Charity Number 1086425

Bridge2You NEWSLETTER

November 2026

Welcome to our November newsletter! As the days grow cooler / windier, we are looking back with gratitude for all the incredible community support over the past month and looking forward to a busy and festive season ahead. Thank yo to our members from Churches Together who attended and supported our AGM. We hope you found it informative.
Our the first item for this newsletter is to raise the profile of our Wednesday Community Luncheon.

We provide an affordable, freshly-cooked 2 or 3-course meal at the newly refurbished Kemplah House Lounge, on New Road.

We offer this project to adults aged 60 and over, the project offers a relaxed, tranquil setting to enjoy delicious food and meet new people.



As of January our not-for -profit prices are as follows : 2 courses £7.50, 3 courses £9 - cash or card reader accepted. Operating on an unhurried schedule, we emphasise community and connection: the club opens its doors between 11:00 AM and 11:30 AM for guests to settle in with complimentary tea, coffee, and biscuits while catching up, reading newspapers, or solving crosswords together. Anyone arriving after 11:30 AM is asked to be seated by 11:45 AM, so payments can be completed smoothly before meal service begins at 12:00 PM. Lunch starts with a course of homemade soup accompanied by a choice of bread. This is followed by a pre-ordered main dish, served alongside seasonal vegetables or a fresh salad, and finishes with desserts. The session concludes by 1:00 PM, making it easy for those driving to take full advantage of local two-hour disc zone parking nearby.
Led by project manager Mary with a team of dedicated volunteers, meal prices are kept low while maintaining high-quality, varied menus. Partnerships with local allotments and food banks supply a steady flow of fresh produce; the team creatively transforms these ingredients into inventive dishes. Examples include turning surplus broccoli into broccoli cheese soup, or M&S cranberry bread into a flavourful bread and butter pudding. We buys all remaining essentials fresh to ensure every meal remains balanced & tasty!

interested? contact Mary Mon- Thu mornings to find out more. Or email us!

079360316216

staff@guisbroughbridge.org.uk

Wednesday Community Luncheon continued...

Our Luncheons are set in the calm, peaceful surroundings so that the setting provides a quiet alternative to busy, noisy pubs.
Spaces are currently available for new members aged 60+. Whether coming alone, or as a pair, new attendees can easily settle in and connect with existing regulars. If you would like to join, we are taking new starters up until 18th November. And then will review places in 2027.
If you would like to join us, or have a relative / friend who would like to come, please ask them to email staff@guisboroughbridge.org.uk or text Mary between Monday – Thursday 07936 316216 and she will return call you back and organise a trial.
Our two small asks are that people arrive by 11.45 at the latest and they attend regularly at least 3 out of every 4 weeks. For a more casual event we have Soup & Roll on Thursdays which is a 'drop in' no need to book.

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



Turning his holiday into a fundraiser, Nick has raised over £1, 400! As promised, we are sharing a few photographs. Averaging 100km everyday it is no wonder he looks triumphant!



QR code to scan to add ££





Thank you! Foodstop Fundraiser!

A huge thank you to everyone who has been involved with Harvest Festival celebrations in Guisborough's Churches who have gathered donations from the wider community and sent them to us with love!
We have already collected from Belmont Primary School. As one of Guisborough's larger local primary schools, they managed to donate over 800 items, which was amazing – and we thank the head Mr Gibson for sharing a list of items we were running particularly low on. We will share individual 'shout-outs' on our Facebook page and write to schools to thank staff, pupils, parents and carers for their generosity.

Toddlewaddle Sponsored Fundraiser

A special thank you to the local childminders: Aurora, Gray Bears Day Care and Sticky Fingers, who organised a sponsored 'Toddlewaddles' and to all the children and families who took part (keeping fit) while raising funds. These childminders have dropped donations in to us. Another used the money raised, asked what we needed, and shopped for those items.

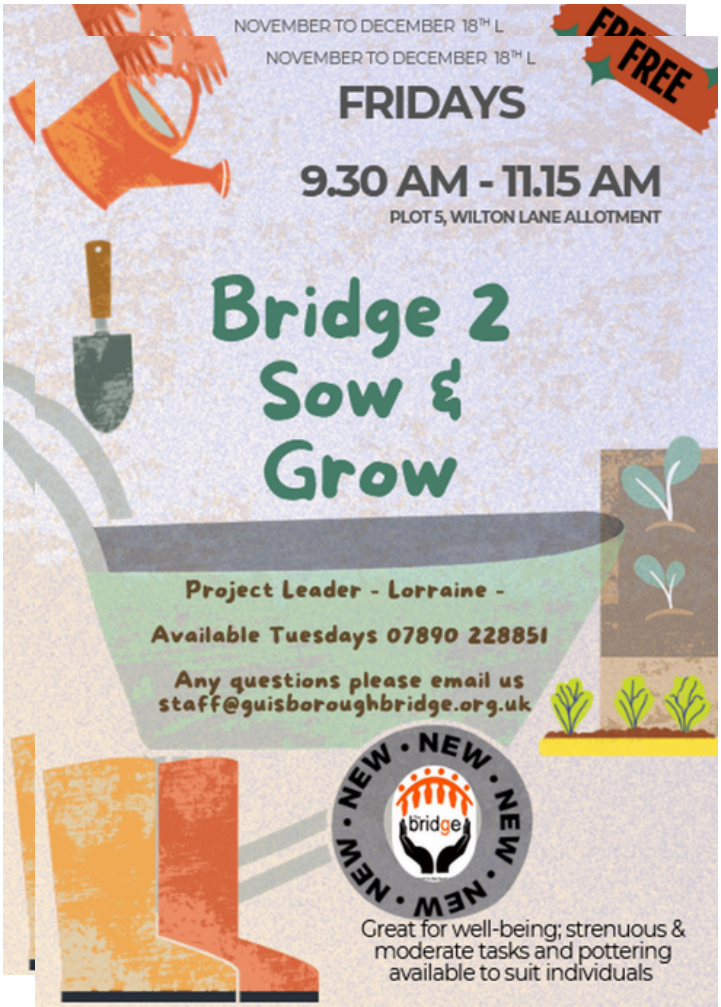
GREENHOUSE GRANT AWARD From HSBC & Weekly Extra Session!

At the start of the Annual General Meeting Ngaire, a keen Bridge2Sow&Grow volunteer had put together a super slide show of progress so far...
We are still looking for new members to join us. Perhaps you are curious and want to just come and see to start with... get in touch or pop along. You won't regret being out doors and the sense of achievement as each area takes shape.

We are delighted to have been awarded a grant from HSBC to purchase a greenhouse for our Community Allotment. It will help us extend the growing season and provide more fresh produce for our community projects. Thank you to Juliette from Guisborough's HSBC for supporting our growing community!



After a half term break, Sow& Grow is back on this Tuesday 10-12, and we have a further session (see poster to the right) Kirsty will be leading a session on a Friday morning too!



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.

Food & FUN!!

Thank you to our staff team for putting together another smashing Food & Fun Session. The crafting was brilliant and the spaghetti bolognese and the baked potatoes with toppings proved very popular. We loved receiving the thanks & positive comments and hope we made a difference to your half terms by giving a safe space to spread out and be creative.
The final one this year will be **Monday** 21st December. We need a few volunteers so get in touch if you are interested.



Wish List!

SHOWER GEL
TINNED VEGETABLES
TINNED FRUIT
LONG-LIFE MILK/ PLANT ALTERNATIVES
BREAKFAST CEREALS
WASHING UP LIQUID
TOOTHPASTE

Drop off points -
Morrisons, Sainsburys,
Lidl,
& Aldi from 2pm Monday to Wednesday evening

Save the 1st December Date: Baker and serving volunteers wanted.

Over the coming weeks we are finalising the plans we have to the lead up to Christmas.
If you are one of our Bridge Bakers, please consider an extra 'bake-off' for the late night event on Tuesday 1st December. We staff intend to showcase Soup & Roll at GMC with a selection of Christmas themed desserts. Here is our Wise list: Gingerbread people or Christmas themed shaped gingerbread / shortbread; cranberry scones, yule log, mince pies, mini Christmas cakes / stollens.
we will follow up with an email to see who is available. Staff intend to make a winter warming soup and we hope to recruit volunteers by show casing our different projects that evening as the hall will be busy.

Diary Dates:

Monday Cuppa and Conversation 9.00 - 11.30 am Sunnyfield House - Bistro Room until 14th December -
Drop In, no need to book!

Bridge2Sow & Grow Tues *10am -12 midday* & Fridays *9.30 - 11.15 am*
Wilton Lane Free! Wear suitable footwear, and have a coat

Music & Memories - 1.45pm - 3pm Kemplah House
2nd Wednesday 1.45 -3.15pm 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 7th November Hosted by Carol at St Paulinus, The Avenue, Guisborough
Saturday 5th December Hosted by Lydia, on behalf of Guisborough Fellowship

The Peaceful Seat -Fridays 10.30 - 11.30 Hinton Court, TS14 6HN
Chair yoga, execellent for mobility £3.

Hinton Court Luncheon - Fridays 11.45am -1pm 2 Courses £7.50
Booking needed contact Juanita Tue - Thu am on 07936 316217

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

Music & Memories

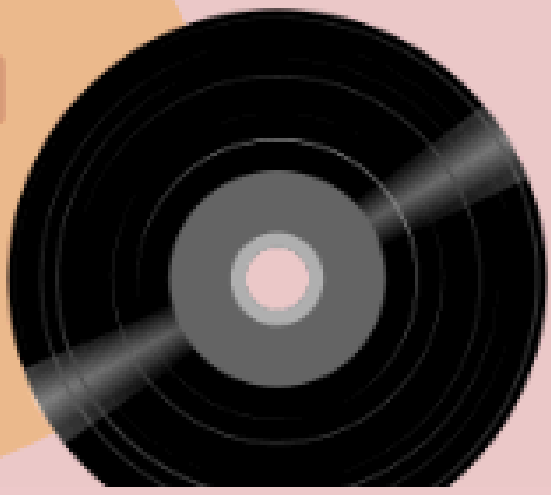
SECOND WEDNESDAY OF EACH MONTH -
14th October, 11th November, 9th December

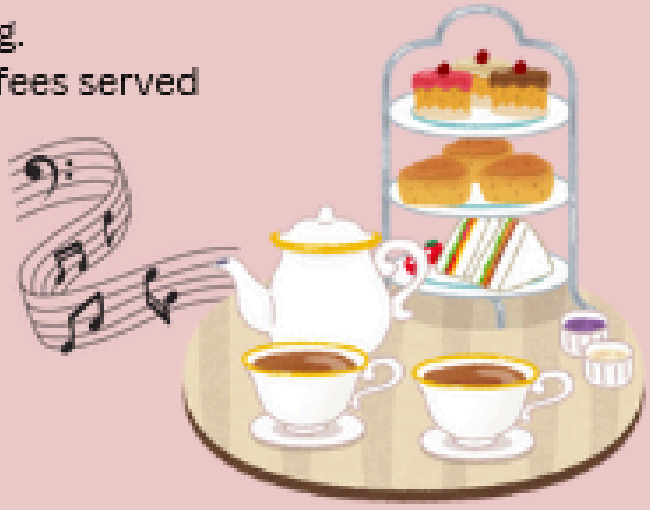
Kemplah House Lounge, New Road Guisborough, TS14 6DP

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

NOVEMBER TO DECEMBER 18TH L

FREE

FRIDAYS

9.30 AM - 11.15 AM

PLOT 5, WILTON LANE ALLOTMENT

Bridge 2 Sow & Grow

Project Leader - Lorraine -

Available Tuesdays 07890 228851

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

NEW • NEW • NEW • NEW • NEW •

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

Find us on facebook

BRIDGE2YOUTH GROUP

the bridge

Life and support in the heart of the community

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



Encouraging

FREE

HINTON COURT
SET MENU

ARRIVE 11.45AM
SERVICE 12 - 1PM

£6.00

Main

WEEK 1 – LASAGNE WITH GARLIC BREAD / QUICH ALTERNATIVE
With fresh salad

WEEK2: 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