

# Guardbridge Community Development Trust

## Spring 2019 Newsletter

The Guardbridge Community Development Trust is a company limited by guarantee which was set up in December 2017 and registered as a charity in April 2018. It is looking to use the funding pledged by St Andrews University over the next eight years to enhance and improve the village and wellbeing for all creating a more vibrant and sustainable community.

The trust is looking forward to working with all parties who have an interest in the village. At present we have six directors and approximately 60 members.



Some of the diners at one of the trust's Bite 'n' Blether sessions

The Bite 'n' Blether over 60s lunch club is our biggest success story to date. It costs £5 for the two-course lunch but first-time attendees are free. If you are under 60 but have mobility or health issues causing social exclusion, you also qualify to attend. The next dates are 18 April 2019 and 16 May 2019. Contact: Cath Dyce on 07835 733739 or Barbara Mitchell, 07716 279006, to find out more or to book a place.

The trust also ran a successful photographic competition last year, which culminated in the best 12 being made into a fund-raising calendar. The plan is to do the same this year. If anyone would like to submit entries, they should start compiling them now in anticipation of an entry date being decided.



Other activities we are looking to get off the ground are a Men's Shed and our own website. Men's Sheds are community spaces for people to connect, converse and create. The activities are often similar to those of garden sheds but for groups to enjoy together. They help reduce loneliness and isolation but, most importantly, they're fun. A well-attended open morning to gauge interest in starting up such a group was held on 2 March. Anyone wishing more information should contact Peter Gibson, email [gibsonp7@sky.com](mailto:gibsonp7@sky.com).

The next meeting of the GCDT will be the AGM held on 22 May in the bowling club. Email [GCDTSec@gmail.com](mailto:GCDTSec@gmail.com) or phone 01334 839156 if you wish to become a member, to attend one of the meetings or just for more information. The community and the trust really want your input and the skills and knowledge you can bring to the organisation.