

BRIDGING SOCIAL ISOLATION



Photo of the Bollington Jubilee Beacon by Terry Heathcote

Welcome to edition 78 or Bridging Social Isolation, what a busy few weeks it has been! In this edition we fill you in on all the celebrations from the Jubilee Bank holiday both here at Bridgend and around the village. We hope you had an enjoyable long weekend and that the weather on the Sunday didn't cause too much disruption!

Over the break, the Bridgend staffers took the opportunity to spruce up our river-side outdoor area and planted some lovely new plants. It really is a beautiful spot to spend some time, why not pop along and enjoy a cuppa and a chat with us out there now the weather is warmer?

If you have any ideas, articles, pictures or creative writing that you would like to see included in the next edition, please email it to info@bridgendcentre.org.uk or drop in to Bridgend.

Bollington Scarecrow Competition 2022

The theme for this year's scarecrow competition was the Platinum Jubilee. Scarecrows have been popping up around the village and residents were able to vote for their favourite on the Council's website. The Mayor will be announcing the winner after the voting has closed on Friday 10th June. Here are a selection of the entries, have you seen any on your travels?



Bollington Town Council supports Pride Month



This month, Bollington Town Council is celebrating Pride, a month dedicated to celebrating the LGBTQ+ community. For the whole of June the Progress Pride flag will fly above the Town Hall. Former Mayor, Cllr Johanna Maitland, had equality and inclusion as her theme for her Mayoral year and the council recognises the importance in acknowledging and raising awareness of the issues that continue to affect LGBTQ+ people across the country and globally. Bollington Town Council represents everyone in the community regardless of who they love, the colour of their skin or their faith. The Council pledges to

lead by example on these values for a diverse and inclusive town.

Cheshire East **YOUNG** carers' HUB carers' HUB

Do you have a family member, friend or neighbour who cannot manage without your support?
Then we may be able to help you

Cheshire East Carers' Hub are delighted to be holding **2 days of celebration, relaxation and information**

Nantwich
 St Mary's Church Hall
 Church Walk
 Nantwich, CW5 5RG
Thursday
9th June
 2:00pm - 4:00pm

Macclesfield
 St Michael's Church
 Market Place
 Macclesfield, SK10 1DY
Friday
10th June
 10:00am - 1:00pm

Take a look around the information stands and chat with our team and a host of organisations offering support and services for carers in Cheshire East.

There will be light refreshments for everyone, tea, coffee, and plenty of cake. We will be offering wellbeing therapies and plenty of opportunity for chat and relaxation.

Please come along and join us, entry is free.

www.cheshireeastcarershub.co.uk

Supporting those that care **NHS** **Cheshire East Council**

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Fabric Fair Makes—Davina Birchenall

Following our Fabulous Fabric Fair back in April, we asked anyone that had purchased fabric to share with us the things that they have created. This edition we share with you this lovely make by Davina Birchenall who has created all these fantastic accessories for 'Sylvanian Families' from fabric she purchased at the fair. We think you will agree that they look like they are having a lovely day out and that Davina is very talented to be able to create such intricate little items! If you have any makes to share please drop us an email to info@bridgendcentre.org.uk or pop in.



Poynton Dementia Steering Group



Poynton Dementia Steering Group formed in January 2017, is made up of representatives from Poynton Town Council, local voluntary groups, professionals supporting people living with dementia, dementia services and carers. The group has been instrumental in raising awareness about dementia in Poynton. More recently the group have connected with dementia support networks in Bollington and Disley to reflect the Bollington, Disley and Poynton (B.D.P.) Care Community footprint. They have recently produced a very informative booklet for people living with memory problems or dementia and their carers. It is available from Poynton Town Council website and The Middlewood Partnership website and is a wealth of valuable information and resources.

Bridgend Staff Team Welcome Sam Davies



Regular visitors to the centre will recognise Sam as a very dedicated member of our volunteering team. She is well known for making the shop look beautiful with her fabulous displays and keen eye for design.

We are pleased to welcome Sam to the staff team as she has joined us as a Community Centre Assistant on a flexible contract to support us in the Centre when required.



Platinum Jubilee Celebrations

What an eventful Jubilee Bank Holiday weekend it was around Bollington! On Wednesday 1st June, Bridgend hosted our very own Jubilee Party, with a performance from the choir and a lovely afternoon tea. It was great to catch up with old friends and celebrate together.



On Thursday evening Beacons were lit across the country and the commonwealth as part of the celebrations. The official Jubilee website states: "A beacon chain, once used as a tool for communication, has now become a symbol of unity across towns, borders, countries and continents and is often the central point of focus for any outdoor gathering or celebration." Bollington's beacon was atop White Nancy. The event was attended by the Mayor and safety ensured by members of the local fire service. Residents were encourage to watch from a safe distance rather than climb up Nancy. *Thank you to Terry Heathcote for the photos.*



Platinum Jubilee Celebrations cont.

Over the 4 days there were many street parties around the village, bringing neighbours together, something that I am sure we all appreciate even more now after the last few years of separation. In typical British tradition, the weather was not always kind and unfortunately Sunday's event on the Rec had to be cancelled due to inclement weather. Though the wind and the rain did not deter everyone and many people relocated their street parties indoors or donned blankets and brollies and carried on regardless. What better way to celebrate British spirit than Pimms and puddles?

Big thanks to Karen Hodkinson, Hannah Beko and Gemma Sydney for the photos.



A trip to Treshnish by Becky Lea

Recently I went on holiday to the Isle of Mull in North West Scotland. One of the most memorable days of the trip was a boat trip to the Isles of Staffa and Treshnish which are a haven for wildlife and in particular puffins and razorbills.

Setting off at 9:30am from Fionnport on Mull, the boat stopped at Treshnish for 2.5 hours and allowed us to have a walk around, sit down and commune with the little birds and have a packed lunch. It was truly one of the most magical and calming days ever.

The puffins were not scared of humans at all and were happy to hop



around at our feet. Puffins are unmistakable birds with their black back and white underparts, distinctive black head with large pale cheeks and their tall, flattened, brightly-coloured bill. Its comical appearance is heightened by its red and black eye-markings and bright orange legs.

They mass in huge rafts offshore from their breeding areas during March/early April, gradually moving to their burrows to perform extensive surveys coupled with tuft picking, nest re-ordering, squabbling and general business of some importance. They return to the same each year and lay one single egg. One chick is hatched in May or early June. For



about six weeks parents bring neatly arranged sand eels in their beaks (specially adapted to carry lots) to feed their chick.

By the second week of August they stop feeding the puffling which is virtually abandoned (research suggests occasional parental visits). After a few days, instinct takes over and during the hours of darkness the young puffin

exits the burrow and heads to the shore many metres below. Can the

learning process be fast enough to use little stubby wings or is the puffin fat and down sufficiently shock absorbing to avert disaster? Suffice it to say that Atlantic Puffin numbers have remained healthy in the Treshnish Isles during recent years so most must be managing ok!



Two Razorbills



A Shag

There were also a lot of other birds to

see on Treshnish including shags and razorbills, which were also very easy to see close up. The razorbills were a very noisy lot! Here are some of our snaps from the day and if you are ever on the Isle of Mull, I would highly investing in the boat trip if you can, it was a brilliant day!



Recipe—Healthy Eating Week 13th-17th June

The British Nutrition Foundation are celebrating the 10th annual Healthy Eating Week from 13th-17th June 2022. The theme this year is *Eat well for you and the planet!* Each day of the Week will have a different theme:

Monday: Focus on fibre - for meals and snacks

Tuesday: Get at least 5 A DAY - put plenty on your plate

Wednesday: Vary your protein - be more creative

Thursday: Stay hydrated - fill up from the tap

Friday: Reduce food waste - know your portions

Our recipe this edition is from Joe Wicks, well known for being the nation's P.E teacher during lockdown but also for his delicious healthy recipes that are quick and easy to make.

Mediterranean turkey-stuffed peppers

This low-calorie dinner from Joe Wicks is 3 of your 5-a-day, rich in vit C and folate too. Filling the peppers with low-fat turkey breast mince keeps it lean



- STEP 1

Heat oven to 190C/170C fan/gas 5. Halve the peppers lengthways, then remove the seeds and core but keep the stalks on. Rub the peppers with a drizzle of olive oil and season well. Put on a baking tray and roast for 15 mins.

- STEP 2

Meanwhile, heat 1 tbsp olive oil in a large pan over a medium heat. Fry the mince for 2-3 mins, stirring to break up the chunks, then tip onto a plate.

Ingredients

- 2 red peppers (about 220g)
- 1 ½ tbsp olive oil, plus an extra drizzle
- 240g lean turkey breast mince (under 8% fat)
- ½ small onion, chopped
- 1 garlic clove, grated
- 1 tsp ground cumin
- 3-4 mushrooms, sliced
- 400g can chopped tomatoes
- 1 tbsp tomato purée
- 1 chicken stock cube
- handful fresh oregano leaves
- 60g mozzarella, grated
- 150g green vegetables (spinach, kale, broccoli, mangetout or green beans), to serve

- STEP 3

Wipe out your pan, then heat the rest of the oil over a medium-high heat. Add the onion and garlic, stir-fry for 2-3 mins, then add the cumin and mushrooms and cook for 2-3 mins more.

- STEP 4

Tip the mince back into the pan and add the chopped tomatoes and tomato purée. Crumble in the stock cube and cook for 3-4 mins, then add the oregano and season. Remove the peppers from the oven and fill them with as much of the mince as you can. (Don't worry if some spills out it – it will go satisfyingly crisp in the oven.) Top with the cheese and return to the oven for 10-15 mins until the cheese starts to turn golden.

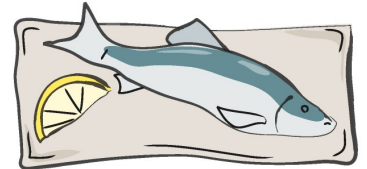
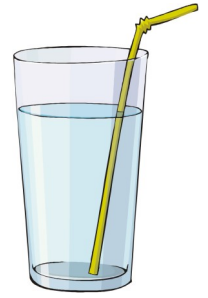
- STEP 5

Carefully slide the peppers onto a plate and serve alongside a pile of your favourite greens blanched, boiled or steamed.

Quiz—Healthy eating general knowledge

In honour of healthy eating week, our quiz this edition tests your knowledge of nutrition.

- How much calcium does an adult need each day?
A. 400mg B. 100mg C. 700mg D. 100g
- How many 200ml glasses of water should an adult drink each day?
A. 12 for men 10 for women B. 10 for men 8 for women
C. 8 for men 6 for women D. 6 for men 4 for women
- Which of these foods does not count towards your five-a-day?
A. Sweet Potato B. Parsnips C. Potatoes D. Orange Juice
- How many portions of fish should you eat each week?
A. 8 B. 6 C. 4 D. 2
- For a food to be 'low-sugar', what's the maximum amount of sugar it can contain?
A. No more than 5g per 100g for food and 2.5g per 100ml for drink
B. No more than 7.5g per 100g for food and 5g per 100ml for drink
C. No more than 10g per 100g for food and 7.5g per 100ml for drink
- How many grams of salt is the recommended daily allowance for adults in the UK?
A. 5g B. 6g C. 7g D. 8g
- One gram of protein, or one gram of carbohydrates, provides four calories of energy. But how many calories does one gram of fat provide?
A. 2 B. 3 C. 8 D. 9
- Where does most of your vitamin D come from?
A. Eggs B. Cereals C. Sunlight D. Oily Fish
- What's the recommended daily intake of fibre for an adult?
A. Trans fats B. Unsaturated fats C. Saturated fats



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