

Dan Ward, our Housing and Employment Advisor at Northampton Bridge, sadly passed away on 30/07/2020. Dan was a special member of the Bridge team who supported many members in countless ways. He was known by staff, volunteers and members for his humility, diligence, intellect, and wit, and for always putting the needs of others before his own. Dan continually went above and beyond to help others. He was an asset to the Bridge community, deeply loved by colleagues and members alike and will be sorely missed.

Please contact Bridge if you would like support in hearing this news. If you feel you would like specialist bereavement support, please contact Cruse Bereavement Care on 07772 428532.

New Timetable



www.bridge-northants.org.uk



migration@bridge-northants.org.uk



www.facebook.com/BridgeProg

Monday:

- 10.00am** - Hairdressing, Corby and Wellingborough
- 10.00am** - ETE, Corby
- 10.30am** - Breakfast in a Bap, Northampton
- 10.30am** - Wellingborough Check In via Zoom
- 12.00pm** - Corby Check In via Zoom
- 1.30pm** - Parent and Child 1:1 support via Zoom

Tuesday:

- 10.00am** - ETE, Wellingborough
- 10.00am** - Reflexology, Corby and Wellingborough
- 11.00am** - Fitness in the Park with Gerry
- 12.00pm** - Meditation, Corby
- 1.00pm** - Men's Group, Northampton
- All day** - Music sessions, Northampton
- All day** - Hairdressing, Northampton

Wednesday:

- All day** - ETE, Northampton
- 11.45am** - Wellingborough Healthy Lunch
- 1.00pm** - Relapse Prevention via Zoom (open to all)
- 1.00pm** - Relapse Prevention, Northampton

Thursday:

- 10.30am** - Meditation, Wellingborough
- 11.00am** - Poetry and Reading Group via Zoom
- 11.00am** - Fitness in the Park with Gerry
- 1.00pm** - Photography Group via Zoom
- 1.00pm** - Women's Group, Northampton

Friday:

- All day** - Reflexology, Northampton
- 10.30am** - Relapse Prevention, Wellingborough
- 12.00pm** - Relapse Prevention, Corby
- 1.00pm** - Quiz via Zoom (open to all)

For groups which state they are 'in Corby/Northampton/Wellingborough', places must be booked in advance due to limited capacity. Please see overleaf for contact numbers for each site. For those taking place via Zoom, please see the website for a link to each group.

New groups!

We are working hard to reopen Bridge sites and our groups so we can continue supporting our members whilst maintaining the safety of all staff and visitors to Bridge premises. Thank you for your patience whilst we do this. As you can see on the timetable, some new groups have already started and there are more to come soon! Keep up to date by checking the website and Facebook or speak to the Recovery Teams.

Photography group

Share photos you have taken or get tips on how to snap stunning shots from our photography expert, Russ (Activities Coordinator). We use cameras or phones. Each week we share and discuss different styles of photography, such as portraits, landscapes, and architecture.

Fitness in the Park

Gerry (Gym Instructor) has started face-to-face workout sessions, twice a week, taking place at Becket's Park. A small group of members, volunteers and staff can take part and must book a place in advance on 01604 621259.

The quiz will now be taking place on Zoom, rather than Facebook, every Friday at 1pm.

Relapse Prevention Groups

Taking place back at all three Bridge sites, these groups are usually fully booked a week in advance so please call in plenty of time to book your place. A separate group is also taking place via Zoom on Wednesdays if you cannot make it into a Bridge site.

If you are booked in for a group and then cannot make it, please call to cancel so we can offer the place to another member. Reserve lists are kept every week for this reason.

What's New?

Welcome to the following new staff at Bridge Northampton:

Jono, who you may already know, has now joined us permanently from July as a Recovery Worker. Also new to the Recovery Team are John, who also started in July, and Adam who joined us in August.

Thank you to our Volunteers!

Bridge currently has 47 volunteers and their help is invaluable to the running of all three Bridge sites. Recently they have been maintaining the allotment in Wellingborough (please call if interested in helping out), facilitating Relapse Prevention Groups and supporting members over the phone. One volunteer has been preparing the hairdressing room for the return of our hairdresser and one of our volunteers has gained employment with Bridge!

For the Foodies...

Wellingborough's Healthy Lunch

Starts on 09/09/20; spaces are limited.



Sunday Lunch

Our first Sunday lunch in Northampton will take place on 27/09/20. We will be cooking a hearty Sunday classic with a pudding.

Breakfast in a Bap

On a weekly basis starting on 14/09/20 at Northampton. This is a chance to catch up and chat while having a breakfast roll and a cuppa.

All three activities are by appointment only. We expect each event to be popular, so please call to book a place.

Vegetarian options are available for all three sessions.

If you are currently struggling to pay for food, Bridge are able to offer food vouchers for food banks to help you out. The County Council also has a support line for those who need help with access to food, prescriptions and other vital services. Please contact: Council Resilience Support Line (0300 126 1000, Option 5).

Other Mutual Aid

S2S (Substance to Solution)	Mon to Fri 9am-4:30pm 01604 211304 0808 169 8512
Crisis Cafés	Mon & Tues 12pm - 10pm. Drop in for mental health support in a safe space to reduce any immediate crisis. Sat 2pm - 10pm 01604 634310 / 624951
Samaritans	Available to call at any time of day from any phone. Confidential phone service which listens rather than advises, for people who need to talk about anything, however big or small. 116 123
NDAS (Northamptonshire Domestic Abuse Service)	24/7 Helpline: 0300 0120154

Football — Changing Goals

Bridge and NTFC Cobblers in The Community are excited to welcome you all back on 25/09/20.

Location: The Racecourse, Northampton, NN1 4LG.
Time: 12pm - 1.30pm.

More details will be released on the website and Facebook nearer the time. To register please call on 01604 621259 and speak to Aaron.

myCarePath

myCarePath allows members to access and update useful information on their phone as part of their recovery. It includes reminders of upcoming appointments, a diary to make notes on wellbeing and recovery progress, a record of goals and achievements, as well as a messaging facility to contact Recovery Workers. Speak to the Recovery Teams if you are interested in accessing this service.

Our Contact Details



Northampton (9am – 5pm): Mon-Fri.
01604 621259

Corby (10am – 2pm): Mon-Fri.
01536 268133 or 07958 664338

Wellingborough (10am – 2pm): Mon-Fri
01933 228453 or 07840 823302



www.bridge-northants.org.uk



migration@bridge-northants.org.uk



www.facebook.com/BridgeProg