

November 2018 Newsletter

Career Advice for 16-18yr olds

Every Tuesday afternoon (term time only), careers adviser Catherine Wong from Prospects, is running a drop-in at the Hub from 2pm - 4pm.

prospects

Prospects is contracted on behalf of Warwickshire County Council to deliver career guidance to all young people aged 16-18. They are a dedicated team of professional careers advisers offering support and advice to 16-18 year olds seeking education, employment and training across Warwickshire. Catherine can support young people to look at their options, help with college/job search, complete application forms, CV writing etc. For more information you can contact Catherine on 07702862446 or email catherine.wong@prospects.co.uk

WW1 Day



Our tea rooms at Leamington Football Club's WW1 day were a great success—in fact the day itself went brilliantly!

We'd like to thank the event organisers for putting together such a

great day, lots of work went into making it happen!

We'd also like to say thank you to everyone that showed up to support the event, particularly those who joined us in the tearooms.

Finally, our contribution to the event would not have been possible without Dawn, Pauline and their team working as hard as they did, both in the run-up and on the day itself—Thank you.

The day raised money for lots of good causes, all in all a very worthwhile day!



New Staff



We'd like to welcome some new staff members to the team.

Theresa has come on board as our new Health and Wellbeing Officer to take on a variety of our services including our Triple Link

Dementia Café. She has a background in Mental Health and is looking forward to getting stuck in to a new challenge.

Ljupka has been at the Hub for a little while and is now a permanent member of staff, she will be part of the caretaking team looking after the centre.

Also, Leanne has moved into the role of Receptionist and will be looking after front of house.

Friends of South Town

From 9th November, community group Friends of South Town will be meeting at the Hub every Friday for their weekly get-togethers. Anyone can join in and the sessions give people an opportunity to make new friends and get involved in a creative activity. So if you're looking for good company and a place to be yourself, come join them, 12.45-2.45pm!

Christmas Tombola

We are beginning to gather together prizes for our Christmas tombola that will take place on 13th December, raising money for Brunswick Hub's Hardship fund. We are asking for donations of things that would make good prizes—such as unused toiletry sets, tins of biscuits/sweets, etc. If you have anything that you would like to donate, please hand it in at Reception.



Also in the run-up to Christmas, we are hoping to participate in St John the Baptist's Christmas Tree Festival (28th Nov—2nd Dec) so stay tuned on how you can help us decorate our tree!

Timetable - November 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
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	6th & 20th	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
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	1st	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		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
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 or call us on 01926 422123

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