

BRIDGING SOCIAL ISOLATION



Photo by Brian McGuigan of Bollington Wharf

Welcome to edition number 87 of 'Bridging Social Isolation', the Bridgend Centre's fortnightly newsletter. We do hope you enjoy it, as usual it contains lots of news and updates from the Centre and Bollington as whole.

This week we have a stunning photograph of Adelphi Mill by Brian McGuigan of Bollington Wharf as a our front cover image, showcasing the breathtaking architecture we have in and around Bollington.

Thank you also to Stuart Clay who has very kindly allowed us to print his interesting poem about the area's history and landmarks. If you have anything you would be willing for us to share with our readers in future editions, please do get in touch!

Cheshire East Council—National Databank Scheme

Cheshire East Council are working with Good Things Foundation to distribute free SIM cards and mobile data to local people facing digital exclusion through not being able to afford sim cards and mobile data. The National Databank scheme is supported by UK mobile networks Vodafone, O2 and Three, and offers vital connections for anyone cut off from the basic daily activities most people take for granted, like contacting loved ones, accessing job interviews, finding essential health or other information online, and digitised public services.



If you're a Cheshire East resident and meet the eligibility criteria, you can register your interest to receive free mobile data, as well as talk minutes and text. You can also register interest on behalf of other people if you know someone who would benefit from free mobile data.

Anyone aged over 18 from a low-income household who qualifies in at least one of the following ways can apply:

- you have no or insufficient access to the internet at home
- you have no or insufficient access to the internet away from home
- you can't afford your existing monthly contract or top-up

Once you register your interest, the library will contact you to make an appointment to collect a SIM card. or visit your local Cheshire East library.

Bridgend Centre presents...



**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 Charity no: 1123287

WE NEED YOU !!!

**Do you know your way
around your smartphone?
Can you take a good snapshot?**



**The Bridgend Centre eBay shop is on
the lookout for volunteers!**

The role involves taking photographs on your
smartphone of items to sell and drafting listings on
the eBay app.

If this sounds like something you would be good at,
please ask at reception for more details.



104 Palmerston Street, Bollington, Macclesfield, SK10 5PW
01625 576311

Love Bollington market

A great day was had on the Recreation Ground on Sunday 9th October when the Love Bollington market was held, along with a dog show.

There were a number of categories in the dog show, including best trick, best autumn fancy dress, waggiest tail, best look-a-like, prettiest pup (under 12 months), most gorgeous oldie (over 10) and the dog the judges would take home.

Judging was carried out by Cal Thorpe from local dog training company 'Off Leash' and Councillor Jo Maitland. According to Jo, "the competition for 'dog the judges would most like to take home' was by far the

hardest to judge - we really did have lots of lovely dogs and choosing winners was difficult. Luckily all dogs got a sausage from Woofington's to take home although some definitely ate them before they'd left the show ring".



There were of course, the usual fabulous stalls selling food, gifts and crafts, including 'scruffy dog creations', hot bottled sauce from 'No Ordinary Bottled sauce', soaps from the 'Silk Town Soap company' gin from the 'Emerald Gin company', plus much more.



Dog show photos by Cal Thorpe of Off Leash

The market regularly makes donations to local good causes and this month was no exception with a £500 donation made to Bollington Cricket Club.

The next market will be in November when it is combined with the Christmas light switch on, so be sure to get down there to stock up on your Christmas presents!



Love Bolly market organisers Sarah, Jane, Jane and Edwina.



World Mental Health Day

Monday 10th October was World Mental Health Day. The theme for this year is to make mental health and wellbeing a global priority. Here at the Bridgend Centre, we firmly support this aim and believe that there are lots of ways we can support our own and each other's mental health, whether it is in big or small ways.

We like these planners by Action for Happiness because they take each month day by day and allow people to focus on the positive in every day, even if it is in a seemingly small way.



All our services are aimed at supporting people and improving their mental health, whether it is through activities, physical exercise and/or providing someone to talk to if people are lonely or need help and support.

In these sometimes worrying and difficult times, let's all support each other and remember we don't know what challenges another person faces every day. It is always best to be kind and a friendly smile could make all the difference to someone.



Walks for Health—New Sessions for Autumn-Winter

Following the success of our 'walks for health' programme on a Monday evening during the Summer, we have decided to continue them during the Autumn and Winter months on a Monday morning at 10:15am to make the most of the daylight.

Starting on Monday 31st October, they will follow the same format as previously in that there will be different start points around Bollington and surrounding areas each week on a rotational basis. Start points include various locations in Bollington, Prestbury, Macclesfield and Whiteley Green in order to take advantage of the lovely fields, canals and old railway line the area has to offer.

All the walks are easy, approximately 2 miles in length, with no stiles and only gentle or short slopes/steps to climb or go down. Some surfaces and paths we travel are can be rough, uneven or muddy so we do recommend you wear sturdy shoes and appropriate clothing for the weather conditions. You may like to bring a drink. There is no charge for these walks and you do not need to book.



For more information, please pick up a leaflet at Bridgend or go to our website where you can download the leaflet or refer to our calendar where you can find the details of each walk on the relevant date.

Dogs are welcome to join us on a lead.



Bollington
Walks for Health
Autumn-Winter 2022-2023



Short guided walks in Bollington and surrounding areas on a Monday morning
October 2022 to March 2023

Bridgend Centre
at the heart of our community

All walks around two miles



Do you have the magic ingredients to be a Bridgend Buddy?

Turn your time into something priceless.

With our support we will help you to make a real difference, to offer companionship to someone who is feeling lonely or isolated.

Help to create smiles in your community.

To find out more please contact Anna Hatley
anna@bridgendcentre.org.uk 01625 576311



Christmas Crafting Memories

28th November
10:30am - 12:30pm
The Bridgend Centre
Bollington SK10 5PW

Come and craft a Christmas Memory

Make a Christmas Decoration in memory of a loved one

Craft a Christmas Candle

Craft a Tree Decoration



For more information call Anna 01625 576311



Just come along on the day

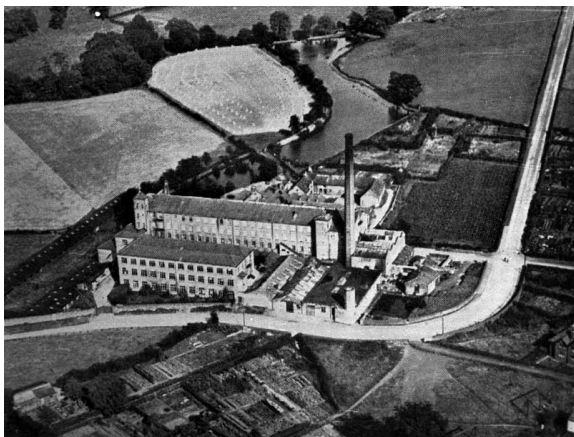
A Poetic Walk Through Bolly's History by Stewart Clay

Bollington is a lovely place to live,
and its wide appeal is no great mystery
You won't have to search too long,
to discover its rich revolutionary history
A few centuries old buildings survive today,
though most sadly are no more
This Poem relates Bolly's present and past,
via a brief Poetic, Historic tour

The Gaskells, Swindells and Greggs,
each a renowned Bollingtonian name
Even after centuries, in The Happy Valley,
their wonderful legacies remain
The Rec bequeathed by Francis Gregg in 1901,
is very much loved in Bolly
Whilst Martin Swindell's Mills exist to this day,
The Clarence and Adelphi

Now known as Savio House,
in 1815 the Gaskell's home was Ingersley Hall
Their legacy, White Nancy,
upon Kerridge Ridge still stands proud and tall
Built to commemorate the Duke of Wellington,
and The Battle of Waterloo
First the site of a Warning Beacon,
then a Memorial and Summerhouse too

At the other end of the village lies Nab Head,
a Trig Point high in the hills
Both The Nab and Nancy oversaw,
Bollington's numerous once noisy Mills
All of them were first served by the River Dean,
and the smaller Harrop Brook
Then Macclesfield Canal opened in 1831,
with Bolly's impressive aqueduct



The Canal was superseded in 1869,
by the Macclesfield to Marple Railway
Reclaimed as a Bridleway and Nature walk,
now named Middlewood Way
With just The Clarence, Adelphi,
Lower and Lowerhouse Mills remaining
Only Tullis Russell and Slater Harrison still thrive,
both in paper coating

Retrace Millworkers steps on the pavings,
from Rainow onto Ingersley Vale
Paved to save farmed fields,
from the workers clogs and then boots hobnail
Past Waulkmill Waterfall
to Mill sites long forgotten, further down the hill
The ruined Clough Mill and Waterwheel,
and then the site of Rainow Mill

Next Higher Mill now Dyers Court
and Lower Mill at the bottom of the hill
Then to the Antrobus brothers Oak Bank,
Bolly's first Cotton Spinning Mill
Defiance mill driven by Harrop Brook and Pond,
now Pool Bank Car Park
Finally Waterhouse Mill Estate,
the end of my Poetic, Historic, Bolly Walk

Stewart Clay

*Thank you to Tim Boddington and the Bollington
Discovery Centre for these historic photos*

Ralph and Katie—Bollington hits the small screen

Many of you may recall TV crews visiting Bollington earlier this year to film new BBC drama series 'Ralph and Katie'. Well the wait was over this week when it was aired on Wednesday evening on BBC 1 (the whole series is also available to download from the BBC i Player).

The drama is a spin-off from the popular series 'The A Word', which was about the impact of a young boy's diagnosis of Autism on him and his family. Ralph and Katie features two of the A Word's favourite characters who are newly married, have just moved into their first home together and have Down's syndrome.



Written by Peter Bowker, this series is blazing a trail to be as inclusive as possible. It is the first TV drama to have two people with Down's syndrome in the lead roles and Bowker has handed most of the scripting duties over to writers with disabilities. Alongside director Jordan Hogg, who has cerebral palsy, numerous crew members with disabilities were also hired, many as trainees.

The story is set in the Lake District and so Bollington doubles up as a town in Cumbria. A row of cottages on Market Place is the setting for Ralph and Katie's home and it is quite disconcerting that when they go through the front door in Bollington and into the back garden filmed in the Lake District fells! Viewers may also recognise other Bollington locations in the programme, including Water Street and the Vale pub.

Ralph and Katie is an enjoyable drama which is both funny and pulls at the heart strings. It shows the couple on the same journey as any other with the expected challenges and misunderstandings that a romcom can bring.

Images of the TV show by the BBC

Vintage Fair

Its nearly that time again, time for the famous Bridgend vintage bric-a-brac bazaar! Running from Saturday 22nd to Saturday 29th October in the education room, our sale will have the usual unique and wonderful items to browse through and take home to treasure. And all to raise valuable funds for the Bridgend Centre.



The sale will start on Saturday 22nd, when we are open 10am to 1pm and there will be a selection of home-made cakes and biscuits to tempt you. As mentioned above, the sale will run all week until the following Saturday, but it is very much while stocks last! The opening hours Monday to Friday are 10am to 4pm.

We do hope to see you over the week at some point and that you get the bargain of your dreams.



Seasonal Recipes—Macaroni Cheese Lasagne

Ingredients

- 2 tbsp olive oil
- 400g lean beef mince
- 50g smoked bacon, chopped
- ½ onion, finely chopped
- ½ celery stick, finely chopped
- ½ carrot, finely chopped
- 1 garlic clove, crushed
- 150ml red wine (optional)
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 250ml beef stock
- 2 bay leaves
- 1 rosemary sprig
- 1 tsp sugar
- 400g macaroni
- 80g grated mozzarella

FOR THE CHEESE SAUCE

- 50g butter
 - 50g plain flour
 - 2 tsp English mustard
 - 800ml semi-skimmed milk
 - small grating of nutmeg
 - 100g grated parmesan
- 100g mature cheddar, grated



Method

Heat half the oil in a large, heavy-based frying pan or casserole dish over a medium-high heat, and fry the mince and bacon until golden. Transfer to a bowl using a slotted spoon and set aside.

Add the remaining oil to the pan and fry the onion, celery and carrot for 10 mins until just softened. Add the garlic and cook for 1 min more, then return the meat to the pan. Tip in the wine, bring to a simmer and cook until the mixture is reduced by half. Stir in the tomato purée, tomatoes, stock, bay, rosemary and sugar. Simmer, covered, for 30 mins, then remove the lid and simmer uncovered for another 10 mins until reduced. The ragu will keep in the freezer for up to two months. Leave to cool completely before freezing.

Meanwhile, make the cheese sauce. Melt the butter in a saucepan until foaming, then stir in the flour and cook for 2 mins. Stir in the mustard, then remove from the heat and gradually whisk in the milk in small additions. Return the pan to the heat and simmer for 5-6 mins, whisking continuously until thick and smooth. Add the nutmeg, parmesan and 80g of the cheddar, then season to taste.

Heat the oven to 200C/180C fan/gas 6, and cook the macaroni in a large pan of boiling water for 5 mins. Drain, then stir into the cheese sauce. Spread the ragu into the base of a large rectangular baking dish (ours was 28 x 22 x 5cm), then spoon over the mac 'n' cheese and gently spread out using the back of a spoon to cover the ragu. Top with the remaining cheddar and the mozzarella, and bake for 25-30 mins until golden and bubbling. Leave to rest for 5 mins, then scatter over a few basil leaves to serve, if you like.

Brain teasers—Autumn Wordsearch

X O R F M Y S D C P I N E C O N E C O O L E
 G N H S E U C C Y H S R N R A I N C O A T L
 F K T V A I J Z V D A F U I B I Y T K S C V
 F T H A N K S G I V I N G Y U V Y W S U H C
 N D U S B R D C Y I R K G J L B K P Q E E >
 O Y E L L O W M T M O U H E X E S I U Y S N
 V K B P K Q B U S Q U I R R E L A J A G T V
 E X Y C W I L M K A O Q Q I Y V Y F S O N U
 M J H A L L O W E E N J O S P Y H L H C U H
 B D H A R V E S T L P F V F A L L R D T T A
 E D U Q Z P P V U P W P V O R A N G E O S Y
 R Q N T S E P T E M B E R K N I B K V B P S
 R L I F L T W P O U U A Q Y J G F V H E U T
 A X C E G A U R W G A R E A W Z D I H R M A
 N C I O N O D D F I S S J C P G O E S M P C
 W N O H R D X T W Y X M O L Z P V D C F K K
 T V X R G N P S E A S O N O B Y L E C C I I
 S Q C T N L T E L Z L G C O I D Z E U L N R

PUMPKIN
 COOL
 ORANGE
 OCTOBER
 YELLOW
 NOVEMBER
 ACORN
 SEASON
 CHESTNUTS
 PINE CONE
 LEAF
 APPLE
 SQUIRREL
 HALLOWEEN
 SQUASH
 PEARS
 THANKSGIVING
 CORN
 HAYSTACK
 FALL
 RAINCOAT
 HARVEST
 SEPTEMBER
 CHANGE

Autumn Quiz Answers

- | | |
|-------------------------------|---------------------------------|
| 1. The Fall | 11. Chlorophyll |
| 2. John Keats | 12. October |
| 3. Mexico | 13. Labor Day |
| 4. Peter Phillips | 14. Rugby Union |
| 5. 1605 | 15. Seasonal Affective Disorder |
| 6. James I | 16. Munich |
| 7. Keratin | 17. Halloween. |
| 8. Conker world Championships | |
| 9. March | |
| 10. United States | |



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.



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

Email:

info@bridgendcentre.org.uk

