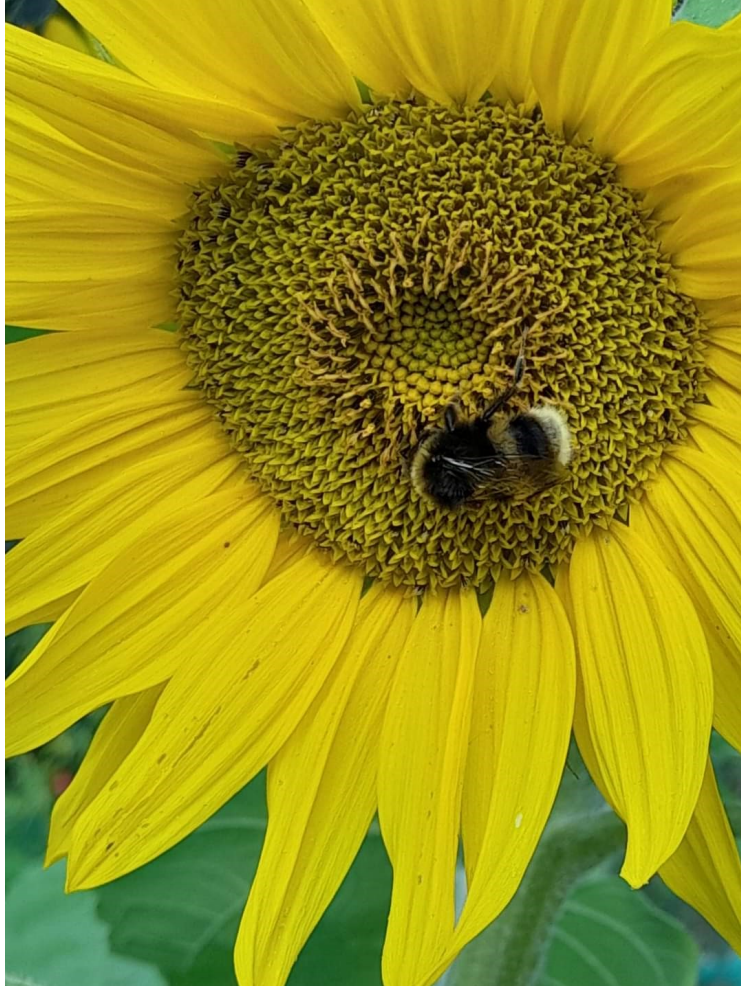


## BRIDGING SOCIAL ISOLATION



*Photo by Robyn Gonifas*

Welcome to the 83rd edition of Bridging Social Isolation!

We hope you are having a lovely Summer and enjoying the rather tropical we have been having.

Things continue to be busy at the Bridgend Centre with lots of people visiting for a bit of retail therapy, some refreshments and a chat on our lovely veranda and to find out about the Bollington Walking Festival which is due to take place in September. For more information on that, please go to [bollingtonwalkingfestival.co.uk](http://bollingtonwalkingfestival.co.uk)

## Bollington Walkers are Welcome

Walkers are Welcome is a nationwide initiative which aims to assist with communities' economic, physical, health and mental well-being. Bollington became a 'Walkers are Welcome' town in 2014 and Bridgend became involved in its running in 2020.

We have recently set up a Facebook page which we hope to use to spread information and share ideas about walking in the Bollington area and its benefits. This will be a great place to promote local businesses that are involved in walking, such as accommodation and



hospitality. Please go to our page on Facebook 'Bollington Walkers are Welcome' and press 'like' to be part of things.

We also have some free window stickers for local businesses to put in their window to indicate that they welcome walkers into their premises. Please contact us at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) if you would like one.



## Bridgend produce share point

Harvest season is now well and truly in full swing and some of our very generous visitors are bringing in lots of produce to share with others. You are more than welcome to pick up some fresh local produce and, if you can afford it, you could always drop a voluntary donation into one of our collection pots but if you can't then we totally understand. If you wish to drop off your excess vegetable patch offerings then we really appreciate it.

If you need some ideas of what to make with some of these seasonal goodies then check out our recipes on page 7!



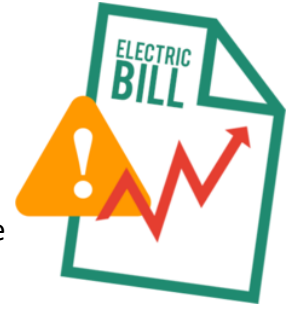
## Talk and Games get their groove on!



If you had popped in to Bridgend on Thursday 4th of August you would have been forgiven for thinking you had walked in to a party! In actual fact, the Talk and Games group were enjoying a chair dancing session lead by Lewis Bailey from LB dancing. Lewis pitched the session beautifully for a mixed ability group with some remaining seated but some learning the footwork too. With upbeat music and enjoyable actions, people soon got over some initial shyness and threw themselves into it with gusto, even Bridgend staffer Maxine! It was lovely to see the group having so much fun and trying something a bit different. Thank you Lewis!

## Energy Bills Support Scheme Factsheet

- Over the past year, global energy prices have soared, with wholesale gas prices alone quadrupling. This has led to an unprecedented rise in household energy bills.
- The Energy Bills Support Scheme will deliver a £400 non-repayable discount to eligible households to help with energy bills from October.
- This is an £11.7bn scheme which forms part of the £37bn cost of living assistance package for consumers over winter 22/23.
- There is no need to apply for the discount. Energy suppliers will deliver this support to GB households with a domestic electricity connection over six months from October 2022.



- The £400 discount will be administered by suppliers and paid to consumers over six months with payments starting from October 2022, to ensure households receive financial support over the winter months.
- Households will see a discount of £66 applied to their energy bills in October and November, rising to £67 each month from December through to March 2023.

- The discount will be provided on a monthly basis regardless of whether consumers pay monthly, quarterly or have an associated payment card.
- Households will never be asked for their bank details, and those with a domestic electricity connection will not need to apply.
- There is no need to contact your supplier as all domestic electricity customers will be automatically eligible. Electricity bill payers should enquire with their supplier if they have not received their first instalment by the end of October



- Traditional prepayment meter customers will be provided with redeemable vouchers in the first week of each month, issued via SMS text, email or post.
- Customers will need to take action to redeem these at their usual top-up point.
- Traditional prepayment meter customers must ensure their supplier has up-to-date contact details for them so they receive their voucher and understand how to redeem it.
- The government will work with suppliers and third parties on targeted communications and messaging for PPM customers to ensure vouchers are used.

Households most in need will be eligible for further support in addition to the Energy Bills discount. This includes:

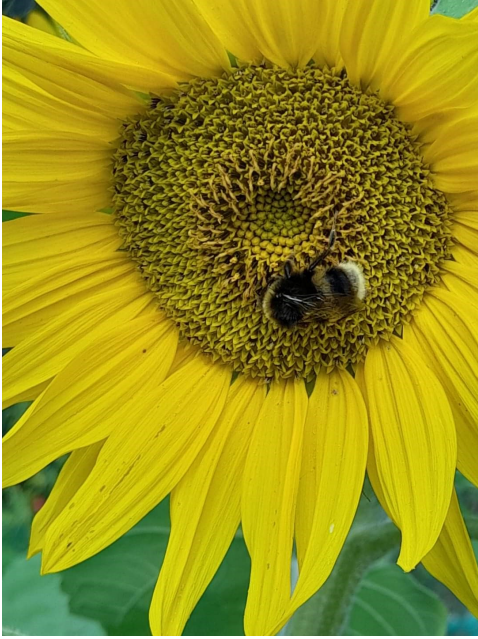
- a £650 one-off Cost of Living Payment for around 8 million households on means tested benefits;
- a one-off £300 Pensioner Cost of Living Payment for over 8 million pensioner households to be paid alongside the Winter Fuel Payment;
- a payment of £150 for around six million people across the UK who receive certain disability benefits;
- a £500 million increase and extension of the Household Support Fund.

The discount is being provided to households to assist with the cost of energy bills and it is for individual households to decide if they do not wish to retain it. If you do not need or want it then consider donating the money to a charity of your choice.





## Protect our Pollinators



One out of every three mouthfuls of our food depends on pollinators. It is almost impossible to over-emphasise the importance of the service pollinators perform for us.

Many plants rely on insects to pollinate their flowers and so complete their reproductive cycle – most plants cannot set seed without being pollinated (receiving the pollen, usually from another flower). Without bees, hoverflies and other insects visiting flowers, there would be no strawberries, apples, avocados, chocolate, cherries, olives, blueberries, carrots, grapes, pumpkins, pears, plums or peanuts.... And very few flowers in our gardens and countryside.

It is estimated that 84% of EU crops (valued at £12.6 billion) and 80% of wildflowers rely on insect pollination. Yet pollinators have traditionally been ignored as we have always taken it for granted that they would be there to carry out their free services to mankind. Now it is becoming apparent that if current trends continue, we may not have enough wild pollinators for all the crops our growing population requires. That is a truly

frightening prospect.

Wild pollinators include bumblebees and other bees (250 species), butterflies and moths (2200 species), flies (6700) and various other insects such as beetles, wasps and thrips.

### Pollinators in trouble

Half of our 27 bumblebee species are in decline

Three of these bumblebee species have already gone extinct

- Seven bumblebee species have declined by more than 50% in the last 25 years
- Two-thirds of our moths and 71% of our butterflies are in long term decline.
- Across Europe 38% of bee and hoverfly species are in decline; only 12% are increasing.



### Pollinators face a perfect storm of problems:

- Unpredictable/extreme weather resulting from our changing climate
- Intensive farming, which has fragmented and isolated flower-rich habitats and affected the quality of much that still remains



### Ways you can help

Leave a portion of your garden grass uncut and let the dandelions, clovers and thistles flower. You might have considered them weeds, rather than flowers, but together they can be quite beautiful!

Whether you're a keen gardener or don't have a garden, you can still support pollinators by planting pollinator friendly plants in your garden, in pots or window boxes. Annuals like cosmos, perennials like bellflower and even herbs like rosemary, lavender and sage are all great sources of food. Note that traditional bedding plants like geraniums and begonias have very little pollen

Your garden fruit and veg plot needs pollinators to provide seeds and fruit - the perfect system. Apple blossoms, blackberry bushes, runner beans, strawberries and tomatoes are all pollinator friendly.

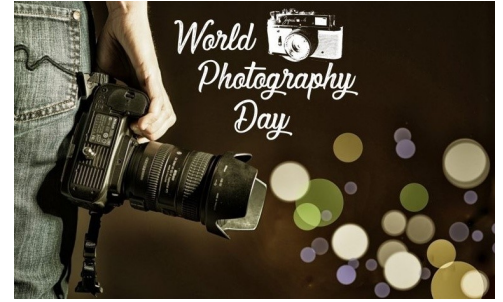
The commercial bee homes are great, but don't forget about the mining bees. If possible, leave a patch of bare earth somewhere flat and sunny on a southern or eastern facing bank. This is the perfect spot for a solitary mining bee.

If possible, remove weeds in your garden manually, or if necessary try spot treatment of weedkiller rather than blanket spraying. Spray after sunset on a dry, still day (easier said than done!)



## World Photography Day 2022 August 19th

From taking selfies to documenting wars, photography is a way to keep a record of events and pictures that serve as a memoir of the past. To celebrate this art form, World Photography Day is observed on August 19 each year. The annual celebration pays tribute to the art of photography and also encourages those who are passionate about it to come together and share their work. It also serves as a motivating day for the enthusiasts to pursue photography as a career. The definition of photography is literally “drawing the light”, the word coined by the British scientist Sir John Herschel in 1839.



In 1837, Joseph Nicéphore Niépce and Louis Daguerre invented Daguerreotype – a photographic process. On 9th January 1839, The French Academy of Sciences announced the daguerreotype process, later purchasing the patent and giving it as ‘a gift to the world’ on 19th August 1839. Hence why World Photography Day is celebrated on this date.

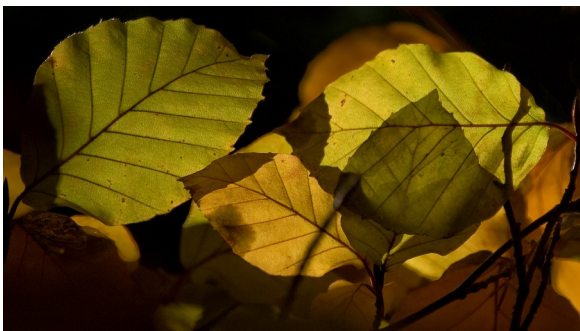


Photo by Bob Langstaff

We are incredibly lucky in Bollington to be surrounded by such natural beauty and we have many photography enthusiasts in the area including the local Bollington Photographic Group. Recently the fabulous book “People of Bollington” was published and created a literal snapshot of our community, It is a great example of how photography can bring people together. So on this World Photography Day, why not grab your camera and be inspired to document your view of the world? Happy Snapping!



Photo by Annie James



Photo by Bob Langstaff

### Be wildfire aware ...

- 1 NO CAMPFIRES**
- 2 ONLY BBQ IN DESIGNATED AREAS**
- 3 ENSURE CIGARETTES ARE OUT**
- 4 TAKE YOUR LITTER HOME ESPECIALLY GLASS BOTTLES**

**CALL 999**  
IF YOU DISCOVER A FIRE  
STAY SAFE. TELL FIRE CONTROL  
THE LOCATION, SIZE AND ANY  
RELEVANT INFORMATION

#WILDFIREAWARE

 **NFCC**  
National Fire  
Chiefs Council

## The mental health benefits of Art



We are very lucky at Bridgend to have talented local artist Anna Barker on our staff team. Anna runs our craft group on a Tuesday morning and Art group on a Tuesday afternoon. Helping people to maintain good mental health is an integral part of what we do here at Bridgend and in this article we highlight how beneficial Art can be for your mental health. Some think that you have to create paintings or sculptures to be considered a real artist. Others believe that you are either born with artistic talent, or not. Many who don't consider themselves to be gifted artistically feel that there is no point in creating art since they won't be satisfied with the results. But we are all born with an innate desire to express ourselves and art encompasses a wider range of activities than you might imagine.

Activities like painting, sculpting, drawing, and photography are relaxing and rewarding hobbies that can lower your stress level and leave you feeling mentally clear and calm. Creating art provides a distraction, giving your brain a break from your usual thoughts. The average person has roughly 70,000 thoughts per day and 90% of them are exactly the same, day in and day out! When you are totally immersed in a creative endeavour, you may find yourself in what's known as "the zone" or a state of "flow." This meditative-like state focuses your mind and temporarily pushes aside all your worries. Creating art trains you to concentrate on details and pay more attention to your environment. In this way, it acts like meditation.



As opposed to maths, art doesn't require any kind of a correct answer. Instead, you can come up with your own type of solution and further stimulate your brain with this type of creative thinking. This is especially the case since you will be able to use both hemispheres of your brain.

Similar to hanging a child's artwork somewhere can boost their self-esteem and sense of accomplishment, doing the same with your own artwork can create the same type of effect. Even better is the fact that you don't have to create something that looks absolutely perfect in order to obtain these feelings, and it doesn't even matter what type of art you create, whether its drawing, photography, or even knitting.

Whenever you engage in any kind of a new activity, your brain begins working to create connections between all of your different brain cells. In terms of creating art, this helps to stimulate all sorts of connections between various portions of your brain itself.

Art has been shown to enhance factors such as memory and cognitive abilities, especially in those who suffer from disorders such as dementia. While it's been shown that different types of drug treatments generally don't work very well in some people, creating art provides a great sense of pleasure for them. This is because it has been shown to greatly improve their self-esteem and social behaviour, as well as reduce various psychiatric symptoms associated with their disorder.



Art really is for everyone, so why not try your hand at something today? It doesn't have to be a masterpiece to be beneficial to your life. If you catch the bug, you can come and join Anna on a Tuesday afternoon to give you some pointers and inspiration. We hope to see you soon!



## Seasonal Recipes

### Summery Green Coleslaw

#### FOR THE COLESLAW

- 100g/3½oz peas or broad beans
- 1 small green cabbage, shredded
- 1 large courgette, grated or cut into matchsticks
- 1 large fennel bulb, finely sliced into matchsticks
- 1 bunch spring onions, finely sliced
- 2 celery sticks, finely chopped
- 1 green apple, grated
- ½ lime, juice only
- 1–2 tbsp chopped fresh herbs including basil, mint

#### FOR THE DRESSING

- 2 tbsp plain yoghurt
- 2 tbsp low-fat mayonnaise
- 1 lemon, zest and juice
- 1 tbsp fresh herbs
- pinch sugar



1. To make the coleslaw, bring a pan of water to the boil, add the peas or beans, bring the water back to the boil and cook for 2 minutes, then refresh in cold water, drain and set aside.
2. Place the peas or beans, cabbage, courgette, fennel, spring onions, celery and apple into a large bowl and mix. Finish with the lime juice and fresh herbs.
3. To make the dressing, mix all the ingredients together in a small bowl. Dress the coleslaw just before serving.

### Gluten Free Apple Tart

#### FOR THE ALMOND SHORTCRUST PASTRY

- 200g/7oz ground almonds
- ¼ tsp salt
- ¼ tsp bicarbonate of soda
- ¾ tbsp maple syrup
- 15g/½oz butter, softened
- 1 free-range egg



#### FOR THE FILLING

- 2 eating apples, peeled
- 1 tsp vanilla extract
- 35g/1¼oz raisins
- 1 tsp ground cinnamon
- 2 tsp maple syrup
- 10g/½oz cold butter, diced
- 50g/1¾oz almond flakes

1. For the almond shortcrust pastry, preheat the oven to 170C/150C Fan
2. In a large bowl, mix together all of the pastry ingredients until they come together as a soft dough. Wrap in cling film and chill in the fridge for at least 30 minutes.
3. For the filling, coarsely grate the apples. Place them in a bowl. Sprinkle over the vanilla extract, raisins, cinnamon, maple syrup and butter and mix to combine.
4. Roll the chilled dough out onto a piece of baking parchment lightly dusted with flour to form a rectangle about 3-4mm thick. Transfer the paper and rolled pastry to a baking tray.
5. Pile the apple onto one side of the pastry rectangle. Fold the other half of the pastry over the top, using the baking paper to help you. Press down gently at the edges to seal.
6. Bake the apple tart in the oven on the middle shelf for 12-15 minutes, then remove the tart from the oven and sprinkle over the almonds. Return to the oven for 4-5 minutes, or until the pastry is crisp and golden-brown and the filling has softened. Remove from the oven and set aside to cool for 10-15 minutes
7. To serve, slice the apple tart into wedges and top with cream, ice cream or crème fraiche as desired

## Brain teaser— Logic Puzzle

Five family members all met up for a picnic. Use the clues below to work out how they got there and what snack they brought with them. Tell us how Kevin travelled to the picnic (which is the grey space in the lower grid). Read through the list of clues below and use the larger grid to record any information. Place a tick in a box if you have any definite positive information and a cross for any definite negative information. For example, you learn that Brady rode his motorbike, so we have placed some logical ticks and crosses in the grid to help you. Using this method, you should be able to fill in the smaller grid.



### CLUES

- 1 Brady rode his motorbike and brought food with him.
- 2 The person driving the car brought water.
- 3 Both Janice and Kevin didn't drive a car nor cycle to get to the picnic.
- 4 Molly exercised her legs getting to the picnic but she didn't bring the salad.
- 5 A woman walked to the picnic and brought some camembert.
- 6 Kevin took something to drink.



		Transport					Snack				
		Bicycle	Car	Motorbike	Train	Walk	Cheese	Crackers	Lemonade	Salad	Water
Family	Anna			X							
	Brady	X	X	✓	X	X					
	Janice			X							
	Kevin			X							
	Molly			X							
Snack	Cheese										
	Crackers										
	Lemonade										
	Salad										
	Water										



Family	transport	Snack
Anna		
Brady		
Janice		
Kevin		
Molly		

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