

## Bridge NI - Annual Report March 2022/2023

Chairperson - Linda McCracken can report a very successful year, we took our first programme to Cregagh Community centre in East/South Belfast and did a pilot scheme for 6 weeks which proved very successful with numbers reaching 20-25 ladies. Our programme was designed to tackle isolation and improve mental health for ladies of all ages. It consisted of Salsa Dancing, Yoga, Craft, Music Quiz, Pampering & Zumba. Because of the pilot scheme being so successful and after surveying our users, the demand was defiantly apparent.

We then ran an official programme meeting every fortnight on a Wednesday evening and our attendance was rising with new people coming along.

We have now established a Bridge NI in Cregagh with 5 new committee members adopted onto our committee. With such a great reception in this centre we decided to run a programme on the first Wednesday of every month in 2023 to maintain relationships with the members.

From 8th Feb we are starting another pilot scheme in Enler Centre Ballybeen where we recognised a need - to branch out and bring our programme to another area in Belfast. To date we have had a keen interest in our new group and have 30 people already signed up. So our aim is to grow in all areas where we recognise a need.

It is something we all enjoy very much and are forever grateful and thankful to John Moore Funding enabling us to succeed in the past year and fulfill our purpose.

Linda McCracken - Chairperson Bridge NI