

## BRIDGEND COMMUNITY NEWS

Bridging Social

Isolation

No.58



*Photo by Helen Blackshaw*

Here is Edition number 58 of Bridging Social Isolation. We hope you enjoy catching up on everything that is going on at the Bridgend Centre.

As ever we do hope you enjoy the newsletter and we would very much appreciate contributions from you for future editions. Just drop us a line at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) if you wish to do so.

## Work to install the new EV charging points has begun

Work has begun to install the 4 new EVCPs at Pool Bank Car Park.

These are the result of a joint initiative between the Town Council and the action group Mad About Power, part of residents' group Transition Bollington.

The installation is being carried out 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. Mad About Power is an action group of Transition Bollington which focus 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.

A recent meeting with Cheshire East Council confirmed that they are willing to add the parking enforcement by non-electric vehicles in the bays to the schedule for their traffic wardens without any additional charge. They will take any penalty charges incurred.

## Relax on the Rec—Bank Holiday Monday 30th August

**Bank Holiday Monday  
30th August  
11am onwards**

**Relax  
on the Rec**

Love Bollington Market  
Music and Entertainment  
Dog Show  
Bring a Picnic  
Free



## United Utilities join fight to contain tree disease at Lamaload

*Those of you who have been walking up at Lamaload reservoir may have noticed that some paths have been diverted or closed due to felling. This is because of a tree disease that has been found in the trees there. To stop its spread, many of them have had to be felled and more information can be found in this press release from United Utilities below.*



A tree disease that has been spreading through large tracts of the UK has been found at Lamaload Reservoir near Macclesfield, United Utilities has confirmed. Phytophthora Ramorum causes extensive damage and death to a range of trees

and other plants. Larch trees are particularly susceptible, and large numbers have been affected throughout the UK. The only way to minimise the spread of the disease is to fell the infected trees and any in their vicinity.

The Forestry Commission has served a statutory plant health notice instructing United Utilities to remove all infected larch trees, and other species then left exposed to wind by their removal, in approximately 20 hectares of woodland around Lamaload reservoir. Up to 10,000 trees could be affected, which is around 80 per cent of the woodland area around the reservoir. The tree felling began in early November 2020. Wherever possible the timber will be sent to saw mills and other users, through licenced movement of the infected material, and used for construction, fencing products, pallet wood and biomass.

Ross Evans, Estates and Land Manager at United Utilities, said: “We’re doing everything we can to help stop the spread of this damaging disease. We’re working closely with the Forestry Commission plant health and regulatory teams and following forestry industry best practice to implement the necessary biosecurity, wildlife protection and water protection measures.

“It’s very sad that this disease has appeared again, but now more widespread, in the South Pennines. As a responsible landowner we must now fell the trees in the affected area. Once the felling work has been completed, we will replant with predominantly native trees species to ensure the area will recover, whilst providing biodiversity, water quality and landscape enhancement measures for future generations to enjoy.”

Signage will be installed around the reservoir where necessary, and there will be some temporary disruption to public footpaths to allow the felling to take place safely.

The disease is harmless to people and animals, but visitors are being asked to take precautions and play their part in helping stop the spread:

- Avoid the area if possible to prevent the spread of disease to other woodland areas
- Knock off any soil and mud from footwear and bike wheels to prevent it leaving the area. It’s also a good idea to give them a thorough wash when you get home before visiting any other woodlands and parks too
- Keep to marked paths and observe the signage
- Keep dogs on a lead

P Ramorum disease is the generic name for the disease caused by Phytophthora ramorum; an algae-like organism called a water mould. It leads to extensive damage and death in more than 150 plant species, including some forest species. Larch trees are particularly susceptible, and large numbers have been affected around the country. P Ramorum disease could inflict significant damage to the natural environment and plant-based industries if it were allowed to take its course without intervention. Forestry England carries out almost continuous surveillance for ramorum disease, and deals quickly with outbreaks.

## Perfect Picnic Places—A handy guide to Bollington Beauty spots

*With the long school summer holidays upon us, many Grandparents find themselves “on duty” and looking for ways to entertain the little ones! We are so lucky to live in such beautiful countryside but it can be hard to know the best spots for a picnic and a run around. Here we share a few ideas to help you through the weeks ahead, even if we cant do anything about the weather!!*

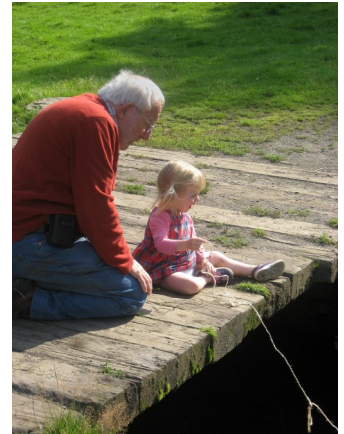
**Cali Brook at Rainow**—Coal was mined in the 19th century out of the East side of Kerridge. One of the mines was known as the California drift mine, after one of the local Vare family that had taken part in the Gold Rush there in 1849. The name was shortened to Cali; the stretch of the River Dean that runs along the foot of Kerridge is still known locally as Cali Brook. This lovely spot is now a popular place for picnicking, it is fairly flat and lush, it’s a sun trap and you can have a bit of a paddle.



Photo by Alexandra Robinson

**White Nancy**—The summit of Kerridge Ridge, where White Nancy is situated is wide and flat and is a great place to spread out with a picnic blanket.

**Harrop Valley**—the woods of Harrop are ancient and provide a range of nooks and crannies to explore and hide in. There are also some fabulous musical instruments built as part of the Bridgend Heritage Trail that passes through the wood. Hours of fun and entertainment can be provided.



Grandad and Sadie at Cali Brook

**The Nab**—the ‘Alternative’ White Nancy, the summit of the Nab and the flanks up to it are ideal for a secluded picnic. It is rarely busy up here and there are fantastic views that rival or even surpass those from White Nancy.

**Ingersley Vale**—The River Dean in Ingersley Vale provides another great picnic spot. Halfway down Ingersley Vale, after the mill, a footpath goes off the left crossing a river bridge (it is the Gritstone Trail). This is a lovely spot that makes access to the river for a quick paddle easy.

**Nb. Always remember to stick to public footpaths when using the countryside.**



Photo by Andy Langdon



Could you support the Bridgend Centre?

The Centre has been in Bollington for nearly 30 years now, delivering vital services to the whole community. So many vulnerable people depend on the Centre and Bridgend's dedicated team of staff is supported by hundreds of fantastic volunteers.

If you would like to support us, a donation, however large or small, would really help to pay our bills and allow us to support everyone who needs it. Becoming a regular donor is also a great way to support us with sustainable income.

If you would like to help, please go to our website and donate: <https://bridgendcentre.org.uk/home/donate/>

THANK YOU



## On the lookout for wild flowers—Part 7 by Juanita Bullough and Jim Hoyle

As the flowers start to fade, we're keen to see some of our beautiful favourites – we have seen common restharrow and eyebright but are still searching for viper's bugloss, seen last year in Rainowlow.

*Restharrow* takes its name from the fact that it has a very hard woody root system that would clog the horse-drawn ploughs as farmers worked on their fields. *Eyebright*, as its name suggests, was used by herbalists to treat eye infections, but is not recommended today. *Viper's bugloss* may take its name from its spotted stem, which is said to resemble a snake's markings, or from the shape of its flowers, which look like the head of a snake. 'Bugloss' comes from the Greek *vódi glóssa*, meaning 'ox's tongue', and refers to the rough, tongue-shaped leaves.



*River-water crowfoot*

Even though we have now seen over 260 flower varieties, we are still seeing new ones – recently we saw, for the first time ever, river-water crowfoot, in Rainow. Our coverage of most flower families is excellent, but please let us know at



*Restharrow*



*Viper's Bugloss*



*Eyebright*

## Workshop works wonders

As the Bridgend Centre steadily follows our roadmap back to 'normality', we are very proud of our woodwork volunteers who are beavering away in our workshop making a variety of handcrafted items for sale in our shop. They have also created a number of bespoke items for customers so this in this edition we would like to put the spotlight on these fabulous outdoor tables in the photograph.

Our workshop chaps were given the remit to make three identical tables to match a table the customer already owned. The plan was to put the four tables together to make a larger outdoor module of tables that could be arranged together or apart for flexible outdoor entertaining. After the three tables were made and picked up our customer was so impressed that he promptly ordered a fourth table, as shown in our photo.



Our workshop chaps are currently working on an order for four bespoke outdoor planters. They are happy to take orders for all sorts of wooden items such as trugs, white Nancy candle holders and bird tables and are excellent at repairing old wooden items in need of a bit of attention. Please contact us on 01625 576311 or [anna.barker@bridgendcentre.org.uk](mailto:anna.barker@bridgendcentre.org.uk) if you would like to make an order.

**Anna Barker**

## By White Nancy side

*We found this lovely poem, leafing through an old Bridgend publication; Reflections on Bollington and thought it paints a lovely picture of how much Bollington, by White Nancy's side meant to the author*

There's a river and she rises on the moorland's high plateau  
Tumbles down the mountain, how swift her waters flow  
There between the Nab and Nancy, where gentle waters glide

This place I belong to, by White Nancy side

I came as a stranger, many years ago  
She gave me a welcome, when my heart was low  
Restored to me my dignity, gave me back my pride  
A reason to be living by White Nancy's side

Many friends I have made here, loyal and so true  
Giving never taking, always smiling through  
Friendship here and comfort, to ease a troubled mind  
And when a friend I needed, here a friend I'd find

I've seen my children grow here, the laughter and the fun  
A childhood well remembered as to manhood they have



come

And now that they are leaving to travel far and wide  
Memories they take with them, of White Nancy side

By White Nancy side, she means so much to me  
That's the place I long for, where I want to be  
And if home is where the heart is, it's here that mine abides

**By Arthur Wakefield**

## If its good enough for an Olympian! By Kerry Langstaff



With the Olympics drawing to a close in Tokyo there have been many fantastic achievements from athletes of many nations. One of the more unusual sights at Poolside during the games was young Diver Tom Daly and his yarn crafts.

In interviews, Tom describes taking up Knitting and Crochet relatively recently in an effort to keep him calm during these high pressure times.

The mental health benefits of crafting has long been realised but it is fantastic to see a young man that so many younger people look up to, publicly practicing his self-care hobby.

Many people have found themselves suffering with anxiety in these uncertain times. This in addition to spending longer periods of time staying closer to home is leading to an uptake in crafty hobbies. The repetitive motions involved in Knitting and crochet can be very soothing and the sense of achievement in completing a project is also great for mental wellbeing.

If you have been inspired by the likes of Tom or fancy re-kindling a long lost hobby, why not pop down to the Haberdashery section of the Bridgend Centre Charity Shop? We have plenty of yarn, knitting, needles and patterns to start you off in addition to all manner of fabrics and trimmings. I am always happy to give help and advice to anyone that needs some pointers so feel free to ask me anything when you see me in the centre. In the mean time, you can find so many tips and tricks online on websites such as Ravelry, Youtube and Pinterest. After all, if it's a good enough for an Olympic gold medallist then it's definitely good enough for me!



## Eating in Season—Beetroot—Beetroot cake with orange frosting

*There's lots of lovely beetroot becoming ready to pick at this time. Make the most of it with these fabulous and unusual recipes.*



### Ingredients

- 200g plain flour
- $\frac{3}{4}$ tsp baking powder
- $\frac{3}{4}$ tsp bicarbonate of soda
- $\frac{3}{4}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp fine salt
- 50g soft dark brown sugar
- 125g light muscovado sugar
- 3 large eggs
- $\frac{1}{2}$ tsp vanilla extract
- 300ml vegetable or sunflower oil

1. Preheat the oven to 180 C, 160 C fan, 350 F, gas 4. Grease the loaf tin and line the base and sides with baking paper.

2. Sift the flour, baking powder, bicarbonate of soda, cinnamon and salt into the bowl of an electric mixer. Add the sugars.

3. Beat together the eggs, vanilla extract and oil and pour onto the flour mixture. Beat the mixture until smooth. Add the grated beetroot and orange zest and beat again. Pour the mixture into the prepared tin and bake on the middle shelf for 40 minutes. Turn the oven down to 170 C, 150 C fan, 325 F, gas 3 and bake for a further 20 minutes or until a skewer comes out clean when inserted into the middle of the cake. Leave to cool for 10 minutes and then remove from the tin and cool on a wire rack.

4. To make the icing, beat together the butter, icing sugar and orange zest until smooth and creamy. Add the cream cheese and beat again until smooth. Spread the icing over the top of the cake and decorate with orange zest.

### For the icing

- 50g unsalted butter,
- 100g icing sugar, sifted
- zest  $\frac{1}{2}$  orange
- 125g Philadelphia cream cheese
- Orange zest, for decorating

## Pink Pancakes!

Makes 6

- 1 egg
- 1 mug of plain white or wholewheat flour
- 2 heaped tsp baking powder
- 190ml apple juice
- 125ml fresh beetroot (cooked or raw), finely grated
- $\frac{1}{2}$  tsp mixed spice
- A dash of olive oil for frying
- Butter and honey, to serve
- Salt



1 Whisk the egg until frothy. Add flour, baking powder and a pinch of salt. Pour in the apple juice. Give it all a good whisk, then fold in the beetroot and add the mixed spice.

2 Warm a frying pan over a high heat. Brush on some olive oil. Place dessert spoonfuls of pancake batter in the middle of the pan.

3 As soon as the pancake starts to bubble in the centre, flip it over for 2 minutes or so, until cooked through. Don't be tempted to press the pancake down in the pan as it will expel all the lovely air bubbles that make it nice and fluffy.

4 When all your pancakes are cooked, drop a dot of butter on to the top of each, and then drizzle with honey.

## Mind Game—Guess the link

Can you guess the link between these seemingly unrelated clues?

A)

1. What nationality are you if you are from Berwick-upon-Tweed?
2. Name the American airline that merged with United Airlines in 2010
3. What is the name of a person who murders multiple people?
4. Ronnie Barker and Richard Beckinsale starred in which sitcom set in a prison?

**What is the link?**

B)

1. Who married Richard Burton twice?
2. Who is Zippy's best friend?
3. Who wrote the Owl and the Pussycat?
4. Which Lenny was married to Dawn French?

**What is the link?**



C)

1. When is All Fool' day?
2. Name the actress who played Dot in EastEnders
3. Name the Palestinian terrorist group who murdered Israeli athletes at the 1972 Olympics
4. If Oscar is O and Tango is T, what is N?

**What is the link?**



### Answers to last week's Olympics quiz

1. This year's Olympics were held in Tokyo
2. Michael Phelps competed in Swimming
3. None of the Olympic rings are Orange
4. The first modern day Olympics were held in 1896
5. Usain Bolt won 8 gold medals
6. The 2008 Olympic stadium in Beijing was called the Birds Nest
7. Sydney hosted the Olympics in 2000
8. Jesse Owens won 4 gold medals at the 1936 games
9. London has held the Olympic games 3 times
10. 400m is not part of the Heptathlon
11. A flaming arrow was used to light the Olympic flame in 1992
12. 14 counties took place in the first summer Olympics in 1892

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Registered charity number 1123287

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at the  of our community