# **Bridge Collective online Activities & Groups**



#### Mon



#### Art at the Bridge:

We are holding online art group meet-ups twice a month on a Monday afternoon, 1.30-3pm. Open to all. A time to get together and share ideas of art to do at home and to join in a relaxed, enjoyable art activity together online. Please see the What's On page on the website, or look on facebook for current dates.

#### **Tues**



# **Experts by Experience:**

Mental health awareness workshop team. We aim to share our lived experiences, which have sometimes been labelled as mental illness, in an environment of peer support to: promote positive public awareness, increase confidence in talking about mental health, improve mental health services, and increase access to a wide range of understandings about mental health. Whilst we are unable to meet in person, we are holding our Monthly Meeting online at the same time of 11am - 1pm on the 1st Tuesday of the month, and our Development Meeting from 11am - 12.30pm on the 3rd Tuesday of each month. All welcome. For more information email ebye@bridgecollective.org.uk



# **Company systems working party:**

These online working parties are arranged (as needed) 2 – 2.55 pm on the 2nd Tuesday of the month. Our usual activities include practical tasks, drafting processes, checks, maintenance, record keeping. Currently we are meeting (as needed) to look at questions to do with safer working. Please send questions by the 1st Tuesday of the month to: safety@bridgecollective.org.uk

# 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'). At the moment we are aiming to meet online via Zoom from 1 – 2pm on the 2nd Wednesday of the month for chat, support, sharing ideas, and general discussion. Keep an eye on The Bridge Facebook page for details of our next meeting or email us openminds@bridgecollective.org.uk.



#### **Greenwood Project:**

Coming together to share connection with nature and making things by hand from natural materials we collect ourselves: all allow us to see and experience life in a new healing way. Until we are able to meet again in the woods and the countryside, we'll be meeting online on the third Wednesday of each month from 2-3.30pm (see <a href="What's On">What's On</a> for current dates), and sharing experiences and news on the Bridge facebook.



#### **Newsletter working space:**

We currently meet online from 11am-12 midday on some Wednesdays – see the What's On page - for planning and putting together our quarterly Bridge Collective newsletter. Email: <a href="mailto:newsletter@bridgecollective.org.uk">newsletter@bridgecollective.org.uk</a> for a link to join this online meet-up.

#### **Thurs**



# **Open Space:**

1-2pm on as many Thursdays as we can. (see <u>What's On</u> for current Thursday online open spaces). Drop in to this online meet-up anytime between 1 and 2pm. This is a space to find out about and our online meet-ups, to connect with the Bridge and with each other. All welcome. Email: <u>info@bridgecollective.org.uk</u> for a link to join this online meet-up.



# 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 our community meetings open to all. Currently 1-3pm every 3<sup>rd</sup> Thursday. (see *What's On* for current dates).

# Finding out about our online meet-ups



For more information and to find out more about what we do - you are very welcome to come to our online Thursday Open Space.

Email: info@bridgecollective.org.uk, or Phone: 01392 433358

Details of our online meet-ups can be found here:

What's On page: <a href="http://www.bridgecollective.org.uk/whats-on/">http://www.bridgecollective.org.uk/whats-on/</a>

Calendar page: http://www.bridgecollective.org.uk/calendar/

Facebook page: https://www.facebook.com/bridgecollective

Sign up to receive emails about Bridge Events, Groups & Activities <a href="https://www.bridgecollective.org.uk/sign-up-form/">www.bridgecollective.org.uk/sign-up-form/</a>