



## Newsletter May 2022

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### Peace.

It does not mean to be  
in a place where there  
is no noise, trouble  
or hard work. It means  
to be in the midst of  
those things, and still  
be calm in your heart.

### FUN AND FOOD 4 ALL

Over the Easter holidays we had three Fun and Food 4 All sessions that were available for families with children to attend; this was funded by Together Middlesbrough and Cleveland. Over the 3 days; we had made contact with around 65 children, 38 adults, with over 40 families benefitting from our sessions. We did lots of Easter themed crafts and activities; that included painting, colouring, making Easter treats, a mini Easter egg hunt, plus various other activities. As well as the fun, we had two 'home' cooked meals the children could choose from each day with a pudding at the end and fruit and biscuits they could snack on during the sessions. We are so happy to have made contacts with some new families and are thankful that we had the support of our volunteers to run these sessions. The families that attend these sessions get so much out of it and always enjoy them. So thank you for supporting the Bridge. So we can reach out to families and provide a safe and fun place to take their children and also have a healthy lunch.

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**Thank**



- To Juliet and the staff and customers at HSBC for their fundraising with an Easter theme ☺

**You**

- To Josh and his team at Becksid Gardens for their recent fundraising on behalf of The Bridge ☺



## SPOT THE DIFFERENCE

The notice board outside GMC was looking a bit worse for wear but finding the key proved a bit harder than expected. One of our trustees managed to get it open using only a drill, a screwdriver and a crowbar (that certainly raised some eyebrows from passersby) A new lock has been fitted so we now have somewhere to display the newsletter and some up to date notices



## **GOOD NEWS ☺**

Guisborough Bridge Volunteers have been shortlisted for the 'Volunteer Team Award' at this year's Redcar and Cleveland Voluntary Development Agency (RCVDA) ceremony which will be held on May 27th.

## **DEMENTIA AWARENESS WEEK – 16<sup>TH</sup> – 22<sup>ND</sup> MAY**

At our coffee mornings on the 16th May at Sunnyfield house and on the 19th May at Guisborough Methodist Church; we will be hosting drop in sessions where you can talk to a professional from Dementia UK-Admiral Nurses who will be able to give you valuable advice and support about Dementia. Each session will have an experienced nurse in attendance who you can speak to in private if you wish.

There is more information available on our Facebook page about not only these sessions but also a range of Dementia Friendly Events in the Redcar and Cleveland area during the week.

## **DATES FOR THE DIARY**

- **Music & Memories** will begin in St Paulinus' church hall on Wednesday 25th May and take place on the last Wednesday of each month thereafter. The afternoon will begin with light refreshments at 1:45pm, followed by a musical hour starting at 2:15pm and finishing at 3:15pm. All people living with Dementia and their Carers are most welcome to come along to enjoy fun, fellowship and respite.
- **Prayer Breakfast:**
  - Saturday June 4<sup>th</sup> – Graham and Audrey Johnson – Zoom
  - Saturday July 2<sup>nd</sup> – Maureen Face to Face at 18 Whinchat Tail, Guisborough
  - Saturday Aug 6<sup>th</sup> – Roland Miller – Zoom.