

## October 2018 Newsletter

### Staffing News

Hello!

We'd like to congratulate Helen who has now officially taken on the role of 'Finance and Room Hire Officer!

We would also like to welcome some of the volunteers that have joined the team recently - so a big "Hello" to Maureen, Dawn, Jan, Olly and Julie!

On a sadder note, we are saying farewell to two members of staff. Both Isobel and Mick are leaving the team for pastures new.

Everybody here at Brunswick Hub would like to take the opportunity to wish them both "Good luck" and thank them for all their hard work. They will be missed!

Goodbye!

### Brunswick's New Walking Group



**Want to get more active? Then we are here to help!**

Walking is a great way to get fit, explore what's on your doorstep and make new friends so why not join our free and friendly walks today!

Starting on 1st October, the Shrubland Strollers will meet at the Hub every Monday morning at 11.45am. The group is for all abilities and is a great way to get out and about and meet new people, whilst enjoying some light exercise.

If you're interested in joining us or would like to find out more, call Rita Church on 01926 422123 or email [ritachurch@brunswickhlc.org.uk](mailto:ritachurch@brunswickhlc.org.uk)

### Remember: Daylight Saving Time

The clocks change at 2am on Sunday 28th October so don't forget to put your clocks back an hour!

The time change means it will get darker earlier in the evenings so remember to stay safe when out walking or on the roads!



### The Tallis Wood Project

The Tallis Wood Project runs courses for people struggling with their Mental Health or feeling socially isolated, which are held in Tallis Woods, just outside of Radford Semele. In the next few months, they are running 'Taster days' for people to come and see what they are about.

The taster days are 10.30-3.30 on:

- ✧ Wednesday 3rd October
- ✧ Wednesday 7th November
- ✧ Wednesday 5th December

Lunch and Transport from Leamington is provided.

For more info or to sign up, contact Kath Pasteur: [kath@arcic.co.uk](mailto:kath@arcic.co.uk) / 07814 605245



### Fresh Fruit and Veg

Did you know that you get an affordable, assorted bag of fresh, organic and seasonal fruit and vegetables from SYDNI Centre's Food Co-op scheme?

The bags are available in two sizes—Large (£4.50) and Small (£3.00) - and come with a sheet of recipe ideas.

You can order from us here at Brunswick Hub, you'll need to pay in advance and provide us with two cloth/long life bags- Orders placed by midday on Tuesday will be available to collect from us on the Thursday.

For more info, ask us at the Hub or call Ali on 07905406416.



### October Half term

**Half term is on the way so if you're looking for things to keep the kids busy, here are some autumn activities to try:**

Pumpkin carving—Visit a pumpkin patch to find a good 'un!

Autumn Scavenger hunt—Have them hunt the local park for all things autumn!

Playing Conkers—All you need is conkers on a string...

Plant bulbs for the Spring—Plants such as Daffodils & Tulips can be planted now the ground is cooling.

Apple Bobbing—Fun for all the family!

Make a bird feeder—Help the birds fatten up for the winter.

Watch some fireworks—Hunt out a local display.

Craft with leaves, sticks and pinecones—There are tons of great ideas online!

**Check out upcoming local events—Places like Foundry Wood, Market Hall Museum in Warwick and local libraries all have things going on, many for free!**

## Timetable - October 2018

MONDAY	Times	How often	Cost
Lillington Employment Club (@ CHAIN Hub)	10:00 - 13:00	Weekly	FREE
Shrubland Strollers Walking Group	11.45am	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
Singing For The Brain (for people with Dementia and their Carers/Families) 	10:15 - 12:00	9th & 23rd	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	AM	4th	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 - 15:00	Weekly	FREE
Springfield Mind Drop-in	10.30 - 11.30	Weekly	FREE
Jaykays Dance Company		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	Mon - Thurs (Fridays until 3.30pm)	Choice of Menu
Internet Café	09:30 - 16:00	Mon - Thurs (Fridays until 3pm)	FREE



**Got a question? Drop us an email at: [frontdesk@bhlc.services](mailto:frontdesk@bhlc.services) or call us on 01926 422123**

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