

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation
Edition 42



*After the snow at
Bollington Wharf by Anna
Barker*

February is ticking along nicely and Spring is showing signs that it might be on the way soon. We love this painting by Bridgend's Anna B of Bollington Wharf after all the recent snow we've had. Hopefully there will be green shoots showing soon there too.

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

Survey about the first floor of the Bridgend Centre

The Bridgend Centre charity purchased the building in which it is based (on Palmerston Street) in December 2018. In November 2019 Planning Permission was agreed for us to use the first floor and building to the side of the Centre as part of our charity (they were previously residential flats). The space could potentially be quite flexible, made out of either larger or smaller rooms.



We would like you to help us to form our long-term plans for the building (after Covid) by answering two questions about what you think would make good use of this space and what services and activities would be beneficial to our community.

To do this you can complete our online survey by following this link: <https://forms.gle/NwNYHgFfuBvJGtKt9> (which can be found on our website). Or alternatively complete the survey below, cut out and return to the Bridgend Centre at 104 Palmerston Street, Bollington, Cheshire, SK10 5PW. Thank you in advance for your assistance.

1. What services and activities do you think we need more of in Bollington (please tick as appropriate)?

Meeting rooms for activity and social groups, for example knit and natter, art and craft classes, language classes	
Rooms suitable for small exercise classes such as Yoga, Pilates and Tai Chi	
Rooms to provide one-to-one services such as Counselling, Information and Advice	
Art exhibition space	
Meeting rooms for hire	
Co-working space/work-spaces for hire	
Other (please write in details):	

2. Please rate on a scale of 1-3 how much you think the following services are needed in Bollington. 1 being not needed at all and 3 being very much needed.

	1	2	3
Meeting rooms for activity and social groups, for example knit and natter, art and craft classes, language classes			
Rooms suitable for small exercise classes such as Yoga, Pilates and Tai Chi			
Rooms to provide one-to-one services such as Counselling, Information and Advice			
Art exhibition space			
Meeting rooms for hire			
Co-working space/work-spaces for hire			

Give your body a bit of love with Macclesfield Pilates and Yoga Studio

During lockdown many have had to work from home, using makeshift desks, dining tables or even working from our sofas creating a lot of back pain, stiff shoulders, achy necks and even hip pain. Being hunched over everyday at a desk plays havoc with our posture giving us rounded shoulders, slumped spines, tight hip flexors and weak hamstrings.

Yoga can help counterbalance all of this by releasing those tight chest muscles meaning us to draw our shoulders back, lengthen our spine muscles and stretch those pesky hip flexors. Yoga is also great for stress relief which is something I'm sure many of us could do with right now. So find yourself a little space and try out Dave's Yoga for Office Workers video <https://youtu.be/3lgp3BiYLHA>



We now have 3 Yoga for Office Workers on our weekly timetable (currently on zoom) Tuesday 7pm, Wednesday 12:30pm and 6:30pm. If you are interested in trying out a full class contact us info@macclesfieldpilatesandyogastudio.co.uk and quote Bridgend newsletter for a free trial class.

Sarah Booth—Macclesfield Pilates and Yoga Studio

Recipe - Healthy Lamb meatballs with Courgetti

Serves 2

INGREDIENTS FOR THE MEATBALLS:

- 250g lean lamb mince
- 1-2 garlic cloves
- Small handful of chopped parsley
- 2 tablespoons of olive oil (optional – adds 240 calories)
- 2 courgettes (or store-bought courgetti – available at most supermarkets)
- Salt & pepper to taste



Spiralise your courgettes (if you do not have a spiraliser, see below!) or you can buy pre-prepared 'courgetti' in supermarkets, but this is usually an expensive option!

1. Combine the minced lamb, 1 crushed clove of garlic and salt and pepper.
2. Using your hands, make into small balls.
3. In a frying pan, spray frylight and cook the meatballs on a medium heat until they are browned and cooked through.
4. Stir-fry the courgetti for a few minutes in a little Frylight.

PLACE THE MEATBALLS ON TOP OF THE COURGETTI, DRIZZLE WITH OLIVE OIL (OPTIONAL) AND SPRINKLE WITH PARSLEY TO SERVE.

INGREDIENTS FOR THE TZATZIKI:

- 350g 0% greek yoghurt
- Handful of finely chopped mint leaves
- Half a cucumber
- 2 tablespoons lemon juice
- 2 garlic cloves

METHOD FOR THE TZATZIKI:

1. Peel and de-seed the cucumber & grate finely
2. Combine greek yoghurt, cucumber, lemon juice & garlic
3. Add olive oil (optional) and mint leaves and mix. Serve on the side or on top of the meatballs.

Its not always as easy as ABC! - Planit Mum

Lockdown has forced us to change the way we do things, the way we work, learn, play and even say hello. Some changes are of course much bigger than others, becoming a parent is one. Its probably one of the most responsible things you will ever do but strangely there is no instruction manual, so many of us seek the advice of our friends, family and of course healthcare professionals. Social distancing guidelines have seen face to face support groups disappear, coffee shops, soft play centres, parks and libraries close, all the places you might have visited hoping to meet someone in the same situation as you.



You are most definitely not alone! We spoke to Kay Crewdson and Nik Dean creators of Planit Mum, helping to provide virtual support to parents.

Planit Mum is a weekly podcast, 2 mates, 2 kids and a national pandemic. We created Planit Mum during one of our infamous, overexcitable voice-notes at the beginning of lockdown #1. The type of ones where we create wild and crazy ideas of what we want to be when we grow up!

We haven't had actually finished a conversation since 2017 when Nik joined the mum club, so, as professional chatterboxes, we thought what better way to right this wrong than start our own podcast where we put the world to rights, catch up, have a laugh and chat with other awesome women and men - who just also happen to be mums and dads too. This way we have a legitimate reason to call in childcare whilst we 'work' :)

In all seriousness, Planit Mum is something we are both very passionate about, shining a light on inspirational men and women and creating a cool, safe space for other parents to hang out and have fun which we believe is important in this strange world we are currently living in. It's hard enough becoming a parent but then not having any groups? Not having a physical support network? That is insane, Planit Mum is our way of saying we're here, we've been there, it's hard but listen some-how we muddled through and you've got this. Oh, and more importantly, it's a chance to realise that all the things you think you've done wrong, you haven't! We've done them and likely done them on an epic level! Spilt boob milk? Yep. Tears onto the non-sleeping babies head? Yep. Want to open the door and run? YES! We're here, we've been there and we've got your back tired mamma (or dadda!).

One day, when the world is normal, Planit Mum will be out trying out cool places for you to go to, we'll be reviewing gadgets and gizmos, we'll be hosting amazing events, we'll be speaking about the realities of motherhood and basically trying to take the effort out of all the fiddly bits so that you can just reap the benefits. And hopefully you'll be a mate in the long run. So, until then it's us, having a natter and you're so welcome to listen or better yet listen, download and send us an email, we love hearing from you info@planitmum.com
www.planitmum.com

Anna Hatley

REMINDERS FOR HARD DAYS

WHOLEhearted
MOMENT CREATORS

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances.
You are LOVABLE and ENOUGH always.
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. *^*
10. Focus on the things you can control.
Let go of the rest. *This is easier said than done.*

Its never too late—Ron Grabner, National Triathlete

We have all taken a moment to pay tribute and remember the amazing legacy of Captain Sir Tom Moore, who sadly passed away after battling COVID. Sir Tom proved to the nation that age is simply a number, if anything his grand age of 100 increased his determination to carry on raising vital funds for NHS Charities supporting people through the current pandemic. We all have a list of things we would like to achieve, sometimes it's easy to make excuses for not making it happen, feeling like the opportunity has past, well this does not need to be the case.



We spoke to Ron Grabner who is part Great Britain's Triathlon Team, representing the 75-80 age group. Ron is part of a team of 15 who will represent Great Britain in Bermuda at the World Championships in October this year. Ron's achievements might just make you blow the dust off your list and reach for your trainers!

From a very young age sport was an important part of my life, particularly football. Like so many young people if there was any opportunity to kick a football I would be there. I played for my local junior football club in Shrewsbury. I was invited to a trial for Wolverhampton Wanderers but my parents wanted me to focus on my studies so it was agreed I could continue to play for Shrewsbury. I continued to play and enjoyed two seasons playing semi-professionally for Welshpool Town, I then went back to Shrewsbury and was selected to play for the first team but unfortunately, I broke my leg, the break was in two places and back then serious injury meant the end of your career.

I decided to train to become a teacher, it was at this stage that I thanked my parents for encouraging me to continue with my studies. I began teaching PE at a high school in Hyde. I continued to play football and was lucky to play for several local teams including Macclesfield. I retired at the grand age of 42 but continued to play for a veteran team. Football continued to be a huge part of my life and alongside teaching I also coached and scouted for league clubs. I absolutely loved being a teacher as it allowed me to share my enthusiasm for sport with my students and to promote the benefit of sport and leading an active lifestyle. I also worked hard to encourage and to develop sporting activities and partnerships within my local community.

Entering the world of triathlons was really the result of a dare, it all began at a dinner party, I was chatting to my friends who all have made fantastic sporting achievements, it was suggested that a footballer would not be able to cope with the physical demands of a triathlon.....I decided to prove them wrong! So, training commenced, and the rest is history. I started to compete at local level, it was after a success at the Cheshire Triathlon that I decided to challenge myself further. It was not until I spoke to a fellow competitor that I found out it was possible to represent Great Britain as there are age group teams. I began to enter the qualifying events for the European Championships, and I was successful. Whether you are 18 or 80, your role in the team is valued, the British Team is one team. I spent the next 12 years representing Great Britain and I am proud to say that I qualified for 10 European events and 8 World Championships. I have been lucky enough to travel all over the world and have had some incredibly proud moments. In 2011 I was proud to finish 6th in the world for my age group. In 2015 I had the honour of being captain for the European Championships. Alongside competing I have also volunteered at several major sporting events, anything I can do to help sporting events take place, from helping to manage teams to picking up litter, I am happy to help. Training and competing is hard at times, the physical demands on your body are of course tiring but the emotional demands are just as hard, being away from your family and friends is difficult. In 2015 I decided to take a break and enjoy being a Grandad, a job I love.



When I heard about the World Championships in Bermuda, I thought I would challenge myself to having one last go at flying the flag for Great Britain. The honour of representing Great Britain and the excitement of being able to visit Bermuda were hard for me to ignore. I found out in December last year that I had been successful, I am now proud to be part of a team of 15 representing the 75-80 age group.

I am now keeping myself busy training, there are days when its so cold and wet that my enthusiasm starts to fall but I am so proud to represent Great Britain and I think about how lucky I am to travel to Bermuda it keeps me moving.

Being part of a team really does give you the determination to train and to compete but of course it does not need to be at a national level. There are so many opportunities within your community, its difficult at the moment as we are of course restricted by social distancing and government restrictions, but over the next few months, hopefully things should start to change, and club and team sports will become accessible again. Now is the time to think about a sport or activity you have previously enjoyed and what your local community sports clubs offer.

Continued on Page 7.....

Team Pancake!

One of the lovely things about working at Bridgend is how close we are as a team. Working together day in and day out for years, it has been really strange not to see each other during lockdown and, to use an Anna Hatley phrase, we find ourselves thinking "I miss your face!" So like everyone else in the current climate, we schedule catch ups on Zoom every few weeks. The most recent one being on Shrove Tuesday, we combined our catch up with some pancake picture sharing!



A variety of fillings abound, from traditional lemon and sugar with Robert, Anna B's two course savoury and then sweet pancakes and Kerry's child favourite ice-cream filled. Avril bucked the trend with scotch variety pancakes that remind her of the ones her mum used to make. We had action shots from Anna H's fabulous pink kitchen, appreciative audiences in Kerry's kitchen and shared failures (the first one never quite comes out right!) We had some good laughs but I think it best that we stick to the day job, which we all want to get back to soon!. We hope you had a flippin' great Pancake Day too.

Kerry Langstaff

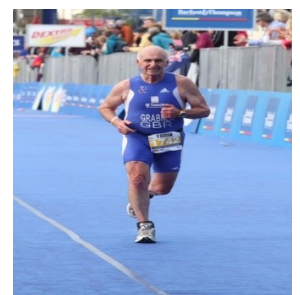


Roy Grabner, National Triathlete continued...

Team sports are not for everyone, its finding what suits you and most importantly what is achievable. From a gentle walk to a marathon there is something for everyone, you can set your own goals and rise to the challenge and of course you can always make your own medal! Its never too late as long as you are sensible and most importantly that you enjoy yourself.

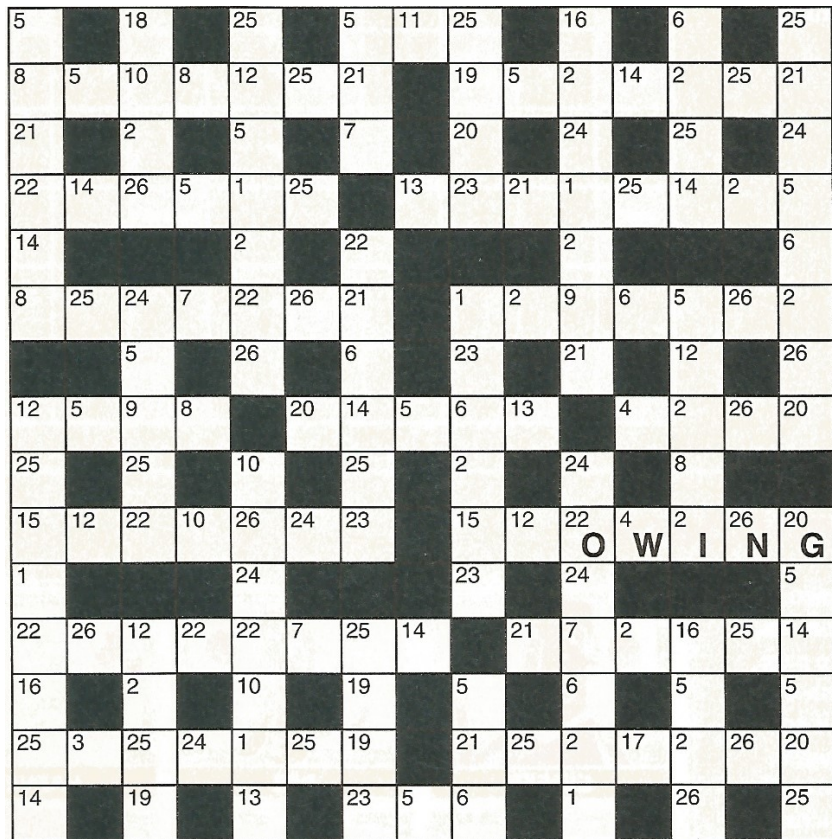
You might also consider the opportunity to volunteer at a sporting event, as Ron has described there are so many things you can do. If you would like to find out more about volunteering at sporting events then please do get in touch with us and we can help you to find out more.

You can visit bermuda.triathlon.org to find out more about the event (sunshine not included). We wish Ron and the Great Britain team every success for October, fingers crossed the event can take place as planned.



Code Word

Can you crack the code and fill in the crossword grid? Each letter of the alphabet makes at least one appearance in the grid and is represented by the same number wherever it appears. The five letters we've decoded should help you to identify the other letters and words in the grid.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
	I		W									
14	15	16	17	18	19	20	21	22	23	24	25	26
						G		O				N

Answers to last week's valentine quiz

- | | | |
|---------------------|----------------------|--|
| 1. X | 10. True | Something |
| 2. Elizabeth Taylor | 11. Venus | old, |
| 3. Aphrodite | 12. Dublin | something |
| 4. Liver | 13. Japan | new, |
| 5. Romeo & Juliet | 14. Tomato | something |
| 6. Red roses | 15. Chocolate | borrowed, |
| 7. 14th February | 16. Cupid | something |
| 8. Red heart | 17. A pair of gloves | blue |
| 9. Robbie Burns | 18. Warm heart | 20. Than never to have loved at all <3 |
| | 19. | |

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.

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