

An update on what to expect as Bridge sites reopen.

What's on/coming up

Welcome Back

We are glad to finally be able to welcome members back into Bridge sites. This is currently possible on an appointment only basis. But we are looking forward to being able to offer more as lockdown restrictions ease off.

Online Groups

During lockdown our online groups on Zoom have been very successful. Attendance has been great and it's been nice to see everyone interacting and supporting each other through this hard time. Our online groups have been combined and are now County wide to incorporate members from Northampton, Wellingborough and Corby.

In house groups

We now have some groups running in house. Due to the high demand we are currently restricting group attendance in house to 1 group a week per member as we want to be able to give as many of you as possible a chance to attend. There is no restriction to the online groups.

Changing Goals football returned on Friday 16th April, Russell Lewis from Cobblers in the Community coaches a relaxed football session which includes a warm up, a skill activity and then we end with a football game. This is a fun, light hearted session where all abilities are welcome. Bridge can provide kit, including boots for those that require it. Please call the landline to book onto a session.

We have a new walking group in Wellingborough which will be taking place on Wednesday's at 11.30am. And in Corby on Mondays at 10.30am from 10th May.

Our new group Small goals, big changes got off to a great start with a very high attendance. we have received some great feedback about this, so why not come along and see for yourselves.



This picture was sent in by one of our members for our photography group that ran on Zoom.

News

New Staff

A warm Bridge welcome to our new staff members. Sharon Humphries has joined Northampton Bridge as a member of the admin team. Paul Murphy has returned as the Office manager for all Bridge sites. Shelley Morales has joined Bridge Northampton as a recovery worker. Anne-Marie Kennedy has joined Corby Bridge as a recovery worker. Caroline McGoff has taken on the role of reception coordinator. Andrew Loveland has been taken on as ETE and Housing support assistant in Northampton. Christine Kent is joining us as mentor coordinator in Northampton.

Easter Eggs

Bridge offered Easter eggs this year to members for their children. This was actually part of something much bigger. Gerry on behalf of Northamptonshire and Huntingdonshire Freemasonry, started a project to have Easter eggs donated for sick children in hospitals. What started out as an aim to get 300 Easter eggs donated soon rose to an amazing 6000 Easter eggs. These ended up being supplied to 60 different organisations throughout the county including hospitals and respite centres. This was an astounding accomplishment so a massive well done to Gerry and all others involved.

Recognition

Bridge is delighted to announce that it was nominated and awarded the Rose of Northamptonshire Award aimed to recognise and celebrate the hard work and determination of those who have helped their communities and those most at risk during the pandemic. This Award is part of the 'Unsung Heroes of Northamptonshire' initiative and is a joint venture from Northamptonshire County Council, the High Sheriff's office and the Lord Lieutenant of Northamptonshire. Bridge was recognised for the work it has carried out, and continues to carry out, for its members in providing 1:1 telephone support and groups via Zoom as well as outside activities such as fitness groups, bike rides and photography groups when government guidelines allow. Support also continues through working with rough sleepers in the county and in providing food from the generous food donations received by Bridge.

Keeping fit with Gerry

The Gym at Bridge Northampton has now reopened. This as with everything else is by appointment only. Anyone who has not had a gym induction will need to book one before they can attend a gym session, these are currently being held on Wednesdays. Gym sessions are currently on Tuesday's and Thursday's. To book in for a gym induction or session give us a call, they are filling up fast as there is a lot of demand.

Volunteers

Nathan is volunteer of the month for March 2021. Nathan has been co-facilitating the Northampton check in group via zoom for the last few months and has been providing support and encouragement to the members who attend. He has also been participating in other online Bridge groups, adding value to these also.



Paul was awarded volunteer of the month for February 2021. He has been facilitating the Relapse prevention group at Wellingborough Bridge for a couple of years and has been continuing this on Zoom during the lockdowns.

He is very supportive to the members of the groups and offers lots of encouragement.

Derek was awarded volunteer of the month for January 2021. Derek has been volunteering with Bridge helping to facilitate the relapse prevention group via Zoom since October 2020. He always focuses on the positive achievements that members have made that they aren't always aware of themselves and is a great support to members in the group. He also always ends the group with an uplifting phrase that is based on recovery.



We would also like to Congratulate Caroline who was Volunteering in Northampton and has now secured a position as the new Reception Coordinator in Northampton Bridge.

Also well done to Andrew who was volunteering at Northampton Bridge and has now been taken on as ETE and Housing Support assistant.

A huge thank you to all our volunteers and well done to all our volunteers of the month. We are looking forward to being able to welcome more of our volunteers back as the lockdown restrictions ease off.

Other Support

S2S (Substance to Solution) Mon to Fri 9am-4:30pm
Drug and alcohol service which supports people to reduce or stop using drugs or alcohol safely. 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: 116 123
Confidential phone service which listens rather than advises, for people who need to talk about anything, however big or small

NDAS (Northamptonshire Domestic Abuse Service) 24/7 Helpline 0300 0120154
Offering support for all victims of domestic violence.

National Helpline offering Refuge 0808 2000 247
Offering support for all victims of domestic violence

NCDV (National Centre for Domestic Violence) 0800 970 2070.
There is also an online chat covered by out of hours staff and Facebook messenger.

Mankind for Males 01823 334244
Helping men escape domestic violence.

Bridge 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



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