

BRIDGE 2 YOU!

February 2024



Celebrating Success of Time2Move, at Hinton Court!

Contact Juanita 07936 316217 to register interest

It is wonderful to be able to shout about Time2Move, our chair based exercise class, that is held on Fridays at Hinton Court. It is steadily growing in numbers. Even more good news, is that we still have room for more clients and more volunteers!

A small dedicated team of volunteers, led by Mary & Juanita, have a 4 week rolling menu until the end of April.. Time2Move itself is a chair based class helpful for maintaining range of movement and strength. Trisha demonstrates each exercise to fun music and it is up to you, the individual, the difficulty level you choose.

As well as keeping your brain and muscles in tip-top condition, this project helps you work up an appetite; It can help rehabilitate people also.

PROMOTIONS

MUSIC & MEMORIES

- WED 14TH FEB
- 1.45- 3.15
- KEMPLAH HOUSE

SHOUT OUT FOR VOLUNTEERS AND FOODSTOP ITEMS!

FOOD & FUN FOR ALL

- WHOLE FAMILY CRAFTS
- PASTA & PANCAKES
- + A PACKED TEA
- 11AM - 1PM
- TUE 13TH FEB GMC



Foodstop Wish List!

These are things we would like donated across them next month

jams / preserves
 instant Mash
 Mens' toiletries - deoderant
 coffee
 tea
 sugar
 custard
 tinned fruits
 cat food
 small washing powders

WHAT IS FOOD & FUN FOR ALL?

Firstly, it is free! That is to say, we seek funding from Together Middlesbrough and this allows us to purchase fun activities for children age 3-11 to participate in a 'carousel'. Meanwhile kitchen-side, we make a wholesome meal - this time it is pasta & pancake themed! After everyone has dined together there is a half hour of freedom/ just dance / games and families can take away a packed tea.

It's a chance for families across Guisborough to come together. Follow our Facebook page for details.

VOLUNTEERS NEEDED!
WE NEED MORE VOLUNTEERS FOR SOUP & ROLL ON THURSDAYS;
2 VOLUNTEERS FOR WEDNESDAY'S COMMUNITY SHOP & ONE NEW COOK FOR COMMUNITY LUNCHEON.

please email
staff@guisboroughbridge.org.uk

"Always aim high, work hard, and care deeply about what you believe in. And, when you stumble, keep faith."

DIARY DATES

Prayer Breakfasts -
Saturday 3rd Feb, 8-9am Hosted by Roma GMC, email invites to go out .
 Sat 2nd March, 8-9am St Paulinus, The Avenue
 Food & Fun - 11am - 1pm Guis Methodist Church - Tuesday 13th

Music & Memories - 2nd Weds of the month- 1.45 - 3.15pm at Kemplah House, Tea, coffee, singing ...Free & dementia friendly

Bridge2Youth 5-8pm Guis Evangelical Church
 Fridays Term-time contact
staff@guisboroughbridge.org.uk