

BRUNSWICK HUB NEWS

Oct-Dec 2026

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 brunswickhlc.org.uk

Here's how to get in touch:



01926 422123



frontdesk@brunswickhlc.org.uk



[@Brunswickhlc](https://www.facebook.com/Brunswickhlc)



[@brunswickhub.bhlc](https://www.instagram.com/brunswickhub.bhlc)



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

WHAT WOULD YOU LIKE TO SEE AT BRUNSWICK HUB?

What services or activities would you like us to have?

Let us know your ideas by emailing frontdesk@brunswickhlc.org.uk

Recap: A Night of Music & Memories

for Suicide Awareness

This year's annual music event for Suicide Awareness took place in September at The Hodcarrier pub, Whitnash. The event was organised by Nick & Cheryl Wilkins, Paul Engelfield & others and raised money for our Bereavement Support service here at the Hub. There was entertainment from 15 different music acts and money was raised from donations & a raffle. A great time was had by all!

From left: BHLC staff member, Sarah gives a speech of appreciation from the Hub; Sarah with Nick Wilkins, Mayor Sarah Boad & Alan Boad



Being Here For Local Communities

Dates to Remember

- 15th Oct - SEND Support Drop in
- 20th Oct - VCP Veterans Group
See page 9
- 20th Oct - Menopause group
- 23rd Oct - Digital Skills Course
See page 10
- 28th Oct - Halloween Party
See opposite
- 1st Nov - Reverse Advent starts
See page 8
- 2nd Nov - Christmas Appeal starts
See page 6 for specific dates
- 3rd Nov - New Bereavement Group starts
See Opposite
- 17th Nov - VCP Veterans Group
- 17th Nov - Menopause group
- 19th Nov - SEND Support Drop in
- 27th Nov - Tabletop Sale
See page 5
- 27th Nov - Digital Skills Course
- 28th Nov-6th Dec - Tree Festival @ All Saints Church
See page 8
- 4th Dec - Tabletop Sale
- 9th Dec - Triple Link Christmas
- 9th Dec - Last Donations to be given
- 10th Dec - Last H&W drop in of '26
- 11th Dec - Tabletop Sale
- 15th Dec - VCP Veterans Group
- 16th Dec - Turkey Batch Day
See page 7
- 18th Dec - Closing for Christmas
- 4th Jan - Reopening for New Year
- 21st Jan - SEND Support Drop in

You can see our full Hub calendar on our website: brunswickhlc.org.uk

thank you



In September, a volunteer team from B&Q worked hard giving the outside of the Hub a refresh - They spruced up our front garden area and gave the front of the Hub a fresh lick of paint. Thanks very much to all involved, it looks brill!

Bereavement Support



We have a new group starting in November with 5 weekly sessions for those struggling with a bereavement.

Tuesday 3rd November until

Tuesday 1st December

If you would like more information or to book a place, please call us or email

theresataylor@brunswickhlc.org.uk

Please note: 1:1 support is also offered, however there is currently a waiting list for this.

BRUNSWICK HUB'S

HALLOWEEN PARTY

**GET YOUR SPOOKY COSTUMES
ON AND JOIN US FOR SOME
HALLOWEEN FUN!**

WEDNESDAY
4-6 PM*

28

OCTOBER
2026

*4-5pm Games aimed at younger
kids, 5-6pm aimed at 7+

**SPOOKY DISCO
HALLOWEEN
FUN & GAMES**

**PRIZES FOR
THE BEST
COSTUMES!**

**CALL US ON 01926 422123
TO BOOK YOUR PLACE!**

Please note: All children must be
accompanied by an adult

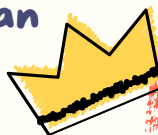


Story & Rhyme Time



Free interactive storytime for little ones
(0-5yrs) and their parent/guardian

FRIDAY MORNINGS
10-11AM



Crafternoons

Come along to a free craft afternoon!

**Wednesdays, 1-2.30pm at
Brunswick Hub**

Meet local community workers, share ideas, and
pick up new craft skills. No experience needed -
relaxed, friendly, and no booking required.

Enjoy a cuppa and a chat.



For more information email:
communitywellbeingteam@warwickdc.gov.uk



Christmas



AT THE HUB

✦ *Christmas Appeal* ✦ We will once again be running our Christmas appeal, asking for various types of donations - *See overleaf*

We will be holding ✦ *Tabletop Sales* ✦ several pop-up sales of nearly new toys, books and games 10am-2pm on 27th Nov, 4th Dec and 11th Dec, as well as on Turkey Batch Day. The sales will raise money for our Chilled Foodbank and other community projects

✦ *Turkey Batch Day* ✦ This year, our annual Christmas event will be held on Wednesday 16th December, 12-2pm - *See overleaf*

✦ *Christmas Closure* ✦

The Hub will close for the Xmas break from midday on Friday 18th Dec and will reopen on Monday 4th January.

For more info on anything Christmas related, visit our [website](#)



BRUNSWICK HUB'S

Christmas Appeal



Every Christmas, we try to help those that need it in any way we can and the generosity of the community is invaluable when

providing these services. We aim to provide food & gifts to families struggling and raise money for our Chilled Foodbank to help those in need throughout the year and other community projects. This Christmas we are appealing for donations of the following:

CHRISTMAS FOOD ITEMS

(From 1st Nov)

We have used our 'Reverse Advent' as a wishist - see page 8

FILLED MUGS & TOMBOLA PRIZES

(From 4th Nov)

NEW TOYS & GIFTS

(From 11th Nov)

PRELOVED TOYS & GAMES

(From 18th Nov)

We are accepting donations from the above dates in November until Wednesday 9th December





Turkey Batch Day

COME JOIN US FOR FESTIVE FUN AT
OUR ANNUAL CHRISTMAS EVENT!

WEDNESDAY *16th* DECEMBER
12 PM *til* *2* PM

**FREE TURKEY
BATCHES**

Get in touch on 01926 422123 to
reserve your turkey batch now

Plus: FESTIVE
TOMBOLAS ✨
FREE HOT CHOCOLATE
✨ NEARLY NEW
SALE ✨ AND MORE...



Christmas Appeal

We will be collecting items for Christmas and beyond! If you would like to contribute but aren't sure what we may need most, we are doing a Reverse Advent Calendar for

November (We're early birds like that!).

If you would like to play along throughout the month, you can check our Facebook page where we will be revealing a different item each day from 1st November.

Alternatively, if you want to see all the items on the calendar right now, you can visit: brunswickhlc.org.uk/christmas-at-the-hub-2026
You could donate all 25 items or just 2-3, every little helps!

Reverse Advent Calendar- November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	DONATIONS CAN BE HANDED IN TO BRUNSWICK HUB UNTIL WEDS 9 TH DEC- PLEASE NOTE WE ARE OPEN MON-FRI ONLY Brunswick Hub, 98-100 Strabound Street, Leamington Spa, CV31 3BD		

Donations can be handed in until Weds 9th December

Xmas Fundraising

We have a GoFundMe page for anyone who wishes to contribute to our Christmas fund. This helps us to put on the various community events we hold over Christmas, such as Turkey Batch Day and our Triple Link Dementia group's Xmas dinner.

Scan the QR code or [click here](#) to visit our page



This year, Brunswick Hub will have a decorated tree at the Leamington Tree Festival! Why not visit and have a look at all the beautiful trees on display and vote for your fave!
- details of opening times on their website:
www.whittleproductions.co.uk/leam-tree-fest-202679c9a72a

VETERANS WELLBEING SESSION

*Together
stronger*

SUPPORT
ADVICE
FRIENDSHIP
COMMUNITY

**MONTHLY
SESSION**



10:00am - 12:00pm

*All
Veterans
welcome*



Brunswick Hub



VCP

VETERANS CONTACT POINT
SUPPORTING VETERANS, FAMILIES &
DEPENDANTS ACROSS WARWICKSHIRE

Registered Charity No. 115593



02476 343793



contactus@veteranscontactpoint.co.uk



www.veteranscontactpoint.co.uk

WHAT WE OFFER



Friendly and
welcoming
environment



Veterans
supporting
veterans



Advice,
guidance &
signposting



Wellbeing
support



Social
connection &
peer support



Hot drinks &
conversation



*Good
People
Brighten
Days*



Get **careers support** with
shaw trust

Our mission is to support young
people with their next steps,
whether that's education,
employment or training -
whatever it is, we're here to help.

1:1 careers
advice & support



Training and
Qualifications



CV and Interview help

Work Experience and
Paid Placements



Catherine Wong at Brunswick Hub

Tuesday 1-3pm

To make an appointment call

07702 862446

**Apprenticeships
and Traineeships**

**Business
start-up
support**



**Advice for 16-18yr
olds (up to 25 for
young people with
an EHCP)**

And lots more!

**Call today for support in both Coventry and
Warwickshire: 02476 321950**

**shaw
trust**

Follow us @ShawTrustYouth

40





Digital Skills

Build Confidence
Online



**FREE
COURSE**

*Everyone
Welcome!*



**Learn at your pace.
Gain skills. Feel confident.**

A friendly, step-by-step course for
people with little or no digital experience.

YOU WILL LEARN:



Stay safe online



Use passwords
and keep secure



Keep in touch with
family and friends



Find and check
information online



Use everyday online
services with confidence

FREE LUNCH



Lunch is
ON US!



*Tea, coffee and
friendly support too.*



UPCOMING DATES

25TH SEP
23RD OCT
27TH NOV

TIME: 10am – 2pm



BOOK YOUR PLACE

It's easy – we're here to help!



employmentprogramme@
brunswickhlc.org.uk



01926 422123





Weekly Timetable

These are our ongoing services—Visit our website or contact as detailed below for more information

MONDAY

Brunswick Walking Group	10.30-12.00	Weekly	Brunswick Hub
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TUESDAY

Veterans Wellbeing Sessions	10.00-12.00	Monthly	VCP-02476 343793
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Drop in for help/advice	11.00-13.00	Weekly	Brunswick Hub
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CAB (Appointments)	10.00-12.00	Weekly	Call B Hub for any appts
CAB (Drop in)	12.00-13.00		

Prospects (Career advice for 16-18 year olds)	13.00-15.00	Term-time	Contact Catherine on 07702 862446
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Menopause Group	18.00-19.00	Monthly	Brunswick Hub
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WEDNESDAY

Triple Link Dementia Group	11.00-12.30	Weekly	Brunswick Hub
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Crafternoons	13.00-14.30	Weekly	Brunswick Hub
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THURSDAY

Free Food Table	9.00 →	Weekly	Brunswick Hub
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Employment & Digital	10.00-12.30	Weekly	Brunswick Hub
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SEND Support Drop in	11.00-13.00	Monthly	Brunswick Hub
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Drop in for help/advice	13.00-15.00	Weekly	Brunswick Hub
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FRIDAY

Free Food Table	9.00 →	Weekly	Brunswick Hub
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Entrust Cafe (<i>cash only</i>)	9.00-13.00	Term-time	Brunswick Hub
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Story & Rhyme Time	10.00-11.00	Weekly	Brunswick Hub
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Recipe: Sausage, Mustard and Apple Hash

This easy BBCgoodfood recipe is a great comfort dish as we move through Autumn into the colder months.

Serves 2

INGREDIENTS

- + 450g white potatoes
(peeled & cut into 2cm cubes)
- + 2 small Cox's apples
(cut into wedges)
- + 4 herby pork sausages
(cut into chunks)
- + 2tsp wholegrain mustard
- + 30g butter
- + 3 thyme sprigs *(leaves picked)*
- + Olive oil for frying
- + Green salad/veg to serve with



Source: bbcgoodfood.com

METHOD

1. Bring a large pan of salted water to the boil. Add the potatoes and cook for 4 mins. Drain and leave to steam dry in a colander.
2. Heat half the butter and 1 tbsp olive oil in a large frying pan or shallow casserole dish over a medium-high heat. Add the apple wedges and fry on each side for 5 mins or until golden brown and starting to caramelise. Remove with a slotted spoon and set aside on a plate
3. In the same pan, heat the remaining butter and a little more oil over a medium heat and add the potatoes and sausage chunks. Fry for 10-15 mins, turning every so often until the potatoes and sausage are crisp and golden brown. Season to taste. Stir through the mustard and the apple wedges, then scatter over some thyme leaves.
4. Serve with a green salad or side of green veg.