

May 2019 Newsletter

Year of Wellbeing: May



This month, awareness is being raised for a variety of health-related issues. May is Action on Stroke month, which aims to raise awareness and funds for those

affected by strokes by 'making May purple'.

It is also National Walking Month, so the focus is on trying to find the time to add some more physical activity to your daily life. Walking is a simple and effective way to do so. If you are not keen on going for long walks by yourself, why not ditch the car for shorter journeys that you wouldn't usually walk or you could join a walking group. We run a free Walking for Health group from Brunswick Hub on Mondays—Meeting here at 11.45 and walking routes around Leamington.



For info on Action on Stroke month, National Walking month or other key dates (such as Deaf Awareness Week and Mental Health Awareness Day) in May, keep an eye on our social media and on display boards in the Hub.

Bereavement Group

We are going to be running another Bereavement group starting in June. Like our previous group, it is likely to be a set of six sessions, running weekly.



If you feel this is something that you may need/benefit from then please get in touch—Contact **Theresa** on

01926 422123 or via email **theresataylor@bhlc.services**

Further details to be announced shortly.

Hall Refurbishment

Over the Easter School Holidays, the refurbishment on our Community Hall got started with new heating, lighting and flooring. There are still some more work to be done, which we will try to complete with as little disruption to services as possible.

Singing for the Brain



From 20th May, the Singing for the Brain sessions held by The Alzheimer's Society here at the Hub will now take place on a Monday afternoon (the first week and third week of the month).

The sessions will run 1—2.30pm

Lillington Job Club

Due to the Bank Holidays this month, Lillington Job Club will only be running on Monday 13th May and Monday 20th May this month, with regular weekly services resuming in June. The sessions are drop-in and run 10-12.30 at Lillington Library.

Brunswick Employment Club here at the Hub will run as normal throughout the month of May. Also a drop-in service, the club takes place Tuesdays and Thursdays, 9.30—2.00.

Both clubs are run by Kerry and our brilliant volunteers and can assist with online job search & applications, CV updates and general job-related information.

I.T Workshops

Wanting a specific IT class?

We will be running our Free Tutor led I.T workshops again.

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

For up-to-date news and throughout May, visit our Brunswick Hub website: www.BHLC.services
Follow us on Facebook (@Brunswickhlc) & Twitter (@BrunswickHub) for more!

Timetable - May 2019

MONDAY	Times	How often	Cost
Lillington Job Club (AT LILLINGTON LIBRARY)	10:00 - 12.30	Weekly	FREE
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
Singing For The Brain (for people with Dementia and their Carers/Families)	13:00 - 14:30	20th	FREE
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
TUESDAY			
Employment Club 	09:30 - 14:00	Weekly	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 - 14:00	Weekly	FREE
Police Advice Surgery 	AM		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
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

Get our latest news:



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www.BHLC.Services

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