

## BRIDGING SOCIAL ISOLATION



*Cornflowers by Puff Williams (Bridgend Art Group)*

Welcome to Edition Number 84 of Bridging Social Isolation!

With only a week to go until the start of the Bollington Walking Festival, the Bridgend Centre is a hive of activity as we prepare for the 37 walks on offer during the nine day period. More information can be found on page 2.

Don't forget, the festival isn't just about walking, there are social events too, such as the fabulous pub quiz and raffle at the Poachers Inn. It would be great to see you there and all proceeds go towards the running of our Centre so it is a double-winner all round!

If you do get involved in the festival and take some photos, please do send them through to us to include in future editions.

We hope to see you at the Centre soon.

## News of road closure in Bollington

CHESHIRE EAST BOROUGH COUNCIL  
NOTICE OF TEMPORARY ROAD CLOSURE  
S14 (2) ROAD TRAFFIC REGULATION ACT 1984

NOTICE IS HEREBY GIVEN that the Cheshire East Borough Council in exercise of its powers under Section 14 (2) of the Road Traffic Regulation Act 1984 and of all other enabling powers issues this notice temporarily to prohibit traffic in the following length of road:-



Palmerston Street, Bollington Ward, Macclesfield, SK10  
5 from the junction of Queen Street to the junction of Church Street. The alternative route will be via the following streets: – Palmerston Street, Round Gardens, Wellington Road, Henshall Road, Bollington Road, Ball Lane Roundabout, Silk Road, Flash Lane Roundabout, London Road, Brookledge Lane, Shrigley Road

Pedestrian / cyclist access to any premises situated within the temporary closure will be maintained at all times. Vehicular access will be maintained for emergency vehicles and residents where possible. The closure is necessary for works to be carried out by United Utilities. It is anticipated that the works will take place on the following date(s): Sunday 25th September 2022. This notice will become operative on Sunday 25th September 2022 for a period of 5 days or for such less time as is necessary to enable the works to be completed. If you have any enquiries relating to the works please contact Sapphire Utility Solutions on telephone number 0800 999 2266.

***Thanks to Bollington Town Council for this notice. You can get up to date information on road closures from the one. network website.***

## The art of blue

Everyone had a lovely afternoon this Tuesday when Anna Barker led a specialist art workshop on painting blue cornflowers in watercolours. This was the first of a series of planned monthly structured sessions by our in-house talented artist and teacher which will cover various subjects and mediums, such as pen and pencil drawings and pastels.



We loved to see all the lovely artwork produced in the Cornflower workshop. It was interesting to see the different interpretations of the same subject, including our stunning front cover this week! Thank you to everyone for allowing us to reproduce their stunning artwork.

Also planned are some art-related trips out, the first being to visit the sculpture trail at Chatsworth Park. The trail is entitled, "Radical Horizons: The Art of Burning Man. This is a temporary exhibition which will close on 1st October, so we have booked the Rainow minibus for 20th September. Members of the Bridgend Centre art and craft groups already have the date in their diaries.



More details of other trips will be to come in the coming weeks and months. Booking will be required so do watch this space for more information.





## Bollington Walking Festival is coming!

The Bollington Walking Festival will take place from 10th to 18th September 2022. The organising team has put together a varied programme of walks for the eight day event. It is the first full-scale Festival since 2019, after a breather in 2020 and a lower key festival in 2021 so we feel sure that the keen walkers among you will be more than ready to return to explore the wonderful countryside of Bollington and its environs.



For this, the 12th Bollington Walking Festival we have nearly 40 walks planned, and all the regular favourites are here including the children's Bear Hunt for pre-school children led by the Bollington Library staff, the Mayor's Boundary Walk and a Nordic walking session as well as a variety of new excursions. Lengths range from half a mile to twenty miles, so there's something to suit all abilities and interests.

Why not explore the history of the place where you live, or visit a local brewery? Maybe you want to get your walking confidence back? You might want to develop your creative skills in art or photography or want to have fun with your children or grandchildren. We have a few new walks for this year including a Mindfulness Walk, a walk featuring folk and ghostly tales and a walk organised by the young people's charity Just Drop In. We have brought back some old favourites with the popular canal walk which includes either a return or outward trip on a barge and 'Working up a Thirst' – a hike to Mobberley taking in 2 or 3 pubs on the way before being bussed back to Bollington (tickets for this event have sold out). The walk to the Random Apple Company which includes a tour of their apple pressing process as well as a full range of hikes enjoying the fabulous scenery in every direction around Bollington. Many of the walks are themed and include heritage walks looking at the history of Bollington.



Of course, what the festival is really all about is walking, so there are plenty of opportunities throughout the festival for those who just want to enjoy our beautiful local countryside. If you want to walk at any pace in any direction for as short or long a distance as you like, we'll have it covered. There's a variety of walks in the popular 5–7mile category, some of 7–18 miles, and a 20mile walk plus sensory walk organised by the East Cheshire Eye Society and short history themed routes too – there really is something for everyone.

As ever, the Festival relies on the contributions of the volunteers who organise and lead the walks. Notable groups that support us include East Cheshire Ramblers, the Manchester and District Walking Group (MAD), the East Cheshire Outdoor Group (ECOG) and the Cheshire East Rangers. All of whom, are up for socialising after the walks conclude. We also have a photo competition with three prizes up for grabs.

To pick up a leaflet go to the Bridgend Centre in Bollington or one of our many other outlets in the town. Or go straight to our website at [www.bollingtonwalkingfestival.co.uk](http://www.bollingtonwalkingfestival.co.uk) to access the calendar for the nine day period. Please note that some of the walks require booking and some require payment (not necessarily both). The Key on the leaflet and the calendar on the website mark which walks have these requirements.

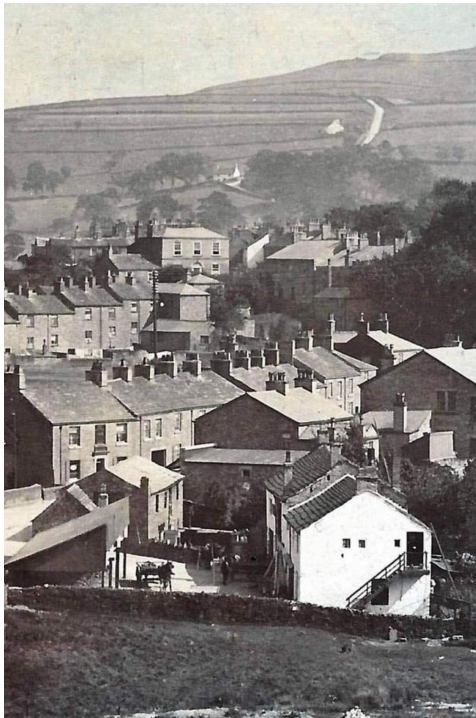


## A big THANK YOU to the Holly Bush

The Holly Bush pub is Bridgend's closest hostelry and they were hugely generous in supporting our recent event, 'Ramble and Roast' in July to raise funds for our Centre. A big thank to Bob the Landlord and Ian Loi-Mason the Chef for their support in providing fab food and drinks, which our walkers enjoyed after the walk.

The Holly Bush is a lovely old pub that used to be called the 'Shoulder of Mutton' for many years. The archway to the right of the pub was used as a slaughterhouse and during a time of serious unemployment in the late 19th century when cotton production was in decline, the landlord at the time boiled up broth for the population and served it there.

The pub was rebuilt in 1935 in a 'Brewer's Tudor style' and replaced a much smaller building. The Brewers Tudor style were popular in the inter-war period but are now very rare. Many of the lovely features of the building (including handmade bricks with ashlar dressings and hammer dressed buff sandstone) are now of special historical interest and so the building is listed under the Planning (Listed Buildings and Conservation Areas) Act. The pub also has some wonderful panelling inside. The Holly Bush is now owned by Robinsons and in 2016 it was closed for significant renovations to take place, during which time they brought back many of its beautiful original features back to life.



*A great photo of the Holly Bush, with an interesting shot of the Bridgend Centre*

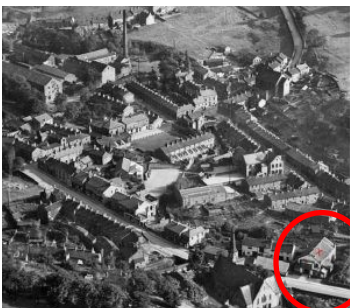
***Thanks to Linda Stewart, Bollington Civic Society and the Happy Valley website for the information and photographs used in this article.***



## Historic Bridgend

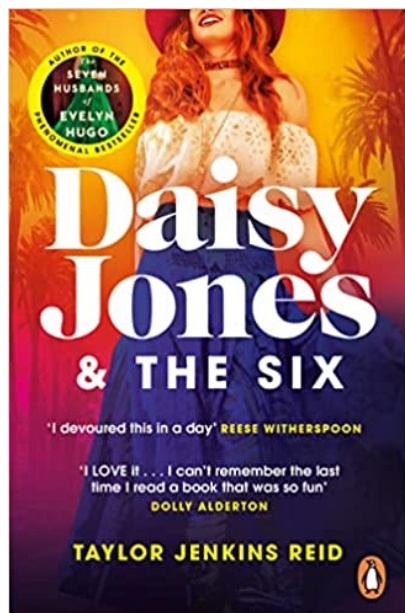
Talking of old Bollington, we saw a fascinating photo on Facebook this week of the old Empire cinema that used to be next to the Bridgend Centre. We have never seen this shot before and it dates back to when Bridgend was a garage. We wonder who the van belonged to?

The site was ideally suited for a cinema because the land sloped down from front to back of the building. Consequently the seats could be raked down the natural lie of the land, giving everyone a perfect view of the screen. When TV became affordable and popular after the Coronation in 1953, cinema going went into decline, and the Empire closed in 1955. The Empire was actually the second cinema in Bollington. The first was the Imperial Picture Palace located in Foundry Street.



*Photo by Shaun Green*



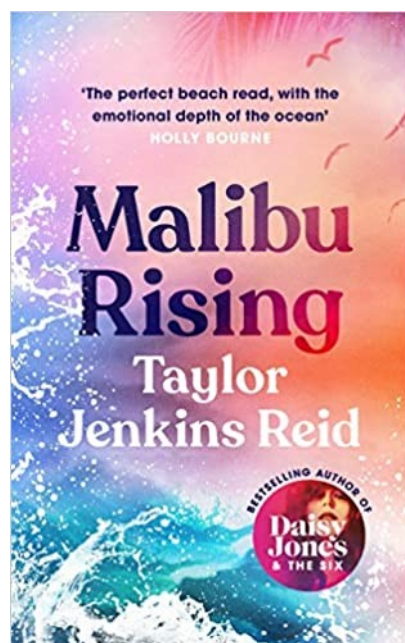


You may remember a few weeks ago I reviewed 'The Seven Husbands of Evelyn Hugo' by Taylor Jenkins Reid (below). I very much enjoyed it, so imagine my pleasure when I found two more books by the same author in the Bridgend book shop—'Daisy Jones and the Six' and 'Malibu Rising'.

When I got the books home I did a bit more reading up on these author (aka Googling) and learnt that Daisy Jones and the Six is set to be a hot new TV series by Amazon Prime. So I decided to read that before I could be exposed to any spoilers!

Daisy Jones and the Six is about a super-famous band in the 70s and initially I had to check whether they were a real band or not, which is quite a skill (they are definitely fictitious). The author was a big fan of Fleetwood Mac and the similarities between them and this fictional band are numerous. The book has an unusual format in that it is made up of interviews with the key characters, a bit like a Channel 5 biography show. It was a very readable too, but because of this format I did find it difficult to relate emotionally to the characters. When I got to the end I also felt that the plot was slightly weak and not much had actually happened! For an easy holiday read I would highly recommend it though and I am looking forward to see the TV version, it will be interesting to see how they interpret the characters. what actors play them and whether it is easier to emotionally connect to the characters on the screen.

Now I just have Malibu Rising to read, which according to goodreads.com is about:



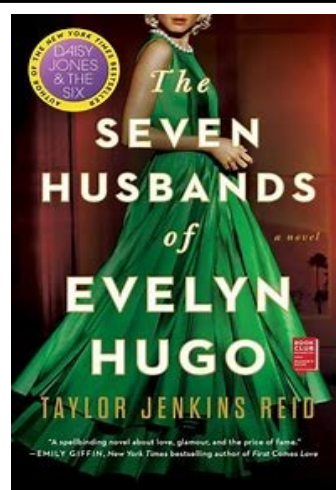
"Four famous siblings throw an epic party to celebrate the end of the summer.

But over the course of twenty-four hours, their lives will change forever.

Together, the siblings are a

source of fascination in Malibu and the world over—especially as the offspring of the legendary singer, Mick Riva. By midnight the party will be completely out of control. By morning, the Riva mansion will have gone up in flames. But before that first spark in the early hours before dawn, the alcohol will flow, the music will play, and the loves and secrets that shaped this family's generations will all come bubbling to the surface. *Malibu Rising* is a story about one unforgettable night in the life of a family: the night they each have to choose what they will keep from the people who made them... and what they will leave behind."

***Has anyone read any other books by this author? We would be interested to hear what you think.***



**The seven husbands of Evelyn Hugo by Taylor Jenkins Reid**

This book was our book club read for June and I was thrilled when I saw it on the shelves at Bridgend. It is the story of the life of the glamorous movie star from the height of the

Hollywood golden years. Despite her having seven husbands, all is not quite what it seems, and Evelyn spends her life hiding who the true love of her life is. This is a rattling good yarn which is very easy to read and I had finished it in two days which is very unusual for me. It also has a serious message about the right to be free to love whoever you choose.

## Bridgend by Jacky Chapman

*Thank you so much to Jacky Chapman for writing this brilliant poem about the Bridgend and also for allowing us to share it with you.*

In the village of Bollington is a centre called Bridgend,  
It is run for the community, and I firmly recommend.  
You're always welcomed with a smile, and a friendly chat,  
And all this before you have doffed your hat!

There is a charity shop, with bargains galore,  
The only problem is you can't stop wanting more!  
They run lots of groups and meetings, and trips out too,  
It's a great place to come if lonely or just feeling blue.

The café is a good place for a cup of tea,  
To rest and chat and socialise with people just like me!  
There is a little library, to relax and have a read,  
A little bit of quiet if you feel the need.  
The activity room is spacious, with a riverside patio,  
To sit out on sunny days and watch the river flow.



Bridgend is a super place to meet some kindly folk,  
And to purchase a new outfit, even if you are broke!  
Come and meet the lovely, friendly staff,  
To while away an hour or two and enjoy a laugh.  
We are very lucky to have a place like this,  
So come along and join us, don't give it a miss!



### Know Your Numbers! Week



**Free blood pressure  
and ECG tests**

**BRIDGEND CENTRE**

**Wednesday 7<sup>th</sup> September  
10am - 12noon**

No need to book just turn up



Middlewood Partnership  
Patient Participation Group

Happy  
Hearts



### How to save money on your energy bill

£ savings on annual bill



**£55**

Switch off  
appliances (rather  
than leaving in  
standby mode)



**£70**

Take four-minute  
showers



**£20**

Switch off lights



**£60**

Avoid using  
tumble dryer

Total: **£205**

Source: Energy Saving Trust



### Orzo Pasta with Roasted Butternut Squash

*Orzo pasta is a tiny little grain-shaped pasta that looks very like rice. It is available from many larger supermarkets. If you are short of time or muscle strength, you could also use frozen butternut squash.*

#### Ingredients

2 tbsp olive oil, 2 essential Waitrose onions (finely chopped), 1 garlic clove (minced), 500g butternut squash, peeled, deseeded and cut into 1cm cubes, 1.2 litres chicken or vegetable stock, 250g orzo, 100g soft goat's cheese (cut into chunks) 50g essential Waitrose parmigiano reggiano (grated) and 8 sage leaves, (shredded), 100g kale (shredded).

#### Method

Warm the oil in a large frying pan over a medium-low heat and saute the onion, stirring from time to time, for 5 minutes. Add the garlic and saute for a minute more.

Add the butternut squash, and 400ml of the stock. Simmer until the squash is tender and the liquid is almost completely absorbed, about 15 minutes.

Bring the rest of the stock to the boil in a separate pan and add the orzo and the kale. Boil until al dente, about 8 minutes. Drain well.

Tip the orzo into the butternut squash mixture and stir in the goats cheese, parmesan and sage. Season with black pepper and serve.



### Apple and Blackberry Fool

*This is a healthy and easy-to-make dessert, taking advantage of the produce that is in season currently!*

#### Ingredients

1 large dessert apple, peeled, cored and chopped, Few drops vanilla essence, 3-4tbsp clear honey, 300g blackberries, 1 egg white, 4-5tbsp thick Greek yoghurt.

#### Method

1. Place the apple, vanilla and honey in a pan and cook gently until just softened. Add the blackberries (keep back a few for decoration) and cook gently until all the fruit is soft.
2. Put a couple of the blackberries in the base of each serving dish. Leave the rest until cold. Then gently mash or lightly beat the fruit together without turning it to puree.
3. Whisk the egg white until standing in peaks and fold this into the fruit puree along with the yoghurt but don't fold too much.
4. Divide evenly between the four serving dishes and leave to chill. Serve the blackberry and apple fool decorated with the remaining fruit and mint leaves.



*Recipe courtesy of [www.berryworld.com](http://www.berryworld.com)*



## Brain teasers

### Unravel these riddles

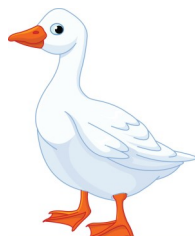
#### An Age Problem

When first the marriage knot was tied  
Between my wife and me  
My age was that of my bride  
As three times three to three  
But now, when ten and half ten years  
We man and wife have been  
Her age to mine exactly bears  
As eight is to sixteen  
Now tell, I pray, from what I've said  
What were our ages when we wed?



#### A Poultry Problem

I bought some fowls the other day  
One hundred dollars did I pay  
Each turkey did five dollars touch  
Each goose did bring half as much  
While chickens, if it must be told  
For ten cents each were freely sold  
One hundred fowls in all had I  
Of each how many did I buy?



## Thank you to our sponsors and supporters

The John & Margaret Wootton Trust Fund have funded this newsletter for twelve months—THANK YOU

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.



BOLLINGTON WALKING FESTIVAL PRESENTS

# FUND RAISING Quiz

RAISING FUNDS FOR THE BRIDGEND CENTRE

SUNDAY 11TH SEPTEMBER @ 8PM

AT THE POACHERS INN

PLUS RAFFLE WITH FABULOUS PRIZES

REGISTERED CHARITY 1123267

No prior woodworking experience necessary  
**All welcome!**

Bridgend Centre, Bollington  
Wednesday am classes  
10:30-12:30  
12th Oct - 2nd Nov 2022  
£20 for 4 week course  
Places limited

## INTRODUCTION TO WOODCRAFT

- Learn basic woodworking skills
- Make your own wooden trug basket
- Make friends in a safe space

Contact Rebecca  
01625 576311  
info@bridgendcentre.org.uk  
to book your place

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

Email:

info@bridgendcentre.org.uk

