

BRIDGING SOCIAL ISOLATION



Photograph by Sara Knowles

Welcome to edition 79 of Bridging Social Isolation, we can hardly believe that June is almost over! What scorching weather we have been having. Luckily at Bridgend we have the best of both worlds, a suntrap by the river for the sun-worshippers and a cool, stone building for those looking to cool off. We are always happy to provide somewhere for a glass of water and a sit down in these hot conditions so why not pop in and see us?

In this edition we have lots of local news and information to keep you updated. We also share with you a very informative leaflet provided by Food Aid about resources available locally if you are struggling in the current challenging economic climate.

If you have any ideas or articles that you would like to see in the newsletter, please drop us an email to info@bridgendcentre.org.uk with your articles, ideas, poems and photographs. We couldn't do it without you!

Bollington Well Dressing Festival



Bollington Well Dressing Festival makes a welcome return this year from Saturday 2nd July– Sunday 10th July. The theme for this year is The Queen’s Platinum Jubilee. There will be 4 wells decorated this year, a reduction on previous years as the event was in doubt in case of further covid restrictions. The four wells are located at The Greg Fountain Well opposite the Cock and Pheasant pub, at Clarence Mill just before Café Waterside, the Memorial Gardens on Palmerston Street and in Pool Bank car park.

Well dressings are made by pressing petals, seeds, nuts and other natural materials into clay-filled trays to make a picture. The tradition of dressing or decorating a well originated in pre-Christian times as a thanksgiving for the plentiful supply of pure

water without which communities could not have survived.

Bollington has quite a few springs and wells, the water arising from the nearby Kerridge Hills, but all except one are situated where visiting them would be extremely dangerous, so decorations are placed alongside the brooks and the river which flow through the town. The first Well Dressing made in Bollington was in 2005 at the Greg Fountain and each year one of the local primary schools take it in turns to design and prepare a dressing and get involved in the opening ceremony.

The petalling is done in the 3 days before the boards are put in place, and anyone who would like to watch the pictures coming to life is encouraged to pop along to the cricket pavilion at the Rec and you can even lend a helping hand to add a few petals. The group urgently need volunteers this year, so please email jandcegboll@btinternet.com if you want to get involved.



Trail maps are available at local shops and in the Post Office, Library, Town Hall and Bridgend Centre.

The opening ceremony is at the Greg Fountain on Flash Lane (opposite the Cock and Pheasant pub) on the 2nd of July at 11.30am. Entertainment will be provided by the children of Dean Valley School. There will be refreshments available from the Garden Teashop on Pool Bank (in the far right corner) between 10am and 5pm for the duration of the festival.

Bollington Town Council News —Police Survey



Cheshire Police have set up an online survey for residents to complete which allows them to provide honest feedback on their main community priorities for their local neighbourhood police team in their area. Your feedback is vital to allow the police to support our community in the most effective ways.

Please google search *Cheshire Police Residents voice Macclesfield* and click on the page to have your say.

Talk and Games Group Update



The Talk and Games group have been out on their travels again with a trip to Astbury Meadow Garden Centre on 9th of June with the help of Rainow Community Bus. A bit of retail therapy and a nice cuppa in the café was enjoyed by all. The group have also ventured to Dagfields Craft and Antiques centre in Nantwich, on Thursday 23rd June. It is lovely to see the group enjoying themselves and making new friends. One group member said “It is so lovely to be able to go for a day out without relying on family to take me, It helps me to feel like I have some independence still.”

Bollington Dementia Friendly Group



Do you live with dementia or care for someone with dementia? Would you like to learn more or help raise awareness? Bollington Dementia Action Alliance support group meets in the library every Wednesday at 2.00pm. Come along for support, information, coffee and a chat.

Contact helen_sheldon@hotmail.co.uk or gill.lancaster37@btinternet.com for further information.

Senior Citizens Annual Dinner



Saturday 12th June saw the Annual Senior Citizens' Dinner at the Civic Hall. Organised by Angela Williams and the other members of the Senior Citizens' Welfare Committee and attended by the Mayor and Rev. Nancy Goodrich from St Oswald's church. A good time was had by all with dinner, drinks and dancing and an opening prayer of reflection.



Tesco/ Bayleaf opening



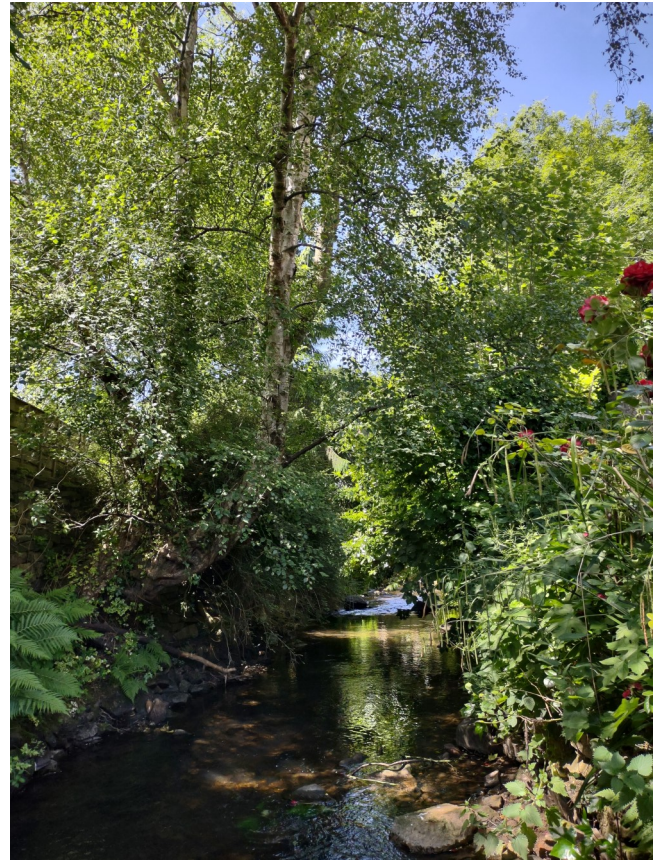
Cllr Helen Ellwood, Head of the Planning and Town Development Committee, has met with Mr Chris Booth, Cheshire East Highways Officer, on Thursday 23rd June. Mr Booth has not signed off the loading bay at the front of the new Tesco store as it is not to specifications. The store was meant to open on Friday 24th June but this has now been pushed back to Monday 27th June. Local residents are very keen to see an end to the disruption caused by the roadworks which have been in place since early this year.

Down by the riverside

It isn't usually a view we can see at the Bridgend Centre, but when we were weeding and gardening on the river bank this week we had to take some photographs as it looked so pretty with the brilliant sunlight and blue skies.

In the photo below, you can just about see the confluence of the Rivers Harrop and Dean. The photo to the right is looking the other way towards Water Street, which is about 100 metres away.

We love the plants and fungi on display on the riverbank, some of which are on display in the other two photos.



Bridgend Contemplation Garden—A space for all

Now the warmer weather is with us, many people are coming to enjoy our outdoor space by the river. At Bridgend, our mission is to provide an accessible space for everyone, in order to enable all our visitors to feel comfortable and safe whilst they are with us. Many of our visitors are quite vulnerable so we ask that centre users be mindful of that and make space for wheelchairs or for carers to assist those who need support. Sometimes it can be difficult for people who do not face such challenges to understand why we have certain rules or ways of doing things. We put a lot of thought and care into how to make our space inclusive for all so everyone can enjoy their visit safely.

Paper Bank notes to be removed from circulation

The Bank of England have advised that paper £20 and £50 notes will be removed from circulation at the end of September and urge people to deposit or spend any that they may have at home before that date.

An estimated 163 million paper £50 banknotes and about 314 million £20 paper notes were still in circulation, the Bank said. The paper notes are less durable and easier to counterfeit than the new plastic ones hence the need to replace them.

From October, people with a UK bank account should still be able to deposit the paper notes into their account or at the Post Office, but spending them in shops will be impossible. The new £50 note will feature a picture of Alan Turing whose work on breaking the Enigma code is estimated to have shortened WW2 by at least 2 years and thus saved an estimated 14 million lives. He is credited as the Father of Modern Computing and in 2013 received a posthumous royal pardon in 2013 and a government apology in 2009 for his conviction for gross indecency following a homosexual relationship. The LGBTQ community welcome his appearance on the new note and see it as an attempt by the government to make amends for the past persecution of their community.



Michael Moseley Just One Thing



Michael Moseley is best known for his work surrounding diet and weight loss but in his BBC podcast series he is informing people of simple ways to boost their mental and physical wellbeing. The series, entitled Just One Thing, is available on BBC Radio 4 and on BBC sounds and a new episode is available to listen to on Wednesday each week. He sifts through scientific research to show us the simple things that we can do to improve our quality of life without major effort.

The list includes spending time in nature, singing, spending time in nature and even eating chocolate! Two squares of delicious **dark chocolate** every day really could have benefits for your heart, your metabolism, and your brain – from reducing your risk of cardiovascular disease and improving your levels of LDL cholesterol, to boosting blood flow to the brain.

There are 32 episodes available to download and listen to at your leisure. The most recent episode was about the benefits of reading. Reading fiction for just 30 minutes a day can boost brain activity and function. Researchers scanned the brains of people whilst reading and found that when reading smell related words like “lavender” the area of the brain that deals with smell lit up not just the area of the brain that deals with language processing, so a book is a real brain workout! Reading is an excellent form of self-care and it has been found that reading can protect against cognitive decline and even dementia. People that read on average 30 minutes a day have been proven to live up to 23 months longer.

Stories give people access to the thoughts, feelings and experiences of others and it has been shown that this promotes reader’s real life skills in empathy. Stories force us to focus outwards rather than on our selves and as such can be helpful in reducing anxiety. So why not pop in to Bridgend and pick up a book for just 10p, it could be the just one thing that makes you feel better today.

Step 1: What's the problem?

I suddenly have no money

- Lost job/reduced hours
- Lost money/unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See options **1 2 5 6**

I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options **1 4**

My money doesn't stretch far enough

- Deciding between food/fuel/mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance (e.g. new baby/bereavement/illness/left partner)

See option **1 2**

I have debt

- Rent or Council Tax arrears
- Gas or electricity
- Credit or store cards
- Personal loans and overdrafts
- Owe friends and family
- Benefit repayments

See option **3**

Step 3: Where can I get help?

Each of these services offer free and confidential advice

Citizens Advice Cheshire East
Advice on debt, benefits, employment, housing, work and more
0800 144 8848 | www.citizensadvicece.org.uk
Help with options: **1 2 3 4 5 6**

Christians Against Poverty Cheshire East
Debt advice, ongoing debt support and money management courses
0800 328 0006 | www.capuk.org
Help with options: **3**

Lifeline Debt Advice
Help with money worries and debt in Sandbach and surrounding areas
01270 750 358 | help@lifelinedebtadvice.co.uk
www.lifelinedebtadvice.co.uk
Help with options: **3**

Pennysmart CIC
Budgeting, benefits and regulated debt advice including casework support across Cheshire
03003 651 210 | advice@pennysmart.org.uk
www.pennysmart.org.uk
Help with options: **2 3**

AgeUK Cheshire East
Advice and support for older people in Cheshire East
01625 612 958 | enquiries@ageukce.org
www.ageuk.org.uk/cheshireeast
Help with options: **1 2**

Cheshire East Emergency Assistance Scheme
You may be able to apply for help if you are facing crisis
0300 123 5013
www.cheshireeast.gov.uk/emergencyassistance

Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be able to get Housing Benefit, Discretionary Housing Payments and Council Tax Support from Cheshire East Council. All schemes will depend on your current circumstances.

Find out more at:
www.cheshireeast.gov.uk/benefits

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.

A **benefit check** can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you **find cheaper deals** on things like gas and electricity and **make sure you're not missing out** on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help with these options?

Access 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets

Other Support

Jubilee Job Club
Support budgeting and finding employment
01260 297 961 | www.nlchurch.org.uk/job-club
Wishing Well
Support for the health and wellbeing of the Cheshire East Community
01270 256 919 | www.wishingwellproject.com
My CWA (Cheshire Without Abuse)
Support for families affected by domestic violence
0300 123 5101 | www.mycwa.org.uk

New Leaf Cheshire
Advice and 1-to-1 support on employment
01925 452 131 | Newleaf@torus.co.uk
www.newleafcheshire.co.uk

MoneyHelper
Advice to help improve your finances
0800 138 7777 | www.moneyhelper.org.uk
Urgent Mental Health Helpline
24/7 urgent mental health helpline for all ages
0800 145 6485 | www.cwp.nhs.uk/crisis

Turn2Us
Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

Step Change
Free debt advice and money management
0800 138 1111 | www.stepchange.org
Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under 4
Apply online: www.healthystart.nhs.uk

Digital version



www.worryingaboutmoney.co.uk/cheshire-east

Updated on 17/02/22
Feedback? Share your experience of using this guide by visiting www.bit.ly/moneyadvicefeedback

Worrying About Money?

Advice and support is available if you're struggling to make ends meet

Follow these steps to find out where to get help in Cheshire East



Supported by



Recipe—Homemade strawberry Jam and scones



Method

Cut the stalks from the strawberries and cut the fruit into chunks. Place in a large saucepan with the lemon juice and cook over a medium heat for a few minutes. Pour in the jam sugar and stir over a low heat until the sugar has completely dissolved.

Bring the fruit up to boiling point and then as soon as the jam starts to boil, leave to boil rapidly for 6 minutes. Test for the setting point: spoon a little jam onto a chilled saucer and chill for five minutes. Then, push your finger over the chilled jam – if the

jam wrinkles up, it has reached the setting point. If not, boil again for a few minutes and re-test.

Remove the pan from the heat. Using a large spoon remove any of the froth from the surface of the jam, then allow the jam to cool for 15 minutes.

Meanwhile, wash the jam jars in hot soapy water and dry off in a hot oven to sterilise. Spoon the jam into the jars and top with a waxed paper disc. Seal and store until ready to enjoy. Once opened, store in the fridge.

Ingredients for Jam

900g firm strawberries

1kg jam sugar

Juice of half a lemon

Ingredients for Scones

8oz self raising flour

pinch of salt

55g/2oz butter

25g/1oz caster sugar

150ml/5fl oz milk

1 free-range egg, beaten, to glaze
(alternatively use a little milk)



Method

Heat the oven to 220C/200C Fan/Gas 7 and lightly grease a baking tray.

Mix together the flour and salt and rub in the butter. Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/3/4in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking tray. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes, or until well risen and golden-brown.

Cool on a wire rack and serve with butter and good jam and maybe some clotted cream.

No prior woodworking experience necessary
All welcome!



Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
13th July - 3rd August 2022
£20 for 4 week course
Places limited

Introduction to Woodcraft

- Learn basic woodworking skills
- Make your own small set of hanging shelves
- Make friends in a safe space

Contact Rebecca

01625 576311

info@bridgendcentre.org.uk
to book your place



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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. Thank you so much to I Am Print, it means the world.



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www.bridgendcentre.org.uk

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