

January 2019 Newsletter



HAPPY NEW YEAR

It's New Year again and here at Brunswick Hub, we are looking forward to another exciting 12 months!

2018 saw many staffing changes so we're starting the year with a staff team with lots of different faces but everyone is raring to go and we all have some amazing ideas for the Hub, which we will see put into action in 2019!

Thank you to everyone who's supported us over the last 12 months: volunteers; customers; and service-users...Happy New Year—Here's to 2019!

New Staff at Brunswick Hub

This month, we are welcoming a new CEO to the team. David Phillips will be taking the helm and helping the Hub to move forward this year.

Alice Maher has also joined us as our new Volunteer Co-ordinator and will be looking after our brilliant Volunteer team.

Candy Giles, one of our volunteers, has also become part of the staff team as a Catering Assistant and will be helping to look after the Coffee Shop.

We hope that we can show them how special Brunswick Hub can be!



Year of Wellbeing



2019 is Coventry and Warwickshire's Year of Wellbeing which sees various services come together to encourage people to celebrate and improve their wellbeing.

With all the support and resources available, this year is the time to tackle the challenges that may affect us such as physical inactivity and social isolation.

You can read more about this year online or pick up a booklet from the Hub this month.

Here at Brunswick Hub, we too will be putting a focus on improving physical, mental and emotional wellbeing so keep an eye out in the Hub and on our website & social media!

Free I.T. Workshops for 2019

We will be running our Free I.T workshops again in 2019.

These include:

Word Processing

Internet for Beginners

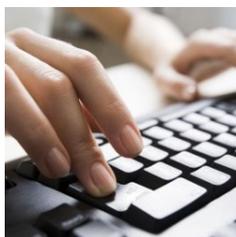
File Management

An Introduction to Exploring Ways to Save Money online

An Introduction to Staying Safe online

And more....

To find out more and book a place email tanya.newby@bhlc.services



January Challenges

January is usually thought of as a good time to press the "reset button" and set some goals...

Many of us can have one tipples too many over the festive season, so why not pledge to have booze-free month to let your body recover! Find out more about doing a **Dry January** by visiting alcoholchange.org.uk It's also time for **RED January** (with Mental Health charity, Mind) which encourages people to do something active every single day in order to support their Mental Health. Visit www.mind.org.uk/redjanuary for more info!

We'll be supporting both of these efforts in the New Year so stay tuned on our Social Media for more...

Timetable - January 2019

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	8th & 22nd	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	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
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		09:30 - 16:00	Mon - Thurs (Fridays until 3pm)	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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www.BHLC.Services

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