

Bridge Support Services for Women

for enquiries & appointments contact:
Bridge Women's Support Centre

Sulgrave Hall
Manor Road
Sulgrave
Washington
Tyne & Wear
NE37 3BD

Tel: 0191 4170218 Fax: 0191 4190970

Other Bridge centres

Women's Education Centre
Grasmere Terrace
Columbia
Washington
NE38 7LP

Bridge Family Centre
Albany Village Centre
Albany
Washington
NE37 1UB

Tel: 0191 4172445

Tel: 0191 4972781

Education & Support Centre
Old Co-op Building
Rear Front Street
Chester le Street
Co. Durham
DH3 3AW
Tel: 0191 3891504



INVESTOR IN PEOPLE



Support Services for Women



Supported by

The National Lottery[®]
through the Big Lottery Fund



**This booklet includes
information on the following
Services**

*** Confidential Listening Service**
at all Bridge Centres

***Embrace**
at Sulgrave Centre

***Creative Expression**
at Sulgrave Centre

***Mature Friends**
at Sulgrave Centre

*** Drop In**
at Sulgrave Centre
and
Chester le Street

For more information about the
Bridge Project or any of our Services
please telephone 0191 4170218

Drop In Group

The drop in group offers friendship and support to all women.

If you're bored with the same old routine or feeling lonely and think it's time for a change come along , meet new friends over a cuppa

The group gives you the opportunity to:

- Have time for a chat
- Discuss things that concern you
- Be listened to
- Give and receive support
- Make time for yourself

A volunteer listener is present just to make sure everyone feels comfortable

You can come for 5 minutes or for the full 2 hours it's up to you and if you need to bring someone with you , that's ok too

Wednesday 10am -12 pm at Sulgrave



**crèche facilities for Pre-school children
may be available**

Mature Friends

An informal support group for mature women aged 55 and over.

The Group is assisted by our health workers who look to steer women to maintain and improve a good state of physical and emotional health.

The group gives women the opportunity to:

- * Make new friends
- * Exchange information
- * Discuss matters of interest
- * Receive up to date information from other agencies & guest speakers
- * Enjoy Social Opportunities
- * Be involved in other Bridge activities
- * Be health aware



Why not come along ?

**Every Monday 1-3 pm at Sulgrave
Except Bank Holidays**

Be Health Wise
Spend an interesting 2 hours
Share points of view and a laugh over a cuppa
If you need a friend—Be one !

You are always welcome at Bridge

Confidential Listening Service for Women

Do you need someone to talk to?

Do you feel unable to cope?

Are you feeling lonely or depressed?

Are you frightened, under pressure, not sure
which way to turn?

Our Listening Service is run by friendly, trained women volunteers, who will support you through difficult times.

We are not here to judge you, just to help.

Whatever you are experiencing , we will listen and may be able to help you find what is best for you.

A Listening Service appointment can be booked any working day

Monday - Friday 9 am - 5 pm

out of hours provision may be available on request

Telephone : 0191 4170218

crèche facilities may be available

Embrace



BEREAVEMENT SUPPORT

An informal support group for women who have experienced a bereavement.

Do you feel alone?

Come along, have a cuppa and talk to women who have also experienced a loss, meet new friends in a warm, friendly, women only environment.

This group is supported by a trained volunteer.

The Embrace group meets

Tuesday 1-3 pm
at
Sulgrave

Why not come along ?

crèche facilities for Pre-school children
may be available

Creative Expression Group

A unique group for women experiencing stress and low mood.

Promoting positive mental health through 'Creative Expression' in a safe, supportive environment.

The group uses creative activities to improve mood, self-esteem and confidence.

The Creative Expression Group meets for 10 weeks during term time at

Sulgrave Support Centre

If you are interested in joining the group or need more information Give us a ring .

*crèche facilities for Pre-school children
may be available*