



Charity No. 1086425



Guisborough Bridge Association

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October 2019 Newsletter

Notice of the Annual General Meeting of Guisborough Bridge Association

Date: Monday 21st October 2019
Time: 7.30 pm
[Refreshments available from 7pm]

Venue: United Reformed Church,
Westgate, Guisborough

AGM: October is the time for our AGM and we look forward to sharing with you all that has been happening in our projects and the plans for the future. This year we are again hosted by the United Reformed Church and we have refreshments before from 7pm.

Projects: Our new **Time to Move** project started in the summer and we are already struggling for space on some sessions because it has been very popular – the group runs on Fridays from 10.30am, it starts with 45 minutes of chair-based exercises and then everyone is welcome to enjoy a light lunch. It runs at Hinton Court and we are delighted with the way the group has started.

Later this month we hope to start our Dementia friendly **Music & Memories** group on Friday afternoons at St Paulinus with singing and music making. The group is for those struggling with memory loss and their carers to come together for a relaxed, friendly musical session.

Over the summer we moved our **Bridge2Youth Friday** sessions to the Evangelical Church and are settling in to our new space. We still run from 5-9pm with food, fun and provide a safe space for 11-18year olds to come together. Linked to our work with young people we have also just started our **Youth Alpha** sessions on Sunday evenings at St Nicholas Church Hall, we continue this week at 6pm and it isn't too late to join us 😊

Cakes and volunteers would be very welcome for our Coffee morning on the 19th October ... every little helps.

Thanks for all the support,

Shona, Joanna, Juanita and Sam <><

Key Dates in October:

Prayer Breakfast – 8am on the 5th October at St Paulinus Church then the Communication Team Meeting

AGM – as above 😊

Coffee Morning, Book & Jumble Sale – 19th October at the Methodist Church from 9.30-11.30am

Get Set Go – 20th October at GMC from 3-5pm with fun, crafts, fellowship and food for families

Fun&Food4All – 28th and 30th October at Guisborough Methodist Church from 11am to 1pm with cooking, crafts, games and a cooked meal

Advance Notices

We are planning lots for 2020 and a few dates for your diaries:

- We will have our Getwell team visiting in May half-term with **Camp of Champions events on Tuesday, Wednesday and Thursday in the half-term week** plus lots more fun events for youth, families and everybody else!!
- Summer we will have Fun&Food4All sessions plus our Holiday Club will be from the 17th to 21st August with an environmental theme ****Wastewatchers**** 😊

Plus for our regular activities please see our website or leaflets for details

