

## June 2019 Newsletter

Spotlight on...

### Volunteering

Here at Brunswick Hub, we rely on the hard work and dedication from our fabulous volunteers—we wouldn't be able to do what we do without their tremendous efforts. In the last year, our volunteers donated nearly 6000 hours of their time, as well as ideas, enthusiasm and knowledge, which helped the Hub provide a variety of services. The first week of June is Volunteer Week, when organisations across the country celebrate the wonderful ways in which their volunteers contribute—So we would like to take the opportunity to extend a massive thank you to every one of our volunteers for all that they do!



If you have some free time and think that volunteering is for you—Get in touch with us via email: [frontdesk@bhlc.services](mailto:frontdesk@bhlc.services) or on **01926 422123**.

### The Hub Garden

We are still hard at work on our 'Secret Garden'! With the help of volunteers and members of the community, our greenhouse is nearly ready! We'd like to thank those who have helped in the project so far and invite anybody interested in getting involved to get in touch. Email [leannedorrell@bhlc.services](mailto:leannedorrell@bhlc.services) or call us on **01926 422123**.



### Year of Wellbeing: June

Eating a healthy and balanced diet is so important to both our physical and mental wellbeing so this month, we are going to be focusing a bit more on that. We will have information in centre and will be sharing some healthy snacks during **Healthy Eating Week** (10-14th June).



3rd - 9th June is **Child Safety Week** so we will be sharing information on the dangers that lead to child accidents and ways to prevent them. The week is an annual campaign run by CAPT and this year's theme is 'Family Life Today: Where's the Risk?' with the aim to offer simple solutions for keeping children safe from everyday dangers.

### Bereavement Group



Just a reminder that we have another Bereavement group running for 6 weeks from Thursday 4th July (2-4pm).

To find out more or to register for a place for all 6 sessions, please get in touch with **Theresa** on **01926 422123** or [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk).

### Free\* I.T Workshops

We have a new set of workshops (mainly suitable for beginners) taking place in July. The small groups are led by a tutor in a comfortable and friendly environment and 1 to 1 support is available when needed.

#### The World Wide Web for Beginners

Thursday 4th July 2019 - 2pm-4pm

#### An Introduction to Word Processing

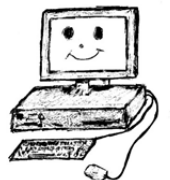
Thursday 11th July 2019 - 2pm-4pm

#### File Management

Thursday 18th July 2019 - 2pm-4pm

To book a place on one of these workshops please contact **Tanya** on **01926 422123** or via email: [tanya.newby@bhlc.services](mailto:tanya.newby@bhlc.services) and leave your name and contact details (and the workshop you are interested in attending).

\*Course content material to take away (if desired) will cost £2.



## Timetable - June 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		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	3rd & 17th	FREE
JayKays Dance Company		16:30 - 20:00	Weekly	See Trainer
<b>TUESDAY</b>				
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
<b>WEDNESDAY</b>				
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
<b>THURSDAY</b>				
Employment Club		09:30 - 14:00	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
JayKays Dance Company		16:30 - 21:00	Weekly	See Trainer
<b>FRIDAY</b>				
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
<b>SATURDAY</b>				
JayKays Dance Company		09:00 - 14:00	Weekly	See Trainer
<b>MONDAY TO FRIDAY</b>				
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