

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 41**

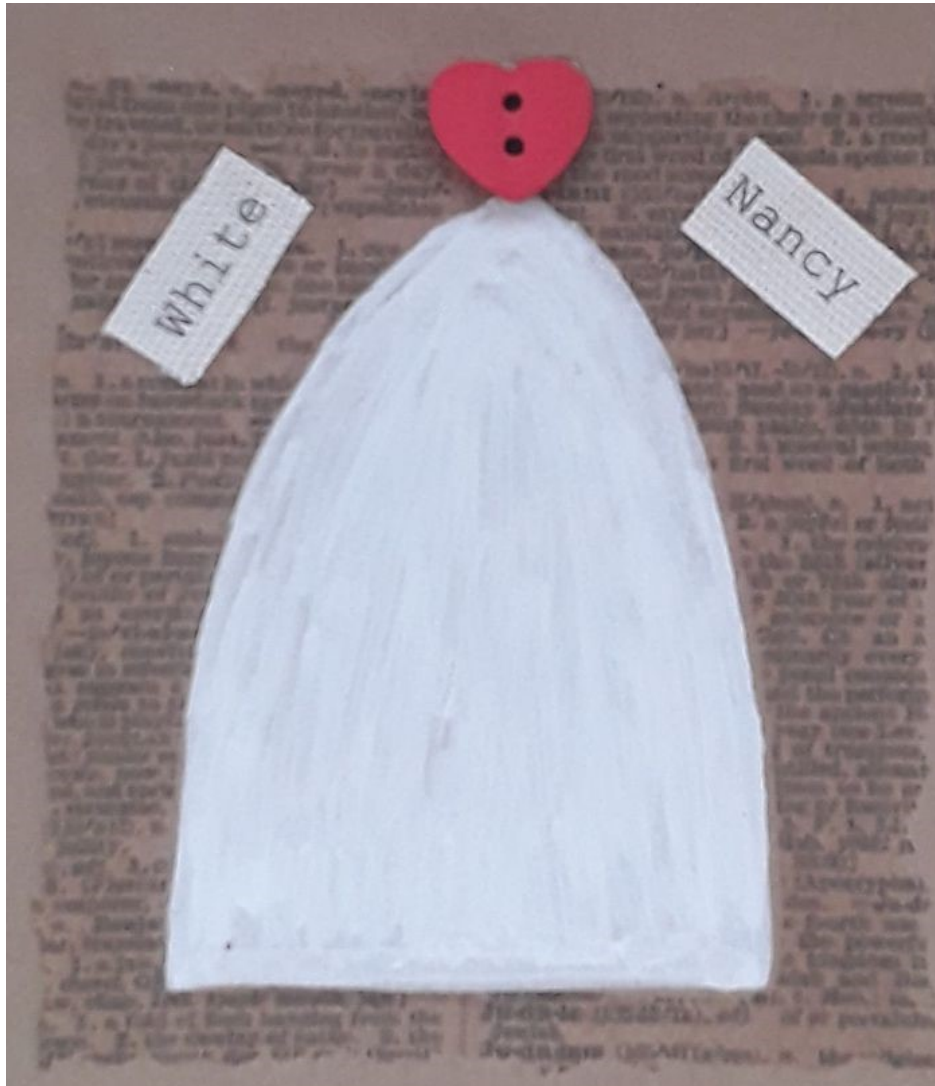


Illustration gift card by Sandy Holtappel of Kooky Burrow
Check her out on Facebook at [@kookyburrowbollington](https://www.facebook.com/kookyburrowbollington)

Another packed edition of 'Bridging Social Isolation' for you this week, full of love for the people of Bollington and the world!

Thank you as ever to all our contributors, it creates a varied and interesting read. 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.

A message from Middlewood Partners

The end of another busy week in our Vaccination Clinics and again an amazing effort by all involved. Over Friday and Saturday this week we vaccinated approximately 1700 people meaning we have now vaccinated nearly 7000 people in total.



We make no apology, in again, thanking everyone from our team of administrators booking patients in for their vaccinations, to several volunteer health care professionals who have come out of retirement to administrate vaccinations. As always a mention needed for our volunteer Marshalls both inside and outside the hall who have been guiding everyone to the right place, in a timely and calm manner – thank you to you all.

This week we also welcome back Dr Wayne Maxwell and Dr Debbie Maxwell who have ‘come out’ of retirement to support our vaccination programme.

We are extremely proud of the safe, efficient and effective Vaccination Centre we have established at the Civic Centre in Poynton and have the capacity to run multiple clinics as soon as our vaccines arrive. We are aware that everyone is keen to know when the next age cohorts are scheduled to be vaccinated however it is important to state again that we are wholly dependent on NHS England for the delivery of the Covid vaccines to Middlewood and unfortunately we do not control the delivery schedule. However once notified by NHS England of our next deliveries due to arrive over the coming weeks, we will invite people in the next age cohort (people aged over 65) and individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality for their first doses of the vaccines as determined by national guidance.

Whilst we have worked hard to invite all of our eligible cohorts so far, we would like to ask you that if you, or someone you know, who is a patient with the Middlewood Partnership is over 70 years of age, clinically extremely vulnerable, health and social care worker and not yet had their first vaccine, please contact us and we can prioritise you for a vaccination at the next available clinic.

We continue to advise everyone that, even though you have received your first vaccination, please stay safe and continue to adhere to all the national guidance. We are making progress, but we cannot emphasise enough the importance of continuing with all measures to maintain this progress and minimise the transmission of the virus.

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.

The Middlewood Partnership

2021 Census

Households across Cheshire East will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors’ surgeries, housing or new bus routes. Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is 21st March 2021. <https://www.bollington-tc.gov.uk/census-2021/>



Exploring Isolation

Week 2 “The Polar Explorers, True Isolation”

Ian Walker continues his account of explorers who experienced isolation in the pursuit of adventure and discovery

It was only when I looked to the accounts of the early Polar explorers did I come across examples of voluntary and sustained isolation, in the most extremes of climate. Apsley Cherry-Garrard writes, in the introduction to his book ‘The Worst Journey in the World’:

“Polar exploration is at once the cleanest and most isolated way of having a bad time which has been devised. It is the only form of adventure in which you put on your clothes at Michaelmas and keep them on until Christmas, and, save for a layer of natural grease of the body, find them as clean as though they were new. It is more lonely than London, more secluded than any monastery, and the post comes but once a year.”

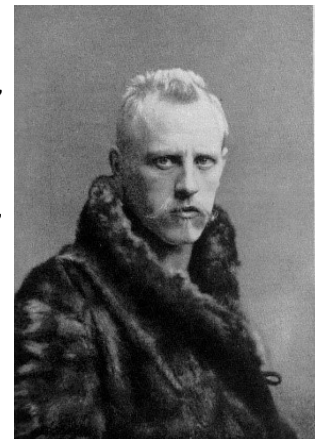


I’ve chosen four explorers and one each of their expeditions, which epitomise to me the best of human endeavour in the worst possible conditions. The four are:

- Fridtjof Nansen. The Arctic. 1893-1896
- Douglas Mawson. Antarctica. 1911-1914
- Ernest Shackleton. Antarctica. 1914-1916, and
- Robert Falcon Scott. Antarctica. 1910-1913.

Fridtjof Nansen. The *Fram* expedition. The Arctic. 1893-1896

The first of my Polar heroes is the Norwegian, Fridtjof Nansen. Published in 1897, ‘Farthest North’ is his account of a three-year expedition to try and reach the North Pole. He conceived the idea that timber found on beaches in Greenland could only have come from the forests of northern Russian. Nansen commissioned *Fram*, a ship specially designed to be frozen into the polar ice cap, to emulate a Russian log. *Fram* sailed on 24 June 1893 with a crew of just twelve. Nansen planned to go into the ice as far east as possible, so that he would be carried over the North Pole.



By the autumn of 1894, 15 months after setting sail, it became apparent that they would pass well south of the Pole, so a sledging expedition was planned. Nansen and one other, Hjalmar Johansen, would leave *Fram* and head due north, to reach the pole on foot. What they also realised was that they would be unable to find *Fram* on their return – she would have been carried away on her frozen journey.

They planned to be self-sufficient until they reached civilisation again, however long it might take. Their sledging journey was hard beyond imagination. Leaving *Fram* and the rest of their friends late in February 1895, by 21 April they had to turn back, without reaching the Pole (the green track on the map). The ice was pushed up into vast ridges that made progress slow to impossible. Now, they headed south, hoping to reach one of the large island groups along the north Russian coast. By the end of May, the ice on which they were travelling was beginning to melt and break up as the temperature rose. They had come prepared with collapsible canoes, which they assembled. With the transfer from sledge to canoe, they also had to part company with the remaining sled-dogs – those they had not already shot and eaten.



By the middle of June, they still hadn’t found land. Nansen re-calculated all his dead-reckoning since leaving *Fram*, but could find no errors sufficient to explain their fruitless search. Their problem was a combination of ice drift, wind, lack of reliable solar observations and having to estimate their distance travelled. It was a further five weeks before they sighted land – and they still had no idea which land it was, let alone how long it would take to reach it. In fact, it was 15 August before they set foot ashore.

Continued on page 5

Exploring Isolation week 2 continued....

They continued south and west, through what they now decided was the archipelago of Franz Joseph Land, until the end of August 1895. By now it was clear that they would not reach civilisation before the long Arctic winter set in. They would have to prepare to over-winter where they were. They shot for the larder – walrus and polar bear. This would also provide fuel from the blubber oil. They built a shelter in the shape of a stone hut half buried in the ground, roofed with walrus hide, and a polar bear skin for the door. And so they waited out the weather and the darkness.

“Wednesday, January 1, 1896. -41.5°C” read Nansen’s diary for the start of the New Year. It was not until 19 May that the conditions and their preparation let them start out again. Four more weeks of sledging and kayaking brought them to yet another campsite on the ice near yet another island.

But this time it was different. Past midday on 17 June, Nansen thought he heard a dog bark. He left Johansen to look after the camp – having first finished their late breakfast - and set off for the island. In his own words:

“It was with a strange mixture of feelings that I made my way in towards land among the numerous hummocks and inequalities. Suddenly I thought I heard a shout from a human voice, a strange voice, the first for three years. How my heart beat and the blood rushed to my brain as I ran up onto a hummock and hallooed with all the strength of my lungs!”

By all the strange chances of serendipity, they had stumbled across the camp of an English expedition led by Fredrick Jackson. They were taken in and cared for, even received a “carefully soldered tin packet” which contained letters from Norway. Nansen writes, “it was with a trembling hand and a beating heart that I opened it, and there were tidings, only good tidings, from home. A delightful feeling of peace settled upon the soul.”

The wait for Jackson’s supply ship to arrive was interminable. It finally reached them on 26 July and sailed later for Vardo in northern Norway. It was only from here that they could telegraph their safe arrival - 13 August 1896, just over three years after setting sail.

Then, a week later, Nansen received the final telegram he had been waiting for:

“*Fram* arrived in good condition. All well on board. Shall start at once for Tromso. Welcome home!”

The expedition was finally reunited in Tromso on 25 August 1896, after a separation of seventeen months and over three years since first setting out. We will meet *Fram* again when we go south with Scott.

Shrove Tuesday—Pancake Recipe



Shrove Tuesday is the beginning of the 40 days leading into Easter. Lent is traditionally a time of fasting and sacrifice, and people give things up - such as chocolate. But why do we eat pancakes? The tradition comes from families using up all ingredients in

their cupboards so that they can start Lent the next day. The ingredients - eggs, flour and milk - used to be very common things for people to give up for Lent, so it made sense to use them all up. These days it's probably the toppings that we're likely to give up - such as chocolate or sweets!

Suggested fillings Sugar and Lemon Berries

Chocolate spread Syrup Jam and cream

Icecream Smoked Salmon Bacon

Maybe a Valentine’s special of strawberries and cream!

Pancake Recipe

- 100g plain flour
- 2 eggs
- 300ml milk
- 1 tbsp oil
- pinch of salt



1. Put the flour and milk into a bowl.
2. Crack the eggs and add to the bowl.
3. Whisk the ingredients together.
4. Pour some of the mixture into the pan.
5. Cook until browned then flip.
6. Once the other side is brown leave to cool.
7. Enjoy eating.

Rom Com Romance

She was a girl dreaming of escape, he was a boy too wild to be tamed. This is how Mark Kermode's excellent TV Show, 'Secrets of Cinema—the RomCom' begins.

The usual format of a Rom Com film is to say boy meets girl, boy loses girl, boy gets girl back again. The End. Although it could also be boy meets boy or girls meets girl as well. During a Rom Com, we watch the couple laugh, then despair, then run into each other's arms at the end of the movie. The sheer simplicity of this format allows lot of variations on the theme.

Many rom coms make references to earlier films, for example the 1984 film *Splash* where Tom Hank's character falls in love with a mermaid has very clear echoes of the film *Miranda* from 1948, in which a mermaid seduces the men that fall into her path. *Benicio Del Toro's The Shape of Water* has a similar theme when Sally Hawkins falls in love with a amphibious man who is being held captive in a secret research facility.

Most Rom Coms start with a 'Meet-Cute' where two seemingly mis-matched characters meet and through a set of various mishaps, fall in and out of love. In the film 'The Holiday', an ageing film director explains to the lead female character Kate Winslet about the 'Meet Cute' concept and the role it plays in a film. He refers to a scenario in the 1938 film 'Bluebeards Eighth Wife' where a couple meet in a department store where one wants to buy some pyjama bottoms and one wants to buy a pyjama top. This is reproduced in the more recent film 'Serendipity'. Many Rom Coms refer to other previous Rom Coms during the film, for example quoting lines from other Rom coms or actually watching them during the film. For example in *Sleepless in Seattle*, Annie and Becky know every line of *An Affair to Remember*.

Rom Coms often make or break on their casting. An ordinary script can be made amazing if the actors make it their own. Good examples of brilliant pairings include Katherine Hepburn and Cary Grant in the *Philadelphia Story*, Tom Hanks and Meg Ryan in *Sleepless in Seattle* and *You Got Mail* and Richard Gere and Julia Roberts in *Pretty Woman*. Good Rom Com actors have 'Sparkly eyes', known as Obeys after Merle Oberon.

Dramas tend to rely on having a situation, then a complication. In Rom Coms this tends to be an argument, a misunderstanding, an interfering parent or other, more unsuitable, partner. A good example of the 'loser boyfriend' is Uma Thurman's boyfriend in the *Truth about Cats and Dogs*. Every lover in Every Rom Com has to go through a moment of despair at some point, usually around the 2/3 point. The lovers part and this can be a good excuse for a 'musical montage' where the passing of a few days/weeks/months is compressed into a sequence of a couple of minutes, usually accompanied by music. The purpose of this sequence is to show the protagonist that the biggest obstacle to their happiness could be themselves, their selfishness or fear of commitment. A good example of this is the self-hating weatherman played by Bill Murray in *Groundhog Day*.



An increasingly popular genre of Rom Com is the 'grey' Rom Com about people who find love in later life, for example *Something has to Give* with Jack Nicholson and Diane Keaton. It is also great to see Rom Com about same sex couples increasing in frequency such the 2018 film *Love, Simon*. There are also fusions of Rom Coms with other genres, such as horror, in the *Fly*.

Most Rom Coms end with a happy ending, in that the two main characters get together and we assume they stay together forever. *La La Land* breaks with this tradition as it recognises in real life not everything always lasts forever but that that is ok and there are different paths we all might follow that are equally as happy and rewarding.

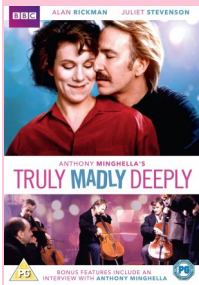
Mark Kermode's Secrets of Cinema is currently available to watch on the BBC i player.



We asked the people of Bollington what their favourite Rom Coms and films about love are and they came up with a few classics!

Truly Madly Deeply


Starring Juliet Stevenson and Alan Rickman. The story is based on the old folk belief that if someone is bereaved and they grieve inconsolably, the dead person will return. The film is sad and funny and features a fabulous duet



by Rickman and Stevenson of the song, The Sun Ain't Gonna Shine Anymore, when Rickman returns from the grave. He manages to console her initially then make his presence irritating enough that she can move on.

Anna Barker

For me its "Meet Joe Black" with Anthony Hopkins, Clare Forlani and Brad Pitt, she has to give up one love to "Death" to save the other ...

Great film ... tissues are a must 

Pauline Clewley

Philadelphia is a beautiful love story and For those who haven't even heard of it Miracle in cell number 7 is an amazing love story with a difference. Neither are slushy but say so much about love.

Sarah Burrows



For me the ultimate romantic films would be 'The Bridges of Madison County' and 'An Affair to Remember'. Both about love that is sacrificed or snatched away. Both are the cinematic equivalent of a HUGE slice of chocolate cake!



Kate Bush

Cinema Paradiso. A classic foreign language film which covers romantic love, friendship and the love of film itself.

Laura Beresford

How about the young Victoria ? It's on Netflix at the minute I think - Queen Victoria never got over the death of her prince and had his clothes laid out every day after his death

Jo Millward

Valentine's Day a History



Sunday this week is Valentines Day, typically associated with romantic love and gift giving but where does this tradition come from? The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love. Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include chocolates and flowers, particularly red roses, a symbol of beauty and love.



Whoever you are sending your card too, have a Happy Valentines Day and if you are happily single, treat yourself to something nice—you deserve it!

Bridgend Centre—Continuing to be at the Heart of the Community



We are proud to be a part of the Bollington community. Having a heart as part of our logo symbolises the importance of the Bridgend Centre to so many of our visitors. In such difficult times it is important to remember the purpose of the Bridgend Centre and the services we provide.

When the Bridgend centre opened its doors 30 years ago our priority was to support the community, to provide a friendly and welcoming environment where everyone is welcome. Each visitor to the Bridgend Centre might have a different reason for coming but we aim to be supportive, inclusive and accessible to all. Whether its finding something really special in our Charity Shop, enjoying endless cups of tea in the community café, accessing support services from one of our Community Workers or joining one of our many activity groups, there really is something for everyone.

We are proud to have continued to offer support during the pandemic and lockdown restrictions. The Bridgend Newsletter, Bridging Social Isolation has enabled us to keep people in touch, to provide vital information and most importantly to help keep spirits high. Last week saw the publication of edition 40 and we are determined to keep going! We share the newsletter each week on our website but we also print and deliver paper copies to people in the community who may not be able to access it digitally. We do not want any member of our community to feel isolated during this difficult time. We have also continued to host virtual activity groups, you can join Creative Writing, Spanish, Choir from the safety of your home.

We are working really hard to make sure that we are ready to safely welcome you once the lockdown restrictions are lifted by the Government.

Anna Hatley

Walk across the Wedding Steps

When we are thinking about a romantic walk for Valentine's Day, what better could there be but over the Bridal Way from Bollington to Rainow on Bridgend Trail 4? The path was called this as there was originally no church in Bollington and the brides had to walk all the way to Rainow over the stone flags in order to get married at the church there.

Start
Bridgend Centre to the waterfall
With you back to the Bridgend Centre, turn right along Falmerton Street to a mini-roundabout. Turn right into Church Street and pass St John's Parish Church. Walk to the bend in the road (sign M6, then later Shingley Dyers, were both sited where the new houses are now.)

As Lovewhouse Hill, instead of having an apprentice House, the aged farmed the children out to the workers. "You've got a job here, but you've got to have one or two children as well!" So they had to adopt them. In a way it was a marvellous idea. Those youngsters were now part of a family for probably the first time ever!

"I'd get water used in the country, there's a bridge going across that used to carry the water to the wheel. This was to drive the wheel. Had very good water there and they specialised in oodles in the woods!"

Detour - if you would like to see Waulkmill Wood, go up the steep by the Infirmary Stone, and follow the path through the wood. This is especially beautiful in spring, when the bluebells are a mass of colour. On reaching a stile on the outskirts of the wood, retrace your steps to resume the trail.

"We lived in Waulkmill Farm at the waterfall, and through the side you get into Rainow. We had different winters then. One year we'd get milk from there to the Crown Inn for several weeks. You pull four cans of milk on the cleids. Geoff pulled and I pushed. Then we had to pull the empty cans back, and that was every day! Dunghie and all. They don't know they're born today!"

Turn left by the Crown Inn, passing Higher Mill pond and walk along Ingersley Vale. Carry on past Rainow Mill cottages on your left to enter Rainow. Follow the track upwards, past the wheelhouse of Ingersley Vale Mill and then curve up to Waulkmill Farm and waterfall.

Waulkmill Farm to Rainow
At the waterfall, walk through the gap next to a gate and through the gate by a stone wall. You will now be crossing several fields on a path of stone flags.

"The sledged path was not called a 'Bridalway' but a 'Bridal Way'. Before the church was built in Bollington the brides had to walk to Rainow Church to get married!"

Walking for approximately half a mile parallel to Kerridge Ridge, cross three squeezer stiles, with Rainow Church visible in the distance depending on the season, before descending to a kissing gate, which leads on to a track.

The garden on the right is laid out to depict 'Dignity Progress'. Follow the track down, over a stream and up stone steps, through a squeezer stile to a gravel along the back of several houses and emerge on Sugar Lane. Turn left.

"Along Sugar Lane to the right and down a track, are the remains of Hough Hole Cotton Mill, or 'The White Shop'. It was built by James Mellor, farmer and builder, in 1803. Mellor and his four sons were extremely inventive and, in 1808, a three-wheeled steam road engine, made in the works, took fifteen passengers from Rainow via 'Whittle to Litchfield and home, terrifying innocent passengers by the process!"

Looking over the Cheshire Plain on a clear day, Fiddlers Ferry Power Station near Liverpool can be seen, with the Welsh Hills in the distance to the left. Go through a kissing gate and follow the path as it descends towards the tiny hamlet of Rainow.

Go through a squeezer stile at the side of a gate, and turn immediately left down steep stone steps onto a footpath. Descending, the track is now walked on both sides and passes straight through two wooden gates of a farm enclosure adjacent to the farmyard.

Cross the stone stile at the bottom and continue forward, with a wall then a hedge and then a wall again on your right, following the right-hand path at the market. Drop down to a stile by two gates with a stream on the left. Continue forward and cross a stream coming in from the right. This is a lovely scenic spot.

"We had to plough land in the war, most of the food came from the farm. I used to make butter. I had a glass churn. I used to claim the cream off the milk for us!"

Back to the Crofts to Rainow
Take the right fork here into a lane and climb up the hill to reach Back-to-the-Crofts. Continue past Back-to-the-Crofts Farm entrance, up steps to a gate, and walk diagonally across the field to a kissing gate in the wall. Bearing left, the path curves round the side of Big Low. Bollington can be gradually emerging, nestled between White Nancy and Nabe Hill.

You can download the leaflet of this route from our website by going to www.bridgendcentre.org.uk, then by clicking on services, trails, walking trail, heritage walking trails and this is Trail 4.

There are over 12 different Bridgend trails to follow to enjoy the Bollington countryside and these can also be found on our website.

BRIDGEND HERITAGE TRAILS, BOLLINGTON
Circular walks that explore the local countryside and bring Bollington's past to life.

TRAIL NO. 4 REVOLVING IN TIME
Compare life and work in the mill and on the farm as you follow the River Owen past remnants of the Industrial Revolution to reach the countryside.

Younger walkers Follow the trail of sheep and tease some animals in our 'Sheep' quiz!

4.5 miles (with short cut, about a mile)
Difficulty: Moderately easy with occasional short ascents
www.bridgendcentre.org.uk

In the 1600s, John Cooper, a farmer of Rainow, was coming to his cattle early one morning, when he spotted a black cow miles away. He dashed across fields through a ratunorm to reach the alarm, but in Ingersley Vale. For generations the bones of the local family who built 'White Nancy' was gutted by fire anyway!"

The footpath leads across a field, and over the main drive to Savo House via two further gates.

Through Ingersley Vale to Mill Lane
Continue diagonally right over another field, to a finger post under mature trees and down steps leading to a dirt path. Always keeping left eventually more steep steps down bring you to the back of Rainow Mill Cottages. Follow right past the front of the cottages, onto the dirt track of Mill Lane to emerge at the Poochery.

Turn left into Ingersley Road and upon reaching the mini roundabout retrace your steps along Falmerton Street to the Bridgend Centre.

Be aware that the waymarkers placed in the landscape may be subject to unknown forces such as the weather, groundwork and vandalism. Treat the map and directions as your primary guide!

And that's it! We hope you enjoyed your taster of the people and places that have made Bollington what it is today.

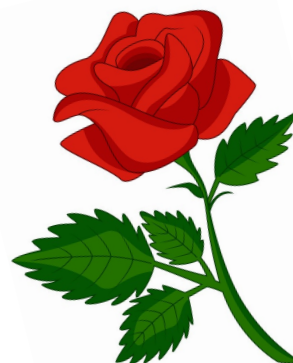
Don't forget to check out our other Bridgend Heritage Trails!

Walking with kids! All the walks have a specially designed kids quiz that you can download yourself or pick up from the Bridgend Centre.

Valentine's Quiz

Although on a Valentines theme these questions cover geography, biology, poetry and food!!

1. What letter of the alphabet is used to send or write a kiss?
2. Which famous movie star married Richard Burton twice?
3. Who was known as the Greek Goddess of love?
4. Today we associate love with the heart. In medieval time love was thought to be connected to what other internal organ?
5. Which of William Shakespeare's plays was known as his most romantic?
6. On Valentine's Day one dozen of which popular flowers are given as a gift?
7. What day does Valentine's Day fall on the calendar?
8. New York's Empire State Building lights up every year on Valentine's Day with what symbol?
9. Which Scottish poet wrote the poem Red, Red Rose?
10. The word unlove means to cease love true or false?
11. Which Roman Goddess was Cupids mother?
12. In which city is a box containing Saint Valentine's remains get opened every Valentine's Day 14th February?
13. In which country is it customary for women to give men a gift of chocolate on Valentine's Day?
14. What fruit is known as the love apple?
15. Strawberries are sometimes dipped in what and eaten while drinking champagne?
16. What small creature is said to shoot arrows into people's hearts to make them fall in love?
17. To show our love these days we will give gifts of flowers, chocolates, perfume or jewellery. In past times what was given to ask for a hand in marriage?
18. Finish this saying "Cold hands?"
19. What 4 things does a bride traditionally wear for good luck on her wedding day?
20. A famous quote from Alfred Lord Tennyson went Tis better to have loved and lost?



Answers to last week's logo quiz

- | | | |
|----------------|---------------------|-------------------|
| 1. Sainsbury's | 7. Argos | 12. Boots |
| 2. Tesco | 8. Lego | 13. Nintendo |
| 3. Levi's | 9. British Air-ways | 14. Qatar Airways |
| 4. Facebook | | 15. Guinness |
| 5. Lidl | 10. BT | 16. ITV |
| 6. Asda | 11. Ikea | 17. Heinz |

Thank you to our sponsors and supporters

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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. An anonymous donor sponsored the printing of this edition. Thank you so much to all three supporters, it means the world.

Bridgend Centre, 104 Palmerston Street,
Bollington, Cheshire. SK10 5PW

Email: info@bridgendcentre.org.uk
www.bridgendcentre.org.uk

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