



Charity No. 1086425



## Guisborough Bridge Association

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## September 2019 Newsletter

As we move towards the autumn, we are thinking about work with youth and the older members of the community – we have 2 new projects in the planning with the elderly and one new group with our teenagers starting next month 😊

### Project Focus – New projects/moving forward

- A new exercise class for 60+ has started on Fridays at Hinton Court - our Friday 'Move to Music' sessions involve chair-bound exercises with a musical element and then it finishes with a light lunch, so far it has been well received and well attended.
- We are looking at starting a Dementia friendly music group for carers as well as those suffering from dementia – we are looking at running these at St Paulinus/Hinton Court hopefully starting in late September, start date TBC
- For our teens, as they started to ask many more questions during the Getwell week, we are going to run a Youth Alpha course in the autumn at St Nicholas Church Hall, before their Youth session on Sundays. It will run from 6pm to 7.30pm with pizza/food included, it is for Y6 to Secondary School aged young people. 😊
- Our Bridge2Youth Group has moved venues over the summer, we are now meeting at Guisborough Evangelical Church on Friday evenings from 5-9pm. Please pray that new relationships will be developed and strengthened

We are excited about these new ventures and if you want to find out more/want to get involved or want to participate please speak to a member of the staff team.

Thanks for your ongoing support – we couldn't do any of these things without you, Shona, Joanna, Juanita and Sam <><<

### Key Dates

**Prayer Breakfast – 8am on the 7<sup>th</sup> September at the United Reformed Church**

**Bag Pack – at Sainsbury's on the 21<sup>st</sup> of September from 10-4pm (volunteers welcome)**

**Get Set Go - 3-5pm on the 22<sup>nd</sup> of September at the Guis. Methodist Church**

**Youth Alpha - starts on 22<sup>nd</sup> of Sept. at St. Nick's Church Hall from 6:-7:30 (running for 9 weeks)**

**Move to Music Group – Every Friday from 10-12 at Hinton Court**

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

