



Life and support in the heart of the community.

Newsletter January 2024



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It is already the 11th of January, so Happy New Year! I suspect we are all wondering what we should do with that extra day we get this year!

We welcome Alex to the staff team in an administrative role: she will be working for one to two hours each day and is already settling in. Alex was already familiar with some of our projects through volunteering in the FoodStop, but she has a real aptitude for computing/ ICT so this will be very valuable behind the scenes.

We have already had our first Music and Memories and Elderly Luncheon at Kemplah. For the foreseeable future Music and Memories will be on the 2nd Wednesday of the month. If you love singing and a cuppa – we even go as far as biscuits – do come along and bring a friend. Trish McLean is a wonderful musician and plays and sings a wider array of styles. There really is something for everyone. She is our version of Kate Rusby / Ciara Dillon but with a NE accent. She is ably assisted with harmonies by Bridge volunteer, Ngaire.

Last week, I met with a landscaper/ groundsperson and Bridge volunteer, Jon, to firm up (make plans more concrete, pun intended) plans for a central path; footing for a shed large enough to allow potting up in inclement weather; compost heaps and raised beds. Hopefully by March/April there can be a progress report.

Below are some pictures of Xmas projects, we put lots of thank you messages out on our fb page. Left (Sharon from OddSocks loading hamper produce; right Mary sorting vouchers).



Current 'Top Ten' Wish List for the Foodstop:

In, at number 10, is Full Fat UHT milk, 9. Instant Mash, 8. Hot choc, 7. Curry / stir fry sauce, 6. Small laundry liquids, 5. Toiletries, 4. Jam, 3. Tinned carrots, 2. custard...and still at number 1. Tinned meats!

We have plenty of baked beans & plenty of bags of pasta!

Thank you to all who support & donate. Your donations small or large really do make a difference!

Projects Update

Time 2 Move: New Menu

Mains: Mince And Dumplings & Veg; Chicken Pie, New Pots & Veg; Sausages in Gravy, Mash & Veg; Fish Cake, Chips & Mushy Peas.

Desserts: Fruit Strudel; Seasonal Fruit Crumble with Custard; Fruit Pie & Cream; Sponge With Custard; Fruit Salad.

When: Fridays 10.15am – 1pm

Where: Hinton Court, Lumley Terrace, Guisborough TS14 6HN

Price: £3 for the class; £5 for the two-course meal; or £8 for both

Monday Friends:

When: Mondays 9- 11:45

Where: Sunnyfield House

Teas, Coffees, Cakes, Lending library, puzzles, plus fresh M&S produce on a donation basis.

Any puzzle donations would gladly be received and can be dropped off at Monday Friends or Soup and Roll.

Volunteering Opportunities

We have quite a few gaps in our **soup and roll** rota: Can you help with serving which is a top priority? Soup making, which can be onsite, on the day from 10am? Or providing baked items?

Minibus drivers and **escorts** (volunteers who help clients on and off the bus and walk to the venue) for the T2Move Fridays. Contact staff@guisboroughbridge.org.uk for a volunteer form. Wednesday Cook once a month / once every 5 weeks for to join our community Luncheon.

Community Shop £3 for 10 points and free fresh produce on availability.

We have places for regular members to join! Special offers are on soup, beans and dried pasta

We would still like 2 more volunteers for Tuesday or Wednesday, which would mean a commitment of one or two times a month 11.30 – 2:30. If parking is problematic, volunteers could do half 11.30 – 1/ 1-2.30. Volunteers can do a shop on their volunteer day!

Dates For Your Diary:

Foodstop Tuesday & Thursdays, 10am-12pm

Weds 14th Feb - Music & Memories at Kemplah House 1.45 – 3pm Teas, coffee, biscuits provided.

Saturday 3rd February - Prayer Breakfast, 8am -9am, GMC (to be confirmed & emailed.)

Saturday 2nd February - Prayer Breakfast, 8am -9am, St Paulinus (to be confirmed & emailed.)

12th – 14th Feb, (to be confirmed) **Food & Fun For All** 11am – 1pm Guisborough Methodist Places will be on a booked basis. Details to follow on facebook & through local primaries.