

## BRIDGEND COMMUNITY NEWS

**Bridging Social  
Isolation  
Edition 38**



*Photo by Claire Kerkham*

**Another packed edition of 'Bridging Social Isolation' for you this week! It includes quite a lot of information on other charities and initiatives that are out there at the moment to support you and our community at this time, so please do check them out.**

**Thank you as ever to all our contributors, it creates a varied and interesting read to have contributions from a wide range of people. It has been quite a week for the weather so we are sure there will be some interesting photographs this week, so please don't hesitate to send some material through at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk).**

## Bollington Powers up the Switch to Greener Transport

Bollington Town Council has announced ambitious plans to install six electric vehicle charging points at Pool Bank car park, supporting residents with their switch to zero emission vehicles.

The electric vehicle charging points will be installed in March and are the result of a joint initiative between the Town Council and the action group Mad About Power, part of residents' group Transition Bollington.

Bollington Town Mayor Councillor John Stewart said “Bollington Town Council and Transition Bollington are working together to make our town a greener, cleaner and more sustainable place to live. This new project to install six electric vehicle charging points is one of the ways we are aiming to reduce carbon emissions by encouraging Bollington residents without access to off street parking, to switch to electric vehicles.”

“The project includes the transfer of a redundant recycling bay on Pool Bank car park from Cheshire East Council to Bollington Town Council. This will allow our chosen supplier, Connected Kerb, to install six additional electric vehicle parking bays, making use of a power connection from an automated toilet that was removed two years ago. The project has excellent green credentials from start to finish, including the electricity being generated from sustainable sources. This initiative also supports Cheshire East Council’s Environment Strategy which aims to provide and promote such charging points across the Borough.”

Ruth Tams from Transition Bollington’s Mad About Power action group said “We welcome this commitment from Bollington Town Council. Supporting people to switch from fossil-fuel powered vehicles to electric vehicles is critical if we are to reduce climate-wrecking emissions from transport and tackle the air pollution crisis that is undermining our communities’ health. “People told us a lack of suitable charging points was one of the main things stopping them switching to an electric vehicle in our recent transport survey. With so much terraced housing in Bollington, installing a home charging point is simply not an option for many residents. We hope this commitment will give people confidence to make the switch to an electric car. We now need to see Cheshire East Council extending the introduction of EV Charging points throughout the borough. But we mustn’t forget that further action - like reinstating Sunday and evening bus services and improving cycling infrastructure - also urgently needs to be taken by Cheshire East Council to support more sustainable travel.”

- Six charging points will be installed in Pool Bank Car Park by [Connected Kerb](#) and will use energy from renewable sources. Residents will pay to charge their cars.
- The project is part funded by a grant from the [Office for Low Emission Vehicles \(OLEV\)](#), which covers 75% of the cost of the work. Bollington Town Council is funding the rest of the project.
- The Government recently declared that [from 2030 new cars sold will be exclusively electric vehicles](#). It is estimated that Bollington will need at least 100 on street charge points, including kerbside points, by 2030 to meet the demand from residents who have nowhere to install their own charge point.
- Mad About Power released a [Bollington Transport Survey Report in October 2020](#) outlining the changes that Bollington residents and workers want to see so that they can make different choices about the way they travel.
- [Transition Bollington](#) was formed in 2017 and aims to support the journey of our community to a more sustainable and resilient future. The group brings together Bollington residents to drive grass roots community projects that promote sustainability and resilience in our community and local economy. Mad About Power is an action group of Transition Bollington which focuses on reducing the carbon footprint of all types of power. The group researches, advises, resources and educates society about methods of reducing their carbon footprint in relation to transport and energy use.

Contact for further information:

Bollington Town Council, David Naylor: [clerk@bollington-tc.gov.uk](mailto:clerk@bollington-tc.gov.uk), 01625 572985

Transition Bollington/ Mad About Power: [maptransitionbollington@gmail.com](mailto:maptransitionbollington@gmail.com), 07751 075 291



Town Mayor Town Councillors John Stewart & Town Councillor Jon Weston



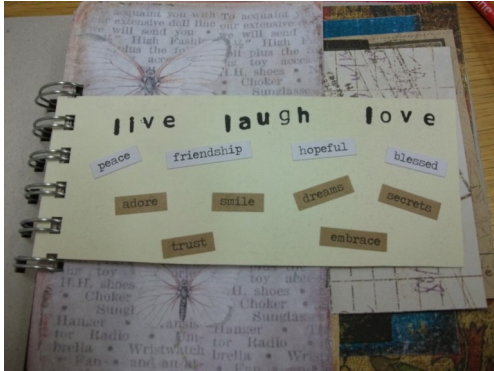
Ruth Tams, Transition  
Bollington

## Just Drop In Macclesfield

We featured information on Action For Happiness in a recent newsletter as we know the beginning of the year can be a challenging time for people.

In this edition we want to highlight the support that is available for young people who live in the Bollington through the work of local charity Just Drop-In.

Based in Macclesfield, but covering our area Just Drop-In provides free professional counselling support for children and young people aged 12-25. No referrals are necessary, young people are encouraged to contact the charity direct and they will be matched with a counsellor following an initial chat. The Charity also offer a range of free parenting programmes to support parents of children who are struggling with emotional help, anxiety and sleep.



To find out more check out their website [www.justdropin.co.uk](http://www.justdropin.co.uk)



## DIB's pilot digital skills initiative 'In the Know'

The Disability Information Bureau (DIB) in Macclesfield has launched a new initiative called 'In the Know' to ensure that they continue to empower not only disabled people, those with long term health conditions, vulnerable adults and carers, but also to ensure those that are currently digitally disadvantaged and unskilled are not left even further behind. The project is designed to eradicate social and digital exclusion barriers which impact vulnerable service users and those already socially isolated due to their lack of technological expertise and online proficiency.

The emergence of COVID-19 and a global pandemic means that 2020 was a year like no other, and with it, the digital divide and the importance of being able to effectively access, engage and interact with digital devices and online services has never been greater or more important. Indeed, 78% of people agree that COVID-19 has escalated the need for digital skills.\*



For those required to shield and stay at home, the importance of being able to get online and video call friends and family has been paramount in nurturing connections which have helped to ease loneliness and social isolation. Having an email account is essential for being able to order groceries, book delivery slots, access health services such as making G.P. and hospital appointments, ordering prescriptions, using the NHS Track and Trace application or for booking a COVID test.

Key Statistics	What is 'In the Know'?
<p><b>11.3 million</b> people (21% of population) lack the basic digital skills to use the internet effectively. <small>Source: UK Digital Skills Foundation</small></p>	<p><b>On-Line Group or 1-2-1 Digital Workshops</b> <small>Small group digital skills courses</small></p>
<p><b>11.5 million</b> people (22% of population) do not have the skills for everyday life in the UK. <small>Source: UK Consumer Digital Index 2020</small></p>	<p><b>Remote Training</b> <small>Online courses &amp; 1-1 Computer classes</small></p>
<p>By 2030 it is predicted that <b>4.5m</b> people (8% of population) will remain digitally disadvantaged. <small>Source: UK Consumer Digital Index 2020</small></p>	<p><b>How Can We Help?</b> <small>Personal support and how to become 'In the Know'</small></p> <p>Have your own device working Learn the basics of your own device Create an email account How to book your train ticket <small>How to book your train ticket</small></p>
<p>People with a disability are <b>35%</b> less likely to have internet access for 96. <small>Source: UK Consumer Digital Index 2020</small></p>	<p><b>Online Mentors</b> <b>One-to-One Digital Support</b> <small>Individuals to support with specific difficulties</small></p> <p>Individuals to support with specific difficulties Individuals to support with specific difficulties Individuals to support with specific difficulties Individuals to support with specific difficulties Individuals to support with specific difficulties</p>
<p><b>78%</b> of people agree that COVID-19 has increased the need for digital skills. <small>Source: UK Digital Consumer Index 2020</small></p>	

This has highlighted the need for everyone to everyone to work on and develop their IT skills and the In the Know is a great initiative to access support to do this. More information can be found in this online leaflet here: <https://www.flipsnack.com/DIBMark/in-the-know-brochure.html>. Or you could contact the DIB and ask for a paper copy of the leaflet to be sent to you.

**Averil Goodier—CEO, Disability Information Bureau**  
\* (Source: UK Consumer Digital Index 2020)



## Marketing Bollington's Heritage

You may or may not know but within our small intensely developed Town of Bollington, that some people still think of as an industrial village, we have one of the most concentrated collections of splendid 18<sup>th</sup> and 19<sup>th</sup> century industrial architecture in the British Isles which was recognised by our previous Cheshire County Council for their deep historical significance.

From small individually built mills like the Defiance in the corner of Queen Street all the way to the mighty structures of Clarence and Adelphi, industrial buildings have dominated the Bollington skyline with their mighty bulk. Well over 250 years of continual industrial production still carries on today at in Tullis Russel and Slater Harrison and new post modern group of entrepreneurs operate in small units in the Adelphi Mill or sometimes from an adapted room at home which generates wealth through the use of the World Wide Web.

To celebrate our industrial past and to inform our residents and visitors, Walkers are Welcome and the Bollington Civic Society have worked together to produce a series of Guided Walks around our Town. The first labelled the 'Best of Bollington' appeared last year; a self guided walk around the Town for anyone who wishes to get a feel for the past.

Now we are more ambitious and we plan to set up initially 11 historical plaques and create walks connecting them together to tell our Town's story. The first that we hope will catch the eye is in Ingersley Vale in Rainow which provides the introduction to a classic local walk. We have placed our Heritage Plaque by the old Ingersley Mill, which tells the history of the Mill's long years of productive activity. The walk continues up the valley past Waulkmill to the waterfall and on across fields to Rainow and back along Smithy Lane and Oaken Clough to the bottom of Blaze Hill.

We are preparing ten further plaques to commemorate amongst others the heritage of the Clarence and Adelphi Mills, Bollington Gas works, Bollington Hall Farm, Lowerhouse Mill and the great transport links provided by the Aqueduct and viaduct. We hope to introduce an element of explanation and education into our landscape to engage visitors and residents alike in the long productive history of our Town and contribute to the justified pride we feel in our community.

We are supported by a generous grant from Bollington Town Council. Thank you to Tunncliffe Signs and Chris Kettley for her tireless work on the design of the plaques. **Ken Edwards, Bollington Civic Society**

## Mill Lane—appeal from Bollington Civic Society

Bollington is a very popular town for house builders. People love to live here. Developers regularly build new housing in controversial places in the area. The development on the Tullis Russell Bowling Green is the latest one to cause an issue. As usual the devil is in the detail. The developers have erected what the Bollington Civic Society thinks is an unauthorised wooden fence along Mill Lane, which encroaches into the path. Mill Lane has been used to be travel along by the people of the area for centuries and actually forms part of the route of Bridgend Centre Heritage Trail number 4. We believe that this fence restricts that use by the public, is unsightly and out of keeping with the area and also reduces the amount of wildlife and wild planting possible in the lane.

This has thrown a bright light on the fact that Mill Lane is NOT a lane; it is NOT a highway, and it is NOT a footpath. It is a nothing space and therefore Cheshire East Council is not currently able to protect it. In order to do so, we need to get it designated as a footpath and put on the Definitive Map for Cheshire East. This will ensure the Lane's survival as a right of way for the public for the future.

We need a Definitive Map Modification Order (DMMO) which is a complicated process but one vital ingredient is information from local people about the use of Mill Lane as a footpath. Can you please help? Just email Ken Edwards at [kenmolepolole@gmail.com](mailto:kenmolepolole@gmail.com) stating your use of the path and that no one has challenged your use of it.

Bollington Civic Society are gathering this information and putting it together to present to Rainow Parish Council, Bollington Town Council and Cheshire East Borough Council to support the request for a DMMO so Mill Lane can be added to the official map of footpaths in Cheshire East and enjoy the protection afforded to Public Rights of Way. Thank you to all those local residents and others who have given information already. **Ken Edwards, Bollington Civic Society**

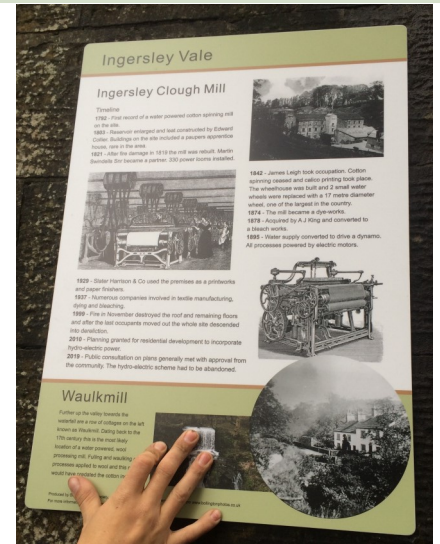


Photo of the new fence on Mill Lane by Wendy Butterworth

## These boots are made for walking by Anna Hatley

Bridgend walks are a real favourite in our activity programme we take great pride in helping our visitors to discover the beauty of our local area. So many of us taken up walking to help with that lockdown feeling. Discovering a new route has become a real treat but as you will read below sometimes putting a twist on an old favourite can be just as fun. So how well do you really know your stomping ground? We think we can help you to find some hidden gems. Here are five suggestions for new types of walks to help your answer....have you really seen it all before?



**The Nature Walk** Grab your camera or smartphone, the aim of the walk is to take a photograph of anything you see that interests you. It could be the first daffodils you see that year or a Robin darting through the trees and bushes or even an unusual leaf or fungus that you are not sure what it is. When you get back home sit down, put your feet up and look through your photographs and identify the things you have seen. You could even print off your photos or draw pictures of the things you have seen to make a map of the route you have walked.

**The Challenge Walk** We all have a favourite walk, a route that is so familiar to us and makes us feel comfortable. Why not challenge yourself to go further? You could increase the duration of your walk, you could follow a new path or take a diversion you have always wanted to explore. Or why not speed up your pace, make a note of the time and have a race with yourself!

**The Gentle Walk** Maybe you are new to walking or want to shed the mince pies you enjoyed over the Christmas holiday. Taking it easy is just as enjoyable, you are more likely not to miss local landmarks or the nature around you. This allows you take your time to say a safe hello to people you pass, even if you are wearing a mask, you can still practice your smile, even a simple nod of your head. A smile can be the most amazing thing in the world to see.

**The Silly Walk** For the young at heart or if you need powers of persuasion to prise your children away from the television or their computer games, try suggesting being SILLY! We've all heard of the Monty Python Ministry of silly walks right? Well do it! You could walk sideways, backwards, three steps and a jump, hopscotch down the road, the possibilities are endless. Or how about wearing fancy dress? Go on be brave!

**The Treasure Hunt Walk** Does not include pirates! If you are really struggling to put down your smartphone or tablet then download an app called geocache. Geocache prides itself as being 'the world's largest treasure hunt.' It allows you to "hide" a geocache somewhere and the app allows you to go hunting for it. It is usually a container with a piece of paper in so you can record your name and the date you found it, you then re-hide it in the same place for someone else to find. But, be aware, some are easier to find than others!

We would like to thank Cody and his family for their amazing walking ideas. Cody is 9 years old and lives in Stockport, he has already enjoyed testing out each of the walks above.

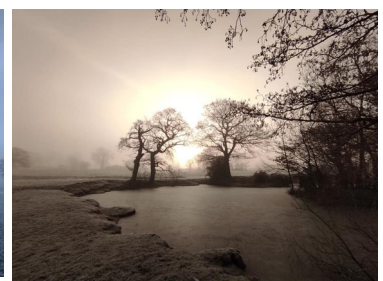


## A frosty and misty start this week

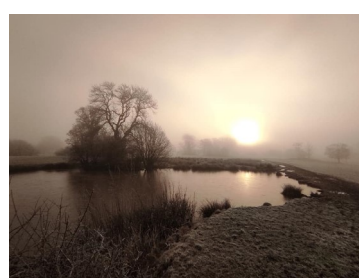
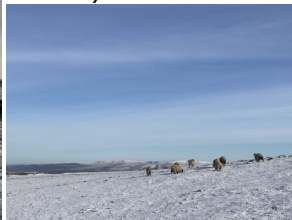


We have been sent some amazing photographs this week which show the wonderful beauty on display in the depths of winter in this area. What better excuse to get out in it?

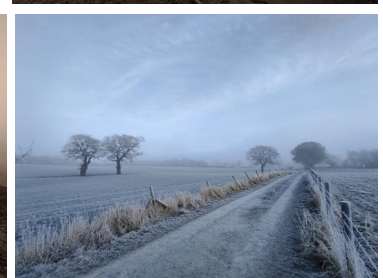
*Photos by Lisa Cox*



*Photo by Lisa Cox*



*Photos by Kate Gaskell*



## New You—One You Cheshire East



January is a time that we often associate with new beginnings and resolutions to take better care of our health. In the midst of a pandemic, it has never been more important to take care of ourselves and our health. Often we have the best of intentions but it can be tricky to know where to start and how to turn intentions into actions.

Help is at hand from the friendly team at One You Cheshire East and their 12 week courses to help you on to the right track. Whether you want to quit smoking,, lose some weight or be more active there is support for you and it is completely free of charge. There is also a fantastic programme called stand strong which focuses on helping

with prevention of falls.

After registering your interest either on their website, Facebook page or by calling 0808 1643 202; one of their team will call you and book an appointment for a telephone call to talk about your needs and requirements.

The Covid restrictions haven't stopped the team from running sessions and exercise classes but, as with most things currently, they have headed online. Exercise sessions are conducted live on Facebook and the videos can be accessed at a time to suit you. There are different classes that appeal to a wide range of abilities and needs and the beauty of online classes is that there is no one to see you so no need to feel self conscious!

ONE YOU CHESHIRE EAST

There are also a number of free downloadable apps for smartphones or tablets from a One you couch to 5k to a Easy meals recipe ideas app.

The health coaches will check in with you weekly and are always contactable by phone to help you along the way.

So why not use this time at home to kick some of those unhealthy habits and learn some positive new behaviours to make 2021 a healthy and happy one?

## My Word! - The Joy of Language

There is no doubt that English is a very rich and varied language. However, there are definitely times we reach for a word to describe a situation and find that our mother tongue lets us down. Here are a few of my favourite words from other languages that fill those gaps. I hope you enjoy.

**Waldeinsamkeit (German)** - *The feeling of solitude and connectedness to nature when being alone in the woods.*

**Wabi-Sabi (Japanese)** - *Finding beauty in imperfections.*

**Forelsket (Norwegian)** - *The euphoria experienced as you begin to fall in love*

**Commuovere (Italian)** - *A heartwarming story that moved you to tears*

**Hiraeth (Welsh)** - *A particular type of longing for the homeland or the romanticized past .*

**Gigill (Filipino)** - *The urge to pinch or squeeze something that is irresistibly cute.*

**Kummerspeck (German)** - *Excess weight gained from emotional overeating. Literally, "grief bacon."*

**L'espirit de l'escalier (French)** - *"stairwell wit"—a too-late retort thought of only after departure.*



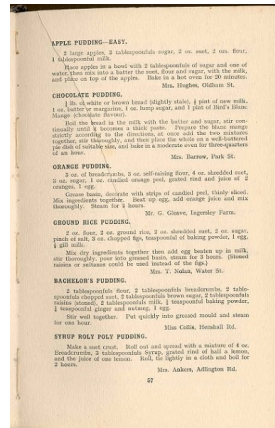
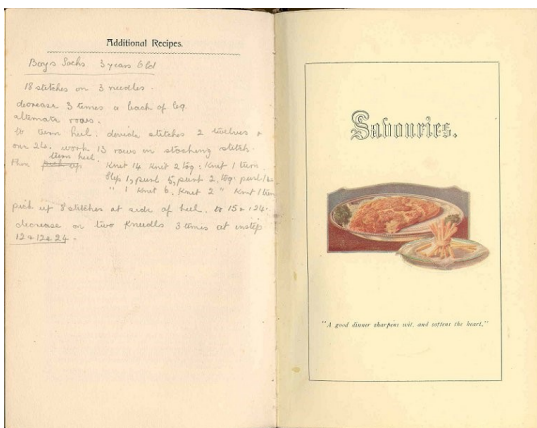
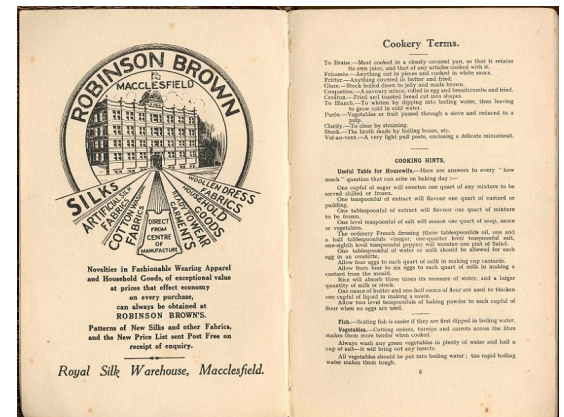
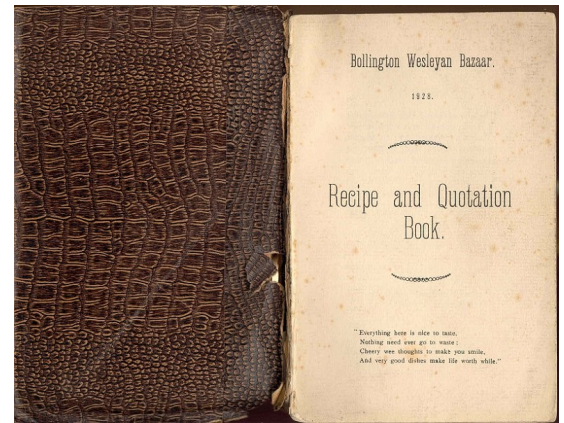


## Reminiscences of Bollington—Recipe Cards

Tim Boddington sent us the link to a fabulous Bollington recipe and quotation book dating back to 1928 that can be viewed on the Happy Valley website.

We absolutely love the old recipes and cooking hints and tips that can be found within its pages. The advertisements from various businesses in Macclesfield and Bollington are interesting and they even give their addresses so you can picture where the shops used to be. We particularly love the handwritten recipe for '3 year old boys' socks'. We wonder what they tasted like!

You can view this priceless document yourself at: <https://happyvalley.org.uk/recipes> If you try any of the recipes, please do let us know how you get on. We would be particularly interested in how Cowheel and Rabbit Mould tastes.



## Pilates for Back Pain by Sarah at Macclesfield Pilates and Yoga Studio

Approximately one third to a half of all UK adults will suffer with back pain at some point during their lives, commonly in working age adults aged 40 - 60 years of age, but also affects both younger and older adults. The cost to the NHS is more than £1,000 million per year (National Institute of Clinical Excellence).

Back pain can be miserable and reduce quality of life but by keeping mobile, back pain can be reduced and prevented. Lack of mobility from being seated for long periods of time is one of the biggest causes of back pain. But fear not as Pilates can help! Pilates will improve your mobility, posture and core strength safely and effectively, which in turn will reduce your back pain.



Try this great, nine minute Pilates video a couple of times a week to help reduce your back pain. <https://youtu.be/yXrdywavWjQ> It includes a number of exercises to keep your back's mobility and reduce pain, such as side stretches, monkey squat and a pelvic tilt. The Pelvic Tilt movement encourages nourishment of discs in your back and prevents them from drying out. The Hip Rolls exercise is great for mobilising your spine, and is often prescribed by Physios for backpain.

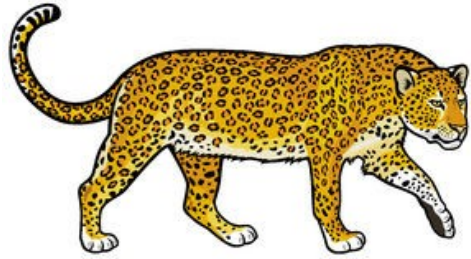


If you are interested in attending a Pilates class (currently on zoom, hopefully, back in the studio soon) please get in touch with Sarah or Dave at [info@macclesfieldpilatesandyogastudio.co.uk](mailto:info@macclesfieldpilatesandyogastudio.co.uk) for more information.

## Mind game—Animal Collective Nouns

Can you identify the collective nouns for these different animals? Sometimes there is more than one answer , if this is the case we have put the number of names in brackets. We have included a few clues to help you on your way! Thank you to Helen Ellwood from the Poachers Inn for this quiz!

1. Hippo (2) - 1. eaten too much white bread 2. noisy weather
2. Hyena (2) - 1. Scottish 2. Witches amused
3. Jellyfish - Inappropriate discipline
4. Kangaroo (2) - 1.like soldiers 2.Unruly crowd
5. Lemur - Is it a cover up?
6. Leopards - like Lords at Christmas
7. Monkey (2) - 1. like soldiers 2. for storing ale
8. Otter (3) - 1. play roughly 2. related group 3.makeshift boat
9. Panda - mortified
10. Porcupine - ouch
11. Polar bear (3) - 1.suicase? 2. lights in sky 3. party
12. Raven - Not very nice
13. Rabbit (2) - 1. settlers in new territory 2. Mr Beatty
14. Rhino (2) - 1. Bang wallop 2. pig-headed
15. Sloth - a good place to rest
16. Squirrel (2) - 1. Ale cart 2. Run away
17. Tiger (2) - 1. it's a trap 2. Run naked
18. Vulture - place to hold an event
19. Wombat - clever like owls
20. Zebra (2) - 1.enthusiasm 2. impress



Answer to last week's quiz: England. The three letter words are SEE, PIN, BUG, ALL, PEA, MAN and BED

## Thank you to our sponsors and supporters

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