

## BRIDGEND COMMUNITY NEWS

**Bridging Social  
Isolation  
No 68**



*Looking back towards Bollington by Terry Heathcote*

Happy New Year! Welcome to Edition 68 of our Newsletter and our First of 2022! We hope you had a healthy and happy festive season.

The annual post-Christmas clear-out means that we are very busy with lots of items being donated and also lots of shoppers coming to pick up a bargain with their spends. The centre certainly is a hive of activity!

Our activity groups are back after the break and everyone seems eager to get stuck in to hobbies and interests again. It is lovely to see so many people making use of the centre.

As always, if you have any ideas or articles that you would like to share with us for future editions of the Newsletter, please drop us a line to [Info@bridgendcentre.org.uk](mailto:Info@bridgendcentre.org.uk).

## Henshall Road/Wellington Road roadworks and closure

You may have noticed that roadworks are about to commence at the junction of Grimshaw Lane and Henshall Road/Wellington Road while work is carried out on the development of the road and pavement in preparation for the new Tesco store in the old Bayleaf building. This is scheduled in between 10th January and 11th March.

In addition, the road will be closed here for approximate ten days in February and fifteen days in April. It is anticipated that the alternative route will be via the following streets: – Wellington Road, Palmerston Street, Shrigley Road, Brookledge Lane, Roundy Lane, London Road, Flash Lane Roundabout, Flash Lane, Bollington Road, Henshall Road and vice versa which is considered the most suitable route.

It is anticipated that the road will be shut between Saturday 19th February and Sunday 27th February and then Saturday 02nd April 2022 and Sunday 17th April 2022.

All of these details will be subject to change, so to keep abreast of updates please go to the Cheshire East

website [www.cheshireeast.gov.uk/highways\\_and\\_roads/roadworks/latest-roadworks.aspx](http://www.cheshireeast.gov.uk/highways_and_roads/roadworks/latest-roadworks.aspx). You will be directed to the One Network website, which has a map that details any upcoming roadworks or road closures.

Please direct any enquiries to Cheshire East Council through their website, by telephone on 0300 123 5020 or by post at Highways, Floor 6, Delamere House, Delamere Street, Crewe, CW1 2LL.



*Artist's impression of the New Bayleaf building complete with Tesco store*

## Gritting Update from Bollington Town Council

Cheshire East Highways carried out two consultations on the winter road gritting across the borough and the result has been the removal of some routes, and the addition of others.

Bollington is affected by the changes and the following roads were dropped off their route - Chancery Lane (Grimshaw Lane to Cow Lane), Hurst Lane, Redway Lane (Jackson Lane to Windmill Lane) and Windmill Lane (within Bollington).

In recognition of the constant use of these routes, Bollington Town Council have budgeted £2,000 to ensure

we carry on this service for the town. Safety of the town's residents is of utmost importance and we are pleased to be able to supplement the Cheshire East gritting in this way.



## Bollington Borrowers get off to a flying start



Did you know that most households own a drill but on average they are used for just 13 minutes in their lifetime?

You may recall in our October issue we reported on a new local initiative, 'Bollington Borrowers'. This group of local volunteers have been creating a 'Library of things' to enable our community to reduce waste and unnecessary expense by sharing lesser used household items such as drills.

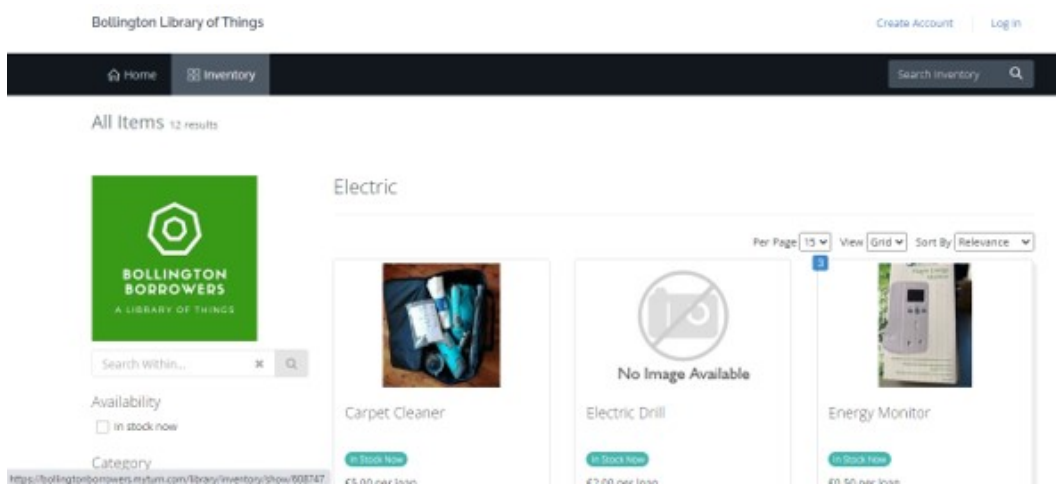
Since our article, Bollington Borrowers have been successful in receiving financial support via a grant from the Postcode Lottery. This has helped enormously with set-up costs including insurance and an online lending platform. The team are really grateful for their support which has enabled things to really get moving.

Bollington Borrowers now have over 100 items on their books, all of which have been kindly donated by local people. The library includes really varied items such as a folding wheelchair, child's balance bike, car bike rack, drill, carpet cleaner, wallpaper stripper, lawnmower, film projector, air beds and camping chairs.

Other items for events can also be accessed through Bollington Borrowers such as the Bollington Mug library (250 mugs), a reusable party kit with all you need to cater for a child's party (over 150 items including cups, plates, bowls, platters and bunting) and a party activity kit (bean bags, mini cones, egg and spoon race).

Our volunteers are now staffing the cabin on Hawthorn Road every Saturday from 9am to 10am. It would be wonderful if you could pop along with any donations or if you would like to sign up. If you wish to hire an item please visit [www.bollingtonborrowers.myturn.com](http://www.bollingtonborrowers.myturn.com)

To hire (for a nominal fee) from Bollington Borrowers they ask that you become a member, this is only £5 for a year's membership or £30 for a lifetime supporters membership. Please message [bollyborrowers@gmail.com](mailto:bollyborrowers@gmail.com) for more information.



## A Big Thank You!

We would just like to take a moment to say thank you to all our fantastic volunteers who help us in so many ways. A particular thanks goes to our amazing volunteer walk leaders who lead walks for us in all weathers!

We would just like to give a special mention to Daniel O'Brien who has really stepped up for us in recent weeks and has filled in as walk leader several times and at short notice when we have been short-handed. We really appreciate your help to keep our much-loved walks going strong, we couldn't do it without you!





## Mr Harold Beard 06/12/1932—16/11/2021

*We were extremely saddened to hear of the passing of a well-loved Bridgend regular at the end of last year, Harold Beard. Harold was a regular face at the Centre for many years as he visited our Drop-in service and also attended the Bridgend Choir. His lovely voice could often be heard through the building, singing his favourite song 'My way' to staff, volunteers and visitors. He will be very much missed. Here his daughter Karen tells us about Harold's life.*



Harold was a true Bollingtonian. One of 10 children, he was born in a cottage on Clarence Terrace where he lived until getting married and moving down the road to Water Street in 1958. Harold was married to the love of his life Doreen for almost 64 years, they had three children Carl, Karen, and Angela who in turn provided 6 grand-children and 4 great-grandchildren.

Harold was always a sickly child and missed a lot of schooling, however from the age of 15 years he was never without work in the village of Bollington at Associated Lighting; Wilkinsons Pleating and Eric Brittons.



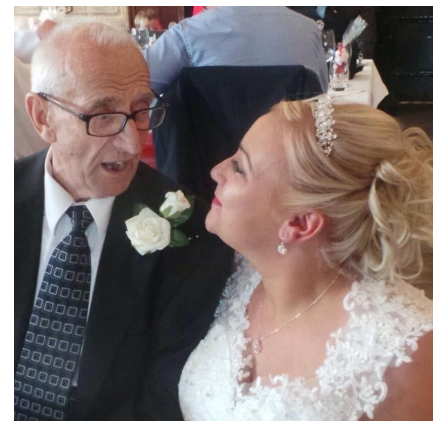
Harold loved sports and supported the local football clubs and cricket clubs, cheering them on and standing in as linesman, and umpire where needed. He and Doreen were very keen Crown Green Bowlers and spent many years playing for Bollington Bowling Club for pleasure and in competitions. As a family we always giggle when we remember that Harold started playing Bowls several years before introducing Doreen to the game. Doreen then proceeded to win more games and trophies than Harold!

For a time, Harold enjoyed fishing, sitting on the banks of the Canal at Clarence Mill for hours and introducing his son Carl to this pastime.

Harold was a keen supporter of Bollington Brass Band and was proud when his daughter Karen became a member of the Brass Band during her teenage years. It was rare for Harold and Doreen to ever miss a Band concert. Harold was a keen photographer and enjoyed taking his camera with him on holiday, days out and walks around the village. The family are now enjoying looking through the many photographs Harold took and sharing memories.

Harold was a member of Bollington PROBUS and held the office of President in 2011, he continued attending meetings and coffee mornings until the Covid19 restrictions stopped them.

Harold was well known around Bollington and perhaps mostly for his love of singing. He would burst into song at any moment, for any occasion and just because he wanted to. His grandchildren and great-grandchildren affectionately



## Mr Harold Beard continued..

named him "Grandad sing-song" and he was proud to win the competition "Bollington's Got Talent" in 2014 singing a medley of "Rat pack" songs!!

Harold started visiting the Bridgend Centre initially for a coffee and a chat, but this soon became a regular event meeting new and old friends.

Imagine his excitement when he was able to join the Bridgend choir, he was so proud to have his own song sheets and practice at home. He used to proudly announce to us, his family "I'm going to the home to sing to the old people, I think it will cheer them up"..... we used to think

" I hope he doesn't get too comfy, he's perhaps older than many of the residents." When he got the opportunity to join the choir singing at Bridgewater Hall, he was happy to have a

day trip out singing – he even made it on to the TV broadcast.



Over the last couple of years, he missed his visits to the Bridgend Centre and although he did not really understand about the National Lockdown and Covid19, he was still up for singing every Thursday evening with his neighbours on Water Street, especially Neil who was incredibly patient with him.

Harold enjoyed a full, busy and happy life and sadly passed away just short of his 89th birthday.

**Karen Quinn**

## Happier January 2022

*January can be a bit of a dull month for us after the excitement of the festive period. We like this calendar by 'Action for happiness' which can give us a bit of a focus every day of this month.*

**Happier January 2022**

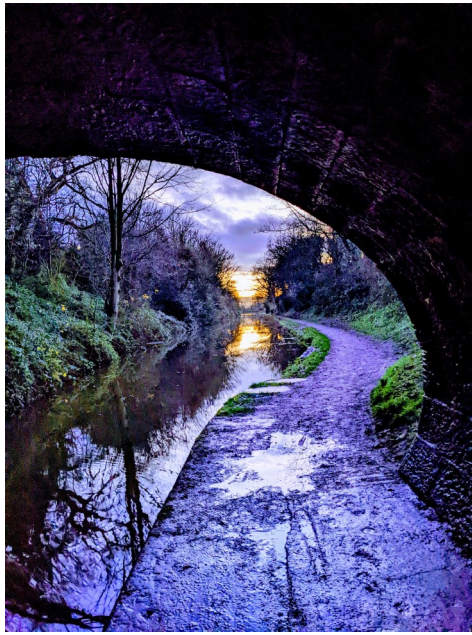
SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

**ACTION FOR HAPPINESS** Happier · Kinder · Together



## Bollington Winter canal scenes

*Ed Baron very kindly allowed us to reproduce these lovely photos of iconic Bollington scenes based around the canal. We hope you enjoy them.*



### Night—Jasmin Langstaff age 12

Silence drips gently off rooftops as creatures of void whisper lullabies, echoing amongst the minerals of construction.

As the comforting exhales of the stars flow by, you find yourself enveloped by the cold hands of the night. It took trust, trial and error to lay comfortable in its embrace, as the shadows could not be called the most trustworthy spirits. They hold horrors the day makes beauty, but hold personal love the day sheds carelessly. When the sun smiles all the time, it grows more and more common; although since the moon stays pokerfaced, when a grin breaks through it makes all the difference.

As the growing blackness holds you like a mother to a child, a warm breath escapes your chapped lips, though it quickly evaporates within the frost of the air. You shut your eyes, and lose yourself.



*Photo by Georgie Holly*



Macclesfield-based Go-Lo Community Interest Company is working with Wirral-based Energy Projects Plus to deliver the LEAP Scheme, a free Energy and Money Saving Service, in Cheshire East.

The Local Energy Advice Partnership (LEAP) offers eligible local residents - owner occupiers, private rented and social housing tenants - totally free advice and support to help them to save money and keep their homes warmer.

Via a telephone interview, the LEAP Advisor can access funding for home-owners to replace broken boilers or towards first time central heating as well as other energy efficiency improvements.

The qualified Home Energy Advisor will also help you check your energy bills and give advice on how you can switch to the cheapest available tariff, often saving hundreds of pounds a year.

They will also take the opportunity to review how energy efficient your home is, as well as giving you day to day energy tips. The Advisor will then send you, free, a range of simple energy saving measures such as LED light bulbs and radiator reflectors that can save the average household even more on their bills.

A free telephone advice service is also available to help with benefits, debt management and other money problems if you feel you need help.

Residents may qualify for the LEAP Service if one of the following apply - have a low income, receive tax credits or housing or disability related benefits or have a long-term illness or disability.

Residents interested in arranging a LEAP Advisor call should call Energy Projects Plus on 0800 043 0151 or email [advice@epplus.org](mailto:advice@epplus.org).

[www.go-lo.org.uk](http://www.go-lo.org.uk)

[www.epplus.org.uk](http://www.epplus.org.uk)



## Recipe—Lighter Cottage Pie

*January often leaves us a little light in the pocket and a little tight in the waistband after the excesses of Christmas. This lighter version of a cottage pie is less calorific, kind to the pocket and still warming enough for this chilly weather!*



### Ingredients

400g lean (5% fat) British beef mince, 1 tsp olive oil, 1 onion, finely chopped, 3 carrots, finely chopped, 100g chestnut mushrooms, sliced 300ml beef stock, 400g tin chopped tomatoes, 2 tbsp Worcestershire sauce

### For the topping

1 cauliflower, roughly chopped, 400g tin butter beans, drained and rinsed, 40g lighter mature cheddar

### Method

Heat a large non-stick deep frying pan (with a lid), add the beef mince and fry for 5-8 minutes until browned. Drain the mince (discard any fat) and set aside.

Heat the olive oil in the pan, add the onion and gently fry for 5 minutes until starting to soften. Stir in the carrots and mushrooms and cook for 2-3 minutes more. Return the drained mince to the pan and add the stock, chopped tomatoes and Worcestershire sauce.

Season with salt and pepper, cover with a lid and simmer for 15 minutes, then uncover and simmer for 5 minutes more.

Meanwhile, bring a pan of water to the boil and heat the oven to 200° C/ 180°C fan/gas 6. Boil the cauliflower for 10 minutes until very tender. Drain, return to the pan and add the drained beans. Use a potato masher to mash the cauliflower and beans coarsely, then season to taste.

Transfer the mince mixture to the ovenproof dish and top with the cauliflower and bean mash (see Make Ahead). Grate over the cheese, then bake for 25-30 minutes until golden and bubbling. Serve with peas or other green veg.

### Nutritional Information per serving

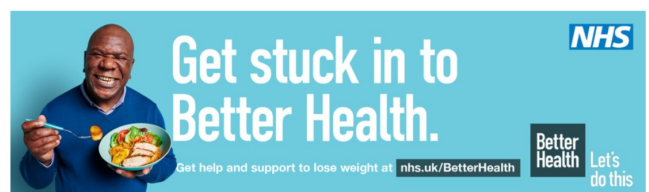
Calories	363 Kcals
Fat	8.7g (3.7g saturated)
Protein	34.9g
Carbs	30.4g (17.8g Sugars)
Fibre	12.3g
Salt	1.3g

## Get stuck into Better Health

This month nhs.uk is running a [#betterhealthcampaign](#) to encourage adults motivate and support adults to achieve a healthy weight by eating more healthily and increasing levels of physical activity.

If this is something you are hoping to work towards this year but you don't know where to start, you can join a FREE 4 week Weight Management programme run by Cheshire based community interest company Healthbox CIC. The course will be delivered by one of their Nutritionists. The programme will teach you the basics on food and nutrition, clear up any dietary confusion and more importantly gain a better understanding of your relationship with food to make the changes specific to you.

To book your place go to Healthbox's website at <https://shop.healthboxcic.com/>



## Brain Teaser—January themed Wordsearch

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

Aquarius  
 Capricorn  
 Coldest Month  
 First Month  
 Gregorian  
 Ianuarius  
 Janus  
 Juvenalia  
 Roman mythology  
 Thirty one days  
 wintarmanoth

Wulfmonath  
 Calendars  
 Door to the year  
 Garnet  
 Ianua  
 January  
 Julian  
 New Years Day  
 Snow  
 Wolf Month

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[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

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