



Bridge2You

NEWSLETTER

September - October 2026

So here we are at the start of September and autumn! It comes around very quickly. **Thank you** to everyone who has continued to volunteer across the summer holiday period and **welcome back** to those who are returning after a refreshing break / exhausting yet rewarding childcare duties!

Happy to be 80 Fundraiser!

For those on Facebook we have shared a fundraising link. Anne is raising money for The Bridge as she celebrates her birthday. She is a longstanding volunteer, and currently part of the Soup & Roll volunteer team - providing super soups and brilliant baked. So not content with offering time and skills she has thought of the worthwhile projects we provide in the community and reached out for support. We will highlight the final amount when we know it. Thank you Anne for thinking of us. What a super photo!



We have received generous personal donations this month. One from a couple celebrating their (incredibly special milestone) Diamond Wedding Anniversary and another from Tess King. Thank you!

Darlington
Building Society

Darlington Building Society has been running a book sale for the Bridge and we are delighted to receive a cheque for almost £95 thanks to small donations and the recycling of books. Worth a pop in while the Guisborough Library is out of action until October. Don't forget you can also swap books and puzzles from Monday 7th September as our Sunnyfield House coffee morning restarts, until 14th December.



Foodstop Project 'Wish List'



The Bridge often give out more than we receive in non- perishable items. In the picture there are items we are running short of. Our exclusive Bridge collection points are at **Sainsburys, Lidl and Morrisons**. If you have a family member who is part of a local organisation e.g. sports / community group, who may be thinking of a charity fundraiser we would very much appreciate our readers suggesting us as a beneficiary. There is an ongoing need for items:

- soap & shower gel & deodorant
- sardines/mackerel
- tinned carrots/ peas/ fruit
- packets of rice & noodles
- tinned meat casseroles

Thank you to some very generous individuals who have donated the summer

Allotment Success turned to Dessert Delights

Tuesday 1st we started back as a full team of staff and our Allotment (Bridge2Sow&Grow) was opened to volunteers. We have quietly maintained parts of it across the summer therefore the half plot we have focused on really is going from strength to strength. We would like more regular volunteers so if you wish for pottering through to strenuous digging we have something for everyone.

Fresh produce grow has already been used for tomato soup, and rhubarb fool at one of our luncheons and the remainder has been offered as fresh items for Foodstop and our donation table with volunteer Steve.



Thank you to Ngaire for help with the allotment & as a lead Cook



Thank you to our Food & Fun Volunteer Team

Thank you to our team of volunteers who joined us for the two Food & fun For All (the Family) We have highlights of the Sealife themed one to the right.)

This is now a well-oiled machine! We offer a carousel of activities with the aim of providing relaxed time for parents /carers to support and interact with their little ones.

There are no devices / phones etc, and the 'stress of mess' in the house is not there because it takes place with us.

All of the family are invited to eat a hot meal so that is again one less thing to think about, and means that a light tea can be eaten later, with minimal preparation.

It is open to all primary aged children in Guisborough and we share the details with the local primary schools ahead of opening an online booking link, which helps us to concentrate on simply being ready. While funding permits, we offer this free, although donations would be welcome.

We are planning one session for October half-term (Tuesday) and one as a Christmas Party Either Monday 21st or Tue 22nd December (To Be Confirmed)

We would love a Year 12/13 student or two to come and help with these two events, so if any readers can introduce us to them, please do. They can help set up, take the register, collect a survey response or two, and help where there is more than one child per adult.... I type this as a parent of twins, often juggling both!



Five Star Rating For Our regular Fundraiser!

The Bridge wish to celebrate receiving a 5* Food Hygiene rating for our weekly fundraiser, Thursday 's Soup & Roll. Congratulations to Juanita's amazing weekly teams and Trevor who puts the rota together, for ongoing commitment. Well done too, to Mary who was covering Juanita as the inspection happened on GCSE results day, when Juanita was supporting and celebrating her sons' successes! Inspections are unannounced but Mary is experienced in running our 3 course midweek Luncheon so she took it in her stride.

We would also like to know if anyone would like to 'piggyback' on our next staff Food Hygiene training, which is booked for 13th October. There would be the cost of the in-person training and a small donation to the Bridge. Our staff will be undergoing their training and in the past, we have had other organisations join us.

Food For Thought

As I finish this newsletter, I am mindful that while on annual leave there had been several very heart-rending events which have touched the lives of many in Redcar & Cleveland. I hope people are aware that we have a good relationship with our community police officer Omair, who visits regularly and we can encourage PCSOs to drop in to Soup and Roll/ Monday Coffee. We also offer a youth group on Fridays which is relaxed and fun, with crafts and games. I am also mindful of the recent events around the world, but particularly the climate related catastrophe in Nepal. Perhaps it is fitting to look across borders for an inspirational quote – in this case another island nation, Japan – by working together an individually doing what we can to make a difference, we do just that.

“

**INDIVIDUALLY,
WE ARE ONE DROP.
TOGETHER,
WE ARE AN OCEAN.**

Ryunosuke Satoro

Thank you to Claire Wells from St Nicholas Church, for inviting us to welcome the new Rector, **Reverend Johannes 'Jan' Nobel**. Staff member Mary attended on our behalf and we welcome working alongside him as we do with all other church leaders in Guisborough, through **Churches Together**.

We would love him to visit our community allotment as we know he has an interest in 'green issues'.



Volunteers Opportunities

Do you know someone kind, reliable and helpful?

If you are on a career break, or between jobs, and could spare a regular time (during the mornings) either weekly, fortnightly, or monthly we have projects where we would love to include you. Monday - baking or serving coffee/ tea, Tuesday - our allotment is open until Xmas and there is plenty to do, Thursday making a soup for our regular, soup & roll fundraiser - on site 9.30 -10.30 am. Or can you help with our half-term Food & Fun teams kitchen side/ activity side. Get in touch, via email, messenger or 07890228851 (Tue - Thu office hours)

Diary Dates:

Monday Cuppa and Conversation 9.00 - 11.30, , Sunnyfield House - Bistro Room until 14th December -

Drop In, no need to book

Bridge2Sow & Grow - 10-12 midday & 1- 2pm Tuesdays, Wilton Lane Free! Wear suitable footwear, and have a coat

Music & Memories - 1.45pm - 3pm Kemplah House

2nd Wednesday 1.45 -3.15pm , 14th October, November 11th, December 9th Free, but donations to tea and coffee welcomed

Thursdays Soup & Roll (And much more!)

All Thursdays until 17th December, from 10.30am - 1 at Guisborough Methodist Church ...highchairs available; Access at the rear for prams and mobility scooter user, Drop In

Bridge2Youth Fridays, 5-8pm

Every Friday in Term time - Meeting at Guisborough Evangelical Church. Currently £1 subs per week. We have some places available for youngsters aged 10-15

Prayer Breakfast - 1st Saturday of the month 8-9 am

Saturday 3rd October Hosted by Linda at the United Reformed Church

Saturday 7th November Hosted by Lydia from Guisborough Christian Fellowship

The Peaceful Seat - chair exercise class, Fridays 10.30 - 11.30 followed by a 2 course meal at Hinton Court, TS14 6HN

Booking needed contact Juanita Tue - Thu am on 07936 316217

AGM - Wednesday 21st October, St Paulinus invites will be emailed to voting members shortly...

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



Dementia
Action
TEESSIDE



Music & Memories

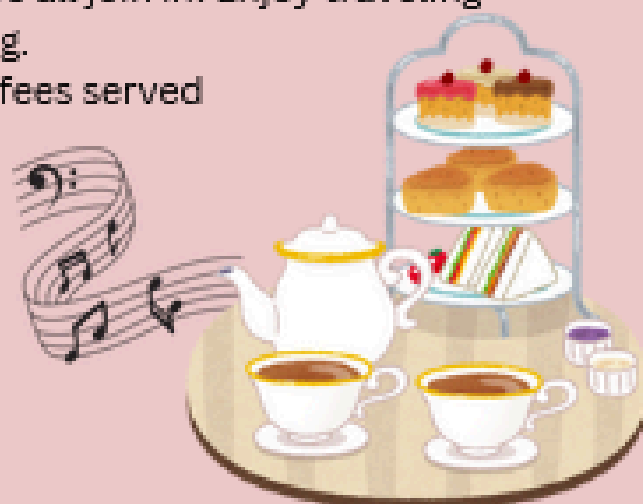
**SECOND WEDNESDAY OF EACH MONTH -
14th October, 11th November, 9th December**

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.

Teas and coffees served



Donations gratefully received.
Charity No. 1086425



TERM-TIME EVERY

TUESDAY

FREE

10:00AM - MIDDAY

PLOT 5, WILTON LANE ALLOTMENT



Bridge 2 Sow & Grow

Project Leader - Kirsty -

Available Tuesdays 07518 734863

**Any questions please email us
staff@guisboroughbridge.org.uk**



Great for well-being; strenuous & moderate
tasks and pottering available to suit individuals



New! & Returning!

The Peaceful Seat



The Bridge is delighted to offer the return of a fabulous exercise class, setting you up for the weekend.

Mobility, flexibility and strengthening exercise, with different levels of challenge.

Each session ends with breath awareness & relaxation

Fridays 10:30 - 11:30 AM £3

Hinton Court, Lumley Terrace TS14 6HN

Delivered by our new instructor, Pamela

For more details email or message
Juanita, our Friday project lead 07936
316 217 to reserve a place





BRIDGE2YOUTH GROUP



Meets on Friday Evenings Term Time
5-8pm at Guisborough Evangelical
Church

What we do: Crafts, games, cooking,
trips out.. food and drinks are provided
£1 subs are paid

Contact: Juanita 07936 316217
Email: staff@guisboroughbridge.org.uk





HINTON COURT SET MENU

ARRIVE 11.45AM
SERVICE 12 - 1PM

£6.00

Main

WEEK 1 - LASAGNE WITH
GARLIC BREAD / QUICK
ALTERNATIVE
With fresh salad

WEEK 2: CHICKEN PIE

Served with mashed potatoes
and seasonal vegetables

WEEK 3 PORK LOIN

Served with roast potatoes &
seasonal vegetables

WEEK 4 SALMON
WITH SAUCE

Served with new potatoes and
seasonal vegetables

WEEK 5: SAUSAGES IN
GRAVY

Served with mashed potatoes
and seasonal vegetables

SEP- NOV 2026

Dessert

OPTIONS ROTATE

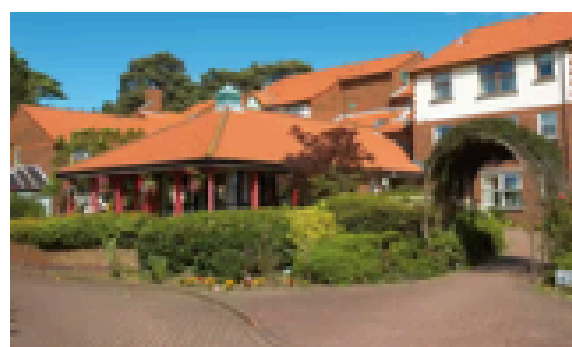
Cheesecake;

Seasonal Fruit Crumble
with custard;

Traditional Bread & Butter
Pudding with cream,
Sponge pudding with
custard - various flavours
e.g. apple and cinnamon,
lemon & ginger.

Followed by

TEA OR COFFEE



To try before becoming a luncheon member, email
staff@guisboroughbridge.org.uk
or tel 07936 316 217 by Midday Thursday