

Newsletter

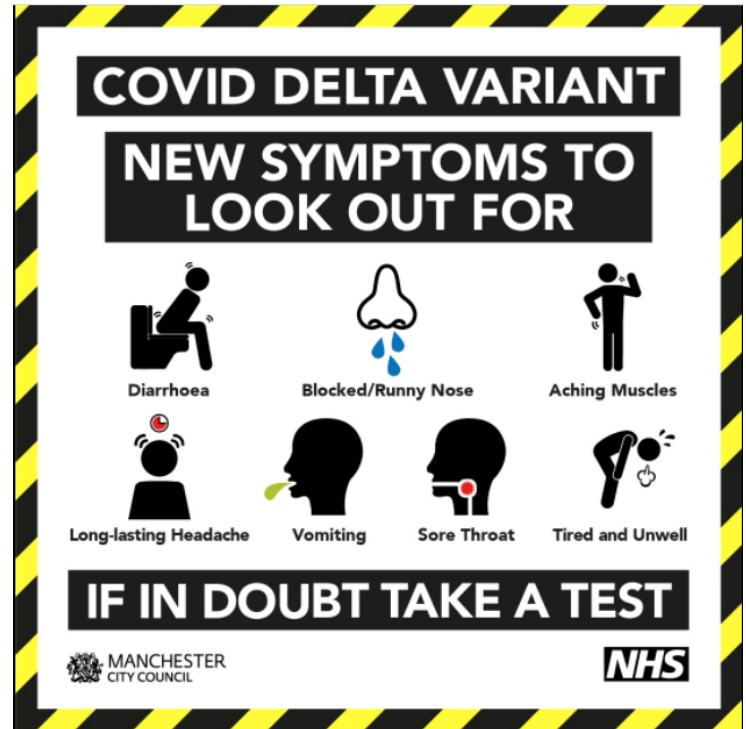
July 2021

THE BUREAU

Operational News...

It's all change again with the Government moving to the final stage of the roadmap, meaning that all legal restrictions will end from the 19th July. We have carefully considered this final stage as an organisation and have decided that, in order to keep our clients, volunteers and staff as safe as possible, we will keep our current restrictions in place. This means:

- Masks will be worn in meeting rooms where social distancing is not possible.
- Restrictions on numbers attending groups, meetings and activities will remain regardless of the location.
- Social distancing measures will remain in the office, which means we are working from home as well as the office.



We have been able to begin some social groups such as our Walk and Talk, Time Out and Drop In sessions which has been wonderful, but this does mean that we will have to wait a little longer before we invite all our clients and volunteers back into our building.

Meet the Team...

We have two new staff members joining us this week! Welcome to Jennifer and Josh!



This is **Jennifer Godwin** who joins us as our new Befriending Coordinator. Jennifer is a familiar face in Glossop already and has enjoyed meeting some of our clients and volunteers!



This is **Josh Asquith** who joins us as our new Administrator. Josh has a very broad range of skills and will be providing much needed support to all of our projects!

THE **BUREAU** & **Cafe Jericho**

DEMENTIA FRIENDLY CAFE



A safe space for people with cognitive impairments; dementia, Alzheimer's or changes resulting from a stroke, and their carers. Cafe Jericho provides a safe, secure, and friendly environment. Come and join us!

Every Tuesday | 1:30pm - 3:00pm

Cafe Jericho, 6 Winster Mews, Glossop SK13 0LU

Client Case Study...

Joan was referred to The Bureau a few years ago for Community Navigation and befriending support. She was matched with a volunteer befriender and they have been in touch ever since. Joan had been coping well during the pandemic in general, but her befriender flagged with the Befriending Coordinator that Joan had been feeling depressed and was anxious about some health problems. The Coordinator called Joan to find out a bit more about how she was feeling and what further support we could offer to her, at which point we provided information regarding counselling. Joan stated that simply speaking to her volunteer befriender and the Community Navigator was enough to reduce her anxiety and improve her mood. She said the befriending relationship is so lovely and she looks forwards to the calls.

THE **BUREAU**
FREE CV WORKSHOP

**Haven't got a current CV?
Need help preparing one?**



The Bureau can help!



**Come to the Labour Club on a
Wednesday.**

Appointments available every Wednesday from 09:00 until 12.30 by calling 01457 865722 Or drop in every Wednesday from 1:30pm until 4.30, no appointment needed.



Community Wellbeing
Tameside & Glossop



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The Bureau, Glossop



**Tameside and Glossop
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Clinical Commissioning Group**



High Peak Borough Council
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