

## February 2017 Newsletter

### National Citizen Service Donation



The NCS, a voluntary programme for 15 - 17 year olds, has donated an amazing **£168.40** to the Brunswick Hub!

The programme, run mainly in the summer (with shorter programmes in the spring + autumn), brings together young people from different backgrounds to do something great for their community, as well as building their own confidence, self-awareness, and sense of responsibility.

In the summer of 2016, a group of individuals came to Brunswick Hub as part of the programme to help us out for the day. After this, they then went on to do a campaign day at the parade, and then a sponsorship challenge. In this case, the group took part in a sponsored Zumbathon with money raised by their family and friends.

We at the hub are very grateful for this donation, and hope to see (and support) another group of young people this summer!

IT ALL STARTS AT **YES**

### We Won A Prize!



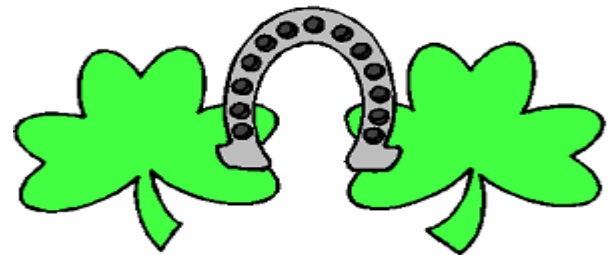
Brunswick has won an iPad Mini tablet for use in our digital sessions. It has been provided by **Good Things Foundation** who lead the Online Centres Network, which we are a part of, along with 5000 other local community partners. We are looking forward to using the iPad as part of our mission to get everyone using the internet.

### Spotlight on .....

#### Our volunteer, Julia!

*"When I moved to Kenilworth in July 2016, I felt I needed to make new friends and acquaintances; I was introduced to the Brunswick Hub by the Job Centre and Remploy. I have enjoyed working on Reception during the week and assisting with the Employment Club, Lillington on Mondays. The whole experience has given me a great sense of belonging, it has kept me busy and I have made some new friends. Brunswick Hub is very busy and a lot of people of all ages enjoy the many, various facilities that the Hub has to offer. Staff and volunteers enjoy assisting and answer daily enquiries. Now that I have found part time employment I will continue with the Employment Club and I will drop in from time to time for a cup of tea. I will miss them."*

We will miss you too, Julia! Thank you for all your help, and we wish you all the best of luck in your new job.



### Floating Support Service

The Warwickshire Floating Support Service, also known as **P3**, are here every second Thursday of the month. So if you're in need of help with maintaining your tenancy, making the most out of benefits you need, advice on dealing with debts, support to remain independent, or just need help to find who would be best person for you to talk too - why not pop down Thursday 9th February between 2pm - 4pm to have a chat with one of the support workers?



PEOPLE  
POTENTIAL  
POSSIBILITIES



## Timetable - February 2017

MONDAY	Times	How often	Cost
Bums and Tums	10:00 - 11:00	Weekly	£3.00
Weight Busters	11:00 - 11:45	Weekly	See Trainer
Lillington Employment Club (@ The Crest)	10:00 - 14:00	Weekly	FREE
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
TUESDAY			
Employment Club	09:30 - 14:30	Weekly	FREE
Springfield Mind Drop-In	10:00 - 11:30	Weekly	FREE
Orbit Tenant Drop-In	10:00 - 12:00	1st Tues/Month	FREE
Singing For The Brain (for people with Dementia and their Carers/Families)	10:15 - 11:45	7th and 21st	FREE
JayKays Dance Company	17:00 - 20:00	Weekly	See Trainer
WEDNESDAY			
Warwick Employment Club (@ The Gap)	10:00 - 14:00	Weekly	FREE
Tai Chi	09:30 - 10:30	Weekly	£5.00
Citizens Advice (appointment only)	09:30 - 12:30	Weekly	FREE
Triple Link (Brunswick Hub Dementia Café)	11:00 - 13:00	1st and 15th	FREE
JayKays Dance Company	17:00 - 20:30	Weekly	See Trainer
THURSDAY			
Body Toning	09:00 - 10:00	Weekly	£3.00
Employment Club	09:30 - 14:30	Weekly	FREE
Breathing Space (Money Advice)	10:00 - 14:00	Weekly	FREE
Dance Aerobics	10:00 - 11:00	Weekly	£3.00
Police Advice Surgery	14:00 - 15:00	1st Thursday/Month	FREE
P3 Warwickshire Floating Support Drop-In	14:00 - 15:00	2nd Thursday/Month	FREE
Seated Exercise	11:00 - 12:00	Weekly	£3.00
JayKays Dance Company	16:30 - 21:00	Weekly	See Trainer
FRIDAY			
Learn My Way (Accessing the Internet)	09:30 - 12:30	Weekly	FREE
Springfield Mind Drop-In	10:00 - 11:30	Weekly	FREE
IT Drop In	13:00 - 16:00	Weekly	FREE
JayKays Dance Company	13:15 - 14:45	Weekly	See Trainer
SATURDAY			
JayKays Dance Company	09:00 - 14:00	Weekly	See Trainer
MONDAY TO FRIDAY			
Coffee Shop	08:30 - 16:30	Monday - Friday	Choice of Menu
Internet Café	09:00 - 16:55	Monday - Friday	FREE



**Got a question? Drop us an email at: [frontdesk@bhlc.services](mailto:frontdesk@bhlc.services) or call us on 01926 422123**

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