

Bridge Collective Activities & Groups



Mon

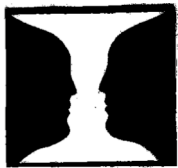
[Womens Arts Group:](#)



These art sessions aim to give women some much needed personal space and an opportunity to explore their own artistic ideas. The group has a real sense of community and a relaxed creative atmosphere. The group meets fortnightly on Mondays from 10.30am – 12.30pm. (see [What's On](#) for current dates)

Tues

[Experts by Experience:](#)



Mental health awareness workshop team. We are a group of local people who use or have used mental health services. We aim to share our experiences to: promote positive public awareness, increase confidence in talking about mental health, and increase access to a wide range of understandings about mental health. Monthly meeting first Tuesday of the month 11.15 – 1pm.

[Company systems working party:](#)



This monthly working party is for skill sharing, learning and doing bite size chunks of our company running systems e.g. – admin, safety, finance, advertising. Currently we're learning about health & safety checks, counting petty cash, stock taking, typing, cleaning, photocopying. Once a month on a Tuesday (see [What's On](#) for dates)

Wed

[Open Minds:](#)



Open Minds is a peer support group for people who see, hear or sense things other people don't (sometimes labelled 'psychosis'). We meet from 1 – 2.30pm on the 2nd Wednesday of the month for chat, coffee, support, sharing ideas and general discussion.

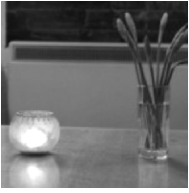
[Greenwood Project:](#)



This Project provides access to the physical and mental health benefits of being in woodland and other outdoor environments. Making meals and cooking on a fire in a woodland clearing, telling stories and making music under the stars and making things by hand from natural materials we collect ourselves: all allow us to see and experience life in a new healing way. We meet in a variety of venues across Devon on a Wednesday and other days. (see [What's On](#) for current dates)

Thurs

Open Afternoon:



On the first Thursday of the month and see [What's On](#) for additional Thursday openings - drop into the Bridge Collective between 12noon and 4pm to find out about the Bridge Collective. No prior appointment or registration is needed. All welcome to find out more.

Community meeting:



We're a social enterprise, building a company and community. The Bridge Collective has a unique organisational structure. It is a flat organisation aiming for everyone involved to have the same power to make decisions as everyone else. Decisions about the running of the collective are made at monthly community meetings open to all; 1-3pm on the 2nd Thursday of the month.

Fri

Underground Sound - music project development session:



Music project for people experiencing or who have experienced mental health issues as well as friends, supporters and people who have an interest in music and mental health. At the moment the equipment available to play is acoustic and percussion. Watch this space for when electric drums, electric guitars, keyboards, decks, computers and recording booth are up and running. **Underground Sound is currently developing the new shape of the project.** 2-4pm on the first Friday of the month.

Sat

Rainbowbridge:



First Saturday of Every month 12.30 – 2.30

An informal and friendly group for lesbian, gay, bi-sexual and trans people affected by mental health issues. Meeting for chat, coffee, support, sharing ideas and general discussion.

For more information you're very welcome to come [visit us](#) or

Email: bridgecollective@hotmail.co.uk or Phone: 01392 433358

Unit 4 King Street Business Centre, King Street, off Fore Street, Exeter, EX1 1BH

Details of other events coming up can be found on our website: www.bridgecollective.org.uk
[What's On](#), [Calendar](#) and www.facebook.com/bridgecollective page