

BRUNSWICK HUB NEWS

January - March 2026

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

UPDATE!

Health & Wellbeing

DROP IN SESSIONS

NOW TWICE WEEKLY!

TUES

11am-1pm

THUR

1pm-3pm

For more information, call 01926 422123



Our H&W Drop-in sessions will resume in the New Year, with a slight change to Tuesday's times (see left). The team can offer support on a variety of matters, such as housing, benefits and food poverty - Just pop in and have a chat to one of the team!



Being Here For Local Communities

Dates to Remember

22nd Jan - ESOL Classes start
(see below)

23rd Jan - Digital Skills Course

**30th Jan - Soundbath from Code
11 Holistics** (see pg 9)

16th-20th Feb - Half Term hols
(We are open as normal!!)

20th Feb - Soundbath

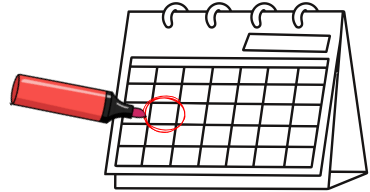
27th Feb - Microsoft 365 Course
(see opposite)

13th Mar- Soundbath

20th Mar - Microsoft 365 Course

1st April - Easter Event

14th April - Bereavement Group
(see pg 9)



E4A **Education 4 All**
Where learning opens doors

FREE ENGLISH CLASSES

to register email: info@education4all23.org
or come along on the day



DATE & TIME

BRUNSWICK HUB
CV31 3BD

9.00 - 11.00 beginners
11.00 -1.00 intermediate

Starts 22.01.2026

(term time only)

Come and join in today

- Enhance English Language Skills
- Create meaningful connections
- Build friendships
- Become independent
- Discover your local area
- Explore new traditions and share cultures
- Free and open to everyone



MICROSOFT 365

COURSE OBJECTIVE

Master Microsoft 365 with in-depth training in Word, Excel, PowerPoint, and Office 365. Learn essential skills for work and personal use, boosting efficiency and productivity.

**ACCREDITED 1 DAY
COURSE**
WITH LUNCH PROVIDED



DATES AVAILABLE

27TH FEB

20TH MAR

24TH APR

TIME

10AM – 2PM

MODULES

- Module 1 – Introduction to Microsoft Office
- Module 2 – Mastering Microsoft Word
- Module 3 – Excel for Data Analysis
- Module 4 – Designing Effective PowerPoint Presentations
- Module 5 – Utilising Office 365 Tools



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



01926 422123



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

A vibrant, hand-drawn border surrounds the central text. It features a variety of colorful flowers in shades of purple, orange, blue, and pink. Interspersed among the flowers are several Easter-themed illustrations: a pink bunny on the left, a yellow chick on the right, and several Easter eggs with different patterns like polka dots and stripes. A woven basket containing eggs is also visible on the right side.

EASTER APPEAL

**We are once again asking for
donations of Easter eggs and
other Easter treats for use as
part of our foodbank service and
on our Easter Fun Day.**

**We can accept donations until
31st March.**

**Please pop them in to us here at
BRUNSWICK HUB,
98-100 SHRUBLAND STREET,
LEAMINGTON SPA,
CV31 3BD**

*If you need to contact us, give us a call
on 01926 422123*



Join us for

EASTER FUN

at Brunswick Hub

APRIL 1-3
1ST PM

Easter Tombola • Mini Egg Hunt

**• Free Drinks & cake • Crafts
for Kids • and more...**

LAST YEAR

Brunswick Highlights in 2025

JANUARY Citizens Advice started their new outreach service here at the Hub every Tuesday morning.



FEBRUARY

We trialled our Men's Mental Health Group. Big donations were made to our foodbank, including a generous one from Kingsley School (See left) and a successful Fill-a-Bay day at Morrisons.

The first monthly Digital Skills course took place.

MARCH We launched our 2025 Easter Appeal and received an amazing amount of donations (Seymours Solicitors →).

APRIL We held a community Easter event in the Easter holidays - We ran an Egg tombola to raise money for our Chilled Foodbank & Hardship fund, held a mini Egg Hunt and put on craft activities. (Info for 2026's event is now available - see pg 5).

Our Triple Link group took a trip to the Botanical Gardens in Birmingham.

MAY Triple Link joined in the VE Day celebrations with a party. We held a Job Fair here at the Hub with employers.

Leah joined the Hub team as our new Digital Project Officer.



JUNE We celebrated Volunteer Week with a coffee morning for our volunteers.

The team from Sphera (left) visited to help us spruce up our secret garden ready for Summer.

AT THE HUB



Triple Link visited Warwick Castle and saw the Birds of Prey show.

We started a monthly digital drop in session at Packmores Community Centre.

JULY We had a 'Fill-a-bay' day at Morrisons to collect donations.

We started SEND Support park 'meet ups' over the Summer Hols.

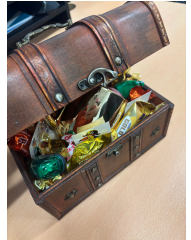
AUGUST We hosted a free pirate-themed Summer Fun event with games & activities.

SEPTEMBER We doubled our weekly H&W drop ins - now two per week!

Triple Link took a trip to the Black Country Museum.

The Suicide Prevention event took place at The Hodcarrier, Whitnash and raised money for the Hub.

Our Garden Volunteers held an open day in the Secret Garden.



OCTOBER We launched our Xmas appeal '25. The Hub received a donation

from St Patrick's School's Harvest Festival (see left).

Sydni Centre ran the first of two Cookery classes here at the Hub (see right).

We held a free Halloween Party in the

Half Term holidays with a spooky games & activities and a costume competition.

NOVEMBER We put out a Reverse Advent Calendar with food donations we hoped to receive.



DECEMBER We held Tabletop sales and a Christmas Craft

in the run up to our Christmas break.

Triple Link celebrated the season with a trip to the local panto (see left) and a party.



We held our annual Turkey Batch Day to raise money for the Hub.

Christmas 2025 Recap



The run up to Christmas was very busy here at the Hub, not just with donations coming in frequently (see below).



We held a Christmas craft session with attendees decorating festive wreaths! We also ran regular tabletop sales of pre-loved toys, books and gifts to raise money for the Hub - Huge thanks to our volunteers who made that possible!



Christmas Appeal



In October, we launched our 2025 Christmas appeal asking for donations of food and gifts so that we could support families that we are working with, that were struggling over the festive season.

Once again, we were amazed the generosity of the local and wider community, with so many individuals and organisations making brilliant donations that helped us make some Christmases a little brighter!



DESG	CELLNEX	WANZL
KATIES - HAIRDRESSERS	W.D.C (STAFF)	WHITNASH SLIMMING
LITTLE PIONEERS NURSERY	BIFFA	CLUB
LIDL	ROBOTHAM ARCHITECTS LTD	T.C.S
MORRISONS	SEYMOUR SOLICITORS	ST PATRICKS SCHOOL
HORNETS NETBALL TEAM	SPHERA	ALDI

Another massive thanks to all the individuals & families in the community that donated food, gifts and any pre-loved toys - It was very much appreciated!



From Left: Our Community Food Project Officer, Sarah and the team from Seymour solicitors with their kind donations; Our volunteer Grinch visits Aldi for Christmas donations; The Grinch, Sarah and some of the M&S team; Staff from St Patrick's School drop off a trolley full of donations for the foodbank; The Grinch visits Lidl



Bereavement Support

Our next scheduled Bereavement Support group starts on Tuesday 14th April, and runs every week for 5 weeks, 1-2.30pm.

We also offer one-to-one Bereavement support at the Hub.

Contact Theresa on 01926 422123 or email theresataylor@brunswickhlc.org.uk for more information.

Baby Weigh Clinic

The drop-in baby clinic that the Health Visitors run, will no longer be at the Hub.

Instead it will take place at Kingsway Children & Family Centre on the 2nd & 4th Monday of each month, 9.30-11.30am.

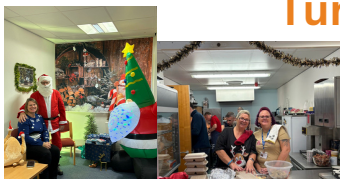
GUIDED MEDITATION & SOUNDBATH

Held once a month on a Friday evening by Trish from Code 11 Holistics. The next few dates are 30/01, 20/02 and 13/03.

For more info, visit the [Code 11 Holistics Facebook page](#)



Turkey Batch Day 2025



From left: Santa (Peter from the Lions) and his helper (Sarah from Wincanton) in our Hub grotto; Our Health & Wellbeing Officers, Julie & Theresa pack up the free turkey batches for the hungry attendees

We held our annual Turkey Batch Day on Wednesday 17th December and it was a pleasure to see so many of you come join the fun! It was a great afternoon!

As part of the event, we ran a raffle, two festive festive tombolas, a tabletop sale and a bake sale to raise money for our Chilled Foodbank and Hardship fund. We are pleased to say that, thanks to all that attended or contributed with donations, we raised nearly one & a half thousand pounds, which will help so many. We would like to thank all who volunteered on the day - including our Hub volunteers, our Santa (Peter from the Lions) and staff from both Wincanton & Nandos - We wouldn't have been able to do it without you all, so huge thank yous all round!



From top: SEND Officer, Georgia & Hub volunteer, Cheryl run the Bake Sale; Julie and Wincanton's Luke serve turkey batches with all the trimmings



Lillington

Free Support and Advice

THURSDAY

@Lillington

Community Pantry

Pound Lane,

CV32 7TR

10AM-12PM

(Located in the Cafe area)

FRIDAY

@Lillington

Health Hub

Valley Road,

CV32 7SJ

10AM-12PM

(Located in Group Room 1)

Support and advice available on a
variety of matters, including

- > Debts & money management
- > Mental Health
- > Foodbanks
- > Peer Support

- > Housing
- > Benefits
- > Employment & Job searches
- > and more...

*Drop in or Call for
an appointment*

LUCY - 07815 640379

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	11.00-13.00	Weekly	Brunswick Hub
Prospects (Career advice for 16-18 year olds)	13.00-15.00	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
Employment Club	10.00-12.30	Weekly	Brunswick Hub
Drop in for help/advice	13.00-15.00	Weekly	Brunswick Hub
Disordered Eating Support Group	13.30-14.30	Fortnightly	Email ana_draven@yahoo.com

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	Monthly	@code11holistics on Facebook



<https://brunswickhlc.org.uk>



[01926 422123](tel:01926422123)

Recipe: 'Burger 'n Fries' Pot Pie

This easy dish from keyingredient.com is a fun alternative to cottage pie and quick to prepare on a busy evening. This version has a simple mince, onion & tomato filling but you could add any veg you like!

Serves 4-6

INGREDIENTS

- + 500g lean beef mince
- + 1 large onion (*chopped*)
- + 1 tin of chopped tomatoes
- + 2 tablespooms plain flour
- + 110g cheese (*grated*)
- + 300g of frozen chips



Source: www.keyingredient.com

METHOD

1. Preheat oven to 230°C/Gas Mark 8
2. In a frying pan, cook mince and onion over medium-high heat, stirring occasionally, until beef is cooked (about 8 minutes). Drain liquid well.
3. Sprinkle flour over beef mixture and cook for another minute, stirring constantly. Stir in tinned tomatoes - heat to boilin then remove from heat.
4. Spoon beef mixture into an oven dish and sprinkle with the cheese. Arrange chips evenly in single layer on top.
5. Bake uncovered for about 20 minutes or until potatoes are golden brown. Let stand 5 minutes before serving.