

## BRIDGING SOCIAL ISOLATION



*Photo by Andrew Heathcote*

Welcome to edition no.86 of Bridging Social Isolation.

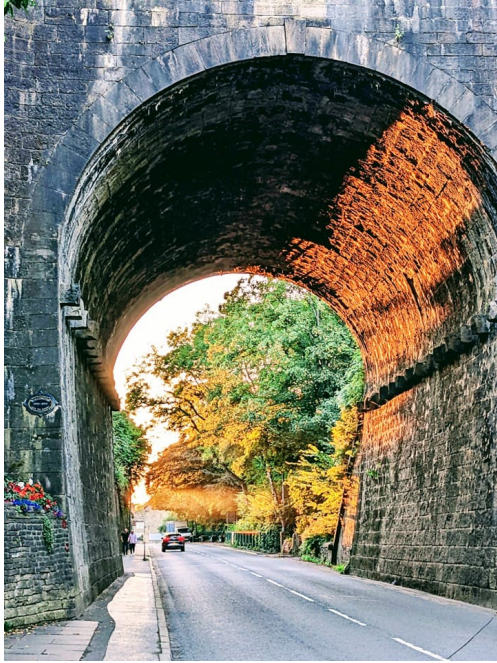
We can scarcely believe that September is already over and the seasons are most definitely changing. This edition has a distinctly autumnal feel! Why not try your hand at our Autumn quiz on the back page? (You may even find the odd answer within our article about Autumn in Bollington).

We are also asking for your help with a survey about online life skills. Paper copies are available at Bridgend or it can be accessed via our website. We want to know what the people in our community need and how we can best support you.

As ever, if you have any ideas of articles you would like to see included, please get in touch.



## Autumn in Bollington



*Autumn light in the Aquaduct—Ed Baron*

As we head into October, there is definitely a noticeable nip in the air and we find ourselves reaching for the woolly jumpers from the back of the wardrobe. One of the most beautiful sights in Autumn is the changing colours of the leaves but why does this happen? Trees, like most plants, use a green pigment called chlorophyll to photosynthesise – that is to produce sugars from the energy of the sun, using water and nutrients from the soil. This is what gives trees the energy they need to live and grow. Leaves are the centre for this process, exposing the largest area they can to sunlight to speed things up. But leaves also contain many other substances, some used in

photosynthesis and some created as by-products from it. In autumn, trees that lose their leaves for

winter go through a process to shut down photosynthesis and reclaim as many valuable chemicals as possible. Chlorophyll is constantly breaking down and being replaced through summer, but this process slows down in autumn. This reveals all those other chemicals in the leaves that were hidden by the presence of the dominant green chlorophyll.



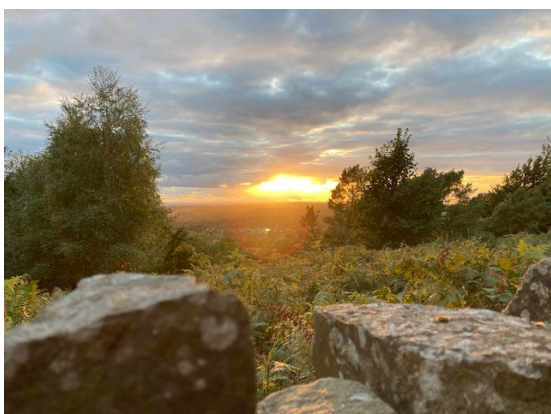
*Betty and Ted enjoy a misty autumn morning walk—Jane Wilson*

These include yellow flavonols, orange carotenoids and red to purple anthocyanins. The exact mixture of these compounds varies between species, and hence the degree of yellow or red colour in the leaves. The trigger for autumn colour to develop is a combination of day length and night temperature. As days shorten, the amount of sugar generated by photosynthesis drops off, and hormones in the plant trigger the leaf sealing and shedding process. This is accelerated

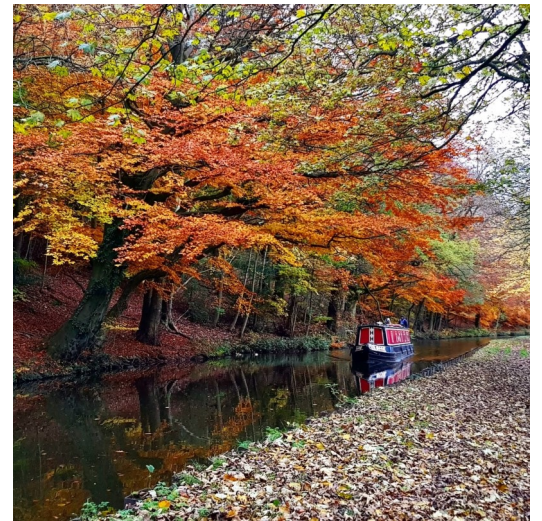
by cold nights, but the lower temperatures also act on the compounds remaining in

the leaf, breaking them down more quickly.

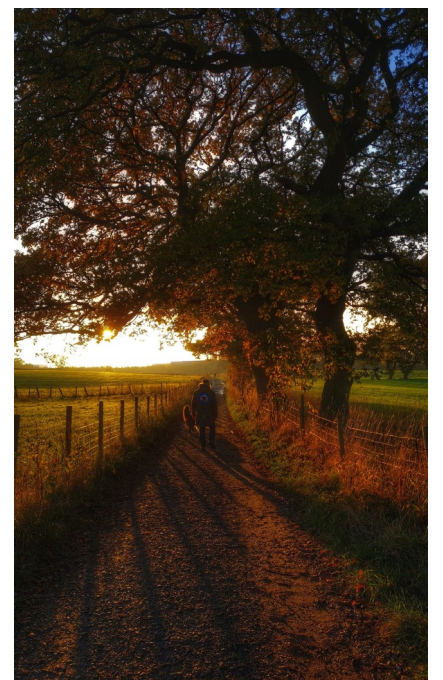
Here in Bollington, we are so very fortunate to be surrounded by so much nature and some of our readers have been kind enough to share some of their Autumnal photographs with us . We hope you enjoy them and that you enjoy watching the fascinating changes all around us.



*Photo by Ann Wright*



*Photo by Matthew Hanks*



*Photo by Karen Lomax*



## Chatsworth Sculpture Trail—A day out with the Art and Craft Group by Anna Barker



Radical Horizons: The Art of Burning Man is a sculpture trail currently on display at Chatsworth park. On Tuesday 20th September, a day trip was organized by the Bridgend Centre for our art and craft groups to visit the sculpture trail, spending the day exploring and gaining inspiration from the twelve amazing sculptures featured.

But first a bit of background information. Burning Man was inaugurated in 1986, when Larry Harvey and Jerry James, two members of the San Francisco arts community, burned an eight-foot tall wooden effigy of a man on San Francisco's Baker Beach. In

1986 only twenty people witnessed the event but it has now become an immensely popular festival held in the middle of the Nevada desert and always culminates with the burning of an effigy.

The sculpture trail at Chatsworth was created when Chatsworth staff worked with the Burning Man team and artists to bring its distinctive

culture of possibility and

creativity to the Derbyshire

landscape. The Bridgend Art

and Craft Groups were happy

to embrace the opportunity to

explore and interact with the sculptures and will be using them as

inspiration for future work they produce. Thanks must be given to the

organisers and volunteers who drove the Rainow community minibus for taking us to and from Chatsworth and back safely.

When the event comes to an end on 1st October there will be a celebratory burn event where there will be live music, dancing, circus and fire performers and a choreographed drone light show followed by the burning of one of the sculptures entitled Relevé. To find out more about this event and to buy tickets you can visit the

Chatsworth House website at

<https://www.chatsworth.org/> but hurry as the event finishes on Saturday 1st October.

Inspired by what they saw on the trail, the craft group then produced these little works of art based on the Relevé' sculpture





## Historic Bridgend



We were recently going through old photographs here at Bridgend and found these fabulous photographs of the Bridgend Centre in times gone by when the building used to be a place for Motorcycles rather than people!

We are often asked what the centre used to be in times gone by and many locals remember it from its incarnation as Sports Motorcycles. The building dates from the 16th century and was originally a farmhouse. The building predates the construction of the canal and this explains why our floor level is so much lower than the road level outside as the road level was created by the addition of earth in a failed first attempt at building the embankment. Our neighbouring building, now Hailwood House was the site of Bollington's Empire cinema at one time. It is truly fascinating to wonder at all the things our building has seen in it's time and imagine what it will in times to come!

## Walking Festival Update

Since our last edition of this newsletter, the Bollington Walking Festival came to a close. It really was a lovely event this year with good turnouts on most of the walks and social events.

We even had a travelling journalist join us on a few of the walks. Katie Wakelin of online magazine Mag North wrote us an excellent write up, which you can read online at [www.mag-north.com](http://www.mag-north.com).

We hope to build on this success next year, so if you do have any feedback or ideas you have for future events or alternatively areas that you think could be improved, please do let us know through our feedback form on the website: <https://bollingtonwalkingfestival.co.uk/welcome-to-the-walking-festival-2019/feedback-survey/>. (Paper copies are also available).

Also, don't forget that we have a photo competition with some fabulous prizes so please do share your snaps with us on our website by entering at: <https://bollingtonwalkingfestival.co.uk/photography-competition-2022/>

A huge thanks must go to the wonderful volunteers who took part in the festival this year, including the organising team and the many walk leaders who donated their time to ensure it all happened. We really couldn't have done it without you. We hope to see you next year!



## Cheshire East Council People's Panel

Cheshire East Council are inviting all residents to share their views on the rising cost of living and apply to join a new 'People's Panel'.

The rising cost of living is a serious issue that affects people in many different ways.

Cheshire East Council is determined to play its part in finding solutions and

supporting residents. This initiative aims to give residents a greater say in how local issues are tackled and decisions made.

Residents can participate in two ways: by sharing views in an online survey, and by applying to be part of the first Cheshire East People's Panel.

Throughout the next two weeks, all residents are being encouraged to fill in an online survey where they can share their views on the rising cost of living and how it's affecting them.

Then in October, over two weekends, a pool of 24 residents will come together as the 'People's Panel on the Cost of Living', to share their views, hear from independent experts, and propose solutions for the community, council and government. This panel will meet for 15 hours in total over the weekends of 15-16 and 22-23 October.

Members of the panel will receive £150 each in the form of shopping vouchers as a thank you for their participation and travel expenses to the venues will be covered.

The purpose is to create a better understanding of the rising cost of living and how it affects people in the borough, and to hear from residents what they think Cheshire East Council, local communities and government can do to help make life more affordable. To inspire ideas, members of the People's Panel will receive balanced information from different expert speakers. The panel's final recommendations will be delivered to Cheshire East Council, which has committed to responding to each proposal by January 2023.

All residents can complete the online survey and apply to join the People's Panel at this website by 6 October at [www.cheshireeastpeoplespanel.co.uk](http://www.cheshireeastpeoplespanel.co.uk)



Bridgend Centre presents...  **Bridgend Centre**  
at the heart of our community

# Vintage Bric-a-Brac Bazaar

Browse our vast collection of vintage bargains  
and raise funds for our fabulous local charity at  
the same time

**Saturday 22nd to Saturday 29th October 2022**  
**Monday to Friday 10—4 and Saturdays 10—1**  
**In the Education Room at the Bridgend Centre**  
**FREE ENTRY**

The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW  
01625 576311 [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk) Charity no: 1123287

Age UK Cheshire East and Macclesfield Town Council  
invite you to celebrate

## Older People's Day!

With our special guest The Mayor of Macclesfield!

 **Cheshire East**  
**ageUK**

**Saturday 1st October**  
**1 pm - 4 pm**  
**Macclesfield Community Centre**  
**Free entry!**

1 pm - The Mayor of Macclesfield will open the event and registration for the art, handmade item, and miniature garden competitions opens

1.15 pm - Tai Chi demonstration and taster session

2.15 pm - Choir and group singing

2.30 pm - Competition registration closes

3 pm - All abilities Zumba taster session

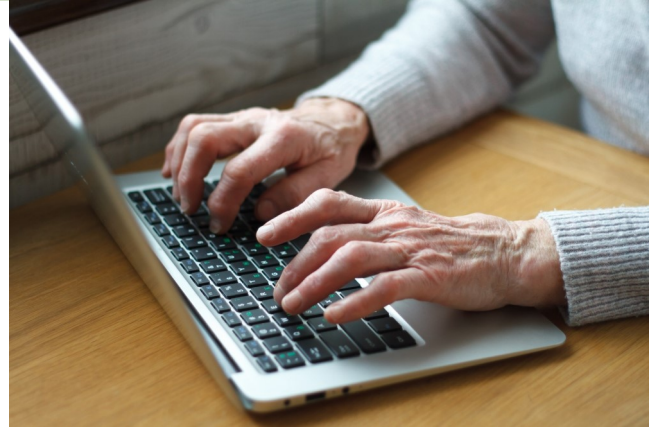
3.30 pm - Prize giving and closing speech

Visit our website or call us on 01625 612958 for full details and more information on entering our competitions!



## Online life skills

Following the Covid Pandemic, there seems to be a widely held belief that more people than ever are technologically literate; using computers and smart technology on a daily basis to communicate with loved ones or complete essential everyday tasks. However, recent research by Age UK shows that this picture is not entirely accurate and that in the over 65 population there has not been a dramatic revolution in online activity. The Age UK Digital Inclusion and Older People report states that 42% of over 75s do not use the internet at all. A study commissioned by The Centre for Ageing Better asserts that there are over 5 million people over the age of 55 who are not digitally literate and do not use online services.



The pandemic caused many businesses, public services and entertainment companies to put their products, services, advice and procedures online. Increasingly, people's social lives, leisure time, medical or health services and communication with loved ones have moved online.

But, without the appropriate aptitudes in digital technology, how can older people access these services to overcome the challenges of entering a whole new digital world? It is extremely concerning that some older people are detached from online health, medical and wellbeing services to the extent that they are missing out on vital help or support.

The key skills that enable people, particularly older people, to stay connected with the world:

### 1. Accessing Information

Using a search engine to look for information, downloading and saving something discovered online.

### 2. Communication

Creating messages through messaging services and writing emails.

### 3. Transacting

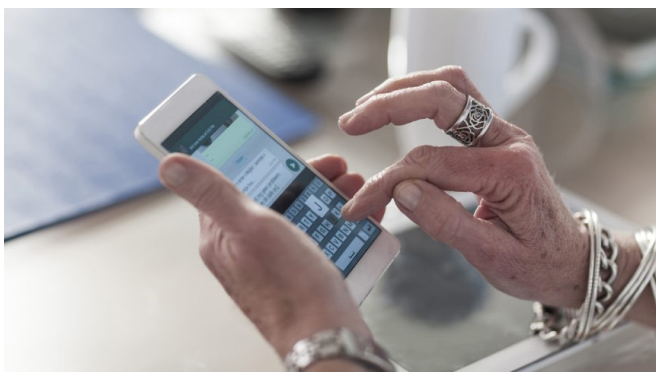
Purchasing items or services online, such as banking and navigating apps.

### 4. Problem Solving

Ensuring information is correct and solving problems using a digital service.

### 5. Creating

Completing online application forms, or creating something new from existing images, video or content.



We know that not every older adult struggles with technology and some people can comfortably access their online banking, food shopping, GP services and social media. Currently we are asking for your experiences with technology and feedback on what you may need help or support with. We have compiled a short survey, paper copies can be obtained at the Bridgend Centre or it can be accessed on our website [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk), and we would really love to hear

your thoughts. If we identify a need for support then we can look at the best ways to deliver that to our community.

## Seasonal Recipes—Sausage and Cider Casserole with Apple and sage

### Ingredients

- 1 tbsp sunflower oil
- 8 British outdoor-reared pork sausages (at least 70 per cent meat content)
- 200g smoked bacon lardons
- 50g butter
- 2 medium onions, chopped
- 2 garlic cloves, crushed
- 2 small parsnips (about 350g), chopped
- 3 large celery sticks, chopped
- 1 tbsp tomato purée
- 2 tbsp plain flour
- 300ml medium or dry cider
- 300ml fresh chicken stock
- 8-10 fresh sage leaves, chopped, plus a few leaves fried in a little oil until crisp (optional)
- 1 tbsp wholegrain mustard
- 2 small eating apples, such as cox
- A squeeze of lemon to serve (optional)



### Method

1. Heat the oven to 180°C/160°C fan/gas 4. Heat the oil in a large flameproof casserole (with a lid). Add the sausages and brown them all over, then transfer to a plate.
2. Add the bacon lardons to the casserole and fry for 5 minutes until the fat is crisp and brown. Transfer to the plate with the sausages.
3. Drain off all but 1 tbsp of the oil from the casserole, add half the butter and, when melted, add the onions and garlic. Cover and cook for 10 minutes, stirring now and then, until soft and lightly browned.
4. Take off the lid, stir in the parsnips and celery and cook for 2 minutes more. Stir in the tomato purée and flour, then gradually stir in the cider and stock and bring to the boil.
5. Return the sausages and bacon to the casserole, then stir in the sage and mustard. Cover, put in the oven and cook for 40 minutes.
6. When the casserole is ready, melt the remaining butter in a non-stick frying pan. Quarter, core and slice the apples into wedges. Add them to the pan and fry gently for 2-3 minutes until golden all over and just tender. Season with a little salt and pepper.
7. Remove the casserole from the oven, stir in the apples and season to taste (add a squeeze of lemon if you think it needs it). Sprinkle with the fried sage leaves, if using. Serve with baked potatoes or mash and greens.

## Brain teasers—Autumn Quiz

1. What is Autumn known as in North America?
2. Which English Romantic poet composed "To Autumn" after a walk near Winchester one autumnal evening?
3. Pumpkin fragments dated between 7,000 and 5,500 BC have been found in which country: China, Egypt, Germany or Mexico?
4. Who did Autumn Kelly marry in May 2008?
5. Bonfire Night takes place every November but in which year did Guy Fawkes try to blow up Parliament?
6. And which king did Mr Fawkes try to blow up?
7. What are hedgehogs' spines or quills made from?
8. With around 400 players participating, what are the WCC, which are held annually on the second Sunday in October in Northamptonshire?
9. In Australia, Autumn begins in which month?
10. In 2009, Autumn was the 81st most popular name for girls born in which country?
11. Name the pigment which trees stop producing, thus causing leaves to lose their green colour?
12. Pheasant shooting season starts at the beginning of which month?
13. Which federal holiday in the United States is often said to mark the end of summer and the start of autumn?
14. In Britain, the autumn internationals or November internationals take part in which sport?
15. SAD is sometimes known as Autumnal depression, what do the initials in SAD stand for?
16. The Oktoberfest is held annually in which German city?
17. Which celebration is influenced by the Celtic autumn festival, Samhain?



### 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.



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