

BRIDGING SOCIAL ISOLATION

Free Inside!
Mental Health
Wellbeing and
Support leaflet



Photo by Tracy Mills

Welcome to Edition No.74 of the Bridgend Centre Newsletter, Bridging social Isolation.

We can hardly believe that it is April already! The bright and beautiful daffodils planted by Bollington Town Council are in full bloom throughout the village, bringing a pop of colour with them. Just a reminder that the Centre will be closed on Good Friday and Easter Monday.

A big thank you to the North East Cheshire Community Partnership for sharing their fantastic Mental Health and Wellbeing Support cut out and keep poster that you can find on the back pages of this edition. It is a wealth of useful information about resources that are available to support anyone in the local area who are experiencing mental health difficulties in these challenging times. We hope it helps.

Don't forget that the team at Bridgend are always here if you feel you need someone to talk to in confidence or even if you just fancy a cup of tea and a chat.

Love Bollington Market by Jane Wilson

We are #LoveBollingtonMarket. Four local friends who like to bring a quality selection of food, artisan and vintage to the streets of Bollington. Do you know, we're a 'not for profit' community market? This means we donate all our stall fees to local charities and organisations. We've supported lots of local causes including Bollington Cricket Club, the Bridgend Centre, Bollington Brass Band and loads more. So why not visit us on Sunday 10th April from 11 til 3 on High Street. We've got lots of your favourite stalls and new ones too, so why not come along and support local in the heart of Bollington.



Macclesfield's New Mural tribute to Ian Curtis



Visitors to Macclesfield bus station can not fail to notice the new mural that has recently been unveiled of Joy Division frontman, Ian Curtis. A son of Macclesfield, he died tragically young at just 23 years old in May 1980 and is buried at Macclesfield cemetery. The mural was painted by Street Artist Akse, who's other works include the murals of Marcus Rashford and Captain Sir Tom Moore. The mural was unveiled by Joy Division Bass player Peter Hook and was funded by Cheshire East Council.

White Nancy by Paul Johnston

There is a hill—an old green hill
Above a little town
And standing there—a maid so fair
Who wears a long white gown.

Why does she stand there all alone
Facing to the West?

Is that where her lover's gone?
Is that her wedding dress?

Is she a bride left all alone
Who's waited on so long?
Or is White Nancy made of stone
And I've just got it wrong?

Talk and Games outing by Maxine Lomas



Last Thursday 31st March, the Rainow bus was buzzing as it left the Bridgend Centre for a trip to Macclesfield garden centre.

Dave, our intrepid driver took the scenic route through Rainow, which we all enjoyed. Driving down the country lanes we had sunshine and showers and we even saw snow falling in the distance.

There was a good turn out with 14 people on the bus and 2 more people who joined us at the garden centre. Everyone had time to a look around and to sample the delights of the cafe where people chatted and

made new friends. It was a lovely afternoon, everyone enjoyed themselves and I was asked when the next trip would be so watch this space!

The Bridgend Centre is relaunching the Talk and Games (TAG) afternoons on Thursdays from 14th April, 2pm to 3.30pm, the cost is £3 which includes refreshments. We will be getting together for a cuppa and a chat to meet new friends and look at arranging occasional trips out. Places are limited so there may be a waiting list but if you are interested in coming along please call in to see me or ring 01625 576311.

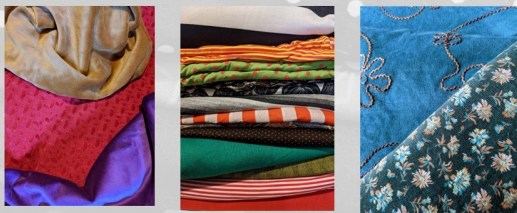
This project is this year being supported by Bollington Town Council through their community grant scheme, so a big thank you goes to them.



Bridgend Centre presents...



Fab Fabric Fair



Browse our huge range of fabric pieces and raise money for our work within the Bollington community at this

one time only event

Prints to heavy woven patterns, plain and printed cord, velvets, plaids, stretch.....

Dress patterns and haberdashery also available

Saturday 23rd April to Saturday 30th April 2022

Monday to Friday 10—4 and Saturdays 10—1

@ Bridgend Centre, Bollington

All fabric will be sold per pre-cut piece by weight. Apologies but we won't be able to cut the pieces down on the day

104 Palmerston Street, Bollington, Cheshire, SK10 5PW

01625 576311 www.bridgendcentre.org.uk Charity no: 1123287

A huge 'Thank you'

Bridgend would not exist without the huge generosity of donors and funders.



A huge 'thank you' must this week go to Cheshire East Council who will be supporting our Bridgend Buddies project for twelve months from May as part of their Covid19 Community Response and Recovery Grant scheme.

The project aims to team up a volunteer befriender with someone in the community who would enjoy some someone to talk to and to get out and about with.

If you fancy volunteering for the project or know someone who may benefit from having a Buddy, please do get in touch.



Wonderful Woodcraft with Lindsey

One of Bridgend's best kept secrets is our fantastic woodcraft workshop tucked away by the haberdashery. The workshop normally plays home to our volunteer craftsmen Eric and Peter who produce wonderful bespoke items to order but in the last 4 weeks they have made space for some newcomers! Wednesday mornings have seen the workshop a hive of activity for our short four-week course in Woodcraft skills taught by Lindsey Kitching.



The course was open to complete beginners and the aim was learn the



basics in woodcraft required to produce a small set of hanging shelves to take home at the end of the 4 weeks. Lindsey brings a wealth of experience and knowledge to the classes and participants have learnt new skills, or brushed up on some rusty ones, whilst making new friends. Thank you to Lindsey and we look forward to seeing what the students create. There will be more courses in future, so do keep your eyes peeled for the next project you could get involved with!

Volunteer's Thank You meeting



With Covid restrictions finally easing, it was absolutely lovely to get some of our volunteering team together last Friday for our first volunteer's meeting in 2 years. It was a great opportunity to say Thank You in typical Bridgend style with some tasty treats and a cuppa.

Many of our volunteers work in a specific roles and time slot so don't often meet the other members of the team so it was a great opportunity for the volunteers to meet up with new faces and old friends alike.

The Bridgend management team were able to share some facts and figures with our volunteers to highlight how all their hard work makes a real difference for the Centre. From 1st of April 2021—31st March 2022, 192 volunteers dedicated 3,851 volunteer hours to Bridgend. In that time, 720 people used our drop-in services, 188 walkers went out on 73 Bridgend walks, 76 people accessed personal crisis support, 131 accessed information and 248 people attended weekly health and educational sessions.

We are incredibly lucky to have such a dedicated team of volunteers who work in different areas of the charity, from walk leaders, to shop volunteers and our E-bay team; we genuinely couldn't do it without them. Thank You!



Your Donations make a difference

We know that right now times are tough and there seems to be more demands on your purse strings than ever. We are incredibly grateful to all our financial donors for your support in these challenging times.

If you have not yet donated to us but feel that you could contribute, no matter the amount, your donation would make a difference to the lives of people in our community.

If you would like to make a regular or one-off donation to the Centre, please visit our website at www.bridgendcentre.org.uk/donate or call in to the Centre.

Thank you. We couldn't do it without you!



Recipe—Hot Cross Buns

Ingredients

500g/1lb 2oz strong white flour, plus extra for dusting

75g/2¾oz caster sugar

2 tsp mixed spice powder

1 tsp ground cinnamon

1 lemon, finely grated zest only

10g/¼oz salt

10g/¼oz fast-action dried yeast

40g/1½oz butter

300ml/10fl oz milk

1 free-range egg, beaten

200g/7oz sultanas

50g/1¾oz finely chopped mixed candied peel

Oil for greasing

FOR THE TOPPING

75g/2¾oz plain flour

2 tbsp golden syrup, for glazing



Put the flour, sugar, spices and lemon zest into a large bowl and mix together. Then add the salt and yeast, placing them on opposite sides of the bowl.

Melt the butter in a pan and warm the milk in a separate pan. Add the butter and half the tepid milk to the dry ingredients. Add the egg and use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go. Gradually add the remaining milk, to form a soft pliable dough (you may not need all of the milk).

Tip the dough out on to a lightly floured work surface. Knead by hand incorporating the sultanas and mixed peel into the dough. Lightly knead for 10 minutes until silky and elastic and forming a smooth ball. (The kneading can also be done in a food mixer with a dough hook.) Oil a bowl and place the dough in a bowl, cover with cling film and leave to rest in a warm place for about 1½ hours or until doubled in size.

Turn the risen dough out on to a lightly floured surface. Knock back and knead for a further 5 minutes. Return to the bowl, cover with cling film and leave in a warm place to rise for a further hour, or until doubled in size.

Turn the dough out again on to a floured surface and divide into 12 equal pieces, shaping each of these into a ball. Line 1-2 baking trays with paper and place the balls on the tray, placing them fairly close together and flattening them slightly.

Slip each baking tray into a large clean polythene bag, making sure the bag doesn't touch the buns. Leave for 40-60 minutes until the buns have doubled in size.

Preheat the oven to 220C/200C Fan/Gas 7.

For the topping, add the flour to a bowl with 100ml/3½fl oz water. Mix together to make a paste and spoon into the icing bag.

When the buns have risen remove the polythene bags and pipe a cross on each bun. Bake for 15-20 minutes until pale golden-brown, turning the baking trays round halfway through if necessary

Melt the golden syrup in a pan and while the buns are still warm, brush the buns with a little syrup to give a nice shine, before setting aside to cool on a wire rack.

Memories by Paul Johnston

I drift on back through memories
To times I knew before.

I wander down a pathway
And through an open door.

I'm in a forest's sunlit glade
With flowers blooming fair.
I lift my hand, my eyes to shade
And see her standing there.
She stoops to pick a flower
And twines it in her hair.

The memories we cherish
Pictures oh so clear;
A laughing child—a running dog
That once you held so dear

I'd rather live in memories
Than this world's frantic pace.
I want to go back to that time
And see her lovely face.

I want to take her by the hand
And walk those sunlit ways
I want to hold her in my arms
As in those far off days.

And so we stood with arms entwined
And said we'd never part.
Are memories held in the mind
Or held within the heart?

Brain teaser—Hink Pinks

A Hink Pink (sometimes called a "rhyming pair") is a pair of rhyming words that matches a silly definition.

example:

a black bird that does not fly fast - **slow crow**

Can you find rhyming pairs for these clues?



1. paperback thief

1. _____

2. lengthy tune



2. _____

3. closet to keep a sweeping tool

3. _____



4. light red beverage

4. _____

5. small buzzing insect that is not wet

5. _____

6. large group of people that is noisy

6. _____



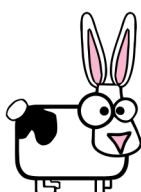
7. stinging insect that doesn't cost money

7. _____

8. unhappy father

8. _____

9. rabbit that tells jokes



9. _____

10. fast elevator

10. _____

Answer to last edition's brain teaser

The Message - PAY ME NOW

The Reply - THE CHECK IS IN THE MAIL

Thank you to our sponsors and supporters

I am Print printed the paper copies 'at cost', which are delivered to the homes of isolated and vulnerable people in Bollington. Thank you so much to I Am Print, it means the world.


COMPLETE DIGITAL PRINT SOLUTIONS
I AM Print Ltd

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

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

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)


at the  of our community



KEEP ME!

I am worth saving !!!

Stick me to your fridge or pinboard!

Mental Health and Wellbeing Support

Bollington



Where do I start?



- **Your local G.P. practice**
It may sound obvious but people don't always think of it!
- **Cheshire NHS 24/7 mental health helpline**
Open 24 hours a day, everyday
For all ages – including children & young people.
Tel - 0800 145 6485
- **Talking Therapies (NHS)**
Online, face to face, by telephone, video calls and group sessions. You can refer yourself if you prefer.
Tel - 01625 469950 (Mon- Fri 9am – 5pm)
Website - <https://www.mytalkingtherapies.com>

REMEMBER!

Call **999** or go to **A&E** if there is an immediate, life-threatening emergency requiring mental or physical health assistance.

SAMARITANS

If you need someone to talk to now, call The Samaritans.

FREE to call from landlines or mobile, 24 hours a day, 365 days a year

Tel- 116 123

Email- jo@samaritans.org

Website - www.samaritans.org

Social activity and social contact are essential for wellbeing

- **Social Prescriber**



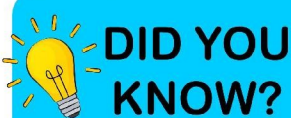
No man (or woman) is an island!

Some GP practices now have a **Social Prescriber** who can link you to sources of support and social groups within your community. Ask your GP if this free service is available.

- **Poynton Area Community Partnership – 'Guide to Local Interest & Hobby Groups'**

Information about social groups in North East Cheshire, including Bollington. Search online for 'Poynton Town Council' 'interest and hobby groups' Also available at Bollington Town Hall.

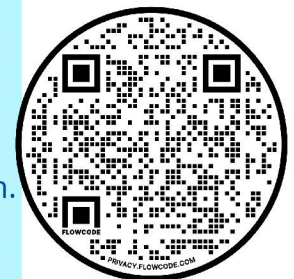
Note - It was produced prior to the pandemic, so details may have changed.



DID YOU KNOW?

Cheshire East Council's **'Live Well'** website has information about over 3,000 health, well-being and support services in Cheshire East.

www.cheshireeast.gov.uk/livewell



SCAN HERE TO SAVE WITH WEBLINKS





Papyrus PREVENTION OF YOUNG SUICIDE

Tel - 0800 068 4141 (35 & under)
Text - 07860 039 967
Email - pat@papyrus-uk.org
Website - www.papyrus-uk.org

Open every day
9am to midnight

For Men

- **Mentell**

Is it time to talk?

Free circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Choose a convenient date and time to book in for a 10-minute telephone introduction.

Older People

- **The Silver Line**

Free confidential helpline providing information support to older people. 24 hours a day, every day of the year.

Tel - 0800 470 80 90

Website - www.thesilverline.org.uk

- **Age UK Cheshire East**

Services, information, activities, and befriending for older People (aged over 55)

Tel - 01625 612958 (Mon-Fri 9am - 4pm)

Website -

www.ageuk.org.uk/cheshireeast

- **Changing Lives Together**

Provide a 'buddy' to visit, call or online chat once or twice a week.

Tel - 01606 827120 and leave a message.

Website -

www.changing-lives-together.org.uk

Domestic Abuse

- **Cheshire East Domestic Abuse Hub**

24 hour point of contact for anyone experiencing domestic abuse or concerned for someone else.

Tel - 0300 123 5101

Text - 07777 941 464

Website - Search for 'CEDAH'

Remember - abuse can be emotional, sexual or financial, as well as physical.

Mayor of Bollington's Senior Citizen's Committee

Support, companionship and help for Bollington Senior Citizens.
For information on social events and other activities, contact 01625 573851

Bollington Community Support

- **Bollington Dementia Friendly Group**

Support, help and friendship for people living with dementia.

Meet weekly at 2pm Wednesdays at Bollington Library.

Email - helen_sheldon@hotmail.com or Gill.Lancaster37@btinternet.com

- **The Bridgend Centre**

A home-from-home, where people can meet new friends or talk to Community Workers, in a non-judgmental environment.

'Bridgend Buddies' can support people to get out and about

Website - www.bridgendcentre.org.uk

Email - info@bridgendcentre.org.uk

Tel - 01625 576311.

- **The ALEX project**

Activities, leisure and exercise for anyone affected directly or indirectly by Parkinson's Disease.

Meet on Wednesdays at Bollington Health and Leisure

Tel - 07967 801 285

Email - tony@akw22.uk

or maccpds@gmail.com

Debt, Housing, Legal advice etc.

- **Citizens Advice**

Information and advice service for North Cheshire via telephone

Tel 01625 708608 (9am - 5pm Mon-Fri)

(leave a message, they will ring you back)

Website - www.citizensadvicecn.org.uk

THIS LEAFLET PROVIDES INFORMATION ABOUT AVAILABLE SERVICES, IT DOES NOT RECOMMEND OR ENDORSE THESE SERVICES.

Version 1 - February 2022

