

## BRIDGING SOCIAL ISOLATION



Welcome to edition number 88 of 'Bridging Social Isolation'. This edition is full of information and articles about what is happening at the centre and within our community. If you have anything you would be willing for us to share with our readers in future editions, please do get in touch.

We are very excited to unveil our new automatic door, it should help to make our centre accessible to all and keep us all warmer. We have certainly had lots of people testing it out by coming to our vintage sale over the last week!

Don't forget that the clocks go back this weekend (in the early hours of Sunday 30th October), so you can enjoy an extra hour in bed this weekend.

## Update on long-term planning decisions for Bollington

A while back Cheshire East Council published the 'Site Allocations and Development Policies Document (SADPD)' - that is, how many new houses they would approve in each area of the borough up to 2030. After comments, this was sent to HMG Planning Inspectorate for review. The result was published this past week. So far as I can see from my looking at the key points, it's good news for Bollington.

There were a number of concerns raised that a couple of areas of green belt were proposed to be included in the development area. This could only be done if exceptional circumstances exist, and Bollington Town Council made a case that such circumstances did not exist. The inspector agreed saying "... I find that exceptional circumstances do not now exist to justify the further alteration of Green Belt boundaries ...".

Bollington had concerns that Dyers Mill Pond (properly known as Higher Mills Pond) might become the subject of further housing development, and should be clearly defined as an 'open space'. The inspector agrees, saying "Provided the open space is of public value, which the pond evidently is, its designation as open space is justified and consistent with the National Planning Policy Framework (NPPF)."

For people who care about the green spaces in Bollington, this will be seen as a positive.

**Tim Boddington**



*Dyer's Mill Pond—happyvalley.org.uk*

## Stamps without Barcodes



Royal Mail have advised customers that they have 100 days left to use up or exchange none barcoded stamps. The barcoded stamps were introduced earlier this year with the aim of allowing customers to be able to track their letters and parcels using the Royal Mail app. The older style stamps must be used by 31st January 2023.

They can also be exchanged but not at post offices. Customers will need to fill out a swap form and send their old style stamps to a freepost address. What better reason to drop a letter to an old friend and use up those stamps?

### **A bend in the river by Bob Langstaff**

There once was a battle at this bend in the river, unmarked  
by stone or cross  
Unpenned by scribblers of legends, untold by fireside bards  
They came to take the castle bringing circlets of silver  
Rings of gold and unnerving jewels  
To shake in the faces of their foe.  
We are here, we are ready, we are invincible  
And battle was given  
Crimson rills in the surface shallows  
And in the depths, fortunes and bones beneath the grasping  
mud  
All this is here, at this bend in the river  
Where the shifting mists hold the shapes of parted ghosts.

**Meditation Class at Bridgend Centre, Bollington**

Mondays 2 - 3 PM  
From 7th November to 12th December

A beginner's class suitable for all ages inspired by nature.  
Held by Amanda, a certified Meditation Teacher & Forest Therapy Guide. Sharing a nature based meditation practice to support your wellbeing.  
www.letsstepin.com

Let's Step In  
Bridgend Centre  
01625 576311

E4 per class. Suitable for adults only. Drop in for 1 class or join for all.  
To book a space please contact Bridgend Centre by phone 01625 576311 or email info@bridgendcentre.org.uk

## Autumn Vintage Fair great success



The Autumn Vintage fair is drawing to a close. The week long event began on Saturday 22nd October and runs for a week. The eagerly awaited event has been extremely successful so far. The first day saw a queue of people all the way back to the main road waiting to come and find a bargain. The fair has raised over £1000 in the first day alone which is absolutely fantastic and we will update you when we know final funds raised. Many Thanks to everyone for making it such a successful event.

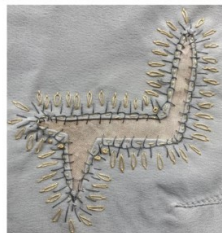
## Open Sesame! New door at The Bridgend Centre

We are thrilled with our shiny, new door at the side of our building which is now the main entrance to our Centre. It is an automatic door so hopefully it will make the entrance safer and easier for our visitors and the building warmer over the coming winter months.

Huge thanks to our funders the Russell Trust and the Green Hall Foundation for making this possible.

## Visible Mending Workshop

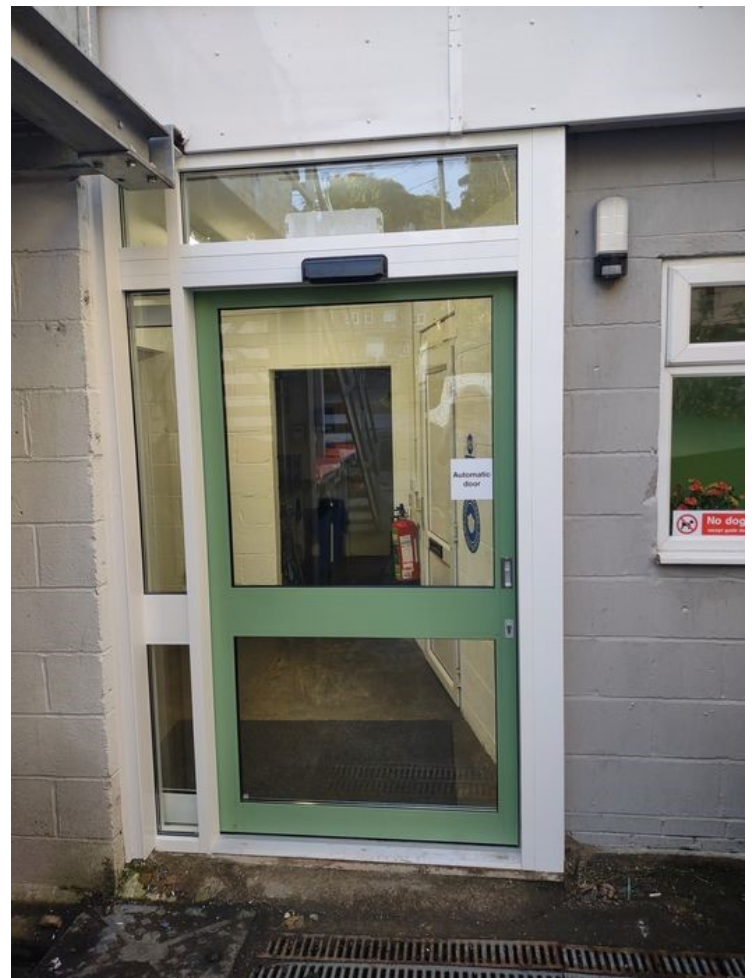
Don't throw it away, mend it and celebrate the wear and tear!



Have you some much loved clothes with holes?  
Would you like to be more sustainable with your fashion?  
Like to learn more about fabric repair?  
Interested in chatting to like minded people?  
Come stitch with us!



Join us at our workshop on  
Saturday 12th November  
10am—12 noon  
@ the Bridgend Centre  
£5 per person  
Contact the Bridgend Centre to book your place  
info@bridgendcentre.org.uk or 01625 576311



## A trip to Macclesfield Silk Museum

During a recent day off, I had the need to while away an hour in Macclesfield town centre and stumbled upon the Macclesfield Silk Mill at the Mill Street end of Park Lane. I have lived in Macclesfield pretty much all my life and have never visited before, which is a shame because it is a very impressive museum and building celebrating local history and heritage. I do intend to visit more often now to make the most of this great resource on my doorstep.



There are two museums on Park Lane, the main silk museum in the old art school is free to enter (they do welcome donations of an amount you can afford) and is open Wednesday to Saturday 10am to 4pm. Paradise Mill is home to Europe's largest known collection of Jacquard silk handlooms in their original setting. See all stages of the Jacquard silk weaving process from cocoon to the finished fabric, including a demonstration on one of our restored looms. This is a technology that laid the foundations for our digital age. Tours are led by a knowledgeable guide and are on Wednesdays to Saturdays in either the morning or the afternoon. They cost £11.00 for adults (concessions available). They are also open on a Treacle Market Sunday for 'Lookaround' tours.



These are shorter self-led tours where guides are on hand to answer questions, and are at a lower cost at £5.00 per person.

The main silk museum explores how silk has shaped Macclesfield for the last 300 years. An exhibition, 'The Rise and Fall of Silk in Macclesfield' told Macclesfield's silk story is brought to life through textiles, costumes, photographs and more. It explained why silk first came to Macclesfield and how it ultimately shaped the town we know today. The stories of the lives of the children, women and men who worked in the silk mills were detailed and it was explained how central a role the mills played in their lives in both work and leisure.

There is also an exhibition about Jacquard weaving and screen printing through the work of Cyrus Newton Fytton and Edith Buxton, textile designers who trained at Macclesfield School of Art, the building which houses the Silk Museum today.

There is a collection of Egyptian artefacts, inscriptions and diaries that had been collated by two Victorian explorers, Mary Booth and Marianne Brocklehurst. The Brocklehurst family is well-known in the Macclesfield area and were instrumental in its development in the 18th and 19th century. Many local buildings, roads and landmarks are named after the family.



You can find out about the crucial role that Macclesfield's silk industry played in the Second World War, maintaining the vital supply of parachute silk. There is a collection of silk 'escape and evade' maps used by the



RAF. Maps were printed on silk during the war because of the durability and ease of concealing in soldiers' clothing. At the end of the war when fabric was still rationed, soldiers returned home with maps and they were used to make clothing. Silk map dresses used 12 maps and are considered very rare. Macclesfield Museum is proud to display these silk dress along with maps, war memorials, parachutes and other artefacts. The Silk Museum also has a permanent display of War Memorials (formerly housed in Christ Church) commemorating the lives of 865 silk workers who lost their lives during the two World Wars.

## A trip to Macclesfield Silk Museum continued....

Macclesfield Museums hold a variety of machines. At Paradise Mill, 26 iconic Jacquard Hand Weaving Looms are uniquely housed in their original positions, while the Silk Museum houses the more modern mechanised Smith Loom, Rapier Loom and Ribbon Loom, which made tags for Dr Martens boots. The collection also includes various other machines connected with weaving such as a card duplicator, used to make copies of Jacquard cards, and a silk throwing machine. You can see some of the machines demonstrated during tours of Paradise Mill or on Thursdays when their Machine Volunteers are conducting conservation work at the Silk Museum.



A new exhibition at the museum explores the role of print in textiles, looking at block printing, and reveals the people behind the patterns. Langley, a tiny village just outside Macclesfield, was once home to one of the largest, silk printing dyeing and finishing businesses in the world. Established by William Smith in 1820s this family run business used printing blocks to print fabric as well as adopting technologies such as screen printing.

The exhibition presents a wide range of material from the Museums' Langley Printworks collections such as printing blocks, silk handkerchiefs and photographs. Visitors will be able to see how the workers would create the patterned silk and the processes used to print the fabric. Focussing on designs from the 1940s and 1950s it will bring to life how these patterns were made,

with examples of the blocks, printing tables and tools. It will also shine a light on the forgotten stories of the people who worked at Langley Printworks.

Bryony Renshaw, exhibition curator says: "We will be revealing information about the workers and their jobs as well as the social clubs that they would have been part of. Historic photographs will be on display to give a sense of the people who created the textiles. We will be asking visitors to share their memories of Langley as it was such a large employer in the town."

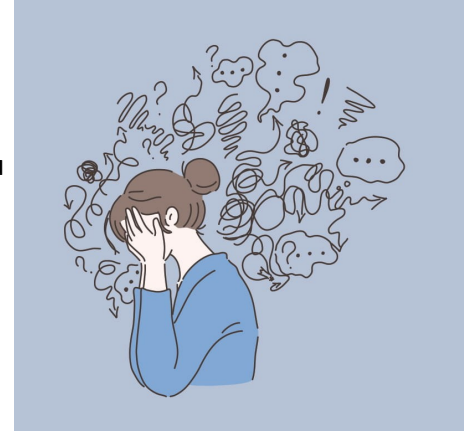
*A Passion for Pattern* highlights the extensive archive of pattern books that capture the enormous range of designs produced each year by the company, that are still in use today. In recent years fashion house Hobbs accessed this archive for inspiration for their collections. Using historic prints from Langley they recreated several designs for a collection featuring motifs such as foxes and Dalmatians to create a range of clothing and accessories.

Macclesfield Museums are also working with Pinc College, a specialist college for neurodivergent young people aged 16-25 who are based in Macclesfield. The students have learnt all about block printing and have been inspired by some of the iconic designs from the pattern books in the collections at the Museums. By taking motifs such as paisley as a starting point and looking at Macclesfield architecture the students have created a design, carved the printing blocks and then printed it on to silk. Their incredible work will form part of the exhibition. Lisa Alberti, College Lead at Pinc College, says: "The students have really enjoyed working on this project. They have created a new fabric for Macclesfield, inspired by the traditions and printing techniques that were established in the town."

For more information on Macclesfield museums and details of their opening hours and exhibitions, please go to: <https://macclesfieldmuseums.co.uk/>

## November 2nd 2022—National Stress Awareness day

We know what it is like to feel stressed and being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse. On 2 November 2022, Stress Awareness Day highlights the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.



Millions around the UK experience stress and it is damaging to our health and wellbeing. For example, at some point in the last year, 74% of us have felt so stressed that we have felt unable to cope (*Mental Health Foundation*). Stress is the feeling of being under too much mental or emotional pressure. When

you are stressed, your body releases stress hormones such as adrenaline and cortisol. Stress is your body's reaction to help you deal with pressure or threats. This is sometimes called a "fight or flight" response. Your stress hormone levels usually return to normal once the pressure or threat has passed

A small amount of stress can be useful. It can motivate you to take action and get tasks completed. It can also make you feel alive and excited. But too much stress can cause negative effects such as a change in your mood, your body and relationship issues.

### Breathing Technique to combat stress from NHS website

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for at least 5 minutes.

## The Bayleaf is back!

Sunday 23rd October saw the long-awaited return of the much loved Bayleaf restaurant next door to the new Tesco at the bottom of Grimshaw Lane. The team welcomed their customers back with a lavish re-opening event which provided a free meal in two separate sittings that were both booked full well in advance. Previously situated in the former Waggon and Horses building, the new restaurant is in a new building in the same location and looks fantastic. We wish them every success and are glad to have them back in business



## Seasonal recipes—Pumpkin cake and pumpkin soup

Each year 39.9 million pumpkins are bought for decorating but only 1 in 9 people cook with their pumpkin. That's 22 million pumpkins going to waste with a value of £32 million of edible food! Here we share some fantastic pumpkin recipes to try.



### FOR THE CAKE

- 300g self-raising flour
  - 300g light muscovado sugar
  - 3 tsp mixed spice
  - 2 tsp bicarbonate of soda
  - 175g sultanas
  - ½ tsp salt
  - 4 eggs, beaten
  - 200g butter, melted
  - zest 1 orange
  - 1 tbsp orange juice
- 500g (peeled weight) pumpkin or butternut squash flesh, grated

### For drenching and frosting

- 200g pack soft cheese
  - 85g butter, softened
  - 100g icing sugar, sifted
- zest 1 orange and juice of half

Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine.

Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 minutes, or until golden and springy to the touch.

To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.

If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.



### PUMPKIN SOUP

In a large, heavy-bottomed pan, heat the oil with 25g butter. Add the onion and a pinch of salt and cook on a low heat for 10 mins or until soft. Add 60g bacon and cook for a further 5 mins until the bacon releases its fat. Then increase the heat to medium, add the pumpkin and stock and season. Bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for about 40 mins until the pumpkin is soft. Pour in the cream, bring to the boil again and remove from the heat. Set aside some of the liquid, then blend the remaining pumpkin until smooth and velvety, adding liquid back into the pan bit by bit as you go (add more liquid if you like it thinner). Strain through a fine sieve, check the seasoning and set aside.

Melt the remaining butter in a pan over a high heat and fry the rest of the bacon with black pepper for 5 mins. Divide the bacon between four bowls, reheat the soup and pour over. To serve, sprinkle over the pumpkin seeds.

- 1 tbsp vegetable oil
- 50g butter
- 1 onion, finely chopped
- 150g bacon, cut into small pieces
- 500g pumpkin flesh
- 1l chicken stock
- 100ml double cream
- 3 tbsp pumpkin seeds, toasted

## Brain teasers— Logic Puzzle

Yesterday, Ava Goatter, Junior Minister at the Department of Communications visited a rural area of the East of England and spoke about the latest government policies to four different groups of concerned citizens at different locations. From the clues given below, can you work out the village and location where Ava spoke at each of the listed time, and say to which group of people she spoke?

### Clues:

1. At the historic Tithe Barn, Ava spoke to a group of parents worried about their children's education.
2. The unruly group of farmers, who were so angry about the latest changes in agricultural policy that they threw tomatoes at poor Ava, were in the tiny village of Luce End, which has no school.
3. Two hours after what turned out to be a rather ill tempered confrontation with a group of parish councilors, Ava addressed another group of people at the Village Hall in Touchwood.
4. Ava's last speech of the day was, appropriately, in Farewell; her midday talk wasn't given in Runndown.

	Farewell	Luce End	Runndown	Touchwood	Church Hall	St. Mark's School	Tithe Barn	Village Hall	Farmers	Parent	Parish councilors	Shop owners
10:00am												
12:00 noon												
2:00pm												
4:00pm												
Farmers												
Parents												
Parish councilors												
Shop owners												
Church Hall												
St Mark's School												
Tithe Barn												
Village Hall												

## 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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