

The Bridge

The Bridge is a centre to support young people's health and wellbeing, offering transition support into adulthood, reducing isolation, facilitating empowerment, and integration to fulfil their aspiration and maximize their potential.



The Bridge

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Murray Hall Community Trust aims to make a positive impact with the challenges of inequalities, to promote and support people in their health and wellbeing from early years to end of life.

Developing Compassionate Communities



Registered Charity No: 1040170



**Support group for
young people with life
limiting and life
threatening conditions**

Inspire to Independence

Support Group

The group provides young people with life limiting and life threatening illnesses the opportunity to meet on a regular basis for those aged from 16 years.

The group's activities aims to enhance and maintain the health and well being of individual members.

The group was established in 2014 by a group of young people with support from Murray Hall Community Trust and Acorn's Children's Hospice.



The Bridge

The Bridge has on offer a range of support and different facilities:

- Information Networking Drop in
- Counselling sessions
- Complementary therapies
- Multi sensory room
- Disabled changing facilities
- Meeting space
- Social events
- Café facilities
- Courtyard garden
- Therapy sessions
- Workshops

Future Development Plans Include:

- *Music recording studios*
- *Hairdressing*
- *Bathing suite*

What Young People Say About the Group

'I felt isolated before and didn't get out. I've now made new friends and learnt new skills.'

'I really look forward to our sessions at The Bridge. It's a place to get together with other young people and have a social gathering. My life would be more boring if it wasn't there. At the moment we're doing a film project to promote the service to others and I've enjoyed having the opportunity to learn about film editing. We do other interesting things there too and are planning to have a trip out together at some time. Talking to others and learning new skills has given a group of us the idea of maybe starting a small business at some point.'

