

BRUNSWICK HUB NEWS

April - June 2025

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 brunswickhlc.org.uk

Here's how to get in touch:  01926 422123



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc



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

THANK YOU



(Top) Staff from Berry Circular Polymers with Easter donations.

(Below) Staff from Seymour Solicitors donated some Easter eggs for our appeal

We had a brilliant response to our annual Easter appeal once again with so many individuals, companies and organisations kindly donating Easter eggs & treats, as well as tins & packets for our general foodbank. Thank you so much to all that contributed!

We'd also like to thank all those that helped with our Easter Fun Day, as well as all of those who joined us on the day! We raised a great amount of money for the Hub's Chilled Foodbank and Hardship Fund!



(Left) Some volunteers at our Easter Fun Day

Employment

Our Employment services offer help with CVs, job applications and interview techniques. You can pop down to one of our drop-in 'Employment Clubs':
Thurs AM 10-12.30 at Brunswick Hub
or
Thurs PM 1-3 at Sydni Centre
Alternatively, get in touch with Sophie to book a 1:1 appointment for help with your jobsearch.



Being Here For Local Communities

Dates to Remember

15th April - Easter Event *(see opp)*

16th April - Late Drop in

16th April - Mens Tea & Talk

17th April - SEN Support Group

18th & 21st April - Easter Bank Hol
(Hub is closed)

29th April - New Bereavement
Group

5th May - Bank Holiday

Monday *(Hub is closed)*

14th May - Late Drop in

14th May - Mens Tea & Talk

15th May - Job Fair *(see pg 10)*

15th May - SEN Support Group

26th May - Bank Holiday
Monday *(Hub is closed)*

18th June - Late Drop in

19th June - SEN Support Group

Room Hire

We hire out our various rooms to organisations and groups during the week.

We have the following rooms with some availability:

- > Community Hall
- > Enterprise room
- > Training room
- > Plus some rooms suitable for 1:1 appointments

If you are interested in hiring a room, please contact Monika at monikadixon@brunswickhlc.org.uk

Did you know...?

The CAB are here at Brunswick Hub every Tuesday AM, available for appointments for those that need their help and support. You can book an appointment by getting in touch with us here at the Hub. Alternatively, you can pop by during their drop in (12-1pm) to see if you can speak with an advisor!

**citizens
advice**

Our Secret Garden area will soon be open on days when the weather is fine, for those that want to relax in a quiet space.

We will be looking to get planting and sprucing up the area - if anybody would like to get involved & volunteer for the garden project, please get in touch!





Job Fair

15th May 2025

11:00am - 02:00pm

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

Come speak to local employers and
training providers to find your next
opportunity.





SEND SUPPORT at the Brunswick Hub!

Who are we and what can we help with?

Georgia and Laura run the SEND project.



We can support with a wide range of concerns and queries:

- Form Filling such as DLA, PIP, Housing Applications, Medical Forms
- Emotional Support for parents and carers
- Signposting and referrals to other agencies such as counselling, carers support, groups and activities etc.
- Liaison with educational settings and support during meetings
- Early Help support and referrals
- School refusal, alternative provisions, EHCP support and advice

Support is offered via phone call, virtual meetings, email or face to face appointments



At the Hub:

-17th April 10:00-12:00

-15th May 10:00-12:00

-19th June 10:00-12:00

**A weekly group at Lillington
Children's Centre from 13:00-14:30**

**(please note the we do not run the
sessions at the children's centre
during the school holidays)**



**To contact us please email:
Georgia.mansell@brunswickhlc.org.uk
LauraMoy@brunswickhlc.org.uk**

**Or call:
07923230579**

Mens Tea & Talk

Do you want the opportunity to come and have a chat about things that may be bothering you, such as concerns about your mental health? Why not pop along to our new monthly mens group for a cuppa with our volunteer, Will?

We aim to create a friendly, supportive and low-pressure space for those that might be feeling a bit isolated or anxious.

Monthly, on a Wednesday, 5.30-6.30

Upcoming dates: 16th April 14th May

For more information, contact
julieclamp@brunswickhlc.org.uk



Disordered Eating Support Group

Are you struggling with **emotional eating-related issues**?
Are you **hiding your relationship** with food from your loved ones?
Would you like to talk to like-minded people who may **understand and empathise** with your struggles?

There is a meet up for anyone that is suffering with eating disorders, from anorexia to binge-eating disorder and everything in between.

You **do not need a diagnosis** to be able to attend the meet ups.

The meetings will be **fortnightly on Thursdays** at
Brunswick Hub: 1.30-2.30pm

For more information, please email ana_draven@yahoo.com
with **DESG** in the subject line

COMMUNITY



If you are looking for a low cost option to get a variety of fruit and veg each week, then Sydni Centre's Veg bags might be ideal!

Get a big bag of mixed fruit and vegetables for just £7 (or £5 for a small) - They also do eggs, £1.50 for a box of 6.

The bags usually include staples - onions, potatoes and carrots - each week and a mixed selection of produce that varies from week to week.

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



...And you can order and collect from us here at Brunswick Hub.

This service isn't means tested like our foodbank services, it is available to everyone and can be used every week.



Range of produce!

FRUIT & VEG

How to use your bag of fruit and veg:
With a variety of vegetables every week,
there are lots of ways you could make the
most of the bags contents...

Soups Tesco have some great ideas -

realfood.tesco.com/recipes/collections/soup-recipes.html

Salads There are lots of exciting ideas for salads
at Olive Magazine -

www.olivemagazine.com/recipes/collection/salad-recipes/

Stir fries

Pasta dishes

Stews & Casseroles

Side Dishes You can find some great recipes for
your veg on The Lean Green Bean -

www.theleangreenbean.com/easy-vegetable-recipes/

If you aren't sure what you fancy,

BBC Good Food has recipe collections so you
can browse depending on the veg you have!

www.bbcgoodfood.com/recipes/category/vegetable-collections

We have a great adaptable frittata recipe on the back
page for using a variety of different vegetables too!

Don't forget the fruit - Spring/Summer is a great time to
enjoy smoothies, fruit salad and homemade ice lollies!



Different every week!



Only £7

To order from us here at the Hub, just pop in before
midday on a Tuesday to place an order & pay. Your order
will then be available to collect on the Thursday afternoon.

Brunswick Hub

DIGITAL SKILLS COURSE



**Improve your digital skills
or learn from scratch with
our accredited course**



**Various dates available
10am - 2pm
1-day course with lunch
provided**

CONTACT

**You must book a place via email:
employmentprogramme@brunswickhlc.org.uk
or phone: 01926 422123**

Digital Drop-In

Every other Friday, 1-3pm

**We also run a fortnightly drop in
Digital Support session for those
wanting some one off help with
online tasks!**

Upcoming dates:

4th April	30th May
18th April	13th June
16th May	27th June

There is now an opportunity to join Brunswick Hub's Board of Trustees!

Do you have a passion for making a difference to your local area?

Would you like to help shape and improve local health and wellbeing services?

Do you have the skills, knowledge or experience to help us thrive as an independent local charity?

Then we would love to hear from you!

We are looking for two exceptional people to take on the roles of Treasurer Trustee and HR Trustee.

The successful ***Treasurer*** candidate will have a background in finance, strategy, governance and risk management

The successful ***HR Trustee*** should be committed to ensuring highest standards of governance in policies and practice related to employee relations, recruitment, retention, reward and recognition as well as staff and trustee training and development.

Please note: Trustees meet at least 6 times a year.

This is a voluntary role, although reasonable expenses are paid.



For more information about the role, please email Dawn Johnston-Smith (Centre Manager) at dawn-johnstonsmith@brunswickhlc.org.uk

*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*



Brunswick Hub

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

Weekly Timetable

These are our ongoing services—Visit our website or contact as detailed below for more information

MONDAY

Brunswick Walking Group	10.30-12.00	Weekly	Brunswick Hub
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TUESDAY

Prospects (Career advice for 16-18 year olds)	11.00-12.00	Term-time	Contact Catherine on 07702 862446
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Menopause Group	18.00-19.00	Fortnightly	Brunswick Hub
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WEDNESDAY

Triple Link Dementia Group	11.00-12.30	Weekly	Brunswick Hub
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Drop in for help/advice (Extended hours monthly)	13.00-15.00 13.00-17.00	Weekly 16/04, 14/05	Brunswick Hub
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Mens Tea and Talk	17.30-18.30	Monthly	Brunswick Hub
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THURSDAY

Free Food Table	9.00 →	Weekly	Brunswick Hub
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Baby Weigh Clinic (Drop in)	9.30-11.30	2nd&4th Thurs	Contact Health Visitor for info
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SEN Support Group	10.00-12.00	3rd Thurs	Brunswick Hub
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Employment Club	10.00-12.30	Weekly	Brunswick Hub
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Disordered Eating Support Group	13.30-14.30	Fortnightly	Email ana.draven@yahoo.com
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FRIDAY

Free Food Table	9.00 →	Weekly	Brunswick Hub
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Entrust Cafe (<i>cash only</i>)	9.00-13.00	Term-time	Brunswick Hub
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Digital drop in	13.00-15.00	Fortnightly	Brunswick Hub
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Guided Meditation & Sound Bath	18.30-19.45	25/04, 23/05, 27/06	@code11holistics on Facebook
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Recipe: Cake Tin Frittata

This frittata recipe from [myfoodbook.au](https://myfoodbook.com.au) can be adapted to use whatever veg you have and is a great option as the weather gets warmer!

Serves 6-8

INGREDIENTS

- + 600g Sweet Potato (*peeled & chopped into 2cm cubes*)
- + 1 Red Pepper (*cut into 2cm cubes*)
- + 1 Leek (*white part only - 1cm slices*)
- + 60g spinach leaves
- + 10 eggs
- + 375g Smooth Ricotta
- + 110g Cheese (*grated*)
- + 50g parmesan cheese (*grated*)
- + 1 Clove of Garlic (*crushed*)
- + 80ml Thickened Cream
- + 2tbsp Olive Oil
- + Salt & Pepper



METHOD

1. Preheat oven to 220°C/200°C. Grease and line the base & sides of a 9" springform cake tin.
2. Combine sweet potato, pepper and leek in a roasting pan. Drizzle with olive oil, season with salt & pepper and bake for 30 minutes before removing from the oven, tossing in the spinach and setting aside to cool slightly.
3. Whisk together the eggs (seasoning with salt & pepper) then mix in ricotta, parmesan, garlic, cream and half the cheese.
4. Spoon half the veg into the cake tin and pour over half of the egg mixture. Repeat with the remaining vegetables and egg then sprinkle the rest of the cheese on top.
5. Turn oven temperature down to 200°C/180°C and bake for 60-70 minutes (Cover the top with foil if browning too much). Remove from the oven when the centre is 'just a little wobbly'.
6. Stand for 10-15 minutes before removing from the tin and serving. (Frittata can be made 2 days in advance, just cover and refrigerate. When ready to serve, warm in a low oven covered with foil until warmed through)

Recipe from: <https://myfoodbook.com.au/recipes/show/cake-tin-frittata>