at the Hub during the week, both in the day and early evening. We have had some availability open up for a couple of our spaces—the Community Hall and the Enterprise room.

The hall is suitable for exercise groups & classes, such as yoga, Pilates, keep fit, etc, whilst the Enterprise room is a great space for a meeting or small group.

If you would be interested in hiring either room, please contact Helen Sheard by email for more information - helensheard@brunswickhlc.org.uk



Pictures 1 & 2: different layouts in the Enterprise room.

Pictures 3&4: the Community Hall

Walking Group



Our walking group, 'the Shrubland Strollers' still runs every Monday

morning*. The group meet at 10.30am at the Hub before heading off to walk in the local area. All ages and abilities welcome. We will register you the first time you come but there is no commitment to attend every week.

**except in extreme weather*

Bereavement Group

Our next set of bereavement support group sessions run from Tuesday 21st January, every Tuesday, 11-12.30 for 5 weeks.

If you are struggling with a bereavement and would like support in a small group setting, get in touch with Theresa on 01926 422123 or theresataylor@brunswickhlc.org.uk (We also offer one-to-one support)

Christmas Windows

Every year, we try to bring some festive spirit to the Hub windows and this year, we would love your help! Simply get hold of one of our stocking templates - either by grabbing one from the Hub or visiting brunswickhlc.org.uk/christmas-windows/ - then decorate it with whatever art supplies you like (pens, pencils, bits of coloured paper—please do keep it 2d as it will be against the window) and drop it in to us at the Hub by the end of November!



Veg Bags

We still offer Sydni's Fruit & Veg bags from here at the Hub—Small or Large bags with a mix of produce, bought in bulk to keep costs low.

Just pop down to us before Tuesday afternoon to order & pay and your veg bag will be here on Thursday afternoon for collection.

There has been a slight price increase due to rising supply costs, however it is still a great bargain, much cheaper than the supermarket!

Small bags £5

Large bags £7



NEED A LITTLE HELP THIS CHRISTMAS?

We are once again offering help to families this Christmas who may need a little extra help with gifts and/or food.

IF YOU THINK YOU ARE GOING TO STRUGGLE WITH THE COST OF CHRISTMAS, PLEASE GET IN TOUCH WITH US BEFORE 30TH NOVEMBER.

*Email Sarah on
sarah.gutteridge@brunswickhlc.org.uk
or call 01926 422123*





CHRISTMAS

at Brunswick Hub



CHRISTMAS APPEAL

We will once again be running our Christmas appeal, asking for various types of donations.

(See opposite page)



NEARLY NEW SALES

We will be holding several pop-up sales of nearly new toys, books and gifts to raise money for our Chilled Foodbank and Hardship fund. The sales will run 29th Nov, 6th Dec and 13th Dec, as well as on Turkey Batch Day (See below)

CHRISTMAS CRAFT SESSIONS

In the run up to Christmas, we will be holding some free Christmas craft sessions after school - Visit our website or Facebook for more details.



TURKEY BATCH DAY

This year, our annual Christmas event will be held on Wednesday 18th December, 10am-2pm, with turkey batches available from 12pm. Check our website or Facebook for up to date info!

Christmas Closure: The Hub will be closing for Xmas break on Friday 20th December at midday. We will reopen as normal on Monday 6th January



CHRISTMAS APPEAL

Every Christmas, we try to help those that need it in any way we can by providing gifts and food to families struggling to make ends meet. We also raise money at our Christmas event for the Chilled foodbank and Hardship fund that helps

hundreds of people throughout the year.

The generosity of the community is invaluable when providing these services and this Christmas we are appealing for donations of the following:



NEW TOYS & GIFTS



ADVENT CALENDARS & SELECTION BOXES

**NEARLY NEW TOYS, GAMES, BOOKS,
ETC FOR CHILDREN**



TOMBOLA PRIZES & FILLED MUGS

**Donations can be received at
the Hub from Monday 11th
November. Please get in touch
with us if you have any
queries.**



Brunswick Hub's

FREE FOOD TABLE

Thursdays and Fridays
from 9 a.m.*

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.

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

***Please do not arrive any earlier than 9am**



BHLC

Fitsteps

Fun exercise class that uses a mix of Ballroom & Latin steps to provide a workout.

Runs Mondays, 11am-12pm

No experience—or partner—required!



Visit [Dance Yourself Fit with Beth](#) on Facebook.

Slippers

With winter on it's way, you may be looking to get yourself a new pair of slippers.

We sell both ladies and mens slippers in both regular slipper style or a bootie style. Call us or visit our website for more information.

Memorial

This year, we lost two of our wonderful volunteers, Jenny and Maureen from our Triple Link team and they have, and will continue to be, missed deeply. The group will not be the same without Jenny's bright and creative spirit and Maureen's wise and caring presence.

We have also lost several members of the Triple Link group in 2024 and they too will be greatly missed.

We would like to send our love to Jenny and Maureen's families, and the families of others lost this year, for the Christmas season which we're sure will be a difficult time.



Brunswick Hub @ Crown Routes, Lillington

Our team provide a variety of services up at Crown Routes Community Café and other locations in Lillington.

HELP & SUPPORT

Free support and advice drop in sessions that can help with a variety of matters such as debts & money management, housing, employment, SEN Support, etc

MONDAYS, 10am-2pm

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

WEDNESDAYS, 10am-12pm

@ Lillington Health Hub,
Valley Road, Lillington,
CV32 7SJ

SEN SUPPORT

Weekly SEN support group for parents/carers of those with additional needs—come join us for a cuppa and advice on issues such as benefits, housing, EHCPs and health & wellbeing.

WEDNESDAYS, 1-2.30pm @ Lillington Children's Centre, 3 Mason Avenue,
Lillington, CV32 7QE

For more information on this call Laura (See below) or email Megan on megantownsend@brunswickhlc.org.uk

CROWN ROUTES CAFE

The Crown Routes Café is open 10-2 on Mondays, Wednesdays and Thursday with hot meals served 12-2pm.

They are currently taking bookings for their Christmas meal on December 11th—see contacts below

For more information on our services at Crown Routes, visit their Facebook page - [Crown Routes Cafe and Health and Wellbeing Hub](#)

Alternatively, call Laura—07356 123171 or Lucy—07815 640379



Brunswick Hub have joined with The Mud Club to deliver sessions for families we are supporting with SEND needs.

To attend the session you will need to be receiving support from us at the HUB and your child be between the ages of 6 months to 5 years.

Sessions will be held at The Mud Club every 2nd and 4th Thursday of each month at 1pm until 2:30pm.

**To book onto the session or for further information please contact Megan on:
megantownsend@brunswickhlc.org.uk**

**Starting in
November!**

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	11:00-12:00	Weekly	Email mcbeth77@hotmail.com
TUESDAY			
Prospects (Career advice for 16-18 year olds) - <i>See pg2</i>	13:00-16.00	Term-time	Contact Catherine on 07702 862446
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			
Free Food Table	9am onwards	Weekly	Brunswick Hub
Drop-in Baby Weigh Clinic	9:00-11:30	2nd&4th Thursday	Contact Health Visitor for any info
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
FRIDAY			
Free Food Table	9am onwards	Weekly	Brunswick Hub
Entrust Cafe	9:00-13:00	Term-time	Brunswick Hub
Guided Meditation & Sound Bath	18:30-19:45	25/10, 29/11,	 @code11holistics

Recipe Idea— Sausage Casserole

A hearty dish as the weather starts to get gloomier. Serve with some greens and your choice of potato (we think it would be lovely with some cheesy mash!) or add chopped potatoes into the casserole.

Serves 4

INGREDIENTS

- + 4 carrots, *peeled & chopped into 4-5*
- + 8 sausages
- + 2 tbsp olive oil
- + 1 onion, *chopped*
- + 1 garlic clove, *crushed*
- + 400ml vegetable stock
- + 1 tsp paprika
- + 400g tinned chopped tomatoes



METHOD

1. Turn the oven to 180°C/fan160°C/gas 4
2. Heat the olive oil in a heavy-based casserole dish. Prick the sausages all over with a fork, then fry in the oil, turning often, until lightly golden all over – (about 10mins). Remove the sausages from the dish
3. Add the onion to the remaining oil in the dish and cook over a low heat for 5-10 mins, until slightly soft. Add the garlic & paprika and cook for another minute.
4. Add the carrots and stir everything around in the dish so that the vegetables are coated with the oil.
5. Add the tomatoes, stock & bay leaves. Bring to a simmer (so it's just bubbling gently). Return the sausages to the casserole.
6. Using oven gloves, carefully put the casserole dish into the oven. Cook for 45 mins, until the veg are cooked through, and serve.



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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