

April 2019 Newsletter

Volunteering at the Hub

If you are looking to do something different with your free time, why not try volunteering?

Here are some of the reasons that our volunteers give up their time to help here at the Hub...

"(Volunteering) gives me a purpose and makes me feel part of a team—I get to help others who are less fortunate"

"Volunteering gives me the opportunity to learn new skills, meet new people and feel I'm making a difference in the community"

Volunteers are important members of the BHLC team. Volunteering allows you to make a contribution on a flexible basis, in a role where you are supported and valued. We have a variety of types of volunteer opportunities here at Brunswick Hub, such as gardening, receptionist and dementia support.

Available volunteer roles that we are currently looking to fill :

Coffee Shop – ideally would have some experience (Unfortunately, there are no supported roles available)

Triple Link – volunteers needed, but would especially welcome people who can speak either Spanish or Punjabi

Reception

Homework Club (new-will hopefully be set up by May) – to help local schoolchildren (years 6 and higher) with their homework and exam revision, on Tuesdays and Thursdays, 4 - 5.30pm. Would need to be able to commit fully to the role, and to be willing to undergo a DBS.

If you are interested, please contact Alice on 01926 422123/ alicemaher@brunswickhlc.org.uk

Easter Tombola



We will be holding an Easter Tombola on Thursday 11th April to raise money for Brunswick Hub's Hardship Fund that gives assistance to those in financial hardship.

If you would like to donate any Easter prizes, please to Leanne on Reception.

Year of Wellbeing: April

This month is Stress Awareness Month, which aims to increase people's knowledge on the causes of Stress and ways to prevent and ease Stress and it's effects.

Here at Brunswick Hub, we will have information and resources available throughout the month of April and will share various online resources on our Facebook and Twitter.



Update on Springfield Mind Drop-in

Unfortunately Springfield Mind will no longer be doing their Mental Health drop-in on Friday mornings at Brunswick Hub. However, anybody needing mental health support can go to Springfield Mind's Wellbeing Hub on Southborough Terrace, Brunswick Street. It is open on Wednesdays (10.30-1.30 and 2-5) and Friday afternoons (12.30-3.30).

Hall Closure

We are having improvements made to our **Community Hall** during the Easter school holidays this April. This means that unfortunately some services at the Hub will be cancelled during this time. The work will be carried out **Monday 15th - Friday 26th** and will affect the following services:

Tai Chi

Triple Link Dementia Cafe

Aerotone

Seated Exercise


Sequence Dance

Singing for the Brain

The Hall will also be closed on **Thursday 2nd May** for use as a Polling Station, this means that **Aerotone, Seated Exercise and Sequence Dancing** will not be on—However **Seated Exercise** will take place on **Tuesday 30th April** at 10am instead.

We apologise for any inconvenience caused.

Timetable - April 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	2nd	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	4th	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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98-100 Shrubland Street, Leamington Spa, CV31 3BD