

BRIDGING SOCIAL ISOLATION



Photo by Terry Heathcote

Welcome to edition number 89 of Bridging Social Isolation.

Life at the centre continues to be very busy with record attendances at our groups, the café busier than ever and the shop full of customers finding bargains; our Christmas display has proven particularly popular!

This edition contains lots of dates for your diary, including the ever-popular Bridgend Christmas party at the civic centre.

We are very grateful to everyone that submits ideas and articles to the newsletter, we always welcome your input. If you have anything you would like to see included in future editions, please pop in or drop us an email to

info@bridgendcentre.org.uk

Save the festive dates!



The Bridgend Christmas party will be on Thursday 22nd December at Bollington Civic Hall so please make a note in you diary to save the date. We will share more details as we have them.

The fabulous Love Bollington market will be teaming up with Bollington Town Council for the annual Christmas lights switch-on on Sunday 27th November between 1pm and 5pm. Enjoy the fabulous shopping, live music, a Santa's grotto, BBQ and entertainment plus get into the spirit of Christmas as our town's festive lights are turned on.



The lovely Christmas tradition of carols around the Tree with Bollington Brass Band will be held outside Bollington Town Hall on Saturday 24th December. More details will be announced on the Bollington Town Council website when known.



1950s Bonfire Night, a poem by Stewart Clay

1950s Bonfire Night

Logging in began in early October
Mountains of wood to watch over
Take your turn to guard the stash
Lest rivals turn your stash to ash

November the fifth arrived at last
Time to ignite the stash amassed
Littleys have their sparklers to wave
Dad lights a fountain or a cascade

Local yobs cause chaos, running amok
Their fireworks just missiles to chuck
Hurling Bangers and Roman Candles
Obnoxious nasty Rip-Rap vandals

Order restored by Dads and the local Bobby
Back to the Parkin cake and Treacle Toffee
Then out of control our fire spells danger
What elf and safety! Do me a favour!



Huge thanks to the Co-op in Bollington and Prestbury

Becky and Anna visited the Co-op on Wednesday to celebrate the Bridgend Centre receiving funding from the Co-op for the year 2021-2022. Bridgend was one of three 'community causes' for the Bollington and Prestbury stores for that twelve month period and was awarded a wonderful total of £4,199.54. Congratulations to the other two causes.

The money will fund a new veranda area to the rear of the Centre, off the education room. We are hoping that it will be another calm and relaxing place for our visitors to use, sitting next to the river.

We are also thrilled to have been chosen again to be a community cause for the year 2022-2023 and this time the money will fund structured woodcraft classes in our workshop for everyone in the community, including people with mental health issues and learning disabilities.

Becoming a Co-op member costs just £1 and Co-op membership can allow you to raise money for local causes at no extra cost to you. It is part of £117 million that Co-op Food members have raised nationwide in the last six



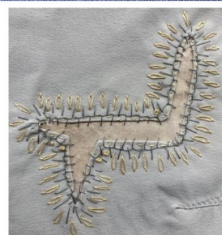
years - just through buying Co-op branded products.

So if you would like to support the Bridgend Centre again for another year, be sure to select us as your community cause. Thank you



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



Creative Writing

Online Class



Fancy doing something creative from the comfort of your own home?

Why not join our small, friendly group of creative writers in their online class via Zoom?

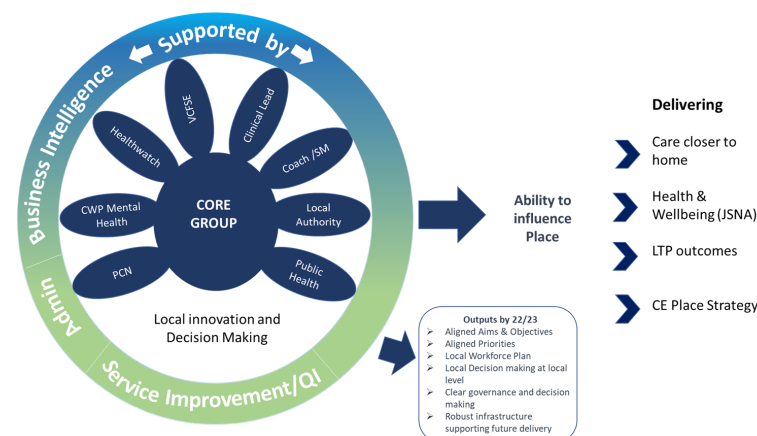
Led by talented writer, Summer Phillips

Weekly Tuesday 11am—12.15 £4 per session

Maximum 8 people per session

To register your interest call 01625 576311 or email info@bridgendcentre.org.uk

Bridgend plays role in shaping local health and social care



The Bridgend Centre has recently become a representative on the Bollington, Disley and Poynton 'Care Community' as a representative of the voluntary sector, with the aim of giving organisations like us a voice on a wider platform on health and social care issues.

Eight care communities were established as part of the new integrated care partnership for Cheshire East to look at health and social care in the region.

Participants are drawn from Primary Care, community

services, mental health, social care/local authority and the voluntary sector with the aim of focussing on local population needs and provide care closer to patients' homes.

The Cheshire & Merseyside Integrated Care Board (ICB) held its monthly Board meeting at Crewe Lifestyles Centre last week, meeting up with Cheshire East VCFSE (Voluntary, Community, Faith and Social Enterprise) leaders and our Centre Manager Becky attended.

The ICB is responsible for planning NHS services, including Primary Care, community pharmacy and those previously planned by Clinical Commissioning Groups (CCGs). The ICB rotate their meetings around the Cheshire & Merseyside local authority areas, and this time was the turn of Cheshire East. The meeting, which was hosted by Everybody Health & Leisure in their Crewe centre, included a number of important discussions and planning services impacting on people's health and care, including upcoming Winter Planning.

We are pleased to be involved in this project in order to showcase the fantastic services delivered in Cheshire by voluntary organisations and also to have a voice in shaping local health and care services and how they are delivered.



Middlewood Partnership Newsletter

The third edition of the Middlewood Partnership Newsletter is now available to download from their website. The publication brings news from the four practices covered by Middlewood Partnership; Bollington Medical Centre, Schoolhouse Surgery in Disley and McIlvride Medical Practice and Priorsleigh Medical Centre in Poynton.

The main news in this edition is detail around how you can contact them online as they implement a new system called 'Patches', which will replace 'AskmyGP' from 1st December. With the pressures facing the NHS this Winter, being confident in using online systems will be incredibly useful for patients to access GP services. If you feel like you need more help with this, there is a link to demos of the new system and also details on information sessions on this system and how it works. Community Workers at the Bridgend Centre will also be on hand to help you if you need it.

Access the newsletter at middlewoodpartnership.co.uk.

Issue 3 – November 2022

Middlewood
Connecting your Care

Middlewood Partnership News

Welcome to the third edition of our newsletter with important news of changes to how you contact us online, and more.

The NHS in Crisis
First of all, you may have read the [page](#) on our website about the crisis we, and the rest of the NHS, is experiencing. It explains that to continue to offer safe, effective healthcare, and protect the wellbeing of all our colleagues, we need to make system changes urgently. This will involve, for example, focusing our attention on those in need of urgent primary care and those with serious healthcare needs.

We've started to introduce new systems and we'll continue to do everything we can to accurately identify those patients who have the greatest need. This will inevitably mean some people will be re-directed to services outside General Practice, and some will have to wait considerably longer for an appointment.

You can help ensure we have the time and capacity to support you when you need us most. Before you contact us online, please:

- **see if you can find the information you need to help you on the [self-help section of our website](#)** – we've collated trusted information, advice and sources of support for a wide range of health issues.
- **phone 111 (for those aged 5 and above) or visit [111.nhs.uk](#)** to get help about where to get the right support based on your symptoms.
- **seek help from your local pharmacy for minor ailments**, such as coughs, colds, rashes etc – they may be able to help you quicker and be more convenient.
- **use the [NHS App](#) to see your test results and order repeat prescriptions.** Thank you

Introducing PATCHS, our new online contact system
On 1st December 2022, we'll be replacing [askmyGP](#) with a new online consultation system, called PATCHS.

Dr Rachel Hall, GP Partner explains why we're making the change: "askmyGP has served Middlewood and our patients really well during Covid and beyond and we know patients have got used to using it. However, it has some major shortcomings – for us and you. Other available systems have overtaken askmyGP in terms of what they can do, and we need a system that will take us into the future."

"From 1st December, patients will continue to request an appointment or make requests via the Middlewood website, but you will be directed to PATCHS, instead of askmyGP. Patients who don't have online access can continue to phone us or visit a practice base."

Want to know more about PATCHS?
Watch the video below to find out more about PATCHS or visit our [PATCHS web page](#).

[Middlewood Partnership Newsletter – November 2022](#)

Walking festival photo competition

Following the walking festival we held a photo competition to celebrate the wonderful images captured over the period. The stunning results are below. Congratulations to our winners Fiona May and Terry Heathcote. Terry was especially pleased with his prize of a White Nancy hat!



Winner: Sunset walk by Fiona May



Second prize: Waiting to cross by Terry Heathcote



**Bollington
Heron Fishing by
Barb Callear**



Photo-bombed by two collies by Tracy Mills



View of the Cheshire Plain by Fiona May



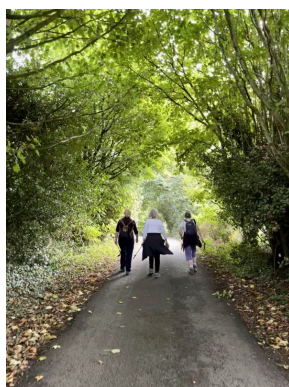
**Admiring the view by
Terry Heathcote**



**Macclesfield
Forest by Lucy
Brownless**



Looking onto Shutlingsloe by Tracy Mills



Striding on by Fiona May



Taking a break by Terry Heathcote

Walks for Health



Walks for health is a programme of short, easy guided walks in and around Bollington designed to encourage new walkers. They provide a great opportunity to enjoy some exercise and meet new people. The walks on this programme are weekly on a Monday morning at 10:15am for the duration of the Autumn/Winter. There are different start points around Bollington and surrounding areas each week on a rotational basis. 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. The programme has been running successfully for a number of years in the evenings of the summer months but historically has ended with the clock change in October. This year we have extended the programme into autumn/winter with the new daytime session instead.

All the walks are free of charge and details of the start points can be found in the leaflet available at Bridgend or on our website.

Bollington Remembers

A dedicated group of volunteers has been working hard to make the village look fantastic ahead of Remembrance Sunday. Poppies can be found all the way along the length of the village and the annual procession of Army boots has made its way to the memorial garden. Bollington Town Council has arranged for two new poppy motifs to be painted on the path in the memorial gardens and they were unveiled by Mayor John Stewart and Mark Fearne, Chair of the Royal British Legion (Bollington branch.) They will take pride of place in the service this Sunday. A parade will depart from the Rec at 10.40 on Sunday 13th and make its way to the memorial gardens for the service at 11. After the service the parade will proceed back to the recreation ground. We remember and give thanks for all those who have sacrificed so much. Lest we forget.



In terms of purchasing a poppy, all the Poppy volunteers have been working extremely hard and just under 100 poppy tins and trays of poppies have been stickered, assembled and filled with goodies before being distributed

to businesses in the surrounding area last week. A huge thanks to the team that organises this for our village.



Recipes—Souper Soups

Now the weather has turned colder, what better way to warm up than with a tasty soup. Cost effective, warming and filling they are perfect for a November day.



Cullen Skink

INGREDIENTS

- 1 tbsp unsalted butter
- 1 medium onion
- 400g medium potatoes (about 2), peeled and cut into 1cm cubes
- 250g smoked haddock
- 250ml whole milk
- ½ small bunch of parsley or chives, finely chopped

METHOD

Melt the butter in a saucepan over a medium heat, then add the onion and fry for 5-8 mins until translucent but not browned. Add the potatoes and 300ml water and bring to the boil. Reduce the heat slightly and simmer for 10-15 mins.

Meanwhile, put the haddock in another pan and cover with the milk. Cook gently for 5 mins, or until just tender. Remove the haddock from the milk with a slotted spoon (reserving the milk), transfer to a plate and leave to cool slightly. When cool enough to touch, flake into large pieces, removing any bones.

Put the reserved milk and flaked haddock in the pan with the potato mixture and cook for another 5 mins. Season and sprinkle over the parsley to serve.

Neeps and Tatties Soup

INGREDIENTS

- 25g butter
- ¼ tsp ground coriander
- 1 onion, chopped
- ½ medium-sized swede (about 200g), peeled and chopped into small pieces
- 1 carrot, sliced
- 1 celery stick, sliced into small pieces
- 140g potatoes, chopped into small pieces
- good grating of nutmeg
- 400ml milk
- 140g cooked haggis or black pudding, chopped or crumbled into pieces
- 2 tbsp double cream
- a few celery leaves, torn

METHOD

Melt the butter in a large saucepan over a medium heat. Add the coriander and the vegetables, fry for 4-5 mins, then cover with 400ml water and bring to the boil. Cook until all the vegetables are soft – around 20-25 mins. Season with salt, pepper and nutmeg, then add the milk. Transfer to a blender or blitz with a stick blender until smooth, then return to the pan to heat through. (For a really smooth consistency, push the mixture through a sieve after blending.) Check the seasoning and add a little more salt and nutmeg, if you like.

Meanwhile, heat the cooked haggis or black pudding in a frying pan until sizzling. Serve the soup in bowls and top with the haggis or black pudding, a swirl of double cream and the celery leaves.





Remembrance Day Word Search

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

love

country

memorial

remember

war

armistice

flanders

November

sacrifice

wreath

Ceasefire

Forgiveness

peace

service

conflict

freedom

poppy

silence

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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Bridgend Centre
at the  of our community