

SHAL's Community Chat (Rusty Road 2 Recovery & Floods)

Monday 13 September 2021

Lisa led a chat about the great work they do at the Rusty Road 2 Recovery in Bridgwater.

What is the Rusty Road 2 Recovery?

The Rusty Road 2 Recovery is a social enterprise organisation based in Bridgwater, founded in 2018. Their primary mission is to help people who are struggling with their mental health and need a bit of help to work out a recovery plan that works for them.

Everybody that works or volunteers there has lived experience with mental health, so if you do want to pop along and join in one of their groups, you won't be alone. They start their groups at 10:00 am and finish at 3:30 pm so a full day once a week. Their aim is that by the end of the day you feel a sense of achievement and belonging and wellbeing.

They offer a wide range of garage services from oil changes to full classic car restoration, all within a very competitive price rate and their community garage is aimed at everyone.

They're able to offer discounted rates to classic car owners, car clubs, Rusty Road 2 Recovery club members and people PIP, Universal Credit and low income. The income from the garage funds the incredible work they do helping people with their mental health including in their workshops ranging from art therapy, woodwork and metalwork to classic car restoration.

They were out in force at the Blue Ridge Runners Event in West Huntspill last weekend where the "name the boyband" and "name the hotrod" competitions proved very popular!

It's a haven where people can be open about their mental health and not feel judged and a place that people can get help and support and have a chat even if other services are unavailable or have long waiting lists.

They stayed open during the first lockdown in 2020 and provided services to keyworkers but unfortunately had to close their doors during the further lockdowns. However, they continued to operate and have delivered food parcels and helped with the foodbank.

2 King Square, Bridgwater, Somerset, TA6 3DG

Online: www.shal.org – Email: information@shal.org – Tel: 01278 444344



What's the Community Garage?

The Community Garage is for those on low income and those who claim a Personal Independence Payment. Some people have lost their disability car and this meant they have had to buy their own, which has put them under financial pressure. This can be life changing. How do you get to the doctors, hospital appointments and even simple tasks like going shopping if you don't have transport?

Their rates are competitive, below the average other garages charge. For example at the moment the charges are:

£21.50 an hour (if you have a low income or claim PIP)

They do not limit their services to just people on low incomes:

£39.50 an hour (standard)



How can I get involved?

You can just turn up or you can approach them by email, phone or Facebook:

Email: info@rustyroad2recovery.co.uk

Phone: 01278 431864

Facebook: [@RustyRoad2Recovery](https://www.facebook.com/RustyRoad2Recovery)



Flood Awareness Week

Lisa shared her experiences of flash flooding at Rusty Road 2 Recovery back in July and the problems they've had with their insurance company.

The flood was caused by a sudden heavy downpour and surface water flooded the workshop and offices. Machinery and IT equipment was damaged and treasured artwork was destroyed.

This week we'll be sharing information to help raise awareness of flooding, especially flash flooding from surface water. We'll also be stressing the importance of having contents insurance and checking the small print to make sure everything's covered.

The National Housing Federation recommends the My Home Contents Insurance Scheme provided by Thistle Insurance Services Limited. We all agreed Martin Lewis knows best but it would be good to get feedback on the National Housing Federation's recommendation and how it compares to the other policies people may have.

Would people be willing to share who they're with and how much they pay? It's so important to have contents insurance. Like all insurances we don't realise their value until we have to make a claim.

www.thistlemyhome.co.uk

If you'd like to have a chat please drop us a message, email Lee@shal.org or call 01278 442014.

