

## February 2019 Newsletter

### Year of Wellbeing: February



As this year is Coventry and Warwickshire's Year of Wellbeing, Brunswick Hub are focusing on various aspects of wellbeing over the course of

the year—we're hoping to share information and advice both on site and on our social media.

This month, we're going to focus on the importance of eating a healthy diet and how to do that on a budget. Whether you live on your own or with a large family with lots of mouths to feed, making sure you eat balanced & nutritious meals can be difficult when you have a small budget. Throughout February, we'll be sharing ideas, advice and info to help anybody that is looking to create healthier eating habits.



Just a note to say a massive congrats to our Catering Assistant, Candy for getting her Food Health and Safety Certificate!

### Dementia Friendly Football



Starting in February, Leamington Football Club will be running some monthly sessions within our Triple Link Dementia Café. The sessions will have inclusive games and football memories

as well as the friendly, supportive atmosphere that regular attendees of Triple Link will be used to.

The sessions will be running **11.30—12.30** on the following dates, alongside our Carers' group (11.00—

1.00): **Wednesday 6th February**

**Wednesday 13th March**

**Wednesday 10th April**

If you know somebody living with Dementia that would like to come along to Triple Link, call the Hub on 01926 422123 for more information.

For more info on the Football sessions, contact paulorafferty65@gmail.com

### Friends of South Town

Just a reminder that every Friday afternoon, Friends of South Town meet here at the Hub for a cuppa, some craft activities and a good old natter!

The group is open to everyone and is a great place to try new things and make some friends.

Why not join them 12.45—3pm on Friday?!

### Employment Help

Brunswick Hub are now offering one to one sessions for those seeking employment /training. These can provide help with:

- ❖ Interview techniques
- ❖ CV production
- ❖ Individual job search
- ❖ Explore goals/aspirations
- ❖ Work ready target setting

If you interested in booking one of these sessions on a Wednesday, contact Kerry on 01926 422123 or email [kerrydontay@bhlc.services](mailto:kerrydontay@bhlc.services).

### Computer Club

**Come and join our Computer Club at Brunswick HUB FREE on Fridays 9.30am – 3pm.**

Want to learn more about computers?

Sign up to our Friday Computer Club. Our Staff and volunteers will be on hand to offer help and support whenever you need it.

No need to book – once you have registered with us you can just drop by for as long, or little, as you want as you want on Fridays between 9.30am and 3pm. For more information email [tanya.newby@bhlc.services](mailto:tanya.newby@bhlc.services) or call 01926 422123, or drop by and speak to Tanya on a Friday.



For up-to-date news and upcoming events throughout the month, visit our Brunswick Hub website:

**[www.BHLC.services](http://www.BHLC.services)**

Follow us on Facebook ([@Brunswickhlc](https://www.facebook.com/Brunswickhlc)) & Twitter ([@BrunswickHub](https://twitter.com/BrunswickHub)) for more!

## Timetable - February 2019

MONDAY		Times	How often	Cost
Shrubland Strollers Walking Group		11.45am	Weekly	FREE
Celeste Lip Reading Classes		10:30 - 12:30, 14:00 - 16:00	Weekly	See Trainer
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	5th & 19th	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	7th	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](mailto:frontdesk@bhlc.services) or call us on 01926 422123**

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@BrunswickHLC

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

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