

Bridge Collective Activities & Groups



Mon

[Art at the Bridge:](#)



Women's Art Group: once a month on a Monday from 10.30am – 12.30pm (see [What's On](#) for current dates). These art sessions aim to give women some much needed personal space and an opportunity to explore their own artistic ideas.

Art for all: once a month on a Monday from 2-4pm (see [What's On](#) for current dates). These groups have a real sense of community and a relaxed creative atmosphere.

Tues

[Experts by Experience:](#)



Mental health awareness workshop team. We are a group of people who use or have used mental health services as well as people with experience of supporting friends and family. 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. Our monthly meeting is on the first Tuesday of the month 11 – 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 2.30-4pm on the 2nd Tuesday of the month.

Wed

[Open Minds:](#)



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

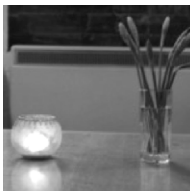
[Greenwood Project:](#)



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 in development:](#)



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. From July 2018 - April 2019 we met on the first Friday of the month to develop our music project and for playing and enjoying music together.

Please note: The music project is currently on a break. Check back for future music session dates.

Sat

[Rainbowbridge:](#)



First Saturday of every month 12.30 – 2.30pm. 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 events coming up can be found on our website: www.bridgecollective.org.uk
[What's On](#), [Calendar](#) and www.facebook.com/bridgecollective page and front door.