

# BRUNSWICK HUB NEWS

*Oct - Dec 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](http://brunswickhlc.org.uk)

Here's how to get in touch:



01926 422123



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc



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

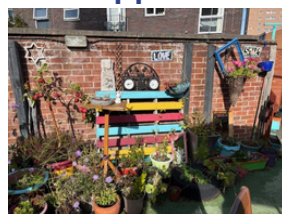
## The Secret Garden



Around mid-October - as the weather gets a bit gloomier - we will be shutting our garden up for the winter period.

We'd like to say a huge thank you to all that have helped in the garden this year, particularly Mikey, Sue and Ryan, who have regularly tended to the garden over the Spring-Summer.

At the end of September, they held an Open day to give people the chance to appreciate the space before winter sets in. Lots attended and many donated towards the project, so thanks to all who popped in to show their support!



## Slippers

We sell both ladies and mens slippers in two styles: regular and bootie.

Both styles have a velcro fastening at the front for ease getting on and off and rubber soles to reduce risk of trips/falls.

Mens - available in 8-12 - £16

Ladies - available in 3-7 - £13

Call us or pop in to see if we have your size in stock.

**citizens  
advice**

Advisers from CAB are here every Tuesday morning to see those booked in

for appointments. They then run a drop-in session from 12-1pm for which an appointment is not needed.

Call us on 01926 422123 to book an appointment or pop in for the drop in.

## FREE FOOD TABLE

Thursdays & Fridays  
from 9am

Surplus items from supermarkets donated to us that would be otherwise thrown away.

## Dates to Remember

### October

16th Oct - SEN Support Drop-in

*(see page 9)*

24th Oct - Digital Skills Course

*(see page 10)*

28th Oct - Halloween Party

*(see opposite)*

### November

4th Nov - New Bereavement group starts *(see page 4)*

20th Nov - SEN Support Drop-in

21st Nov - Digital Skills Course

28th Nov - Nearly New Sale

*(see page 5)*

### December

4th Dec - SEN Support Drop-in

5th Dec - Nearly New Sale

5th Dec - Christmas Crafts

*(see page 5)*

12th Dec - Nearly New Sale

17th Dec - Turkey Batch Day

*(see page 7)*

19th Dec - Last day before Xmas

### January

5th Jan 26 - Hub reopens!

*Happy New Year!*

15th Jan - SEN Support Drop-in

20th Jan - New Bereavement group starts

23rd Jan - Digital Skills Course



# HALLOWEEN PARTY

GET YOUR SPOOKY  
COSTUMES ON AND JOIN  
US FOR SOME  
HALLOWEEN FUN

Oct 28 | 5- 7 pm

SPOOKY DISCO WITH  
HALLOWEEN FUN & GAMES

PRIZES FOR BEST  
COSTUMES!

CALL US ON  
01926 422123 TO  
BOOK A PLACE



## Health & Wellbeing

## SESSIONS

**TUES**

**THUR**

For more information, call 01926 422123



**We are still providing both one-to-one and group support for those dealing with a bereavement.**

**Tuesday 4<sup>th</sup> Nov - Tuesday 2<sup>nd</sup> Dec      Tuesday 20<sup>th</sup> Jan - Tuesday 17<sup>th</sup> Feb**

**1.00-2.30pm                                  1.00-2.30pm**

**If you require support, please get in touch with Theresa on on 01926 422123  
or via email: [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)**

BRUNSWICK HUB AT

# Christmas

## CHRISTMAS APPEAL

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

## NEARLY NEW SALES

We will be holding several pop-up sales of nearly new toys, books and games on 28th Nov, 5th Dec and 12th Dec, as well as on Turkey Batch Day (*See overleaf.*)

The sales will raise money for our Chilled Foodbank and Hardship fund.

## CHRISTMAS CRAFT SESSIONS

On Friday 5<sup>th</sup> December, we will be running some free Christmas Craft sessions for families - *Visit our website or Facebook for details.*

## TURKEY BATCH DAY

This year, our annual Christmas event will be held on Wednesday 17th December, 11.30am-2.30pm, with turkey batches available from 12pm - *See overleaf.*

## CHRISTMAS CLOSURE

The Hub will be closed for Christmas break. We will close on Friday 19th December at 12pm and reopen on Monday 5th January 2026 with regular opening times.

# 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  
SELECTION BOX**

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

**CHRISTMAS/GENERAL FOOD ITEMS**  
(See our Reverse Advent (page 8) for our wishlist)

**FILLED MUGS & TOMBOLA PRIZES**

Donations can be received at the  
Hub Mon-Fri, 9.30-3pm from  
**MONDAY 17<sup>th</sup> NOVEMBER** until  
**TUESDAY 9<sup>th</sup> DECEMBER** . Please  
get in touch if you have any queries

# Turkey Batch Day

Wednesday  
17th December

COME JOIN US FOR OUR  
ANNUAL CHRISTMAS EVENT!

11:30 am - 2:30 pm

FREE TURKEY BATCHES  
(AVAILABLE FROM 12)

Get in touch on  
01926 422123 to  
reserve your turkey  
batch now!

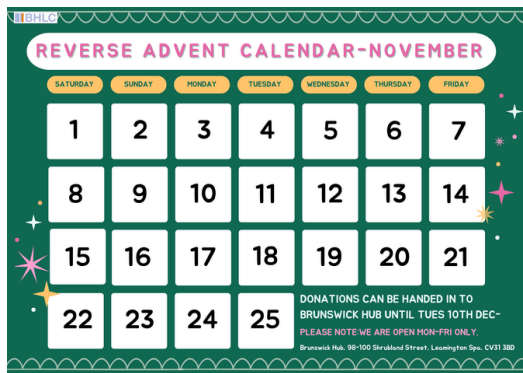
Plus: Free hot chocolate ~  
Christmas tombolas ~ Nearly-  
new sale of toys, books and  
gifts ~ and more...

## Reverse Advent

We will be collecting items for Christmas and beyond! If you would like to contribute but aren't sure what we may need most, we are doing a Reverse Advent Calendar for November (We're early birds like that!). If you would like to play along throughout the month, you can check our Facebook page where we will be revealing a different item each day from 1<sup>st</sup> November.

Alternatively, if you want to see all the items on the calendar right now, you can visit: [brunswickhlc.org.uk/christmas-at-the-hub-2](https://brunswickhlc.org.uk/christmas-at-the-hub-2)

You could donate all 25 items or just 2-3, every little helps! Donations can be handed in until Tuesday 10<sup>th</sup> December



## Men's Mental Health

We are looking at ways that we can support men who are struggling with their mental health, feeling lonely and isolated or even just a bit low and in need of a chat. If this sounds like you, why not get in touch and let us know how we could help. Contact Julie ([julieclamp@brunswickhlc.org.uk](mailto:julieclamp@brunswickhlc.org.uk)) or Theresa ([theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk))

## Suicide Awareness Event

The annual Suicide Awareness event, organised by Nick & Cheryl Wilkins, took place on 21<sup>st</sup> September at The Hodcarrier in Whitnash and was once again a great success. They raised £383 through the raffle (and other donations at the event) for the Hub's Bereavement Support project.



Above: Hub staff member, Helen, said a few words on the team's behalf; Nick, who organises the event every year

Thanks to all involved in the event - including the brilliant musicians & bands that performed - and everyone that came along to show their support! Plus a massive thank you to Nick & Cheryl for another great event!



# SEND DROP IN sessions

## Where and When?

Every other Wednesday

13:00-14:30

Lillington Children's  
Centre

The third Thursday of  
each month

11:00-13:00

Brunswick Hub

## How does it work?

Attend at any time  
between the times set,  
let us know what you  
need help with and we  
will either manage it on  
the day if possible, or we  
will book you a 1-1  
appointment for  
another day

Examples of what we can support with (but not  
limited to):

- + DLA/PIP Forms
- + EHCP Applications
- + School Refusal and anxiety
- + Signposting and referrals
- + Parent/carer wellbeing support

For more information please call 01926 422123

## Digital Support at the Hub

If you don't have access to a computer or the internet at home and/or you're not as confident with computers as you would like to be, we offer various services that may be able to help.

### DIGITAL DROP IN

We run a fortnightly drop in on a Friday afternoon (1-3pm) for anything that you may need help with digitally - eg. help paying a bill online, learning how to send emails, help using social media, etc. No need for an appointment, just pop in and we'll do our best to help!

We run a 1-day accredited Digital Skills course each month for those wanting to develop basic computer skills. The course runs from 10am-2pm and modules include 'E-Safety Essentials' and 'Navigating Online Services'. Contact us to book a place!.

### DIGITAL SKILLS COURSE

We have recently helped provide some low income households with free wi-fi for 12 months and may be able to offer additional help - if you feel your household would benefit from this, please get in touch with Leah: [leahweston@brunswickhlc.org.uk](mailto:leahweston@brunswickhlc.org.uk)  
Please note: This is subject to availability and we will need to see proof of current benefits received.

### UPCOMING DATES:

Friday 24<sup>th</sup> October  
Friday 21<sup>st</sup> November  
Friday 23<sup>rd</sup> January



If you are happy to use the computer independently, our public computers are free to use and available all week during our opening hours. *You will just need to fill in a quick registration form the first time you use them!*

We also offer printing, photocopying and scanning - Visit our website or pop in for prices

# 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

Drop in for help/advice	10.00-12.00	Weekly	Brunswick Hub
Prospects (Career advice for 16-18 year olds)	11.00-12.00	Term-time	Contact Catherine on 07702 862446
Menopause Group	18.00-19.00	Fortnightly	Brunswick Hub

## WEDNESDAY

Triple Link Dementia Group	11.00-12.30	Weekly	Brunswick Hub
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## THURSDAY

Free Food Table	9.00 →	Weekly	Brunswick Hub
Baby Weigh Clinic (Drop in)	9.30-11.30	2nd&4th Thurs	Contact Health Visitor for info
SEN Support Drop in	10.00-12.00	3rd Thurs	Brunswick Hub
Employment Club	10.00-12.30	Weekly	Brunswick Hub
Drop in for help/advice	13.00-15.00	Weekly	Brunswick Hub

## FRIDAY

Free Food Table	9.00 →	Weekly	Brunswick Hub
Entrust Cafe ( <i>cash only</i> )	9.00-13.00	Term-time	Brunswick Hub
Digital drop in	13.00-15.00	Fortnightly	Brunswick Hub
Guided Meditation & Sound Bath	18.30-19.45	24/10, 28/11, 12/12	@code11holistics on Facebook

## Recipe: Pigs in Blankets Traybake

This festive traybake from [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk) looks delicious and is something different as we countdown to Christmas!

*Serves 4-6*

### INGREDIENTS

- + 300g potatoes
- + 300g sweet potatoes (*both chopped into chunks*)
- + 2 red onions
- + 16 bacon-wrapped chipolatas
- + 100g day-old breadcrumbs
- + 2 tbsp freshly grated parmesan
- + 2 tsp redcurrant jelly
- + 150g brie or camembert (*cut into chunks*)
- + handful of flatleaf parsley (*leaves finely chopped*)
- + rosemary sprig/thyme sprigs (*leaves chopped*)
- + Olive oil for drizzling and frying
- + Large pinch chilli flakes/paprika



### METHOD

1. Preheat the oven to 220°C
2. Add both lots of potatoes into a large roasting dish with the onions and rosemary/thyme, toss with olive oil and season with salt & pepper.
3. Roast for 15 mins before giving the potatoes a shake and adding the pigs in blankets on top - Pop back in the oven for another 20 minutes.
4. Add some olive oil to a large frying pan and fry the breadcrumbs on high until crisp & golden brown. Then stir in parsley, chilli/paprika, parmesan and salt & pepper.
5. Once the sausages are cooked through, dot each with a little redcurrant jelly. Scatter the brie/camembert in the bake, followed by the breadcrumb mix and then drizzle with olive oil.
6. Bake for 5-10 more minutes until the cheese melts and serve straight away.