



Bridge2You

NEWSLETTER

October 2026

Welcome to October's newsletter! As the seasons change, we are preparing for a busy and rewarding end to our 25th year. Following the return of all our projects in September, October brings many opportunities to connect, support and celebrate the ways in which the Bridge serves our local community. We are also preparing reports and presentations for our Annual General Meeting. We hope to see you at many of this month's community activities—and please continue to support our weekly Soup & Roll fundraiser every Thursday.

Trustee Nick's October Fundraiser : Cycle from Munich to Rome!

During October, Nick, a keen cyclist, will journey from Munich to Rome on a 13-day trip organised by Peak Tours. He intends to cover an ambitious average of 100 km each day! He has generously chosen to turn this "holiday" into a fundraiser for the Bridge. We will share fundraising links on our Facebook page and wish him every success on the journey—especially on the uphill stretches! We also look forward to sharing a few photographs in November's issue



Thank you! An inspiring Fundraiser!



In our last newsletter, we featured Anne as she celebrated turning 80 in style. Thanks to everyone's generosity, her "virtual walk" up Roseberry Topping raised more than £1,000 for the Bridge. Her achievement has certainly thrown down the gauntlet for future fundraisers!



New Ways to Support our Foodstop 'Wish List'

Shopping habits are changing, and donations at our supermarket collection points, which help us provide the three-week of Foodstop packages and follow-on support, have decreased. Many people who would like to donate for the small items displayed outside the doors of GMC (often with the help of our long-standing volunteer Steve) no longer carry cash.

To make small donations easier, we will therefore add a JustGiving QR code to our collection buckets.

You can also donate securely through our website at [Select Donations](#) from the drop-down menu and follow the JustGiving link, so you can be confident that your donation comes directly to us.

You can use our Just Giving checkout to quickly donate a one-off gift or to set up a monthly donation. It's also quick and easy to increase your donation using Gift Aid if you are a UK tax payer. [Follow this link](#) or scan the QR code.



A Foodstop “lifeline” at least costs £40 for a one person parcel, with a family package costing a more. People may be referred to us for many different reasons, and this practical support can ease immediate worries while they seek further help, often through agencies such as Citizens Advice. When life throws a curved ball, Foodstop is here to help.

Shape Our Future: Annual General Meeting

Our Annual General Meeting (AGM) is an opportunity to review the past year's achievements, discuss future plans and elect a new trustee. We strongly encourage all voting members to attend. Volunteers—past, present and prospective—are also warmly welcome. Please note that the venue rotates.

- **Wednesday 21 October, 7 pm, at St Paulinus Church Hall, The Avenue, Guisborough**
- RSVP: If possible, please reply by 18 October to staff@guisboroughbridge.org.uk so that we can prepare the space.



October Family Event - Food & Fun For All

Our Food & Fun for All project returns this October, offering Guisborough families with primary-aged children a safe, creative and engaging change of scene - Tuesday 27th October

Project Lead Juanita has planned a range of craft activities to encourage creativity and positive engagement between children and their parents, carers or grandparents. Families can enjoy a spacious, welcoming setting and a refreshing change of scene. Food will be provided for everyone.

Primary-aged children accompanied by a parent or carer.

The Trybooking link and QR code will be shared in mid-October. Please follow our Facebook page and local school's weekly bulletins for details.

Volunteering: Do you know a 16-19-year-old who would like to help? Interested local college students should email staff@guisboroughbridge.org.uk by 18 October so that their role within the team can be agreed.

Community Allotment New Volunteers Welcome

We are extremely proud of everything achieved at the Community Allotment so far, but more helping hands would be very welcome on Tuesdays during term time. No gardening experience is needed—come along, give it a try and join our friendly garden group. For more information, email staff@guisboroughbridge.org.uk.

Thank you for being a valued part of the Bridge community.

We look forward to connecting with you throughout October. If you are dividing raspberries or rhubarb plants or have left over winter veg seedlings, please consider dropping them to us on a Tuesday morning at GMC or the Wilton Lane Allotment plot

Start and End the Week With Us!

Monday Cuppa and Conversation – be our guest, 9-11.30 am: Join us for an informal drop-in at Sunnyfield House, currently accessed through the back door. Enjoy our much-loved cheese scones and other light bites.

Friday activities at Hinton Court Lounge: Round off the week with **Chair Yoga, The Peaceful Seat** and a two-course set-menu lunch. All offer excellent value.

If you know someone who might enjoy these activities, please spread the word. Isolation can affect many people, and we offer welcoming spaces where friendships can develop at each person's own pace.

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 Sandra Linda at the United Reformed Church
Saturday 7th November **Hosted by Carol at St Paulinus**

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 7pm

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



Dementia
Action
TEESSIDE



Music & Memories

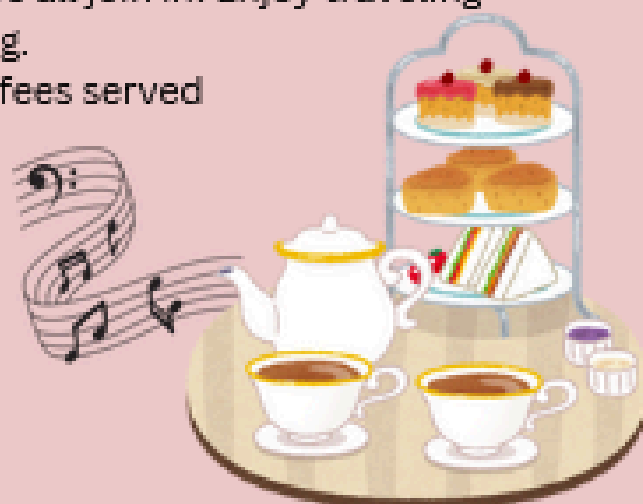
**SECOND WEDNESDAY OF EACH MONTH -
14th October, 11th November, 9th December**

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

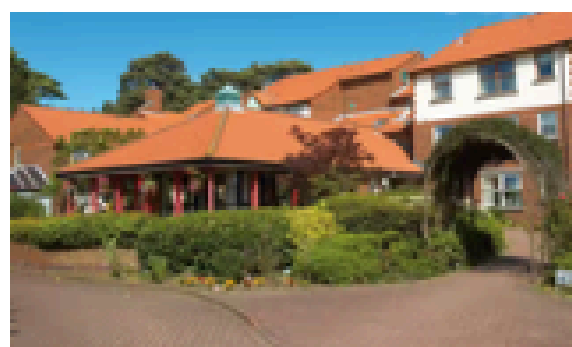
Cheesecake;

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