

August 2018 Newsletter

Spotlight on ...

Social Prescribing

The Brunswick Hub is thrilled to be working in partnership with Lisle Court Medical Centre piloting a new scheme called 'Social Prescribing'. Rita Church is the worker and you will find her at Lisle Court Surgery on a Monday and at Brunswick Hub on a Tuesday morning, so come along and have a chat with her if this is a project that you think would help you!

Social Prescribing takes the approach of concentrating on what the person is doing, could do or would like to do. Most importantly, we know very well that we do not have a ready made solution. We provide ideas and create a safe space for people to consider their options; but ultimately it is the person who knows themselves best, and therefore an idea they generate for themselves is far more likely to be successful than an idea a staff member imposes on them – however well intentioned.

Also you can ask to be referred to Rita at your GP surgery, Lisle Court Medical Centre.



*Lisle Court Surgery,
Brunswick St,
Leamington Spa, CV31 2ES*



From 1st August onwards, opening hours for Reception services and the Coffee Shop Computers will be:

Monday - Thursday: 9.30am - 4.00pm
Friday: 9.30am - 3.00pm

The Centre opening hours will remain **9am - 5pm Monday - Thursday** and will change to **9am - 4.30pm on Fridays**.

We are closed to the public at weekends

New Member of Staff

We'd like to say a big Brunswick welcome to Luis who has joined us here at the Hub as Caretaker. Although he is new, he has already become a valued member of the staff team!



New Drop-ins at the Hub



On the first Thursday of the month, there's an opportunity for anybody that would like to speak to a Community Police Officer to do so. The next two drop ins will be August 2nd and September 6th. Again, no need for an appointment, just come in*.

*Subject to change



UK charity P3 will now be at Brunswick Hub every Tuesday, 10am - 2pm, to give advice on any housing/tenancy-related issues. No appointment is necessary, just pop in for a chat with them.

Summer Holidays

The summer holidays are here and if you are still on the look out for things to keep the family entertained, here are a few suggestions. ...

The Warwickshire Family Information Service can update you on things that are going on in the area—**Warwick & Leamington Library** have lots

holidays, as do the **Market Hall Museum** in Warwick. Check out **@WarwickshireFIS** on Facebook for details.

Foundry Wood has a whole host of kid-friendly activities over the summer including outdoor theatre, workshops and Forest Survival camp. **'Make Lunch'** at Chase Meadow

Community Centre, every Thursday in August, 11.30-1.15 for lunch and fun activities. Check out their Facebook—**@makelunchwarwick**. Leamington's **Art in the Park** festival is on Aug 4th & 5th at **Jephson Gardens**. It's free entry and there will be art, music, theatre and dance to enjoy.



Are you registered for Free School Meals? The Warwickshire Local Welfare Scheme can support with the cost of food for your children through the summer holiday
Contact no. - 0800 408 1448 / 01926 359182

Timetable - August 2018

MONDAY	Times	How often	Cost
Lillington Employment Club (@ CHAIN Hub)	10:00 - 13:00	Weekly	FREE
Lunch Club for over 55s 	12:30 - 13:30	Weekly	£4.75
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
TUESDAY			
Employment Club	09:30 - 14:30	Weekly	FREE
P3 Drop-in Service	10:00 - 14:00	Weekly	FREE
Singing For The Brain (for people with dementia and their carers/families) 	10:15 - 12:00	14th & 28th	FREE
JayKays Dance Company	17:00 - 20:00	Weekly	See Trainer
WEDNESDAY			
Tai Chi	09:30 - 10:30	Weekly	£5.00
Citizens Advice (appointment only) 	10:00 - 13:00	Weekly	FREE
Triple Link (for people with dementia and their carers/families) 	11:00 - 13:00	Weekly	FREE
JayKays Dance Company	17:00 - 20:30	Weekly	See Trainer
THURSDAY			
Employment Club	09:30 - 14:30	Weekly	FREE
Police Advice Surgery 	TBC	2nd	FREE
Breathing Space (Money, Housing and Debt Advice)	10:00 - 14:00	Weekly	FREE
Aero-tone	10:00 - 11:00	Weekly	£3.00
Seated Exercise 	11:00 - 12:00	Weekly	£3.00
Sequence Dance 	14:00 - 16:00	Weekly	£3.00
JayKays Dance Company	16:30 - 21:00	Weekly	See Trainer
FRIDAY			
Computer Club (support to improve your computer skills; access to our IT facilities) 	09:30 - 16:00	Weekly	FREE
JayKays Mummy and Me	09:45 - 10:30	Weekly	See Trainer
Jaykays Dance Company	13:15 - 14:45	Weekly	See Trainer
JayKays Dance Company	17:00 - 18:00	Weekly	See Trainer
SATURDAY			
JayKays Dance Company	09:00 - 14:00	Weekly	See Trainer
MONDAY TO FRIDAY			
Coffee Shop 	08:30 - 16:30	Monday - Friday	Choice of Menu
Internet Café	09:30 - 16:00	Monday - Thursday	FREE
	09:30 - 15:00	Friday	FREE



Got a question? Drop us an email at: frontdesk@bhlc.services or call us on 01926 422123

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