
Kenilworth Warm Hub Review

2022/23
March Edit



theKenilworthCentre
we're here for you



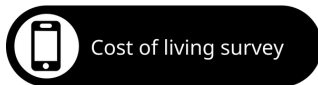
Compassionate
KENILWORTH



Cost Of Living Crisis

During the summer of 2022, Compassionate Kenilworth started to gather information and concerns from the local population in Kenilworth about the increase in cost of living and the fears around increased energy costs that would impact us all later in the year.

We conducted a town wide cost of living survey to gather information about what the town thought would be needed.

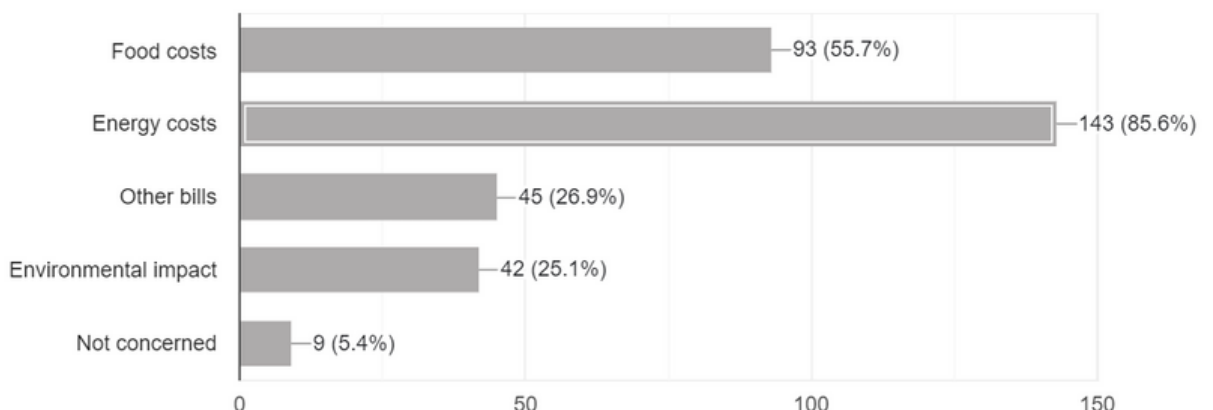


The cost of living survey allowed us to collate fears and concerns that helped to inform what we as a charity should look at offering.

What are your main concerns regarding the increase to our cost of living crisis?

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167 responses

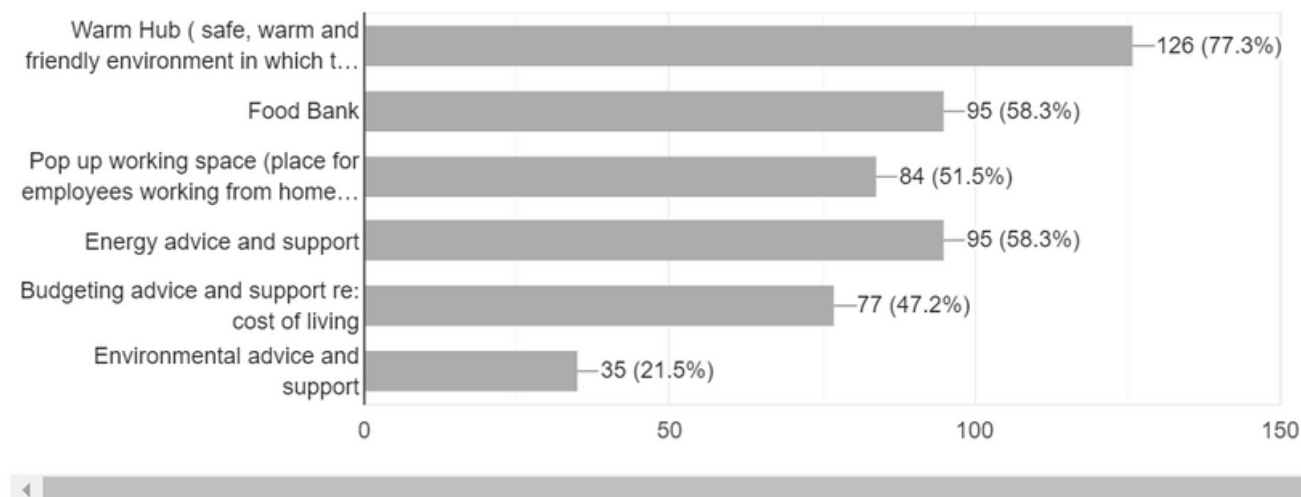


Cost Of Living Crisis

What do you think you might help Kenilworth with the increase in living costs?



163 responses



We asked a series of questions to identify ages/working patterns and income bracket, along with questions to understand what people were most worried about and what they thought might help.

The feedback we gathered was shared widely among our regular forum attendees (Lions, Soroptimists, Round Table & Rotary) as well as the Social Prescribing team at local GP surgeries and Church and Faith groups. This information was disseminated around Warwickshire via Warwickshire Rural Community Council (WRCC), Warwickshire Community & Voluntary Action (WCAVA), during networking sessions as well as shared with local Kenilworth Town Councillors.

77.3% of respondents identified Warm Hub activities as suitable type of support.

58.3% identified Energy advice as suitable type of support.

58.3% identified Food Bank as suitable type of support.

As a result, CK have concentrated our efforts in these key areas.

Development of Warm Hubs

Compassionate Kenilworth held discussions with churches, faith organisations and existing Kenilworth based groups to map who was planning to deliver hub type activity throughout the winter months in order to timetable their existing offerings.

Once we had this information we compiled a hub timetable leaflet which has been shared widely on and offline, on noticeboards, newsletters, local press, retail outlets and via our networks in and around Kenilworth.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kenilworth Library Open daily except Sunday.	St Francis of Assisi Church, SVP, CK & WRCC Warm Hub 9-1pm All Welcome	IKC Breakfast Hub Parents & Carers only Starts January	St John's Church Toddlers 10am onwards Weekly in term time.	St John's Church Drop In Weekly 10 - 12pm	Tee 4 All St Barnabas Church 2.30pm Monthly	IKC Board Games Hub 3 - 5pm All Welcome 8 & 22 Jan, 5 Feb, 5 & 22 March - no need to book.
Craftroom Tea @ Kenilworth Library Weekly 2.30	Bumps & Bobbies St Nicholas Church Hall Weekly 10 - 11.30 term time	IKC Supper Club Primary aged Families only Starts March	St Nicholas Church Stay & Play - 10 - 11.30am Weekly in term time.	Board Game Afternoon Kenilworth Library Weekly 2-4pm	Repair Cafe Abbey Hill United Reform Church 2-3pm Monthly	IKC Music Sundays 15 Jan, 12 Feb, 19 March - Booking essential.
	St Barnabas Church Warm Hub Weekly 11.30 - 1pm	St John's Church Warm Hub Weekly 12-2pm	Meet & Eat St John's Church Monthly 6pm	St John's Church Warm Hub Weekly 12 - 2pm	Winter Warmer @ Copper House Club 12-2 Albion St Weekly	
		Technology Support Cafe at IKC 2-3.30pm	Coffee Pot Abbey Hill United Reform Church Weekly 9.30 - 11.30			

Town wide promotion

The leaflet was designed to link all of the warm hub type of events and record them in one place. This document is available at all of the hub events and we have volunteers at each event to talk to attendees about what is available in Kenilworth.

To download or view our most recent version, go to:
www.compassionatekenilworth.co.uk/projects-1

WEEKLY FREE COMMUNITY KENILWORTH HUBS (as of February 2023)

MONDAYS

Crafternoon Tea Group - Bring your own arts project / knitting / crocheting and model making. Spend some time creating and relaxing in company.
When & Where : Weekly on Mondays at Kenilworth Library. From 2.30 - 4pm Tel : 0300 555 8171

TUESDAYS

St Francis of Assisi Church SVP, CK & WRCC Warm Hub - A warm welcoming space for free tea, coffee and cake. Board games, books, crafting, puzzles. Bring your own hobbies, bring a friend or meet new friends.
When & Where : Weekly on Tuesday (through end March) 9am - 1pm. St Francis of Assisi Church, Warwick Rd. EXCEPT on 14th February when the hub will meet at the Methodist Church, Priory Rd.

St Barnabas Warm Hub - Hot refreshments. Come have a chat in a friendly space.
When & Where - Weekly Tuesdays at St Barnabas Church, Albion Street (Starts 10th January) 11.30 to 1pm. Tel : 01926 857509

Bumps and Babies - For expectant and new mums (0-8 months) to get together, chat, have coffee & chill.
When & Where : Weekly Tuesday term-time at St Nicholas Church Hall, 28 The High Street from 10-11.30. Tel : 01926 857509

WEDNESDAYS

St Johns Warm Hub - Warm space for company & chat. Feel free to bring your own food and drink. All welcome.
When & Where : Weekly Wednesdays at St Johns Church, 205 Warwick Road From 12 - 2pm. Tel :

Technology Support Cafe - Free technical support and guidance for your phones, tablets and laptops with a cup of tea or coffee. Booking advised.
When & Where : Weekly Wednesdays (term time). Last session March 15th till further notice) at the Kenilworth Centre 2 - 3.30pm. Text or call 07737511215 to book onto a session/check further dates.

Several Wednesday Hubs are being organized by the Kenilworth Centre for Families and Children in 2023.
Check their website in the New Year for more details of confirmed start dates & times.
www.thekenilworthcentre.com or call 01926 855205

THURSDAYS

Coffee Pot Cafe - A weekly warm, welcoming free coffee morning. All welcome.
When & Where : Weekly Thursdays at Abbey Hill United Reform Church, Abbey Hill, from 9.30 - 11.30. Tel : 01926 850254

St Nicholas Church - Stay and Play - Group for pre-school children.
When & Where : Weekly Thursdays (Term time) St Nicholas Church Hall, 28 The High Street from 10-11.30am Tel : 01926 857509

Meet n Eat - Evening session to share free food and friendship. All welcome.
When & Where : Monthly on Thursday Evenings - (third Thursday of the month) at St Johns Church, 205 Warwick Road, from 6pm. Tel : 01926 853203

St John's Church Toddlers - Group for pre-school children
When & Where : Weekly Thursdays (Term time) St John's Church Hall, 205 Warwick Road From 10 -11.30. Tel : 01926 853203

FRIDAYS

Board Game Afternoon - Spend an afternoon playing Board Games with old and new friends.
When & Where : Weekly Fridays at Kenilworth Library. From 2 - 4pm Tel : 0300 555 8171

St John's Church Drop In - Free drinks and breakfast snacks, company & chat. All welcome - year round.
When & Where : Weekly Fridays at St Johns Church, 205 Warwick Road From 10 -12pm. Tel : 01926 853203
St John's Church Warm Hub - Warm space for company & chat. Feel free to bring your own food and drink. All welcome.
When & Where : Weekly Fridays at St Johns Church, 205 Warwick Road From 12 - 2pm. Tel : 01926 853203

SATURDAYS

Winter Warmer Coffee & Tea - Enjoy a free cup of tea or coffee.
When & Where : Weekly Saturdays at The Copper House Club 145 Albion Street. From 12 - 2pm weekly. Tel : 01926 856033

TEA 4 ALL - Free drinks, cakes, warm company and chat. All welcome.
When & Where : Monthly on First Saturday of every month (except January and July). St Barnabas Church, Albion Street 2.30 pm Tel : 01926 857509

Repair Cafe - Free session to get your broken household items, electrical items, furniture, clothes, appliances repaired or just have a free cup of tea or coffee and a chat.
When & Where : Monthly every 3rd Saturday at Abbey Hill United Reform Church, Abbey Hill. From 2 - 5pm
The next cafe is January 21st 2023. There is limited free parking outside the Church and on Abbey Hill.

SUNDAYS

the Kenilworth Centre in partnership with Compassionate Kenilworth are running Sunday Hub Sessions at the Kenilworth Centre on specific dates. Hubs include:
Board Games Hub - Bring a game or play one of ours at our free fortnightly Board Games Hub. A free/pay what you can cafe. 8 & 22 Jan, 5 Feb, 5 & 22 March - no need to book.
Warm Hub "Music and Hot Food" Sunday - Escape the cold and the rain and join us at the Kenilworth Centre for live music and hot food. Events are free to attend and everyone is invited. Periodic Sundays, resuming in 2023. 15 Jan, 12 Feb, 19 March - Booking essential.
Please see the Kenilworth Centre website for future details and dates of their Sunday Hubs :
www.thekenilworthcentre.com or call on 01926 855205.

WRCC & St Vincent de Paul Partnership

Compassionate Kenilworth met with members of the St Francis of Assisi Church and their St Vincent De Paul group to discuss setting up of a warm hub in partnership with WRCC. There was a gap with little provision on Tuesday mornings, so this weekly hub (9am - 1pm, Tuesdays) was set up with support and funding from CK & WRCC to run from November until the end of March. The hub consists of a variety of activities, access to cost of living and energy information, plenty of free tea, coffee and biscuits and bacon sandwiches. The hub has grown in numbers over the months and now we see on a weekly basis up to 50 adults, some with additional needs. Families attend in school holidays, coming for activities, social connection and warmth. We estimate that over 80 people have attended, approximately 50 weekly, totalling over 900 in 16 weeks, with potential of more attending, with an increase in publicity and additional funding.

We have feedback to confirm that the weekly hub has helped improve local residents' health and happiness which has been negatively impacted not only from the winter Cost of Living crisis (not having enough warmth and sometimes food), but also those whose health has been negatively impacted as a result of being socially isolated over many years, particularly throughout the 2020/21 lockdown and restrictions.

These residents are now gaining new confidence to go out and socialise. They are meeting new people, making new friends and are now receiving regular mental, social and physical stimulation through the connections they are making and through the various activities that are available to them at the hub, including arts & crafts, puzzles, quizzes, books, conversation and food. Not only is this improving their own health and happiness, but also helps to alleviate their families and carers worries and concerns for them.

The hub has been a great success helping to build a stronger, more supportive and happier community. We are able to signpost participants to other regular local free hubs which means they have multiple places to go weekly, providing further social support and connections.



KENILWORTH WINTER WARM HUB

Come and join us at our Christmas event on **Tuesday 20th December** at St Francis of Assisi RC Church, Warwick Rd, Kenilworth CV8 1HL. Enjoy lots of lovely and free festive fun for all the family.

Our weekly Tuesday event is then back again from **3rd January** until 28th March 2023 - and everyone's welcome!



- Come along, keep warm and cosy, and meet new people
- Enjoy mince pies, bacon/vegan sandwiches and treats
- Xmas decoration making for all ages, board games and books
- Plus a special Christmas visit from Santa!

www.wrccrural.org.uk | warmhubs@wrccrural.org.uk | 



the Kenilworth Centre Partnership

Board Games Hub

The aim was to offer a warm and welcoming space for families and individuals, with access to a free activity and a donations based café on a fortnightly basis. We wanted to have the ability to provide food to those in need in a dignified way.

A targeted Sunday afternoon activity where there are no free to access children's activities in local area during the winter months.

Board Games Hub has has grown slowly with the most recent hub having 48 attendees. Initially starting with a couple of families playing board games that had been donated, it now hosts up to 10 families and a group of individuals who meet fortnightly to play and learn board games.

We have a stock of games that have been donated, a featured game each session and a growing partnership with local board games groups from Warwick University and Warwickshire Libraries. We will continue this program throughout 2023.

Numbers of attendances so far: 152



the Kenilworth Centre Partnership

Music & Dinner Sundays

Partnering with the Kenilworth Centre and Cook (<https://www.cookfood.net/>), we set a series of dates to run Community Dinners with live entertainment. Utilising the kitchen and youth room at the Kenilworth Centre and the offer from Cook for staff as chef's and volunteers, plus local musicians who volunteered their time, we were able to host five successful community dinners.

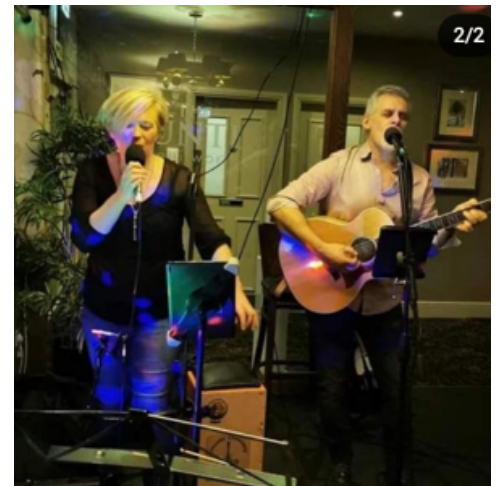
These were advertised as a free live music and dinner event and promoted among local charitable organisations, supported accommodation and via Warm Hub events. The aim was to offer a free dinner, entertainment and warm space for the community to gather and share a meal, reducing isolation, making connections, provision of food and company. We had a donations box for those that wanted to make a donation and as a result are able to offer a 6th community dinner in April with the donations raised.

Cook provided frozen meals at a charitable discount and provided two members of trained staff to cook and serve the food. The Kenilworth Centre provided the space, marketing design and staffing costs along with Compassionate Kenilworth who also provided volunteers and wider promotional support.

Highly successful initiative with participants rebooking once they had attended.

Attendees ended up dancing and socialising, connecting with new friends and enjoying a hot meal in a warm space. 'what a nice evening at the Kenilworth centre last night, lovely food and nice music, look forward to the next one'.

Numbers of attendances: 119



the Kenilworth Centre Partnership

Community Kitchen:

A space where asylum seekers who have not been able to cook for themselves while living in hotel accommodation are provided ingredients and a space to cook and share the food with friends and peers. Allowing a different resident each week over 10 weeks to cook and serve a meal familiar to them in a community setting. This provides a chance for connection, use of community space and outdoor recreation area and practice of English as well as sharing familiar food.

This was a highly successful program which tKC and CK will continue to partner again to deliver. Prior to each session a different Asylum Seeker was offered the opportunity to cook. They would email their ingredients to tKC who then sourced ingredients for the session.

The group would use the community space (TV, Pool Table, Sports Court, Newspapers, Jigsaws, Games etc) as well as using the time to practice English and connect with the community through their interaction with local volunteers while the nominated cook would cook for their peers.

The kitchen has created world recipes from Palestine, Iran, Georgia, Syria, Afghanistan & Eritrea. Recipes such as: Falafel, Mukshaka, Aubergine & Rice dishes, sharing skills, cooking techniques and recipes from their homes.

The atmosphere was amazing with great feedback from participants: 'thank you for your help, we loved today', 'I feel like I am happy again'.

Due to the success of these sessions, we have been able to secure funding to deliver another block of 8-10 sessions.

We aim to collate all recipes to bring together into a Community Kitchen recipe booklet.

Numbers of participants: 104 individuals attended over 10 sessions.

Hub Feedback

“These groups have been a lifesaver for J. She is completely isolated apart from visits from her sister and carer. She is very sociable and loves the groups but does not have her own social group, these groups have become her friends. J loves the craft activities. J only does all of these different crafts at the groups and gets a huge amount from this. She is not able to organise these herself. J and those who support her would be devastated if these groups didn't continue.

“Lovely to have a community in Kenilworth”

“I lost my husband 5 years ago and have been really isolated since. The hub has welcomed me so warmly today. Everyone is so friendly. I loved it. Will come every week now.”

‘thank you for your help, we loved today’

“At last Kenilworth has realised there are a lot of lonely and isolated people in town. Not just the elderly, but also young mums and even young people. It is marvellous that at last people are organising drop-in hubs across town where people can come and enjoy themselves, not just for the free teas and food, but also to talk and for the company and contact. Loneliness is the most awful thing anyone can go through and at last Kenilworth has woken up to that fact. Keep going. Open more places so we can reach more people who need these valuable centres, because they are really needed”.

‘what a nice evening at the Kenilworth centre last night, lovely food and nice music, look forward to the next one’

‘I feel like I am happy again’

Food Bank Support

Compassionate Kenilworth and the Kenilworth Centre are both now registered to refer into the Trussell Trust Warwick District Food Bank.

Kenilworth is served by a delivery service on Friday mornings. This is promoted on tKC website who are also a collection point.

www.thekenilworthcentre.com/whats-on

CK have also developed a partnership with the Brunswick Hub in Leamington to fund chilled food parcels for Kenilworth Residents, funded via the Lions. www.brunswickhlc.org.uk/chilled-foodbank/


CK have been funding for over a year, breakfast provision at Kenilworth School in partnership with tKC Youth Worker who is on site several times a week. Breakfast bars and juice boxes as an interim measure for children attending school hungry.

CK and tKC are currently running a pilot scheme in Kenilworth School working with teachers and the SEN provision to offer emergency food provision for children who present as hungry. Children are able to request a food voucher that can be used at the local bakery to access food outside of school hours. The results of this pilot will determine our next steps in applying for longer term funding.

CK have also developed a Food Directory, available online at our website that identifies ways in which we can all become more sustainable, reduce food waste and make our budget go further. This can be found here:

www.compassionatekenilworth.co.uk/costofliving

Compassionate Kenilworth Programs



SESSIONS ON THESE DATES:
15TH, 22ND FEB,
1ST, 8TH, 15TH
MARCH.


WANT SOME GUIDANCE ON HOW TO USE YOUR SMART PHONE/LAPTOP OR TABLET BETTER?

Top tips to get the most of your technology!
Beginners welcome - learn from scratch. If you don't have your own equipment, learn on ours!


Wednesday (till March 15th) from 2 - 3.30pm at the Kenilworth Centre, Abbey End Car Park, Abbey End, Kenilworth.

TO BOOK A PLACE PLEASE CALL OR TEXT AND LEAVE YOUR NAME AND NUMBER: 07737511215

Brought to you by Compassionate Kenilworth, the Kenilworth Centre, Good Neighbours Coventry & Warwick Volunteers



TO BOOK, CALL OR TEXT 07737511215



CK has been running these activities over the past two years and all offer an opportunity to connect, learn new skills, reduce social isolation and loneliness. For more information about any of the activities, please check out our website: www.compassionatekenilworth.co.uk

Compassionate Kenilworth

Arts & Crafts Social

Fancy trying your hand at arts and crafts? **Fortnightly on Monday 10.30 - 12 noon**

Come join our social group for a go at themed activities, meet new people and learn new skills. **Senior Citizens Centre, Abbey End, Kenilworth**

No previous experience or skill required!

Tea/Coffee/Arts/Chat
contact p.hayward@kc19.uk for more information



Bereavement Cafe

Are you feeling sad or isolated following a loss of a loved one?

Join us for our monthly Pop Up Bereavement Café and bring a little happiness to your day.

We offer a relaxed, safe environment to talk with others who are going through similar circumstances.

Kenilworth 10.30am - 12.00pm
The Kenilworth Centre on:
January 30th
February 27th
March 27th
April 24th
May 29th
June 26th
July 31st

No need to book, just drop in!
For more information contact Tracey at: tracey@survivingbereavement.com



Next Steps

Compassionate Kenilworth plan to continue to run multiple warm hub events to help combat the following:

- Social isolation & loneliness
- Impact of the cost of living crisis
- Improve health outcomes
- Help to make Kenilworth a happier & healthier town.

To do this, we will continue to partner with local organisations such as the Kenilworth Centre, St Francis of Assisi/St Vincent de Paul as well as maintaining the timetable of any warm hub/cost of living events for the benefit of the whole community.

We will continue to fundraise, apply for grants and gratefully receive donations to help with the delivery of this work.

If you are interested in supporting our work delivering cost of living/warm hub activity in Kenilworth, please consider making a donation through our website: www.compassionatekenilworth.co.uk/donate

For more information about Compassionate Kenilworth or to find out how to get involved please email Becky at r.webb@kc19.uk

Huge thanks to all of our partners and friends who continue to support the work Compassionate Kenilworth do.

Compassionate Kenilworth Partnerships

