

BRIDGING SOCIAL ISOLATION



Photo by Daniel Henderson

Welcome to edition number 92 of Bridging Social Isolation. Happy New Year from the team at Bridgend!

We hope you had a healthy and happy festive period. We can hardly believe 2023 is upon us already and are very much looking forward to another busy year here at the centre. At this time when people form new habits and try new things, why not pop down to the centre and try out one of our activities? We would love to see you.

If you have any articles or requests for things that you would like to see included in the newsletter, please get in touch via email on info@bridgendcentre.org.uk or pop in and see us at the centre, we will have the kettle on as usual.

Ingersley Vale road closed

Important news for all road users in Bollington is that the road to Ingersley Vale is closed due to a rock fall at Ingersley Clough Mill. Part of the wall by the road has collapsed and the remainder is unstable, so is very unsafe to pass. This is a shame as it is one of our favourite paths in the area and is used to get to Ingersley, Waulkmill waterfall and Rainow. Hopefully the wall will be repaired soon but please avoid for now and use an alternative route.



Have your say on funding for Cheshire Police

The Cheshire Police and Crime Commissioner John Dwyer is asking residents for their views on the police budget and precept – the part of your Council Tax that funds Cheshire Police – for 2023/24. This year, inflation has added £14 million to Cheshire Police's costs and they want your opinion on how that gap should be filled, either increasing the amount of precept you as a resident pays or alternatively, by cutting costs, which impact the service delivered by



John Dwyer
Police & Crime
Commissioner
for Cheshire

the Police to the community.

Please see the Bollington Town Council website for the Budget Survey and FAQs (<https://www.bollington-tc.gov.uk/police-budget-2023-24>).

The survey closes at midday on Tuesday 24th January.

Hours change at West Bollington Post Office

From Monday 9th January the opening hours of West Bollington Post Office have changed. On weekdays they will now be open 12 noon until 5pm Monday to Friday. They will be closed on Saturdays.



You are cordially invited to the Bridgend Centre

Annual General Meeting for the year 2021-2022

Thursday 19th January 2023 at 2:00pm
At the Bridgend Centre

Reflect on the past year with us and look forward to
the future at the Bridgend

All welcome; please RSVP by calling 01625 576311 or emailing
info@bridgendcentre.org.uk.



Postcards from South America

Ann Mayer (co-founder of Bridgend) and Geoff Brown (chair of our Trustees) have been on their travels to Central America (Guatemala and Belize). Whilst very busy doing voluntary work and travelling, Ann took the time to update us on their adventures and we thought we would share them with you....

Finally arrived in San Juan La Laguna yesterday afternoon after an incredibly bone-shattering 4-hour journey in a shuttle bus!



But it's all been worth it. Just look at the view from our room!!!



Thought I'd let you know what we have been up to.

After doing a bit of work in a women's weaving cooperative, we spent a week helping at a women's recycling centre. Loads of fun bouncing around the villages with the ladies on the back of a truck with no suspension, collecting cardboard, plastic and bottles from shops and bars. Thank goodness for rubber gloves!! As you can imagine there was lots of giggling going on! Then we cleaned and sorted... makes you have a healthy respect for all binmen/women around the world!



Well, it's been a very eventful week! We have spent each day visiting the Centre for Hopes and Dreams, where we've had brilliant fun helping the children learn some English, followed by parachute games. Elvia from MayAchik, the hostel where the volunteering is based, has been incredibly helpful throughout. Yesterday was the last day and the Word Bingo went down a bomb!!



I went back to the Centre with Elvia yesterday afternoon, just to sort out what materials we were leaving. We were so surprised to see a party in full swing! 20 local families were being given water containers with filters by a lovely American group, who had spent the week fitting basic ovens in their houses. Up until now they had been using the contaminated water from their villages. After lots of speeches and thanks all round, we were all treated to pizza and lemon tea! Feels really sad to have finished, but soon we will be travelling.... how exciting is that???

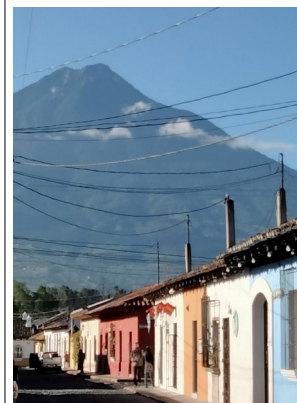


Off back to Antigua on Tuesday and then we will be travelling up the country to Lanquin and Semuc Champey to see the amazing turquoise-coloured water cascades. After that we head to Flores on an inlet of a lake, visiting lots of Mayan sites around! Happy times!! xx



Postcards from South America continued

So glad we spent the extra day in Antigua because we went out in the evening to see the Christmas lights and suddenly all these horses appeared, dancing and pirouetting to music, their hooves thundering on the ancient cobbles. As we left in the morning the sky cleared and we had our first real glimpse of the volcano



The next day we were off to Lanquin, the shuttle taking 10 hours to get there! all worth it to visit Semuc Champey the next day. The river runs through an isolated valley surrounded by soaring mountains and the only way in is standing in the back of a truck, bouncing around on the deeply rutted dirt track!

Because it's limestone, the river travels underground like Lathkill Dale, but there are cascading turquoise pools down the valley. We climbed for an hour up slippery mud and dodgy flights of wooden stairs to reach the view point



Crossed over the border into Belize yesterday - very bizarre that everyone speaks English! Before we left Guatemala, we visited the Mayan site of Yaxha with our guide, Luis, an incredibly knowledgeable man, who was brought up in the National Park of Tikal. He can identify every bird you see or hear and some you don't!!



Yaxha is the first of the Mayan sites we will visit and it was incredibly special because I've wanted to visit them for so long. Imagine the thrill of climbing to the top of the temple pyramid!!!

Action For Happiness—Steps for a Happier January

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

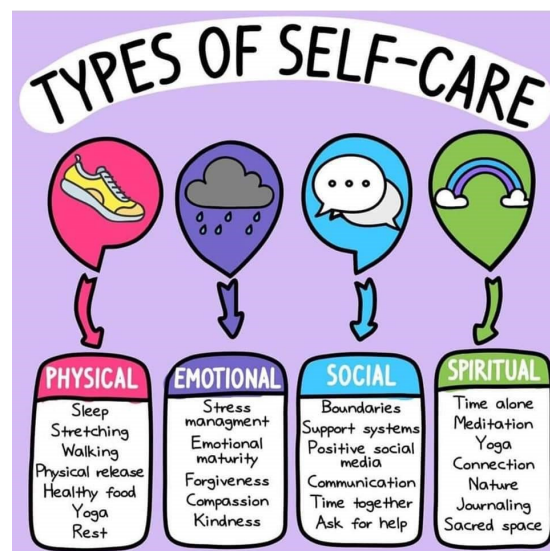
How to beat the January blues



After the excitement of the festive period, it is perfectly natural to feel a little flat at this time of year. January with its cold weather, lack of daylight and pressure to meet the expectations of our new year's resolutions that come together to create "January Blues". It tends to show itself as feelings of low mood, sadness, low energy, lack of motivation and tiredness. It is the peak time for Seasonal Affective disorder too.

Blue Monday, the "most depressing day of the year" falls on January 16th this year and is thought to be the saddest day of the year due to a combination of bad weather, little daylight and the lingering aftermath of the festive period. This year, the added pressures of the cost of living crisis only add fuel to this particular fire. We have been thinking of some practical tips to get you through this tricky time of year.

- **Understand that it's normal to feel this way**— there are many biological reasons that you feel this way and its incredibly common to feel this way.
- **Get as much daylight as possible**—lack of daylight can cause a lack of vitamin D. In addition to taking supplements, try to get as much natural light as possible as it increases the levels of serotonin in the brain. It can also help to regulate your sleep cycles.
- **Stay active**— regular exercise can reduce stress, improve self esteem and release endorphins which help to give you a boost. Joining in with our guided walks is a great way to do this.
- **Avoid unrealistic New Year's resolutions** - Overly ambitious resolutions can leave us starting the year feeling like a failure if we cant fulfil them. Small, measurable targets are far more helpful than sweeping statements like "be more organised."
- **Eat well, sleep well** - Its tempting to reach for the quick mood boosting qualities of fatty, sugary treats but this can actually lead to sugar crashes which leave you feeling worse. Lots of green veg and oily fish can help boost your vitamin D levels.. Adults need between 7 and 9 hours sleep a night. Poor sleep can lead to irritability and feelings of anxiety. Trying to reduce screen time in the evenings can be beneficial to aid with a good night's sleep.
- **Learn a new skill**— Getting creative and learning a new skill helps to boost your mood. Bridgend offer lots of groups if you wish to join us here. If not, the internet has a wealth of new ideas and how to instructional videos to learn just about anything.
- **Practice self care**— Get your haircut, try a new scent, get your nails painted or treat yourself to a fab new jumper from your local charity shop! Little gifts to yourself help you to remember that you matter too!
- **Seek additional help**— Whether you need help to sort out your finances or you are concerned that your January blues may be a little more than that, there are so many organisations out there that can and will help. Please do come forward if we can help in any way, we can always signpost you to organisations that can give further support beyond the services we offer. Come down, we have the kettle on ready.



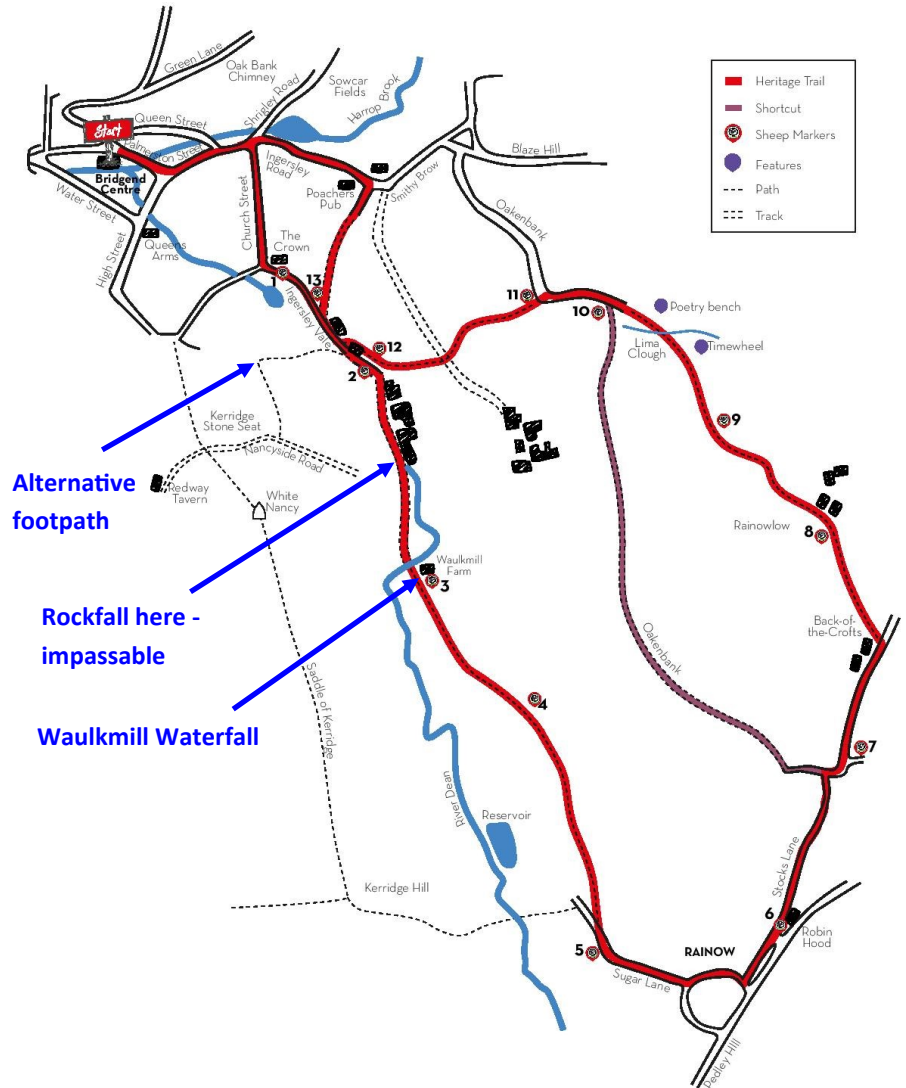
Alternative routes to Ingersley Vale, Waulkmill and Rainow

On page 2 there is an article about the road to Ingersley Vale being closed due to a rockfall at Ingersley Clough Mill.

This is such a well-used path to the famous Bollington landmark, Waulkmill Waterfall and also Rainow, so we thought we would tell you about alternative routes you might try instead.

To get to the Waulkmill waterfall from Bollington, you could use 'Nancyside Road' which can be accessed from the Redway Tavern. Alternatively you could use a small steep footpath that starts close to the beginning of Ingersley Vale (near Woofington's Dog Emporium).

This map is an excerpt from the Bridgend Heritage Trail number 4 (Revolving in Time), which is a circular walk from Bollington to Rainow. This is one of the most popular routes in the area because it is so beautiful and easily achievable in 2-3 hours. To do this walk now following the rock fall, you could use the diversions detailed above and along the bridal stones across the fields or you could climb up to White Nancy from Bollington and walk along the Saddle of Kerridge and walk down Kerridge Hill to Rainow.



The second half of the walk is very straightforward as you return to Bollington from Rainow via the grassy Oakenbank.

If you need any help with any routes around the area, please do ask at the Centre.



Photo of Nancyside Road by Terry Heathcote

Recipe—Sausage and Green Leafy Veg Cannelloni



1 tbsp olive oil , 2 red onions, halved and sliced
6 pork sausages, 3 garlic cloves, crushed
small bunch of thyme, leaves picked
pinch of chilli flakes 1 tbsp tomato purée
400g can plum tomatoes
200g leafy greens e.g. spinach or kale
75g butter 75g plain flour
850ml milk nutmeg, for grating
50g parmesan, grated 12 lasagne sheets

Heat the oil in a large flameproof casserole over a medium heat and cook the onions for 8-10 mins until softened and starting to caramelise. Meanwhile, squeeze the sausage meat from the skins

Push the onions to one side of the casserole, then add the sausagemeat to the other. Squash it into smaller pieces using a wooden spoon, stirring occasionally for 10-12 mins until cooked and starting to brown in places. Mix the onions back in, then add the garlic, thyme, chilli flakes and tomato purée. Cook for another 1-2 mins. Tip in the plum tomatoes, crushing them with the back of the spoon. Season and bubble for 15-20 mins until the tomatoes have broken down and the sauce has reduced to a thick ragu.

Put the kettle on to boil. If using cavolo nero, remove and discard the tough stalks and roughly chop the leaves. For softer veg like spinach or chard, you can leave the stalks on. Put in a colander set over the sink and pour over a kettle of just-boiled water, then rinse the leaves under cold running water until cool enough to handle. Squeeze out as much water as you can, transfer to a board and finely chop. Stir the greens into the sausage ragu, cook for 1-2 mins until any excess liquid has evaporated (the mixture should be quite dry), remove from the heat and leave to cool a little.

Melt the butter in a separate saucepan over a medium heat. When sizzling, stir in the flour to make a sandy paste. Whisk in the milk, a splash at a time, until completely incorporated. When the sauce is smooth and the consistency of custard, season well, grate in a good amount of nutmeg and stir in half the parmesan. Remove from the heat and set aside.

Drop the lasagne sheets into a large pan of boiling salted water one at a time to prevent them sticking together, then cook for 5-6 mins, stirring until soft enough to roll up but not fully cooked through. Drain and plunge into a bowl of cold water to stop the cooking process.

If the béchamel sauce has thickened as it's cooled down, stir in a splash more milk. Spoon a third of the sauce over the base of a baking dish roughly 25 x 35cm. Lift a sheet of lasagne out of the bowl of cold water and lay on a board with one of the short ends facing you. Spoon a generous tbsp of the sausage ragu over one end, then roll it up to enclose the filling, making a short cannelloni – there will be a little overlapping pasta. Place it in the baking dish, then continue with the remaining ragu and lasagne sheets, arranging them in the baking dish in two rows of six cannelloni. Spoon any remaining ragu over the top, then pour over the béchamel sauce to cover all the cannelloni rolls. Sprinkle with the remaining parmesan. *Will keep covered and chilled for up to two days or frozen for up to two months.* Leave to cool completely first. *Defrost thoroughly in the fridge overnight before cooking.* Heat the oven to 200C/180C fan/gas 6, then bake the cannelloni for 40 mins until bubbling at the edges and golden brown on top. Grind over some black pepper, if you like, and serve with a crisp green salad.

Logic Puzzle— Who paid what for each butterfly and where was it from?

1. Nicki's purchase cost 15 pound less than the peacock butterfly.
2. Of the chalkhill butterfly and the swallowtail butterfly, one sold for £60 and the other was won by Nicki.
3. Ali's purchase cost 30 pound more than the specimen from France.
4. The specimen from Canada cost 15 pound less than the specimen from Indonesia.
5. Katy's purchase cost more than the specimen from Indonesia.
6. The specimen from Yemen wasn't the peppered butterfly.
7. The specimen from France was either Monica's purchase or the swallowtail butterfly.
8. Monica's purchase wasn't the peppered butterfly.
9. The insect that sold for £75 was from France.
10. The specimen from Canada cost 45 pound less than the specimen from Romania.



		Winners					Butterflies					Countries				
		Monica	Katy	Ali	Laura	Nicki	Chalkhill	Peacock	Peppered	Swallowtail	Torturix	Canada	France	Indonesia	Romania	Yemen
Price	£45															
	£60															
	£75															
	£90															
	£105															
Countries	Canada															
	France															
	Indonesia															
	Romania															
	Yemen															
Butterflies	Chalkhill															
	Peacock															
	Peppered															
	Swallowtail															
	Torturix															



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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