

BRIDGE COMMUNITY PROJECT

IMPROVING EVERYDAY WELLBEING

236

PEOPLE SUPPORTED

3

WELLBEING SERVICES



the bridge
financial wellbeing service



“

It's removed the mounting pressure and worry. I felt trapped and imprisoned by debt whereas now I'm paying back my debtors and feel as if I can breathe again.

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Our Financial Wellbeing team have been able to support **88** individuals in a person centred way to improve their financial Wellbeing. We worked predominately with those who live in **rural areas** and those who present with **mental health** conditions.

Our impact has ensured that clients:



are less stressed



keep on top of finances



have improved mental wellbeing



have budgets in place



are more connected to their community



have less debt

PRACTICAL SUPPORT

We also provide clients with vital practical support

✓ 1 to 1 cooking & recipe bags



- ✓ Budgeting packs
- ✓ Energy top ups
- ✓ Signposting
- ✓ volunteer opportunities
- ✓ Support with pip appointments
- ✓ Small community grants
- ✓ Support with warm home discounts

Our Counselling team have been able to support **61** individuals to improve their emotional wellbeing while offering **812** counselling sessions. Our service provides affordable mental health support in a safe environment.

The most common presenting issues are

TRAUMA ANXIETY DEPRESSION BEREAVEMENT SUICIDAL IDEATION

These are some of the stories of improved emotional wellbeing:

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My story began with me being in a terrible place. I was suicidal and really believed everyone would be better off without me. Bridge for me was a final chance to give it one last attempt at wanting to be alive.

I told my councillor things I had carried around with me my whole life, that I hadn't told anyone. Although the first few weeks were hard, by session four I started to feel the weight I'd been carrying around was lifting and the pain inside of me was healing a little. I am a different person today and happy to be alive. I have self worth, which is a first for a very long time.

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I reached the bridge broken and willing to try anything to try to help improve my mental health. I was sceptical about how much counselling would actually be able to help me. It took me about 6-8 weeks to settle in and feel I could really open up which is when I really started to feel the benefit. I now feel like a different person, I am able to cope with situations that used to easily overwhelm me and enjoy my life again.

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I was aware that I had past trauma affecting my life. Bridge counselling helped me identify where some of my negative thinking and self hate was originating from. With the counsellor's support, I was able to address some past beliefs that had been incorrect and address them so that I can move forward. The process has helped me gain self confidence and begin to address my negative self talk.

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I moved to Scotland in 2008 to marry an amazing Scotsman. He unfortunately passed away unexpectedly in 2020. I was left to raise our two children alone in this country. I felt very overwhelmed, lonely, isolated and depressed. Without any family here to support me, and having been suffering from anxiety and stress, I was pretty much struggling to find the motivation to keep me going. I am now at a much better place mentally and emotionally thanks to the help I received. I am forever grateful.

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Our Stepping Stones to Wellbeing team have been able to support **87** individuals to improve their financial and emotional wellbeing through offering **20** groups and courses across the past year.

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I found the group to be very helpful with people who are experienced to help me understand my mental health

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LOOKING AFTER YOUR MENTAL WELLBEING

5 groups completed



EMOTIONAL LIFEJACKET COURSE

2 groups completed



MONEY MANAGEMENT MASTERCLASS

2 courses completed



SHARING SKILLS FOR LIFE

3 groups completed



BEREAVEMENT SUPPORT COURSE, IN PARTNERSHIP WITH LIVINGSTON UNITED PARISH CHURCH AND COOP BEREAVEMENT CARE

8 courses completed

OTHER IMPACTS



purchased our **wellbeing hub**



launched our **1st** Social Enterprise



employee **15** people locally



supported **35** volunteers