

BRUNSWICK HUB NEWS

July - Sept 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



Are you struggling with symptoms of the menopause?

Would you be interested in coming along to a support group with other ladies going through similar experiences?

Our fortnightly group runs every other Tuesday, 6-7pm and has a friendly and supportive atmosphere

For more information, get in touch with

Theresa on 01926 422123 or theresataylor@brunswickhlc.org.uk

DO YOU GROW YOUR OWN PRODUCE?

HELP BRUNSWICK HUB'S ALLOTMENT APPEAL

FOR OUR 'FREE FOOD TABLE' (see page 8)

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

GET IN TOUCH
sarahgutteridge@brunswickhlc.org.uk



Being Here For Local Communities

Changes to our Weekly Drop In

From early September, we will no longer be running our Wednesday afternoon Health & Wellbeing drop in sessions. Instead we will have two weekly drop ins - one on Tuesday mornings and another on Thursday afternoons - for those needing advice & support with benefits, housing, budgeting, foodbanks and more.



10am-12pm



1pm-3pm

Late appointments (after 3pm) can be arranged - please give us a call if you would like help but are unable to attend during the Hub's regular opening times.

Dates to Remember

17th July - SEND Support Group

18th July - Digital Skills Course

(see page 10)

23rd July - SEND Meet up

(see page 9)

6th Aug - SEND Meet up

14th Aug - Summer event

(see opposite)

15th Aug - Digital Skills Course

20th Aug - SEND Meet up

21st Aug - SEND Support Group

3rd Sept - SEND Meet up

wc 8th Sept - New Drop-in days

(see above)

10th Sept - Men's Tea & Talk

(see page 5)

18th Sept - SEND Support Group

19th Sept - Digital Skills Course

1st Oct - Men's Tea & Talk

WELCOME TO THE TEAM

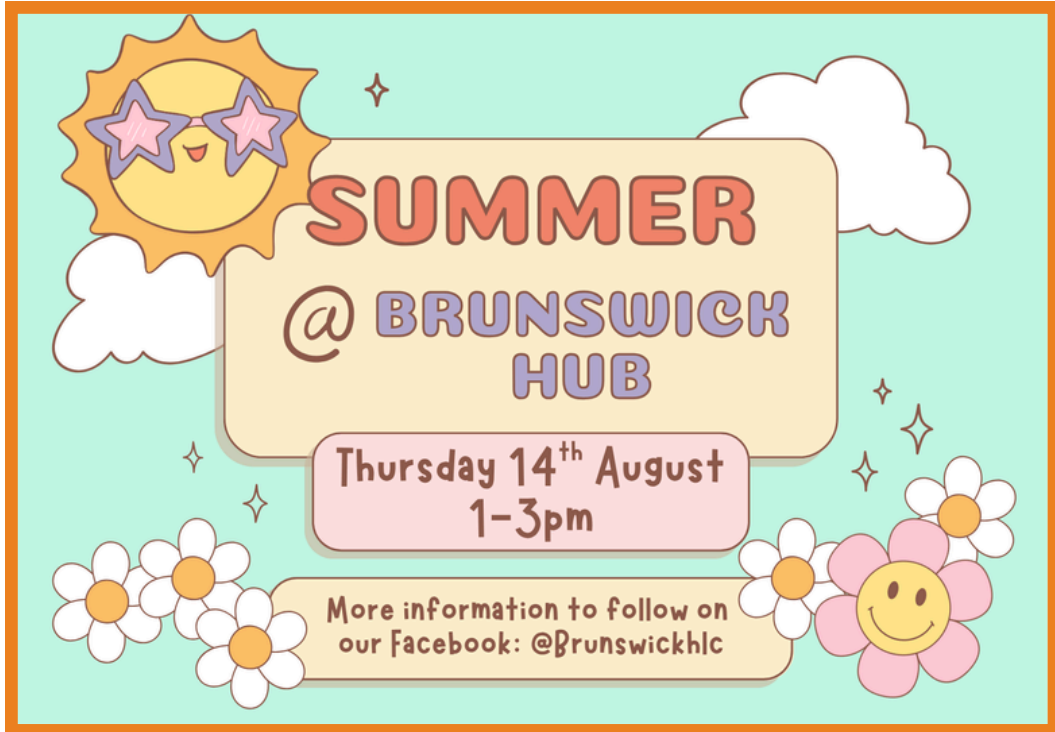
The Brunswick Hub team has grown again - We'd like to welcome Leah, our new Employment & Digital Support Officer!



Leah graduated from Coventry University with a BA in Multimedia and went on to work as a Web Designer.

She is excited to get started in the role and is looking forward to building our Digital Support service by creating new opportunities, such as additional courses, for our service users to develop their computer skills.

Welcome to the Brunswick Hub team Leah!

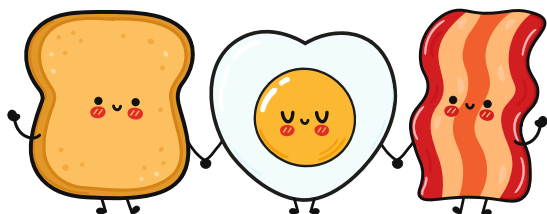


Entrust Cafe

Every Friday morning during term-time, staff & trainees from Entrust join us 9am-1pm to run a cafe from our coffee shop space. They serve hot sandwiches such as bacon rolls and a selection of cakes made by the team.

The cafe is part of the Pathway to Employment programme, where trainees learn & develop skills that they need to move into paid employment.

Why not pop along on a Friday for good company and food & drinks, before they finish for the summer holidays?



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...

Thursdays from 10:00am - 12:30pm, we have a drop-in session here at the Hub.

From 1:00pm - 3:00pm we have a drop-in session at the Sydni Centre.

There is on-hand support and computer access at both sessions.

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

01926 422123

employmentprogramme@brunswickhlc.org.uk

IT'S TIME TO BREAK THE STIGMA!

MENS TEA & TALK



Come and have a chat and a cuppa
here at Brunswick Hub!

UPCOMING DATES

10th September

5th November

1st October

3rd December

4.30PM - 5.30PM

Contact julieclamp@brunswickhlc.org.uk for more information

WHAT'S BEEN HAPPENING

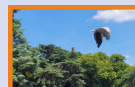
In May, our Triple Link group had a party for the anniversary of VE day with an afternoon and music by Roger Garrett, who performed a range of songs from eras past.



Above: Birmingham Botanical Gardens

Later in the month, the group had a coach trip to the Birmingham Botanical Gardens and spent a lovely sunny day there.

In June, the group visited Warwick Castle. They watched the falconry display, did some tours and enjoyed the grounds



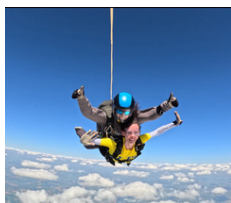
Left & Below:
Falconry @
Warwick Castle



Some of the Hub team have been busy outside of work raising money for causes close to their heart...

GEORGIA

I took part in a charity skydive for Zoe's Place Baby Hospice in May this year, to raise much needed funds to help the hospice to continue running. The cost of running the hospice is exceptionally high due to the amount of care and support they provide.



My reason for taking part in this charity event is because of my daughter, Poppy, who's attended the hospice for the last 2.5 years - they are a home from home for Poppy and provide round the clock specialist care & support. They have given me the much needed breaks from full time care, and Poppy gets to enjoy so much while attending, including animal therapy & days out!

The fundraising team consisting of 30 of us raised £16,000 collectively which was absolutely incredible to be a part of! After such a successful fundraiser, they are planning another jump day later this year which I have already committed to!

JULIE

Julie has completed 44 miles of swimming (the equivalent of to France and back!) to raise money for Diabetes UK in memory of her son, Luke.



My son Luke got diagnosed with Type 1 diabetes in 2016 when he was 27 years old. He went into a diabetic coma during his sleep on August 6th 2024, he never woke up. He passed away on 23rd August 2024.

I did this swimming challenge in his memory, and to help the charity and others who suffer with the condition. I had 12 weeks to complete the 44 miles, and I am pleased to say I completed it just over 8 weeks! I then swam daily and donated my extra swims to others doing the challenge, who weren't going to be able to finish due to illness or injury.

Type 1 diabetes is a very challenging illness to live with daily and I admire anyone that has to live with it.



Anyone wishing to donate to Julie's cause can do so by visiting donate.justgiving.com/fundraising/julie1863/donation-amount

AT THE HUB??



Members of BIGS with some of our Wellbeing team, Theresa & Julia

The Bishops Itchington Golf Society (BIGS) held a fundraising night to raise money for Brunswick Hub.

They raised £240 for our Chilled Foodbank to help support clients in Bishops Itchington & surrounding areas. Thank you very much to all involved, we hope everyone attending had a brilliant time!

It was Volunteer Week 2025 at the start of June and we took the opportunity to say a big thank you to our volunteer team down at the Hub - Thanks again everyone! We'd like to also give a shout out to some of our casual volunteers, who lend a hand when they can! All help is very much appreciated and allows us to continue to run & expand services here at Brunswick Hub

Speaking of volunteering... Employees from software company Sphera joined us for a morning to volunteer as part of their annual Sustainability Day. The team got stuck in and did a fantastic job tidying our greenhouse, painting our gate & fencing and sprucing up our outside areas!



Huge thanks to the team for their brilliant efforts!

FREE FOOD TABLE

THURS & FRIDAYS

Our Free Food Table is made up of surplus items from multiple supermarkets, as well as donations from various sources. The aim is to reduce food wastage, as well as provide for those who may need it - not too long ago, many of these kinds of items would have just been thrown away!

The Table runs every Thursday & Friday from 9am. On arrival, please join the queue and you will be directed by our brilliant food project volunteers, as to how many items you can take, etc (usually about 6 items each).

We never quite know what items we will have until we collect each day but we usually have bakery items and some fruit & veg - Here's some ideas for using the most regular items, that you may/may not have thought of...



Bread & Butter Pudding www.bbcgoodfood.com/recipes/easiest-ever-bread-pudding

Breadcrumbs for all kinds of dishes

Bread Dumplings (knedlíky) www.bbcgoodfood.com/recipes/bread-dumplings

Garlic Bread Our volunteer Nick, makes a great garlic butter that we are trying to nab the recipe for!

Banana bread, muffins, pancakes... www.bbcgoodfood.com/howto/guide/top-10-ways-use-ripe-bananas



There are range of recipes for using various veg on www.olivemagazine.com/recipes/collection/leftover-veg-recipes/ such as **fritters**, **soups** and **veg crisps**

Bags of salad leaves can be used for **sauc**es/**dressings** - realfood.tesco.com/curatedlist/3-ways-to-use-up-salad-leaves.html



Our Free Food Table is for anyone, just pop in on a Thursday and/or Friday to see what is on offer!



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.

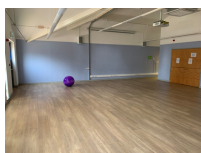
Room Hire

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



Far Left: Community Hall
Left: Enterprise room (Either room can be set up with/without tables & chairs)

SEND SUMMER MEET UPS!

Come and join us for an informal 'stay and play' with other SEND families and our SEND officers Georgia and Laura!

WHEN?

Wednesdays between 10am and 12pm

23/07, 06/08, 20/08, 03/09



WHERE?

Victoria Park, Leamington Spa, CV31 3PH

On/near the grass opposite the play park

Bring a picnic and a blanket if you fancy

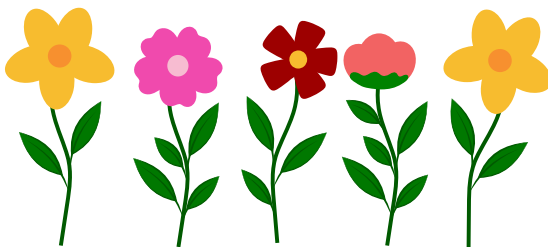


We are looking forward to meeting you there!

For more information:
01926 422123



georgia.mansell@brunswickhlc.org.uk
lauramoy@brunswickhlc.org.uk





DIGITAL SKILLS

COURSE OBJECTIVE

To provide participants with essential digital skills for modern life, focusing on safe and effective online practices. This course will enhance learners' ability to use digital devices confidently, stay secure online, and responsibly navigate digital communication and services.

**ACCREDITED 1 DAY
COURSE**
WITH LUNCH PROVIDED



DATES AVAILABLE

18TH JULY
15TH AUGUST
19TH SEPTEMBER

MODULES

- E-Safety Essentials
- Password Management and Security
- Encouraging Positive Online Behaviour
- Effective Digital Communication
- Finding and Evaluating Online Information
- Navigating Online Services



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



01926 422123



<https://brunswickhlc.org.uk/>

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 (until September)	13.00-15.00	Weekly	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	25/07, 29/08, 19/09	@code11holistics on Facebook
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Recipe: Creamy Courgette Pasta

This quick and easy pasta dish from www.tamingtwins.com is a great option as the warmer weather rolls in during the summer months.

Serves 4

INGREDIENTS

- + 1kg courgettes (*chopped into small cubes*)
- + 200g garlic & herb cream cheese
- + 1 lemon (*zest & juice*)
- + 300g spaghetti or linguine
- + 2 tbsp olive oil
- + 100g parmesan cheese* (*grated*)
- + salt & freshly ground pepper

*or vegetarian alternative



Source: www.tamingtwins.com



METHOD

1. Heat the oil in a large frying pan/saute pan, over a medium to high heat. Add the courgettes and cook for 10-15 minutes.
2. While the courgette is cooking, boil a pan of well salted water and cook the spaghetti according to the pack instructions.
3. When the courgettes are softened and starting to blacken around the edges turn off the heat.
4. When the pasta is cooked, drain it but reserve a cup of the cooking water!
5. Return the drained pasta to the pan, add the cooked courgettes, the cream cheese, zest of the lemon and the juice of half the lemon, the cup of water you saved plus Parmesan cheese and salt and pepper.
6. Stir vigorously until the cheeses are melted and everything is combined. Taste and add more lemon juice if needed.