

## March 2019 Newsletter

### Red Nose Day

Friday 15th March is Red Nose Day, so to raise money for Comic Relief we are holding a Bake sale here at the Hub on **March 14th and 15th**.

Cakes, biscuits and other treats will be available to buy and proceeds will go to Comic Relief.

Comic Relief raises money for loads of great causes both here in the UK and internationally. For more

information on what they do, visit

[www.comicrelief.com](http://www.comicrelief.com)

So join us for a sweet treat and help a great cause!



### Year of Wellbeing: March



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 it is Ovarian Cancer Awareness Month, which aims to increase understanding of the symptoms and raise funds for research. Throughout the month we will be sharing info on this, as well as highlighting awareness dates such as Epilepsy Awareness Day and Nutrition & Hydration Week.

### Financial Wellbeing Workshop

**Struggling to manage your finances?** Make a change in 2019.

The Money Charity will be running a **FREE** 2 hour Financial Wellbeing Workshop here at Brunswick Hub on **Thursday 28th March** at **1.30pm** to help with managing money issues.

The Workshop will explore topics which may include (subject to demand):

- ❖ Priorities, Budgeting and planning
- ❖ Dealing with debt
- ❖ Savings and financial products
- ❖ Money for Everyday Life – making it work in practice
- ❖ Being a savvy consumer

To sign up to this workshop please email either Tanya [tanya.newby@bhlc.services](mailto:tanya.newby@bhlc.services) or Kerry

[kerrydoutay@brunswickhlc.org.uk](mailto:kerrydoutay@brunswickhlc.org.uk) or phone 01926 422123 and leave your name and contact details. You will receive a courtesy call a couple of weeks before the workshop to confirm your place.

  
THEMONEYCHARITY.ORG.UK

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) & Twitter (@BrunswickHub) for more!

### Lillington Job Club

After a short break, Lillington Job Club will be starting again on a Monday morning...

Starting **Monday 11th March**, it will now take place **10am - 12.30pm** at Lillington Library.

If you need assistance building your CV, help with job searches and applications, or general advice on finding a job then just drop into the Library and see Kerry and Brian.

Brunswick Job Club is continues to run as a drop-in service on **Tuesdays and Thursdays: 9.00am - 2.00pm** for the same job search-related help and advice.

♦ You can also catch us at Leamington Job Fair on Wednesday 6th March at the Town Hall for a chat about our free services and how we could help you.

### Social Prescribing

Would you like to be more active?  
Do you feel isolated or low?  
Our Physical Activity Social Prescriber, Jackie could help...



For more details contact

[jackiechamberlain@brunswickhlc.org.uk](mailto:jackiechamberlain@brunswickhlc.org.uk) or call the Hub on **01926 422123**

## Timetable - March 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**

Get our latest news:



Find us on Facebook

@BrunswickHLC

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

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