

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 37**



Photo by Britney Rosevear

Hopefully this newsletter will brighten your sprits a bit on this middle-of-the-month January day! It includes lots of local information about the Covid19 vaccines and their rollout in our area, which hopefully will prove useful.

Thank you so much to the people who answered our call last week to sponsor this newsletter, the response has been brilliant! It has been great to get local support for this local publication, so THANK YOU.

Don't forget, as ever we need articles, photos and pictures to entertain our fellow residents so please do drop us a line at info@bridgendcentre.org.uk if you would like to help.

Covid-19 Vaccination Programme—What you need to know

Update from NHS Cheshire Clinical Commissioning Group

Vaccines are the way out of this pandemic. An effective vaccine is the best way to protect people from Coronavirus (COVID-19).

Following extensive trials, safe and effective COVID-19 vaccines have been approved in the UK and the NHS COVID-19 vaccination programme is underway in Cheshire.

Nationally, an independent group of experts (Joint Committee on Vaccination and Immunisation) has recommended that the NHS first offers a vaccines to those at highest risk of catching the disease and of suffering serious complications or dying from COVID-19.

The NHS is planning to vaccinate everyone in the top four priority groups by mid February 2021 – including older care home residents and staff, everyone aged over 70, all frontline NHS and care staff and all those who are clinically extremely vulnerable.

Cheshire's GP practices are working together to vaccinate people, so you might not be contacted by your usual practice and you might need to go to a different location for your vaccination – you will be told where to attend when you are invited in. When it is your turn to book your vaccination you will need to provide: Your name and date of birth and your NHS number (which will be provided in your invitation letter)

If you've had your first vaccine dose already, the NHS will contact you when it's time for your second dose (within 12 weeks). If you are unable to leave the house to travel to where you are offered an appointment and cannot arrange for someone to help you, your local NHS services will be in contact with you.

Please don't be worried if you or a family member is over 80 but hasn't heard anything so far. You might know others over 80 who have been invited for their vaccination already, but that does not mean that you or your relative are a lower priority. GPs and other practice staff are working hard to vaccinate as many people in this group as quickly as possible and, during January and February 2021, many more people will be invited in. This is only the start of the vaccination programme and it will take some time to work through everyone.

People most at risk from the complications of COVID-19 are being offered the vaccine first.

For more information on this, including where the vaccinations will be taking place, please go to <https://www.cheshireccg.nhs.uk/news/news-stories/covid-19-vaccination-programme-what-you-need-to-know/> Any updates in information will be made to this website, so please go to this site at any time for the most to to date information.



Update from Bollington Medical Centre

Thank you everyone for your ongoing support with this process. We know that a few of you have been asking how we are selecting patients to be invited for vaccination within each of the cohorts. We do this based on clinical priority and therefore that is why people living in the same household may not be invited at the same time. We are sorry if this causes inconvenience but we have to prioritise all age groups based on their clinical risk factors.

We can also let you know that we have had confirmation of further vaccine delivery on Monday 18th January and Thursday 21st January. This delivery should allow us to complete the vaccination of all our care home residents, the care home staff, and our registered patients who are over 80 and who are able to get to Poynton Civic Centre. We also anticipate starting vaccinations for those patients in the next cohorts.

We will therefore be inviting people to attend clinics during the week commencing 18th January. If at all possible please book via the text message link you will be sent. Please do not contact the surgery regarding COVID vaccination appointments. We will contact you.



If you do not have a mobile phone we will contact you. Please do not worry if we do not get a reply the first time we will continue to try to get in touch with you. These clinics will continue to be at the Poynton Civic Centre.

Please as before during this very busy time wherever possible and appropriate remember to use self-care and your local pharmacy team to deal with any minor illness.

Twenty is plenty on Albert Road

In December 2020 Cheshire East Council approved, in principle, the introduction of 20mph speed limits on residential roads where appropriate. For many years Bollington Town Council had wished to implement 20mph limits on several of our roads, this agreement enables that aspiration.

One road that does need a 20mph speed limit is Albert Road. It is the access road to the tip, and there are two factories and the fire station are located along it's length. Further, within a 300 metre stretch there are three schools: St Gregory's, Dean Valley and Footprints Nursery and nearly 300 children attend these schools. The need to get children to, and from school, during set down and pick up makes for a heavy vehicle and pedestrian traffic.

In September, Emily Bartram, whose children attend Dean Valley wrote to me highlighting the concerns that she, and many other parents had about the safety and well-being of their children during drop-off and pick-up.

There were concerns over the speed of vehicles, and obstacles such as cars parked on the narrow pavements and dustbins, making walking difficult and hazardous. This was further underlined by a letter from Julia Maxton-Close, a local resident, who explained how she had nearly been knocked over by a van exceeding the speed limit on Moss Brow during school pick-up. She, and many other residents are extremely concerned about pedestrian safety on Albert Road.

These responses prompted Emily to launch a petition which called for BTC to support the introduction of a 20-mph speed limit. At the same time Julia asked St.Gregory's and Dean Valley pupils to produce road safety signs which could be mounted on lamp posts along Albert Road. She also kindly offered to print the posters.

Currently the petition has been signed by 430 people, some of the comments graphically show the difficulty of getting children to, and from school. One writes, "As a parent of a disabled child, although living close to the school, I now drive to school every day as the lorries (coupled with the footfall and volume of general vehicles) resulted in far too many difficulties in pushing his wheelchair and also a great degree of anxiety for him and for me." Another wrote "I use Albert Road regularly, both on foot and in a car, so I sympathise with both motorists and pedestrians. Driving at school run times is frustrating and often dangerous as the road becomes, in effect, a one-way street with two-way traffic. Walking, especially with a toddler, is often downright frightening! With a pushchair it can be impossible to stay on the pavement because of parked vehicles. I would like to see this issue addressed before any serious accidents happen."



Photo by Emily Bartram

Bollington Town Council has agreed to support our case for a 20mph speed limit, as has the fire service, police and one of the major businesses on Albert Road. Before we start lobbying CEC we will be consulting with all residents on Albert Road and the side roads, such as Greg Avenue. A flyer will be delivered, soon, to each house asking for your views.

If you wish to make your views on a 20mph limit on Albert Road known immediately, or live on a residential road where you believe there is a case for a 20mph speed limit please contact me on Roland.Edwards@bollington-tc.gov.uk

Roland Edwards

Beautiful birds in the wild

Regular reader Pete Turner from Stockport sent us some photos of wild birds he spotted recently on his lockdown walks.



Cormorant



Parakeet (!)



Cormorant

3



Robin

Purrfect Pets!

Speak to any pet owner and they will reel off a long list of the benefits of pet ownership . Pets can be our best friend, confidant, exercise buddy and motivator and for some people quite literally their lifeline. It is well documented that pets are great for our physical and mental wellbeing.

Not only are pet owners less likely to suffer with depression, they often have greater self-esteem, feel less fearful and less lonely, with pets acting as a great social catalyst, for example, meeting other dog owners while out walking. Another study found that older pet owners coped better with stressful life events than non-owners. Pets often add structure to people’s lives, with regular feeding and exercise to add to the day’s task list. As well as the physical benefits of taking dogs for walks, pet owners can have significantly lower cholesterol levels compared to people without pets. Cat owners needn’t feel left out though – they have a decreased risk of death from a heart attack or stroke.. Another study showed that simply watching fish in an aquarium can help to lower blood pressure, as can stroking a cat or listening to a contented purr.

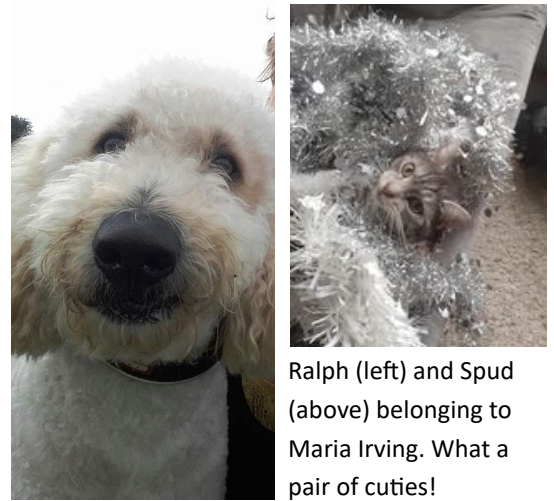
Some of our readers have been kind enough to share with us pictures of their fabulous, furry or feathered friends



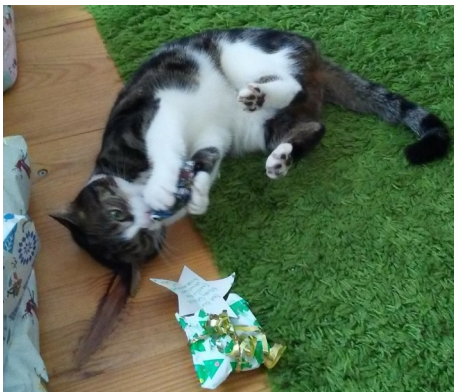
Beautiful Bea belonging to Claire Kirkham ,is a valuable canine member of our buddies team.



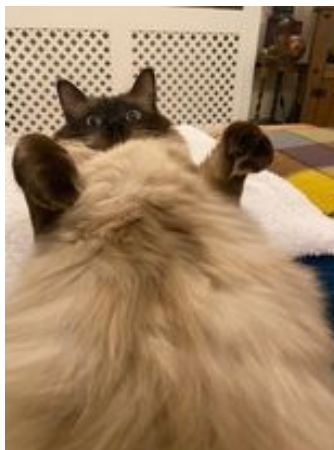
Olive, belonging to Sarah Hodgkinson, out enjoying a game of fetch on a snowy walk



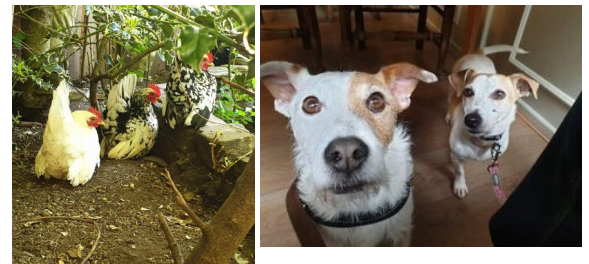
Ralph (left) and Spud (above) belonging to Maria Irving. What a pair of cuties!



Ann Mayer’s gorgeous rescue cat Elsa.



Boo shows his softer side!



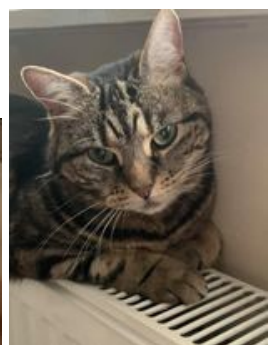
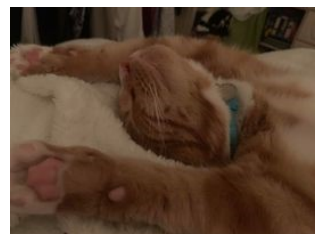
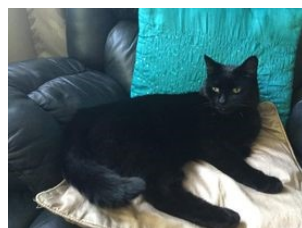
Jane Wilson’s ace dogs Ted and Betty, cat Flo and even chickens too!



Jane Hoyland-Mcgill’s furry friends, Jazzy looks particularly relaxed!



Harmonious trio belonging to Jo Maitland.



Mindfulness for Cat Lovers by Carole Bosanko

Bridgend regular Carole Bosanko tells us about her new published book

Cats are great just as they are. They become super special when we consider the positive effects they have on our health and wellbeing.

Cats can calm us, lower our stress level and offer companionship. They provide a structure to the day and a sense of purpose and responsibility. Cats foster our compassion as we care for them, think about them and want to make their lives pleasant.

As cats live in the present moment and have a soothing influence, they make the perfect pet to demonstrate the principles and benefits of mindfulness. Cats can make it easy to be mindful and also can show us how to be more self-caring and self-compassionate. Cats can share their mindfulness qualities with us and already bring them into our lives. The purring of a cat brings calm and reassurance.

A 2019 Cats Protection study found that 93.7% of cat owners said that their cat was beneficial to their mental health. 'Pets at Home' have said that pets were lifesavers for people during the lockdown in 2020. With a growing number of people feeling isolated owners are finding even more comfort in their cats.

'Mindfulness for Cat Lovers' is informed by a long career as a Psychologist and teacher of Mindful Self – Compassion and a love and respect for cats and how they enrich our lives.

'Mindfulness for Cat Lovers' provides structured 'cat related' exercises that will show how your cats can help you bring more mindfulness, self-kindness and happiness into each day.

The book is divided into 4 sections: - 'Mindfulness and Relaxation'; 'Gratitude, Appreciation and Happiness'; 'Self - Care and Self - Compassion'; 'Cats and Resilience'. Each section has within it exercises that are short (up to 5 minutes), medium in length (5-10 minutes) and long (10 – 20 minutes). In addition each exercise has a relevant quote and photograph of cats to enhance the whole experience. There is also a section on 'How to Get the Most from this Book' and an extensive resource list of websites, books and apps.

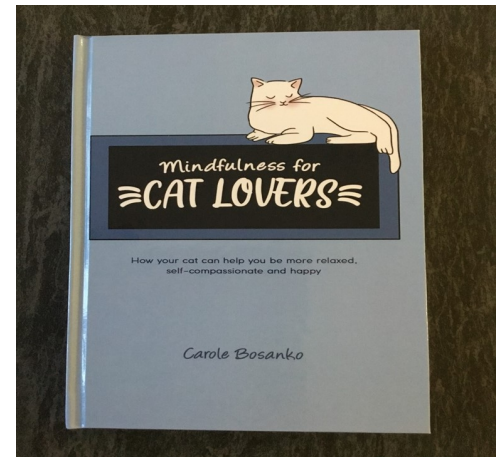
The simple, guided, mindfulness and self –compassion exercises can help you find peace in your day and help you build happiness and gratitude into your life. They take very little effort, not much time and can generally be done anywhere, at any time. Most are done with your cat and some are done without your cat, but always more pleasant with! Mindfulness and self –compassion can help reduce stress, manage ill health, help depression, improve sleep, increase happiness, boost the immune system and make life feel better so what's not to love ?

Carole Bosanko

A bit about me: I worked as a clinical psychologist in the National Health Service for over 30 years and I am also a mindful self –compassion teacher .I have run many courses, workshops and events on approaches to psychological problems and also mindful self-compassion .

I love the simplicity yet powerfulness of mindfulness and self-compassion and I am passionate about developing approaches that help people improve their health and wellbeing. With retirement came the space and time to look at new ways of sharing my knowledge and my enthusiasm.

I want to make mindfulness and self-kindness more easily accessible ... to find a way that invites people to find out a bit more about them, in a way that is fun and that naturally fits with things they love and already have in their lives. Maybe even in a way that simply shines a light on what they may already be mindfully doing without realising it! This is the first in a series of books that show how mindfulness and self- compassion can enhance our daily lives.



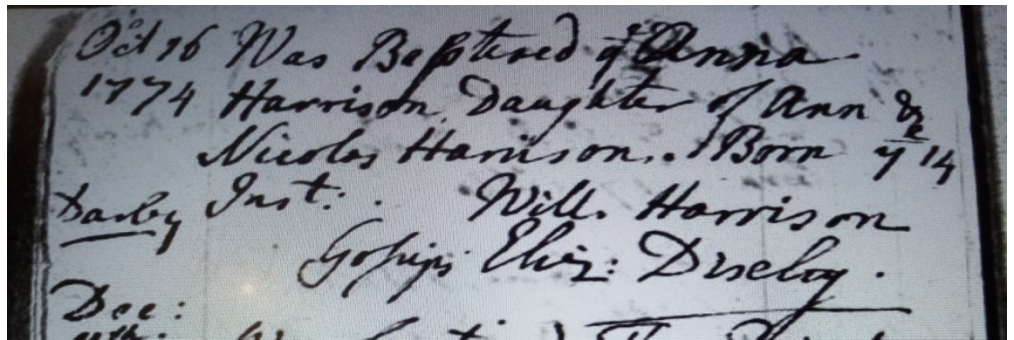
Exploring your family history

Stalwart Bridgend volunteer Shirley Kitching tells us about her recent research into her family history

I got bitten some time ago by the family history bug. It's an odd one, why should your own ancestors be any more interesting than anyone else's? They're all gone now! And your family history is never of interest to anyone outside the family.

But sometimes you do find things that are of more general interest. You find out a bit, for instance, about what people did for a living, occupations that you never hear of any more. My ancestor Jonathan Lees was a tide waiter. I'd never heard of that one. He worked for the Port of Liverpool, from at least 1841 to 1861, and his job was to go out to sea to meet incoming cargo ships to check what they had on board for customs purposes, to search for contraband, and to ensure that they docked in the right place. So I suppose a lot of his time was dictated by the state of the tide. He was a man from a poor working class background and won't have had a lot of education, but a tide waiter did have to pass an exam to get the job, an unusual thing back then. He would have been tested on the complex system of imperial weights and measures used to assess the quantities and value of the incoming cargoes. Some of these exam papers survive. I wouldn't pass. It didn't make him rich though, he lived most of his adult life in St Vincent's Court off Gascoyne Street, a very poor area of Liverpool. Sixty seven people lived in St Vincent's Court in 1851, and the court was about the size of a small pair of modern semi detached houses.

And another thing you find, words change their meanings. I was looking at a ledger of baptism records dated 1774, and the writer gives the name of each child's godparents, but he doesn't call them that. He calls them "gossips", with the first s a long s that looks to us like an f. The earlier word is god sibb. A sibb is a relation, as in our modern word sibling. So your god sibb is someone who you think of as family even though you are not actually related. Like at one time a child might have called his Mum's best friend "auntie". And of course your best friend, your god sibb, or gossip, was someone you might chat to quite a lot. You were gossips.



My favourite ancestor is called Mary Ann. Well, actually I've got a few ancestors called Mary Ann, we probably all have. But this particular one was clearly a bit stropky with the census official. She appears not to have been literate, so he will have been filling the form in for her. And she didn't see why she should tell him much. She lived with a man who was not her husband, (not really the done thing in 1861), her daughter, her niece, her son, her son's two year old son and the baby's mother. And the column where you are supposed to put where people were born just says N/K next to every name. Not known.



An example of a Tide Waiter

Well of course she must have known but thought the official should mind his own business. And in the column where you are supposed to put people's occupations, the official has written right across the lot: "All living in sin and ignorance." But about a month after the date of the census the son and his partner took their two year old to be baptized, and then got married, so maybe they took the census official's disapproval to heart.

I like my ancestors, I've found them an entertaining bunch.

Shirley Kitching

Retro recipe cards



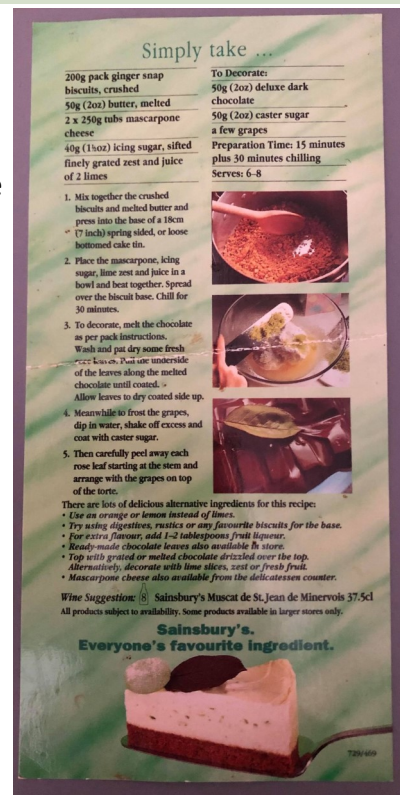
We love these retro recipe cards from Sainsbury's that Trustee Jo Maitland found in her cupboards. The collection includes some really lovely recipes and this one for Mascarpone and Lime Torte looks delicious!

You can actually access a lot of the recipe cards that Sainsbury's have produced going back to the 60s at their website.

<https://www.sainsburyarchive.org.uk/catalogue/search/samarkadv34-recipe-cards>.



So you could browse some of the eighties-tastic meals. Ham and Pineapple En Croute anyone?



Have your say on Policing in Cheshire

Cheshire Police (Cheshire PCC) has launched a consultation to obtain Cheshire residents' views on policing priorities and funding.

You can complete the short survey by clicking on this link on the internet <https://wh1.snapsurveys.com/siam/surveylanding/surveylogin.asp?sk=160759151682>. @CheshirePCC wants to hear from as many people as possible #haveyoursay

The Commissioner and the Chief Constable will also be holding a number of virtual public engagement sessions to talk directly to residents. More information about the consultation and engagement session can be found on our website here <https://www.cheshire-pcc.gov.uk/news/latest-news/police-commissioner-wants-your-views-on-policing-priorities-and-funding/>

Thank you, your opinion makes a difference.



Answers to last edition's Winter Quiz

1. False – 18 species of bats also hibernate
2. False – they come from colder climes such as Russia and Scandinavia
3. True – all common wasps apart from queens will die from cold or starvation
4. False – they were first recorded in the 18thC suggesting they arrived later than the Romans
5. False – they do appear if there are food shortages or bad weather but they are not regular
6. True – they swap a leg up under their feathers to keep it warm!
7. Sea Otter
8. Reindeer
9. Answers could include any combination of three of these: Cir-

- rus, Cirrocumulus, Cirrostratus, Altocumulus, Altostratus, Nimbostratus, Stratocumulus, Stratus, Cumulus, Cumulonimbus
10. Raymond Briggs
11. Snow White
12. 1962/3
13. White Christmas
14. Hans Christian Anderson
15. Yeti
16. 6
17. Snowdon
18. Australia
19. Eddie the Eagle
20. Dan Snow

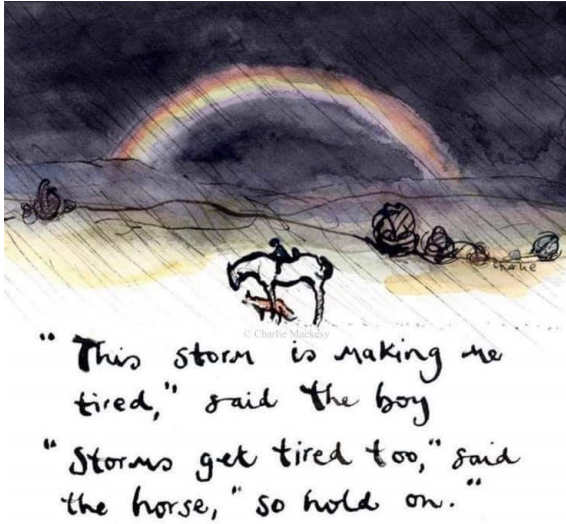
Mind game—Winter Quiz

This game should give your brain a good workout!

On each row place a three letter word that can be attached to the end of the word to the left and to the beginning of the word to the right to give a longer word in each case.

FORE	---	SAW
TEN	---	POINT
HUM	---	BEAR
HOLD	---	OWED
CHICK	---	NUT
POST	---	POWER
BAR	---	SIT

When completed, the last letters of the three letter words will give a name reading downwards. What is it?



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I am Print printed the paper copies 'at cost', which are delivered to the homes of isolated and vulnerable people in Bollington. Amy Platts of Cheshire Foot Health sponsored the printing of this edition. Thank you so much to all three supporters, it means the world.

