

BRUNSWICK HUB NEWS

July - Sept 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](https://www.facebook.com/Brunswickhlc)



[@brunswickhub.bhlc](https://www.instagram.com/brunswickhub.bhlc)



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



In June, we celebrated Volunteer Week 2026 - We gathered as many of our volunteer team as we could for a cuppa & some cake and we gave them a little gift of thanks. It was a great chance for the volunteers to have a catch up!



The week as a whole was a chance for us to reflect on the volunteer team - past & present - and show our appreciation!



Being Here For Local Communities

Dates to Remember

3rd July - Branching Out Week 4

7th July - Menopause group

See page 4

16th July - SEND Support Drop in

See page 9

28th July - Menopause group

31st July - Digital Course
(Microsoft 365)

See page 8

4th August - New Bereavement
Group starts *See below*

13th August - Summer Fun Day

See opposite page

20th August - SEND Support
Drop in

25th August - Menopause group

31st August - Closed for Bank
Holiday

17th Sept - SEND Support
Drop in

22nd Sept - Menopause group



You can see our full
Hub calendar on our
website:
brunswickhlc.org.uk

*Are you or someone you know
struggling with your memory?*

*Have you/they got a diagnosis of
dementia or cognitive impairment?*

Come along our friendly group to
enjoy activities which aim to help
your physical & mental health!

Triple Link
Wednesdays, 11-12.30

at Brunswick Hub



For more info, contact Theresa on 01926 422123 or email
theresataylor@brunswickhlc.org.uk

Bereavement

The next bereavement
support group starts
Tuesday 4th August and
continues weekly from 1pm -
2.30pm for 5 weeks.

If you are interested in booking a
place, please get in touch us on
01926 422123 or email
theresataylor@brunswickhlc.org.uk



SUMMER FUN DAY



JOIN US FOR 'UNDER
THE SEA' THEMED FUN

THURSDAY 13TH AUGUST
10AM-1PM

@ Brunswick Hub

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



KIDS CRAFTS ~ GAMES
& ACTIVITIES ~ FREE
DRINKS ~ 'TREASURE HUNT'
~ AND MORE...



MENOPAUSE SUPPORT GROUP

Menopause can bring a variety of symptoms, both physical and mental. Some women struggle with these symptoms but there is limited support available.

We have a monthly group for women at any stage of their menopause journey, where we have a natter over a cuppa and share our experiences, struggles and strategies to cope.

FOR MORE INFO

Contact Theresa

 01926 422123

 theresataylor@brunswickhlc.org.uk



6PM-7PM AT THE HUB

- * Tuesday 7th July
- * Tuesday 28th July
- * Tuesday 25th August
- * Tuesday 22nd September
- * Tuesday 20th October
- * Tuesday 17th November

**IF YOU WOULD LIKE TO
SHARE YOUR
JOURNEY, PLEASE DO
COME ALONG**

*We look forward to
meeting you*

The Secret Garden

Our community garden space is open throughout the summer (9.30-3pm, Mon-Fri) for visitors of the Hub to use - sit and relax with a cuppa, read a book in the sunshine or just enjoy being outside with some peace and quiet!



Free Food Table

Every Thursday and Friday from 9am, we put out surplus items from supermarkets, etc for anyone to come and help themselves (usually up to 6 items per person). The table runs until we close at 3pm or until everything is gone

If you need help with benefits, housing, filling in forms and other general wellbeing support - Pop in to our

Health & Wellbeing

DROP IN

TUES

11am-1pm

or

THUR

1pm-3pm

here at Brunswick Hub!

DO YOU GROW YOUR OWN PRODUCE?

HELP BRUNSWICK HUB'S ALLOTMENT APPEAL

FOR OUR 'FREE FOOD TABLE' (See above)



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

EMPLOYMENT & DIGITAL SUPPORT SERVICES

If you need some help looking for employment, completing tasks online or developing your skills on the computer, our Employment and Digital team may be able to help.

WEEKLY DROP IN

No appointment needed - Pop in on
THURSDAYS 10.00-12.30
for employment and/or digital support

- Help with jobsearch & online applications
- Creating/Updating CVs
- Universal credit help & advice
- Interview tips
- Setting up a new device
- Help with online tasks, eg. paying bills, sending email, etc
- Learning to use social media

If you are unable to make the drop in, 1:1 appointments may be available - Give us a call on 01926 422123

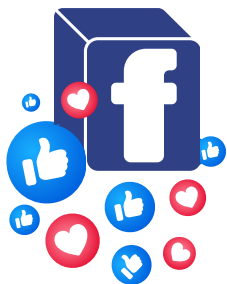


WE ALSO RUN POP-UP SERVICES IN SEVERAL VENUES IN THE LEAMINGTON/WARWICK AREA.

*First Friday
of the month at*
**LILLINGTON
COMMUNITY
PANTRY**
1pm-3pm

*Thursdays
1pm-3pm*
**THE SYDNI
CENTRE**
(Appointment only)
Contact 01926
422071

*Last Thursday
of the month at*
**PACKMORES
COMMUNITY
CENTRE**
11am-1pm



DID YOU KNOW...

...We have a page on Facebook especially for the Employment & Digital service. You can see the latest updates with the service and we will also be sharing job opportunities for a range of different types of role that you may be interested in applying for!

**DO YOU HAVE ANY OLD PHONES, LAPTOPS OR TABLETS
YOU ARE WILLING TO DONATE?**

**PLEASE BRING ANY DONATIONS DOWN TO THE
HUB AND WE WILL HELP FIND THEM GOOD HOMES**



Digital Courses

We are still running our free 1 day Microsoft 365 computer course on a monthly basis. The course runs on a Friday, 10-2 & lunch is provided.

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.

To find out about upcoming dates and/or book a place on the next available course, please call Leah or Sophie on 01926 422123

(If you are interested in the Basic Digital skills course that we previously offered, get in touch to register your interest and we will schedule this when we gather enough interest)



A Night of Music and Memories

The annual music event for suicide awareness - organised by our very own Nick & Cheryl - takes place this September on Saturday 12th at The Hodcarrier pub in Whitnash. Starting at 7pm, there will be live musical performances and if it is anything like previous years, a great time will be had! On the night, the event is raising money for Brunswick Hub's Bereavement Support Service.



We're happy to say 'Hello (again)' to Lucy who is rejoining the Brunswick Hub team as our new SEND Support Project officer!

Lucy was previously a Health & Wellbeing Officer and loved providing help & support to those clients who needed it - Now she is back and using her knowledge and experience to offer parents/carers of children or young people with additional needs a bit of help navigating some of the challenges they are facing.





BHLC

SEND

SPECIAL EDUCATIONAL NEEDS
& DISABILITIES

Community

SUPPORT



*Find Us
on*

FACEBOOK

Drop-in SUPPORT SESSIONS &

1 TO 1 Support

- DLA/PIP transitions
- EHCP applications
- IEP/Pupil passports
- Parental/carers support
- Signposting/referrals
- Executive dysfunction
- Emotional regulation tools and strategies
- Reasonable adjustments (e.g School/employment)
- and so much more...

Providing support to those who who require additional support to navigate the world of SEND as a parent/carers, family or young person seeking additional support.

SEND is a challenging and complicated world and many are left feeling lost. We are here to help where we can.

If unsure, please come see us!

Contact Lucy for more information via:



01926 422123



lucyduncombe@brunswickhlc.org.uk

COMMUNITY FRUIT & VEG BAGS

**OPEN TO
ALL!**

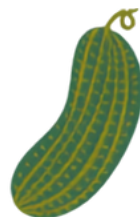


Get a big bag of fruit and vegetables for just £7 (or £5 for a small) from the Sydni Centre's Veg co-op.



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

You can order and collect from us here at Brunswick Hub. Just pop in before midday on a Tuesday to place an order & pay and then collect your bag on the Thursday afternoon



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

Drop in for help/advice	11.00-13.00	Weekly	Brunswick Hub
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CAB (Appointments)	10.00-12.00	Weekly	Call B Hub for any appts
CAB (Drop in)	12.00-13.00		

Prospects (Career advice for 16-18 year olds)	13.00-15.00	Term-time	Contact Catherine on 07702 862446
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Menopause Group	18.00-19.00	Monthly	Brunswick Hub
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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
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Employment & Digital	10.00-12.30	Weekly	Brunswick Hub
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SEND Support Drop in	11.00-13.00	Monthly	Brunswick Hub
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Drop in for help/advice	13.00-15.00	Weekly	Brunswick Hub
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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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Recipe:

Loaded Sweet Potatoes

This low effort recipe from Tesco is light and summery whilst still being filling. Perfect for lunch or dinner!

Serves 4

INGREDIENTS

- + 4 small or 2 large sweet potatoes
- + 2 medium onions
- + 1 small carrot
- + 1 pepper
- + 100g long grain rice
- + 400g tinned chickpeas
(drained & rinsed)
- + 200g frozen spinach
- + 1 spring onion (chopped)
- + 4 tbsp greek yoghurt
- + 1 tbsp vegetable oil
- + 1 vegetable stock cube-
made up to 200ml
- + 1 ½ tbsp curry powder



METHOD

1. Finely chop the onions and set aside. Chop carrot and pepper into small pieces.
2. Scrub the sweet potatoes and pierce a couple of times with a fork. Put into the microwave* and cook for 10-12 mins until soft. (*If you don't have a microwave, you can bake the sweet potatoes for 40 mins)
3. While they are cooking, heat the oil in a saucepan or high-sided frying pan. Add the onion and cook over a high heat for 2-3 mins until it begins to get a bit of colour. Stir the curry powder and cook for about another minute.
4. Reduce the heat and add the carrot, peppers, rice, chickpeas & frozen spinach and mix together. Pour over the vegetable stock, stirring well, and bring to a simmer. Cook for 12-15 mins until the rice is cooked and liquid has been absorbed.
5. Cut the sweet potatoes open and scrape up the flesh with a fork (if using 2 large potatoes put one half onto each plate. Pile on the mixture and serve with a dollop of yogurt and scatter of spring onion.