



February



BRIDGE2YOU

Monthly newsletter for Guisborough Bridge Association



Support From Darlington Building Society

£207 raised in raffle.

Darlington
Building Society

It was lovely for Foodstop volunteers Frieda and Jenny to be 'allowed out' and join the Soup and Roll team, accepting a cheque for £207 from our local branch of Darlington Building Society. We are one of their 'local 5' and they support us in some wonderfully practical ways for example, before Christmas they were a collection point for the gift part of our hamper.

Food stop current wish list. <<<

If you are one of those wonderful people who pop an item in the collection points for us in supermarkets, please consider the following items: coffee & hot chocolate, long life milk, deodorant, shower gel, toothpaste, washing up liquid, stir in pasta and rice sauces, butter beans, chick peas, kidney beans, tinned sweetcorn, carrots, tomatoes and potatoes, smash, tinned rice pudding and tinned fruit, custard packets. Any tinned fish apart from tuna, any tinned meats e.g. chilli con carne.

We currently have lots of raw pasta!



THANK YOU, THANK YOU, THANK YOU!

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To all volunteers from all projects!

Thank you to Trevor who puts together the most complex of rotas, involving the largest number of volunteers - Soup & Roll. Thank you to those who sign up to our other projects and also to those who answered the call to run the holiday project . Food& Fun For All.

We try to make this an enriching occasion - stress-free bonding time for parents and children, combined with a really healthy meal. We know that what we serve needs to be healthy - low sugar and low salt - which is ,why cooking from scratch& thus being in control of the ingredients is important to us. Moving through 2025 this should be our aim. There is, by the way, nothing wrong with treats as long as in moderation.



FOOD AND FUN 4 ALL

Join us for space themed crafts and activities
Tuesday 25th Feb 2025
At Guisborough Methodist Church
11-1pm Lunch included
Cheesy pasta bake, garlic bread ,
tomatoes and cucumber
yogurts and jelly



**QR CODE & BOOKING
IS GOING LIVE
THURSDAY 6TH FEB!**

**‘There's no such thing
as a small act of
kindness. Every act
creates a ripple’**

DIARY DATES

contact us: staff@guisboroughbridge.org.uk
Check out our website: <https://guisboroughbridge.org.uk/>

Prayer Breakfasts: 8-9am Saturday 1st March. Prayer Breakfast Mailing list will give & reminder the week before.

Bridge2Youth - Fridays 5 - 8pm Term-Time Guisborough Evangelical Church

Community Luncheon - Wednesdays 11am -1pm Kemplah House - to become a regular attender, contact Mary 07936 316 216

Friday Luncheon 11.30am - 1pm Hinton Court - to book with Juanita or by email before 12 noon on Thursday's 07936 316 217

Monday Coffee Morning - 9 -11.45am, Bistro Room, Sunnyfield House: A warm space, with puzzles & books, freshly-baked budget-friendly refreshments.

Soup & Roll - Thursdays 10.30am - 1pm , GMC: A warm space,with budget-friendly refreshments. (3 flavours of soup, bacon butties, baked potatoes and a range of cakes

Music & Memories with musician Trisha Mclean: 1.45 - 3.15pm - **Wednesday 12th** February, Kemplah House, donations towards Tea & Coffee welcomed.

Start your week with a smile...

Drop in 9:00am - 11.45am



Life and support in the heart of the community.



**Every Monday ...
Sunnyfield House
Guisborough High Street**

Visit the Bistro Room in this lovely community center. Disabled access & parking to the rear.

Prices range from £1 to £1.50

Have a chat with Mary (Project Leader) What else you can join in with socially at Guisborough Bridge Association?



COMMUNITY LUNCHEON CLUB

Join our Wednesday Luncheon!

Our Project leader and volunteers serve this 2, or 3 course meal every week from the comfy dining lounge at Kemplah House, New Road Guisborough.

Budget-friendly, wholesome meals for the over 60s, not for profit.



WHAT WE OFFER...



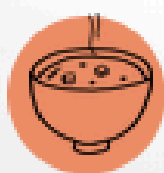
11 -11.30 AM

Warm space. Complimentary choice of tea or Coffee and biscuit



MAIN COURSE

Usually served with potatoes and two vegetables or occasionally salad. We offer quiche as an alternative and pre order every 4 weeks.



12 NOON FRESH SOUP

Usually using seasonal vegetables - choice of white, brown or gluten free bread



DESSERT ENDING AT 1PM

Cooked on site we will offer seasonal crumble; and traditional puddings e.g. sticky toffee

- Be seated by 11.45am. Service starts at 12 noon, and finishes by 1pm
- Choose from 2 or 3 courses - £6.50 / £7.50* (Prices at Jan '25)
- Once trialed, we hope for regular attendance e.g. 5 out of 6 weeks
- For further information, please telephone Tues - Thursday or email us Mon- Fri
- Bonus Option to stay on the second Wednesday of the month for Music & Memories! 2-3pm



07890 22 88 51



staff@guisboroughbridge.org.uk

For more details visit www.guisboroughbridge.org.uk
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or text 07890 22 88 51

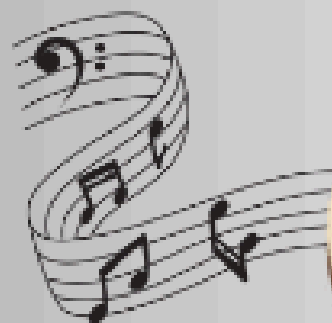


Music & Memories

**SECOND WEDNESDAY OF EACH MONTH -
12th February , 12th March, 9th April**

Kemplah House Lounge, New
Road Guisborough, TS14 6DP

1.45pm - 3pm



This friendly singing group is led by talented musician Trisha McLean - she plays requests & we all join in! Enjoy traveling back to your youth, through song.