

Brunswick Hub News

OCT—DEC 2023



Being Here For Local Communities

We are open 9.30am-15.00pm, Monday-Friday for various services, some of which are appointment only. For details of all services currently available, you can visit our website www.BHLC.services.org.uk

Here's how to get in touch:  01926 422123



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc



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

Late Night Drop ins

The Health & Wellbeing team are continuing to run late drop-in sessions once a month for those that need advice and support.

Tuesday 24th October

Tuesday 21st November

Tuesday 5th December

If you need help with some of the below, you can drop in* between 4-6pm to see one of the team :



- + Wellbeing support
- + Filling in forms
- + Benefit checks
- + Housing issues
- + Foodbank & related resources

Brunswick Hub's

FREE FOOD TABLE

Thursdays & Fridays
from 9am



Surplus items from supermarkets and/or local growers donated to us that would otherwise be thrown away - Aims to reduce food waste as well as providing for those who may need it.

On arrival, please join the queue and take up to 6 items from the table.



BRUNSWICK HUB

Return to Work For parents & guardians

Are you thinking of returning to the workplace?

Do you need help creating your CV, finding flexible work and advice in regards to childcare?

Come and join others who are in the same boat at our upcoming Return to Work sessions.

Information drop-in session between:

10:00 - 12:00 ON FRIDAY 6TH OCTOBER

employmentprogramme@brunswickhlc.org.uk



Brunswick Hub,
98-100 Shrubland
Street, CV31 3BD



Dates to Remember



Coming up in the next few months-

6th Oct: Return to work drop in session

21st Oct: Kind Communities event @ Sydni Centre

24th Oct: Late Drop-in

31st Oct: Halloween Fun Day

6th Nov: New Bereavement support group

21st Nov: Late Drop-in

5th Dec: Late Drop-in

13th Dec: Last Triple Link of 2023 (Christmas party)

20th Dec: Turkey Batch Day

22nd Dec: Last day before Christmas Closing

3rd Jan: Reopening after Christmas

Slipper sales

As the winter months approach, you may feel your in need of some new slippers. Our slipper service runs from reception and we sell both ladies & men's slippers & booties. Both styles have a Velcro opening at the front that can make them easier to get on & off than regular slip-ons.



Prices Mens (sizes 8-12) - £16.00

Ladies (sizes 4-7) - £13.00

If you would like to check we have your size in stock before you visit, feel free to give us a call.



JOIN BRUNSWICK HUB FOR A

Halloween Fun Day

TUESDAY

31
OCT.

11AM-2PM

**FREE KIDS HOT
CHOCOLATE**

**KIDS GAMES
& ACTIVITIES**

**FREE HOT DOGS
(FIRST COME,
FIRST SERVED)**



**BRUNSWICK HUB
98-100 SHRUBLAND STREET,
LEAMINGTON SPA, CV31 3BD**



CR Update

Brunswick is still running services at Crown Routes in Lillington, which is open Monday, Wednesday & Thursday.

The café is open on these days with meals starting at 12pm. It costs £3 for the main meal, £1 for pudding . Teas and coffees are available for 50p.

New BHLC team member Laura (see below) will be providing a one stop shop there on Mon&Weds to offer support on well-being, employment and those struggling with the cost of basic essentials.

Welcome to Laura



Laura has joined the team as Project Officer for Crown Routes in Lillington and will be based there a few days a week.

She has previously worked as a Progress Manager in secondary schools, primarily working on welfare of children and acting as a key worker for children and families in Early Help and Social Care.

Laura is really looking forward to meeting more of the community in Lillington and providing advice & support as needed.

On Wednesdays, there's Seated Exercise running 10-11am, just £2 a class. All levels of fitness welcome!



Crown Routes will closed for the Christmas break—The last day before the break will be Thursday 21st December and it will reopen on Wednesday 3rd January.

Knit & Natter

If you enjoy knitting and would like to come along to the Knit & Natter group that meets at the Hub on Friday afternoons (12-3pm), you are more than welcome.



Garden Update

As the winter months approach and the weather starts to decline, we will be closing our garden area. We will continue to open it on milder days until mid-late October and then the gates will be shut until the Spring.

Thanks to all that have lent a hand this year with planting, watering and general upkeep!

Bereavement



If you are struggling with a bereavement, our next support group is coming up.

Monday 6th November, 1-2.30pm
(Every Monday for 5 weeks)

If you are interested in the group please get in touch with Theresa on 01926 422123 or via email: theresataylor@brunswickhlc.org.uk

One to One bereavement support is also available, either face-to-face or over the phone.

Hearing Aid Batteries

BHLC is a hearing aid battery supplier for registered NHS patients. Batteries are available to collect from our reception during our opening hours and we can issue 2 packs per hearing aid. You will need to bring your NHS issue card or brown book as we cannot issue without this.



entrust
care partnership



You're Invited!



To join us **every Friday morning 9am -1pm**, during term time, for good company and delicious food & drinks at the **Brunswick Hub in Leamington** from Friday 8th September.

Our staff team and two fabulous Trainees, on the Pathway to Employment, will be serving whilst learning the skills they need to move into paid employment. Come along, support our young people and enjoy something yummy in a warm space or in the secret garden on sunny days.



The Brunswick Hub, 98-100 Shrubland Street, Leamington Spa CV31 3BD



Christmas Appeal



WE ARE ONCE AGAIN AIMING TO HELP LOCAL FAMILIES THAT MAY BE STRUGGLING THIS CHRISTMAS AND ARE APPEALING FOR DONATIONS OF THE FOLLOWING:



NEW TEDDIES/SOFT TOYS

NEW GIFTS (ALL AGES)

PRE-LOVED GIFTS AND TOYS

ADVENT CALENDARS

CHRISTMAS SELECTION BOXES

**CHRISTMAS FOOD ITEMS
(NON PERISHABLE)**



Please bring any donations before 8th December



If your family will struggle this Christmas, we may be able to help with food and gifts for children.

Please let us know if you would welcome our support before the 30th of November.

PLEASE CONTACT SARAH ON

07444 775949 or

sarah.gutteridge@brunswickhlc.org.uk





BRUNSWICK HUB'S

Turkey Batch Day

Wednesday 20th December

1.30pm - 4.30pm

**COME JOIN US AT THE HUB FOR OUR
ANNUAL CHRISTMAS CELEBRATIONS
- FUN FOR THE FAMILY!**

FREE TURKEY BATCH

CHRISTMAS TOMBOLA

TABLETOP SALE

KIDS HOT CHOCOLATE

OTHER FESTIVE GAMES & ACTIVITIES

**Please get in touch with us to
reserve your free turkey batch -
We had such a high demand last
year and we don't want anybody
to miss out!**



Visit our the event page on Facebook for up-to-date info:
www.facebook.com/events/1673712159802261



Christmas Closing dates

As usual, Brunswick Hub is closed over the Christmas period. We finish for the Christmas break at midday on Friday 22nd December and reopen for services as normal on Wednesday 3rd January 2024.

Money raised for Hub

We have been so fortunate in the last month or so to receive donations raised by fundraising events in the local and wider community.



At the beginning of August, our Health&Wellbeing team attended an afternoon party hosted by the Redlands Association. Our staff were available to offer wellbeing advice to the residents and had a lovely time meeting those that

attended. Friend of the Hub, Dean entertained with his brilliant singing and there was a raffle. The event raised £500 for our Hardship Fund so massive thanks to the Redlands Association.



Over the August Bank Holiday weekend, Murphy's bar in Leamington hosted their annual Murphfest, four evenings of live music raising money for a range of different local causes. The festival was a great success and raised a fantastic amount of money, some of which they have been kind enough to donate to our dementia group and Crown Routes' xmas lunch .



Last month, Nick & Cheryl Wilkins held a Suicide Awareness Jam at the Irish club that raised money for the Hub's Bereavement Support services. Some of the BHLC team attended and had a great time listening to the talented musicians that gave up their time to perform. Thank you to the organisers and all involved.



We'd also like to thank TATA Consultancy services for their regular contributions to our food bank this year. The staff team there have frequently held collections in order to provide items for us to help those in the local community that have struggled.



Kind Communities, Kind Food

A community event about affordable, healthy and sustainable food taking place at the Sydni centre on Saturday 21st October, 12-4pm.

There will be lots going on throughout the event, including giveaways, opportunities to receive money advice, information on healthy living and live cooking demonstrations.

Some of the Hub team will be there too, talking to people about the community food services that we run to help those struggling as the costs of living rise.

For more information on the event visit <https://bit.ly/kind-communities-kind-food-leamington>



Adventure Babies continue to run Sensory Storytelling classes for little ones here at the Hub on Fridays. You can get more information or book for a term by visiting:

www.adventurebabies.co.uk/classes/warwickshire-coventry/

Triple Link



Triple Link group runs every Wednesday, 11-12.30 and is for those living with dementia and their carers. There is a friendly and supportive atmosphere and a chance to talk to others with similar experiences. Most weeks, the group join in with an activity, such as quizzes or gentle exercise or enjoy music from a musician/band.

The group is free and tea/coffee & biscuits are provided.

For more info, contact Theresa on 01926 422123 or email theresataylor@brunswickhlc.org.uk

The last Triple Link of this year is Wednesday 13th December when the group will be having their Christmas celebrations!



MINI KICKERS SESSION



The Brakes
Community
Foundation CIO

TUESDAY 1:30 - 2:15 | AGE; 2 - 4 YEARS | £3 PER SESSION
BRUNSWICK HUB | CV31 3BD
EMAIL; EMMA.PHEASEY@LEAMINGTONFC.CO.UK

How to find us online...

We post up-to-date news about our services on our social media and share other info that may be useful/interesting to those in the community. Here where you can find us online:



@Brunswickhlc



@BrunswickHub



@brunswickhub.bhlc

Or visit our website



www.brunswickhlc.org.uk

TIMETABLE - These are our ongoing services.

Visit our [website/contact](#) as detailed below for more information

| MONDAY | TIMES | HOW OFTEN | CONTACT |
|------------------------------------------------------------|-------------|----------------------|------------------------------------------------------------------------------------------------------|
| Brunswick Walking Group | 10:30-11:30 | Weekly | Brunswick Hub |
| Glo Babies | 13:00-14:00 | Weekly | facebook.com/ globabies2018 |
| TUESDAY | | | |
| Prospects (Career advice for 16-18 year olds) | 13:00-16.00 | Weekly | Contact Catherine on 07702 862446 |
| Little Kickers - Toddlers sport sessions | 13:30-14:15 | Term-time | Email emma.phasey@leamingtonfc.co.uk |
| Menopause Support Group | 18:00-19:00 | Fortnightly | Brunswick Hub |
| WEDNESDAY | | | |
| Basic Computing course | 9:30-12:00 | Term-time | ACL- 01926 736392 |
| Triple Link Dementia Cafe | 11:00-12:30 | Weekly | Brunswick Hub |
| Basic Computing course | 13:00-15:30 | Term-time | ACL- 01926 736392 |
| Developing Computer skills | 16:00-18:30 | Term-time | ACL- 01926 736392 |
| THURSDAY | | | |
| Drop-in Baby Weigh Clinic | 9:00-11:30 | 2nd&4th Thursday | Contact Health Visitor for any info |
| Police Surgery Drop-in (*Subject to staff availability) | 11:00-12:00 | 5/10, 2/11, 7/12* | Brunswick Hub |
| Energise Employment Services | 10:00-12:30 | Weekly | Brunswick Hub |
| African Drumming | 19:00-20:30 | Weekly | Call Vieux on 07518 750179 |
| FRIDAY | | | |
| Adventure Babies | 09:30-13:45 | Term-time | www.adventurebabies.co.uk |
| Guided Meditation & Sound Bath | 18:30-19:30 | 27/10, 24/11 |  @code11holistics |

Recipe Idea— Chicken And Rice Soup

A quick, easy & comforting recipe for those cold Autumn & Winter days.

Serves family of 6

INGREDIENTS

- + 250g pack brown mushrooms (*washed & chopped*)
- + 2 cups head of celery (*chopped*)
- + 2-3 large carrots (*peeled & chopped*)
- + 1 large brown onion (*chopped*)
- + 2 large garlic cloves (*minced*)
- + 200g boneless skinless chicken breasts (*diced into 2cm cubes*)
- + 1.5l chicken broth—made with a stock cube
- + 500ml milk
- + 2 tbsp olive oil
- + 175 g basmati rice
- + 40g butter
- + 35g plain flour



METHOD

- 1) Heat the olive oil in a large sauce pan. Add the mushrooms and cook until golden, then remove from the pan and set aside in a small bowl.
- 2) Add the celery, carrot and onion to the pan and sauté for about 5mins until soft. Add garlic and continue to cook for a further 2-3 minutes.
- 3) Stir the rice into the veg to coat with some of the oil—The rice will get slightly toasted and give a depth of flavour.
- 4) Pour chicken broth into pot and simmer for approx. 10mins until the rice is almost cooked through. Add the diced chicken and simmer for another 10 minutes until the rice is fully cooked and the chicken is cooked through. Set the pot of soup aside while you make the roux sauce.
- 5) Melt the butter in a saucepan over medium heat, then add the flour. Stir together until a thick paste forms, slowly add the milk and whisk continuously until the sauce is thick & smooth. Still stirring, bring to a boil and season with salt and pepper.
- 6) Gently pour the thick roux sauce into the chicken rice soup and add mushrooms back in. Stir well.



This recipe is from savvybites.co.uk which has a variety of low cost recipes. If you have any favorite family meals and would like them in the next Brunswick Hub newsletter, email your recipe to frontdesk@brunswickhlc.org.uk