



THE BRIDGE COLLECTIVE CIC
ANNUAL REPORT APRIL 2017 TO MARCH 2018

Mission Statement

Adopted 10th February 2010.

To be a company whose members are creating: A democratic community where people who have experiences, beliefs, and feelings that have sometimes been labelled as mental illness are welcomed and can talk about these experiences freely, safely and without judgement; a place to participate in friendship, support, learning, teaching, discussion, being active, and making a valid contribution both within the collective and the wider community.



How the Bridge Collective Works

The Bridge Collective has a unique organisational structure. It is a flat organization set up as a Community Interest Company with members; with each member having shared control and all staff are paid the same hourly wage.

The Bridge Collective aims 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 directors' meetings open to all. Directors are appointed by vote by all members at the AGM. There is no executive director, chair or treasurer. The chair or co-chairs of the community meetings are chosen monthly by people volunteering to chair or co-chair.

There is no co-ordinator/manager of the organisation: management is by peer/collective management.

The Bridge Collective has a small part time staff team and is run largely on good will and volunteer input.

The Bridge Collective achieves a lot of peer support on a small budget. Keyholders

(volunteers and part time staff) open and lock up the building for a group/activity and are the responsible person whilst the activity is taking place.

There is no assessment/referral process to take part in Bridge activities: people decide for themselves if activities are something they would benefit from. People at the collective may have multiple roles including: director, employee, sessional worker, self employed, facilitator, keyholder, trainer, volunteer, member, attendee, visitor; and people take part as both providers and beneficiaries of the collective's activities. The nature of the Bridge Collective is that it is about participating in something together. In essence that participation is equal for everyone regardless of 'roles' they have.

How this report was produced

This Annual Report has been compiled and edited from the following sources:
Feedback received during the year from people who have interacted with the Bridge;
Content generated collectively by those present at our AGM; Reports submitted by group and project facilitators.

Challenges we have faced

Challenge was a major theme for this year at the Bridge so we've moved this section of our report to the beginning from its usual place near the end.

The company has been heavily dependent since 2007 on grant funding from Devon County Council. In 2017-18 because of reduced central government funding this grant was reduced by 25% and was given for six months at a time. As a result we had to make changes to employee hours and to reduce the level of activity significantly during the year, and long term planning was made very difficult because of funding uncertainty. There has also been an increased requirement for providing information to Devon County Council about outcomes from the activity they fund, and we've been working with them over time on finding ways to do this that meet their needs while holding to the Bridge Collective's principles of openness and self-determination for everyone who participates.

We put a lot of work (much of it successful) over the year into diversifying our income and this work will continue.

In addition, partly related to funding cuts and partly because of personal circumstances, we had a reduced employee team for much of the year and two employees left during the year: Em Marshall and Bev Slade. As well as the personal sadness of losing colleagues, this meant that for the last eight months of the year no facilitation was available for the Underground Sound project and it had to take a long break apart from some meetings to plan a way forward for the future.

Thursday opening at the Bridge has always been a key contact point for our community and with a reduced employee team another challenge was how to maintain the open afternoons. We were fortunate to receive a generous donation from the Mumme Ackford Charitable Trust which enabled us to develop a new approach to this with one Thursday a month facilitated by paid workers and a volunteer team facilitating other open Thursday afternoons.

Activities at the Bridge

The following regular groups and activities took place during the year. Brief reports from each group are in the appendix.

Art at the Bridge

Company Systems Working Party

Experts by Experience

Greenwood Project

Newsletter

Open Afternoons

Open Minds

Rainbowbridge

Underground Sound

Wholefoods

Here is a selection of other events and activities that took place during the year.

Continued work with Gemma Budge on how to take forward the lessons from our research at the Bridge.

Two visits from James Lee, pharmacist, to open afternoons.

Visit to Recovery Devon celebration at West Town Farm

Workshops delivered by Kevin Walker of the W.E.A. (Workers' Educational Association) and hosted by the Bridge Collective: July 2017, one full day workshop - "What is normality"; January-March 2018, three half-day workshops, asking fundamental questions about the nature of health and illness, the reliability of diagnosis, the classification of disorders, the evidence for popular and alternative explanations and the effectiveness of treatments available.

December: Annual Big Dinner

People at the Bridge

Members: Members on 31 March 2017: 20. Members on 31 March 2018: 15

Attendees: Estimated number of people involved in the Bridge groups and activities in a year: 180

Keyholders: Sarah, Rachel, Nicola, Lena, Fleur, Em, Bev, Ben, Ashley, Andrew, Chris

Paid employee hours: The regular contracted employee hours at 31/3/18 were 46 hours/week, 1.2 full time equivalent. For much of the year the team was a quarter below full complement.

(In the year 2016/17 there were 77hrs/week regular contracted hours, 2.1 full time equivalent)

Voluntary hours:

People input unpaid time into making the Bridge Collective happen both through informally getting involved, working parties and through named voluntary roles.

Informal volunteering includes: washing up, cleaning, writing up meeting notes, proof reading, chopping wood, typing, writing funding bids, washing tea towels, checking the first aid kit contents, formatting & printing our newsletter.

Volunteers (named roles):

- Company secretary: Andrew
- Directors at 1/4/17: Mark Burnett, Sarah Trickett, Sarah Everson, Andrew Barkla, Margaret Turner
- Directors at 31/3/18: all the above and Ben Durkin (appointed 8/6/2017)
- Open Minds: peer support group facilitators: Ben and Ashley
- Rainbow Bridge peer support group facilitators: Lena and Rachel
- Thursday Volunteer facilitators: (from Jul 2017) Andrew, Ashley, Ben, Chris, Nicola
- Volunteer drivers: Margaret , Katharina
- Volunteer hosts for courses at the Bridge: (from Jul 2017) Ashley, Ben, Rachel
- Wholefoods Project facilitator: Mike
- Bridge Collective representative on Devon Partnership Trust Open Dialogue Steering Group: Margaret

Research with the Bridge Collective: Gemma, Trainee Clinical Psychologist from Plymouth University

Experts by Experience Training Team:

Due to 'service user- involvement work' being a special category of work, members of the Experts by Experience training team take part in one of the following ways: paid employee, self-employed and in a voluntary capacity.

People taking part in delivering workshops this year include:

- Volunteers: Ali, Ashley, Ben, Petra, Patrick
- Bank employees: Beverly, Chris, Katharina, Nicola, Rachel, Sarah T
- Self-employed: Jane, Mary
- Session facilitators: Nicola, Sarah T

Community development bank work hours:

Thursday Volunteer coordinators: Chris & Nicola (2hrs/week) (from Sept 2017)

Co-hosting courses at the Bridge: Chris (5 hours in total)

Finance: Andrew (12 hrs total Apr-Sept, 2hrs/wk from Oct)

Funding and project development: Sarah 2hrs/week (May-Sept 2017)

Supporting Art Project while under-staffed: Bev (9hrs Aug-Sept 2017)

Employees with regular hours per week.

Community Development Worker - Art: Fleur (3hrs), Chris (3hrs)

Community Development Worker - Music: Em (6hrs) (to Jul 2017), Bev (6hrs) (to Dec 2017)

Community Development Workers: Sarah: (16hrs), Nicola (16hrs to Sept 2017, 13hrs to Mar 2018), Andrew (11hrs), Bev (16hrs to Dec 2017), including responsibilities as below:

- Company system working party facilitators: Nicola & Andrew
- Data protection officer: Nicola (from Nov 2017)
- Experts by Experience project facilitator: Nicola
- Finance Officer: Sarah
- First Thursday Open Day facilitators: Sarah (to July 2017), Bev (to Dec 2017), Chris (from Aug 2017), Andrew (from Feb 2018)
- Funding bid coordination: Andrew & Sarah
- Greenwood Project facilitators: Bev & Andrew
- Health & safety named person(s): Nicola & Andrew

- Newsletter editor: Bev (to Dec 2017)
- Newsletter coordinator: Andrew (from Dec 2017)
- Supporting projects while under-staffed: Underground Sound; Greenwood; Art: Sarah; Chris; Bev & Nicola
- Safeguarding officer: Nicola
- Website editing: Sarah & Nicola

- Sarah Everson moved to Edinburgh during the year to start an Art degree but has continued in her post at the Bridge. We were lucky to be able to keep her in the team at a time when the loss of continuity and her knowledge of company finance and other systems would have been hard to sustain.

Help we've received

Many donations from private individuals.

A donation from the Mumme Ackford Charitable Trust.

Painting workshop given to Women's Art Group by Caroline Saunders

John Hazlehurst from Exeter Fire Protection donated Fire Safety session 31st Oct

Mary Booker donated 2 Supervision Sessions gave the remainder at half price

donated a free open reflection session and the remaining sessions half price
Donation: printing of February-April newsletter - Mike and Maggie Durkin
Formatting of newsletter - Maggie
Christian at ifixer retrieving data and restoring hope for macbook
Graham our landlord delayed an expected rent increase.
Waitrose Exeter for donation from their Community Matters fund and Waitrose customers for voting for us.

Outcomes and achievements for the company

Achieving financial stability for next year and beyond:

core funding from DCC for a year

Art at the Bridge full funding from Self Heal

Experts by Experience Allen Lane grant success

Greenwood Project funding success - Steps Bridge residential weekend.

£435 raised Waitrose Community Matters December 2017

£100 cash back from Hewlett Packard promotion on ink orders.

Outcomes and achievements for people within the Bridge

Some feedback from participants in the Bridge Collective:

“I’m about to embark on some bits and pieces with the Clinical Psychology dept at Plymouth. Exciting times. All this because of EbyE [Experts by Experience] Exeter...”

“..the confidence gained with EbyE has enabled me to secure a permanent part-time contract so return to work. And contributed to my overall well-being!!”

“The Bridge Collective has been such a life line to me over the years I have attended.”

“Great meetings yesterday, I always feel a warm embrace when I come into the Bridge. If I could bottle it, it would be a magic potion.”

“Please thank Rachel and Chris for their sensitive hosting of the Anxiety Disorders session on the 23rd, they made it less anxiety provoking for all involved. I think this is an excellent way of working for this type of content where many of the participants may feel rather vulnerable. Input and feedback from those involved with ‘Experts by Experience’ is also particularly helpful and a good case study of how the WEA and community groups can work together.”

“Things I will take with me: pleasant afternoon, feeling happy.

How do you know there is a need for the project? familiar people, mental health - open about it – not judged.

What does being here do for you? Not been for a while, lovely welcome; nice cup of tea, flavour delicious, reasonable price; combats loneliness.”

“I’m really impressed with this place, it’s a lovely space with kind, patient people and very therapeutic. I’ve learnt a lot from the psychology classes provided here, and I feel much less isolated, and accepted.”

“I think this is a lovely place to come to and meet new people, ...to clean and tidy up, to help out. It’s welcoming.”

We received the following feedback from Em who was employed as co-facilitator for Underground Sound from November 2016 to July 2017:

“Having spent a couple of years out of the workplace due to mental health related issues, I was finding it increasingly hard in terms of confidence to step back in in a way that felt manageable and not detrimental. I had support from my CPN and from PLUS employment support (all voluntary, I had been signed off due to a bipolar 1 diagnosis

and a long period of struggling with this) but even so, the transition was taking a long time and had a kind of a self-perpetuating affect on my confidence and stress levels – the more I felt I couldn't do, the less equipped I was at applying for jobs and I felt a real spiralling of my confidence which really didn't help in my 'recovery', or as I prefer to see it, a deeper understanding of myself, my patterns and methods of self care.

As soon as I entered the Bridge Community, right from the offset and the initial contact I had with them, I found their approach, ways of communicating and ethos to be totally supportive, reassuring and encouraging of my participation. This was done professionally, in terms of the response and tone of communication, but also kindly and with care, which I really appreciated. There was an explicit communication of this in terms of the Bridge collective mission statement which really clearly conveyed the ethos, but also the implicit culture of acceptance and appreciation of diversity and difference. This was incredibly welcome by me, and something I also bore witness to throughout my time at the Bridge, both as an employee and as a participant. I have seen countless times the door being open to people who have felt, because of this ethos and culture, able to transcend the dehumanised, clinicalised image of themselves which can be so easy to assume when you have been part of the mental health process- be it

assessments/psychiatry reports/ hospitalisation/ living with stigma both culturally and internally. This stigma , or 'injurious identity' is I think a huge issue in mental health, perpetuating feelings of isolation, separation and bitterness towards a culture and broader community that can , sadly, be so intolerant and ignorant of difference. This societal fear can breed the sense that mental health is something that happens over there , and happens to 'them' rather than to 'we'.

So it's really understandable that people can feel alone with what's going on for them and that accessing environments where it's just okay to be you, becomes not only hard , but sometimes impossible.

I saw and experienced the Bridge as being somewhere where community and inclusion not only happens, but thrives. I see people that are there autonomously, because they want to be , not because someone has prescribed a visit- and just that -JUST- is HUGE when you feel so out of control in your life, and so detached from being able to take even a little bit of power back. I saw people surprising themselves at their abilities because no one told them – or the environment didn't tell them- that they couldn't. So people who we're on day leave from secure psychiatric hospitals were making cups of tea and supporting a new friend to try something new, like singing a song or playing a drum. People who hadn't been to any activity autonomously for some years, found

themselves returning, week after week, to the Bridge because it felt safe, and friendly, and like some where they could be. This cannot be underestimated in terms of impact both to the individual, but to the broader community. We all want to feel part of something, to feel known, to have people smile when we walk into a room. Its fundamental, so simple and yet at times in ours lives can easily become out of reach. I see the Bridge as just that- a bridge between a place where you may feel alone, and isolated, to a place where you realise you are not. Thankyou Bridge Collective for this massive role in supporting my confidence and trust in the world outside my living room again, really thankyou.”

Our Stakeholders and how we communicate and consult with them.

Our stakeholders include: Members, participants, employees, volunteers, funders, commissioners of training, trainees, people on placement, workers in local services. Some information on how we have consulted and communicated with them can be found in the sections titled **Consultation and communication within the Bridge** and **Networking and communication outside the Bridge** below.

Consultation and communication within the Bridge

Currently the following is in place at the Bridge:

Bi-monthly group supervision for facilitators (facilitated by a guest facilitator, Mary Booker)

Quarterly Open Reflection sessions (facilitated by a guest facilitator, Michelle Virgo) for the Bridge Community to review, reflect and plan.

Monthly Community Meetings – these are the overall decision-making meetings at the Bridge and all participants in the collective are invited to contribute.

Monthly Development Team meetings for the Community Development Workers to work out the practicalities of working together as a part-time team, sharing of workload, mutual support and information.

During the year people at the Bridge took part in a major piece of work towards a funding application to the Tudor Trust. This was done through community meetings, open meetings specific to the preparation of the application, a visit from officers of the Tudor Trust, and widespread discussion at the Bridge.

As part of this process we were asked the following question.

“What in your view makes the Bridge Collective work? If you had to distil this to three points what might they be?”

We replied with the following summary of responses to this:

Culture and ethos.

The Bridge invites people to engage with commitment, to be ourselves, to care about what we're doing.

People offered words such as honesty, safety, support, critical and alternative approaches, learning, energy, passion, genuine, community, presence, expressive.

Democratic and inclusive structure.

Having a voice, cooperation (working together towards shared goals), collective leadership, transparency, making sure we always talk about how we do things and how that works for everyone.

Doing meaningful stuff together.

We enjoy what we do together, we bring ourselves, our skills, our creativity and our hearts to it. Everyone's contribution matters. Participants in the Bridge are simultaneously recipients and providers.

People offered words like cooperation, peer support, shared experience and history, networking and connections, creative and green activities with other people, we're in it together, safe spaces.

Networking and communication outside the Bridge

Examples of this include:

Two meetings with Devon County Council to talk about our funding relationship with them.

Meeting with staff from the Tudor Trust to discuss future funding.

Meeting with Joe Miller of the Self Heal Association who fund Art at the Bridge.

Collaboration with the Workers' Educational Association to host courses at the Bridge.

Attendance at Devon Partnership Trust AGM

Hopes and plans for the future

Build, train and support volunteer teams.

Developing and refining internal systems to make getting involved easier for people coming in.

Grow our director team, in size, confidence, and knowledge.

Organise our resources and develop them in ways that can be shared and accessed more easily.

Develop systems and structures for project planning and support.

Expand our links, collaboration and knowledge exchange.

Give space to being.

Develop innovative revenue.

Develop our sustainability plan for future income and activity.

Relaunch our music project.

Create a collectively edited newsletter project.

Wider dialogue and being active in the local community through renewed "This is Madness"/"Choices in Approaches" public talk and discussion type events.

Appendix

Reports from groups.

Art at the Bridge

The Women's Art Group has continued with a steady attendance, with about 16 individuals participating throughout the year and on average 5 per session.

We have tried out different patterns of running the groups: the previous year we held blocks of 6 sessions with a similar number of weeks in between. This year we have held the groups continuously once a fortnight, with occasional adjustments e.g. for bank holidays. People attending the groups have not expressed a strong preference, but when asked have said they are happy with this pattern. It has some benefits at times when a piece of work takes longer than a single session to complete, and is easy for people to remember when the next session will be.

Activities this year have included

a joint 2D print session at the Bridge, 3D printing workshop at Exeter library and printing at a pop-up gallery on the Quay, 'Makers of the Universe', facilitated by SpaceX;

clay and shell mobile making;
wire and paper autumn lanterns and 'stained glass' tissue paper lanterns;
wire and paper tree decorations;
group abstract painting;
lino cut workshops;
'Playing with Colour', a workshop with visiting artist Caroline Saunders in which we explored painting with acrylics on raw canvas;
an origami session facilitated by a group member;
a sewing and fabric workshop.

We joined the Greenwood Project for two 'art walks' this year. We took the bus to Sticklepath, where we walked along the river and collected materials on our way, making a winding, branching and pooling trail of found and ephemeral objects between the bridge and the water's edge when we returned to the start of the walk. The second of the joint walks was at Newton St Cyres Arboretum, where we made leaf, feather, branch and stone mandalas in the clearing at the top of the arboretum, and met a walker and his dog who joined in the activity.

We are grateful to Bev for stepping in to co-facilitate the Women's Art Group for part of this year when Fleur had to be away.

Some comments from group members on how the Women's Art Group has benefitted them:

The women's art group is an enjoyable relaxing activity. It distracts me from my problems and gets me out meeting people.

A good way to improve my low mood by concentrating on something creative.

De-stressing

Having somewhere definite to go on a Monday

The benefits I get from the group are that I can explore my potential in a creative way.

Also it benefits me because if I am having a not so good [time] I can come and be distracted by doing art activities.

...diversion of feeling and a pleasure of meeting people in community

I enjoy the art group because it gives me structure and the other people there seem friendly

I enjoy painting in a place where there is space to be creative.

We plan to continue with a varied programme of activities to include working with clay, a visit to Cricklepit Mill to gather ideas for art making, and we hope to be able to host further workshops from visiting artists.

Thanks to Caroline for her hugely enjoyable and inspiring workshop, Hannah from SpaceX, and Meg for teaching us origami; and to all the women for bringing their creativity and sharing their skills and ideas, which gives such life to the group.

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. This year we've been learning about health & safety checks, counting petty cash, stock taking, cleaning, photocopying, typing.



Experts by Experience

Organizations we've done workshops with:

Plymouth University School of Nursing, Peninsula College of Medicine and Dentistry, Participated in Zebra Collective workshops with Step One, Approved Mental Health Practitioner Social worker teams in Devon.

We've delivered: 21 workshop sessions this year. We've spoken to 249 trainee doctors, student mental health nurses, housing & support workers and social workers.

We've earned: Experts by Experience workshops have brought £6060 into the Bridge Collective this year.

Experts by Experience development, achievements and feedback:

- "We're still here!"
- One person joined and one person rejoined team to speak at training sessions
- 33 people taking part in Experts by Experience workshop teams & monthly meetings

- Collaborating with local organizations to develop and co-produce new work:
 - “Unusual Experiences” workshops with housing and support workers;
 - “Conversations across the divide” sessions speaking with Social worker Approved Mental Health Practitioner teams in Devon
 - Making links with the Devon Partnership Trust Research and Development Department team
 - Grant success! Allen Lane Foundation project development grant awarded for £4,820 per year for two years.
- Feedback: Word cloud from feedback from participants after 3 days training with Experts by Experience (Plymouth 2017) in answer to the question: 'Choose 3 words to describe the training'. The biggest words are the ones that came up most frequently).

togetherness fab subjective powerful
inspiring engaging
validating necessary motivational
positive insightful familiar endearing
collaborative illuminating moving helpful
fascinating thoughtful motivating amazing
perspectives open useful awesome intense touching healing
inspiration admirable lasting impact
interesting warming
uplifting passionate creative difficult
insight challenge eyeopening deep respectful
tough human hopeful enjoyable
courageous crucial enlightening different
personal intimate inclusive
real uplifting emotional challenging
liberating brave
honest inspirational humbling
focussed privileged safe
reflective valuable interactive compassionate

Greenwood Project

This project makes use of woodland and other outdoor environments as a place to be together and share in activities.

The Greenwood Project saw big changes in this year: we had our last two sessions at Escot in April, and because of funding changes we reduced our activity from 4 sessions per month at the start of the year to two per month by the end. A big loss was Bev leaving the Bridge in December after 10 years as project co-facilitator with the Bridge Collective and many years before that when the Greenwood Project was part of Mind. We had 30 Greenwood events over the year, at 17 different venues. Sadly, this was the first year when there were no camps or overnight stays, though we were able to plan and raise funds for a weekend stay for April which we'll report on next year.

An estimated 45 individuals participated over the year, with an average of 7 people per event.

We began regular monthly visits to Yeo Vale Wood in Lapford where we are able to have a permanent camp with shelter and a fire. There were three joint activities with Art at the Bridge, and a walk on Dartmoor in collaboration with Write Out In Nature, a project funded by Recovery Devon.

Newsletter

We have continued to issue a quarterly newsletter. This was edited by Bev until October 2017. The final newsletter was put together by an open working group and the final draft compiled and printed by Maggie Durkin.

There were 10 named contributors and several anonymous or group contributions.

The newsletter was sent by post to around 20 recipients, emailed to a list of over 150, and is available on our website.

A working party met in March 2018 to plan the May-July edition.

Open Afternoons

Thursday Open Afternoon are a space for people to make contact with the Bridge and with each other. During this year the Open Afternoon said good-bye to two of our long term Open Afternoon facilitators: Sarah and Bev. At a time when our future funding was uncertain, a very kind donation from the Mumme Ackford Charitable Trust enabled us to keep our doors and was such a welcome boost to morale. We've been able to continue with our monthly Thursday Open Afternoon facilitated by members of the Community Development team and also to set up a team of peer support volunteer

pairs - facilitating this space on additional Thursdays in the month. This has felt like a big achievement.

“Really nice place to come and meet people. Comfortable place to talk to people and join in activities.”

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 for chat, coffee, support, sharing ideas and general discussion.

The Open Minds group met every month with an average of 6 participants. The facilitators received training in Health and Safety, First Aid and Fire Safety during this year. There was an approximate total of 15 people accessing the group over the year.

Rainbowbridge

Rainbowbridge is a peer support group for people who identify as LGBT (Lesbian, Gay, Bi-sexual and Trans) and are affected by mental health issues. We meet once a month at the Bridge Collective. There are two regular peer support workers. There have been approximately 25 people attending the group over the course of the year, 8 of which are new to the group.

Exeter Pride has now become a regular annual event for Rainbowbridge. It is a time for us to catch up with the other LGBT groups in the area. We have developed a good relationship with many of these organisations and continue to stay in contact. It is also a chance to meet organisations who are new to Exeter Pride. This year I met with the NHS Partnership Trust. I had an informative and reassuring conversation with them, and was delighted to hear that they knew all about Rainbowbridge (Hoorah!).

Although Pride events are an opportunity to showcase and celebrate diversity, it can also be very difficult for people to access and engage in. Not everyone feels comfortable in social situations – it can be a huge challenge. At Rainbowbridge we have seen recurrent themes around social anxieties, and recognise the need for a group that is outside of the mainstream LGBT scene. We feel that it is important to have a place available for people to discuss a wide variety of issues.

At present we don't have many regular participants. Instead people are choosing to drop by just the once. Many are unaware of other LGBT support services available in the area, and we can inform them of these organisations. It still remains a challenge to develop a core group of participants for future meetings. However, one visit to Rainbowbridge may be all that is needed for someone to feel included.

Underground Sound

This year Underground Sound music project met weekly from April to July with some stunning music being created on Fridays. In July we said goodbye to Em (community development worker: music). Following cuts to employee hours we were unable to recruit a replacement worker. Underground Sound was greatly impacted by this funding shortfall. In August Underground Sound took a break to give time to work out what happens next to move the project forward. We've met up for project planning, equipment maintenance and exploring ways to support volunteer facilitation of this space.

Strengths of the music project: *enthusiasm, skills, numbers, highly competent musicians, some producing skills, acoustic, singing, wide range of skills, spirit of sharing, want to share skills*

Wholefoods

The wholefoods project, voluntarily facilitated by Mike, continues to order supplies from Essential Trading and sell products at low cost to participants at the Bridge in addition to providing tea, coffee, cleaning materials etc. to the Bridge itself.

Turnover in 2017/18 was £354.15, with 12 customers buying goods from the project over the year out of 26 lines on offer.