

## December 2018 Newsletter



This month, we are getting into the festive spirit and will be celebrating Christmas at the Hub on Thursday 13th December with Turkey batches, a tombola\* and some Christmas Carols! So why not come along and join us for the festivities...

\*If you would like to donate any prizes for our Christmas tombola then they will be gratefully received—just hand them over at Reception. We will be accepting these until Tuesday 12th December.

Thanks to the team at Calor Gas, we are already looking all Christmassy at the Hub too!



We will be closed for Christmas and New Year... The centre will be closing at midday on Friday 21st December and opening in the New Year on January 2nd.

We'd like to take the opportunity to thank everyone who has supported Brunswick Hub this year, you are very much appreciated. We hope that you all have a very merry Christmas season, we will see you in 2019!



### Rethink Saturday Support Group



**Rethink  
Mental  
Illness.**

Launching on 8th December, Rethink will be running a free Wellbeing Support Group every Saturday, 11am—1pm. The group is a safe and confidential setting for people to share experiences, listen and work

together to improve mental wellbeing. The group will take place at 2 Southborough Terrace, Brunswick Street.

For more information, contact Paul on 07850 950150 or via email at [Thomo1973@outlook.com](mailto:Thomo1973@outlook.com)

### Staying Safe Online



On Thursday 13th December, we are running a free presentation Introduction to Staying Safe Online from 2.30-4pm. For more information or to book a place, call Tanya on 01926 422123.

### A Big Welcome

We'd like to give a big welcome to two new staff members that have recently joined the Hub team: Kerry who has started as our new Work Relationship officer and will be taking charge of our Employment Club. Jackie has also joined us as Social Prescriber and will be looking for ways to promote Physical Activity to improve wellbeing. In the Coffee Shop, Maisie will be assisting us in the run-up to Christmas!



### Reverse Advent

This December, LWS Night Shelter are running a 'Reverse Advent' where they will ask people to give a different item every day in the run-up to Christmas and then donate these items at the end. Each day, up until Dec 24th, they will be posting what the item is on their social media so anyone taking part can put these items in a box, with the aim of donating this on/around Christmas Day. If you would like to participate but don't have access to social media then you can follow along with us here at the Hub—we'll be updating our 'Reverse Advent Calendar' wall display daily so you can see what items you need to get for your box. As we close on Dec 21st, we will be revealing the last few items the day before so there's plenty of time to deliver your box!



## Timetable - December 2018

MONDAY		Times	How often	Cost
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
<b>TUESDAY</b>				
Employment Club		09:30 - 14:30	Weekly	FREE
Singing For The Brain (for people with Dementia and their Carers/Families)		10:15 - 12:00	4th & 18th	FREE
Prospects Drop-in (Careers advice for 16-18yr olds)		14.00—16.00	Weekly	FREE
JayKays Dance Company		17:00 - 20:00	Weekly	See Trainer
<b>WEDNESDAY</b>				
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
<b>THURSDAY</b>				
Employment Club		09:30 - 14:30	Weekly	FREE
Police Advice Surgery		AM	6th	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
<b>FRIDAY</b>				
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		09:30 - 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
<b>SATURDAY</b>				
JayKays Dance Company		09:00 - 14:00	Weekly	See Trainer
<b>MONDAY TO FRIDAY</b>				
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**

Get our latest news:



Find us on Facebook

@BrunswickHLC

[www.BHLC.Services](http://www.BHLC.Services)

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