

BRIDGING SOCIAL ISOLATION



Welcome to edition number 93 of Bridging Social Isolation, the newsletter of the Bridgend Centre in Bollington.

It is an exciting few weeks at the Centre as we have a number of new events including a male focussed social group, a health and wellbeing fair and a fundraising Bingo night, details of which can be found inside.

We also have information on support you can access to keep warm and save money this winter.

Have your say on Cheshire East Council budgets

Are you interested in how your council tax is spent and how services in Cheshire are delivered? Cheshire East Council has launched a consultation survey on proposals to make savings in relation to various services such as garden waste collection, maintenance of green spaces, parking charging, leisure provision, library opening times and proposals for how the council, with its partners, can improve care for adults at home and services for children and young people.

Inflation, including fuel, energy, is running at around ten per cent currently, compared to a national target of two per cent. Pay inflation is also significantly higher than forecasts, and interest rates have risen from 0.5 per cent in February 2022 to 3 per cent. In addition, like other councils across the country, Cheshire East Council is seeing increasing complexity of demand in services to support people who need additional help. More than 60 per cent of the council's net budget is spent on these services for adults and children.



The draft financial strategy includes a number of proposals to re-balance the council's budget in the face of these significantly increased costs and demand on services. This includes a 4.99 per cent council tax increase.

Completing the survey is your opportunity to have your voice heard. You can access the survey or give your feedback through the following routes:

- Completing the online feedback survey <https://surveys.cheshireeast.gov.uk/s/DJVZTB/>
- Emailing RandC@cheshireeast.gov.uk
- Writing to Research and Consultation, Cheshire East Council, Westfields, Middlewich Road, Sandbach, CW11 1HZ
- Tweeting @CheshireEast #CECBudget
- Commenting on our budget consultation comments board at www.cheshireeast.gov.uk/BudgetEngagement

For any queries about this engagement e.g. if you would like to receive this questionnaire in an alternative format, or submit your response in a different way, please email the Research and Consultation team

RandC@cheshireeast.gov.uk. If you do not have email access please call their Customer Services department on 0300 123 55 00 who will send your enquiry on your behalf.

The consultation closes on 30th January 2023



BRIDGEND BINGO

9TH MARCH 2023

@ THE VICEROY 6PM

TICKETS £20

ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course meal.
Purchase your tickets at the Bridgend Centre or on our website.
www.bridgendcentre.org.uk
Charity number 1123287

 **Bridgend Centre**
at the  of our community

Snow falls on Bollington

We had some fairly heavy snow in Bollington last week, which gave people the opportunity to take some scenic pictures in the Bollington area. It really did look like a winter wonderland!

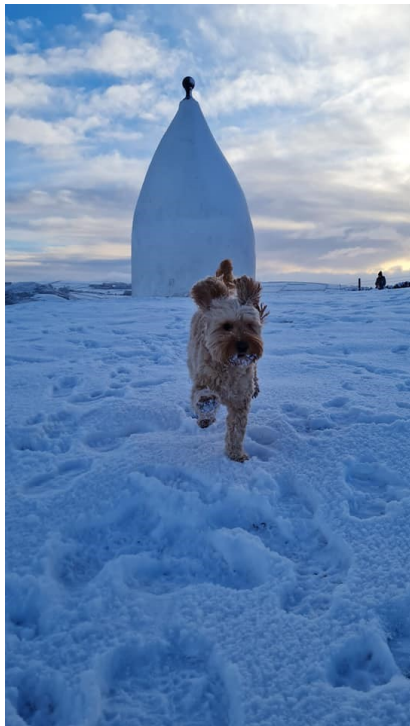


White Nancy by Dan Henderson

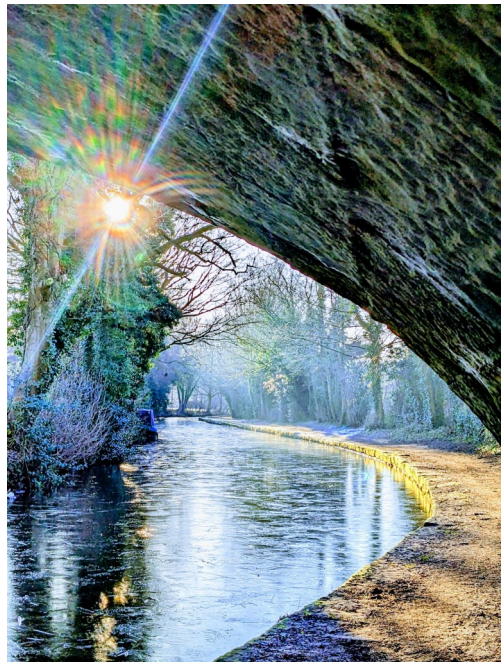
Playing in the snow at Kerridge by Catherine Moss



North End by Wendy Butterworth



Chris Stretch



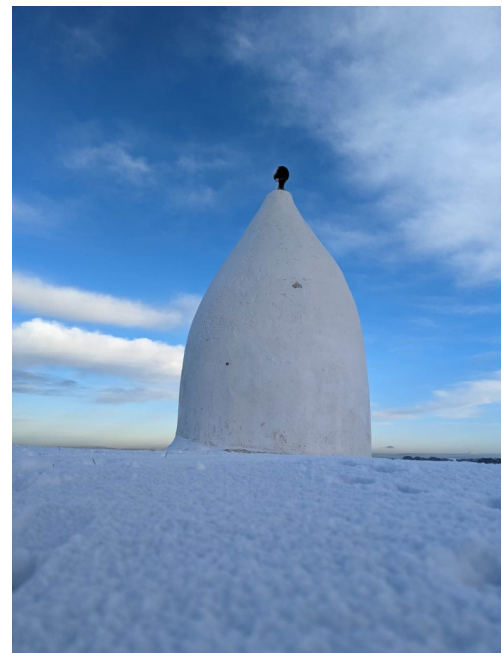
Ed Baron



North End by Wendy Butterworth



Ed Baron



Dan Henderson



Getting Crafty



The craft group meets every Tuesday morning to try their hand at a variety of different crafts including card making, paper craft, yarn craft and jewellery making. This week they returned back to an old favourite from school days with paper mâché. The project is to make trinket pots using the outside of silicone baking moulds.

in length.

Generously coat the outside of the silicon mould with Vaseline in order to help with the removal of the mould after the project is dry. Take strips of paper and place them all over the mould, using the paint brush to apply the glue mixture. Coat the paper well. You will need to apply at least 4 layers of paper in order to make the trinket pot nice and strong. When the pot is thoroughly covered, smooth over the last layer with your fingers to give a good finish and set somewhere warm to dry, bottom side up.

Once dry, carefully remove the mould. You can now decorate with paint, stickers and sparkles as required!

If you would like to try your hand at it, you will need.....Silicon baking mould, Vaseline, PVA glue, newspaper and a paint brush. Mix up 2 parts PVA to 1 part water in a pot. Cut or tear the newspaper into small strips approx. 2 cm



A Brew With The Guys

Fancy a brew?
I'll stick the kettle on...



A male focused social group led by Simon
Activities, chat and inspiring speakers

Thursdays 2:00—3:00

Starting February 16th

Cost £3

 **Bridgend Centre**
at the  of our community

Health & Wellbeing

Cheshire East Council is offering
FREE wellbeing checks across Cheshire East
to help you to stay healthy and well

**BRIDGEND CENTRE,
104 PALMERSTON STREET,
BOLLINGTON SK10 5PW**

**Thursday 2nd March '23
11:00 – 15:00**

Everyone welcome

No appointments necessary.

For more information please visit:

cheshireeast.gov.uk/wellbeing

What can your local library do for you?

Cheshire East has a network of 16 static libraries and a mobile library. The library can offer residents lots on a day to day basis and particularly now when everyone is dealing with the cost of living crisis.

Libraries have always offered a lending service of books for entertainment, information and education but we also perform a lot of council services such as verifying evidence for blue badge, bus pass and benefit applications, issuing codes for senior and disabled railcard applications, Verifying evidence for DBS applications, and assisting with anything anyone wants to throw at us. Of course , we will also signpost to other organisations.



Libraries are designated warm spaces and to encourage people to use us as such most libraries hold a coffee morning or put on other events. Libraries all have newspapers and computers that people can use for free, they can bring their own devices and use the free wifi, and of course we encourage people to join the library and use our free services.

Library members can also borrow e-books, e-audio books and e-magazines which are completely free. These are downloadable either online or via an app for ebooks and eaudio. There is not a fines system for these and there is no charge for reserving them. We have free online services available to all library members – homework resources for children research resources for students and we subscribe to ancestry and Which Magazine so you don't have to!

Our home library service provides a service to those who are housebound, Our volunteers choose the books or audio CDs from our library stock and then take them out to the service users. I mentioned volunteers there – we have several volunteering opportunities. As well as home library service volunteers, we have IT buddies and rhymetime volunteers. We provide work experience opportunities for school students, and volunteering opportunities for young people who are doing their Duke of Edinburgh award. Our Summer Reading Challenge provides more volunteering opportunities – we try to get young people aged between 13 and 24 involved in helping us administer the challenge but the role often appeals to retired people too, so we get quite a cross section of volunteers at this time.

We subscribe to the Reading Well collections of books that help people manage their own health and well being. Health professionals are aware that we hold these books and are able to prescribe a title which the customer can then reserve free of charge if it is not on the shelf. There is a collection for children, teens, mental health conditions, long term conditions and living with dementia. The programme is delivered by The Reading Agency in partnership with Libraries Connected as part of the Libraries Connected Universal Health Offer.

We are working with Good Things Foundation to distribute free Sims and Data so that those in financial hardship are not disadvantaged when it comes to connectivity. The National Databank scheme offers vital connections most of us take for granted such as contacting family, accessing job applications and interviews and accessing health or other information or public services online.

We hold a free rhymetimes and stories and songs sessions ,and Lego sessions. The preschool activities enable parents to meet other parents, we know that they help the parents' mental health – they are often attended by grandparents too. We also put on craft activities at a small charge (to cover our costs)

Library members can sign up to receive the Cheshire East Libraries newsletter. This is a source of news and information and



there will usually be a theme. Libraries are pick up points for winter wellbeing resources for anyone in need, duvets, flasks, hats, thermal gloves and socks, hot water bottles and slow cookers.

Please look at the Libraries page of the Cheshire East website or visit or contact your local library for more information. All libraries have a facebook page on which they post details of events and current information.

Staying warm this winter....

Struggling to pay the bills? Support is available!

- Cold Weather Payment—this is available if you are receiving certain benefits (see <https://www.gov.uk/cold-weather-payment/eligibility>)
- Warm Home Discount—you may be entitled to £140 off your fuel bill. Check with your energy company
- If your heating breaks down and you need help to stay warm, East Cheshire Council have some heaters available on a short term loan. Contact the Care and Repair team or call 0300 123 5017
- Cheshire East libraries have some free 'Stay Warm' packs available including blankets, hot water bottles and slow cookers
- There are a range of grants available through East Cheshire Council to help with heating bills. See www.cheshireeast.gov.uk/housing/private_sector_housing/help-with-heating-your-home.aspx for eligibility and to enquire about support
- Affordable Warmth Grant for homeowners—help with heating and hot water repairs, boiler replacements, installing a heating system or appliance, or insulation. Covers 75% of the cost of the work, up to £2,000. See https://www.cheshireeast.gov.uk/housing/private_sector_housing/financial_assistance/affordable-warmth-grant.aspx.
- Age UK Cheshire East have £50 vouchers available for people over 50 years of age, on a low income and struggling to keep warm. These vouchers can be spent in any Age UK Cheshire East charity shop on anything, including clothing, blankets, curtains and household items. Age UK Cheshire East have charity shops in Macclesfield, Knutsford, Alderley Edge and Poynton. People would need to be referred by an organisation for these vouchers, so talk to us at the Bridgend Centre today if you would to be referred.



Thank you to Just Drop-In For the information in this article.



Mental Health First Aid FREE Course

For parents and carers
of young people aged 11-18 who live in
Bollington, Poynton and Disley

**Monday 20th and 27th February
at the Bridgend Centre in Bollington.**

For all enquiries or to book a place, email:
parenting@justdropin.co.uk



Recipe—Mystery Bag Surprise!



We sent Bridgend staffer Bev Henderson down to the new Bollington Community Grocery Initiative at the town hall (details at the bottom of the page. For £3 she received 3 bags of groceries, contents of which can be seen in the picture. Each time the contents of bags will vary depending on what surplus groceries are available. The recipes this week is based on the contents of the surprise bags.

Tomato and onion relish

1 red onion, thinly sliced
2 ripe tomatoes, chopped
small bunch fresh coriander, chopped
1 tbsp lemon or lime juice
pinch caster sugar
sea salt flakes and freshly ground black pepper

Stir all the ingredients together in a bowl and season with salt and pepper.
Leave for 10 minutes or so for the flavours to develop. Serve

Carrot cake overnight oats

40g/1½oz porridge oats or rolled oats
40g/1½oz carrot, finely grated
½ apple, finely grated
small handful raisins
½ tsp mixed spice
1 tsp brown sugar

150ml/5fl oz milk or soya milk

Place all the ingredients in a jar, stir, put the lid on and store in the fridge overnight.

Banana Pancakes

2 bananas, peeled (approx. 160g/5oz peeled weight)
120g/4½oz plain flour
1 tsp baking powder
120ml/4¼fl oz oat milk (or other plant-based milk)
3 tsp coconut or vegetable oil
Roughly chop the bananas and add to a blender with the flour, baking powder and oat milk. Blend until smooth. Alternatively, mash the banana thoroughly on a plate, then transfer to a bowl and whisk in the other ingredients until smooth.
Heat a teaspoon of the oil in a small frying pan over a medium-high heat and spoon the mixture into the pan to make two pancakes, each about 10cm/4in in diameter – you will need about a tablespoon of mixture per pancake.
Cook for around 2 minutes on each side, or until golden-brown



Reduce your food shopping bills at the same time as reducing food waste...

Bollington Town Council alongside Cre8 are starting a community grocery using surplus food donated by local supermarkets, shops and food charity FareShare, which otherwise would end up as landfill.

It costs £3 to shop. In return you will receive **3 bags of food** (fruit and veg, store cupboard and chiller / freezer).

Everyone is welcome there are no restrictions / requirements.

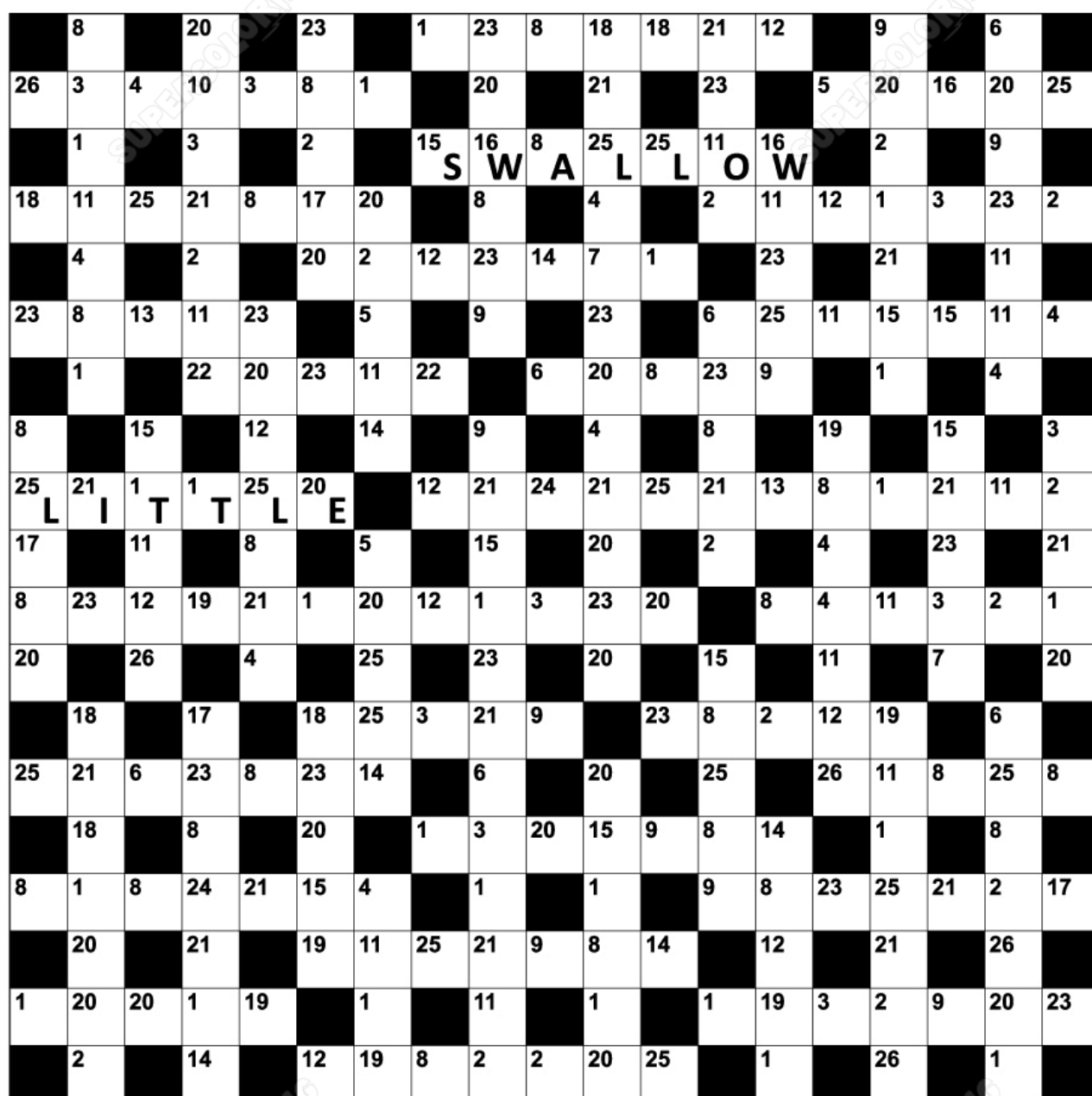
Find out more <https://www.facebook.com/Cre8Grocery>

WHERE AND WHEN:

Each Thursday @ 3pm outside Bollington Town Hall, Wellington Road starting January 26 2023.



Puzzle—Code breaker



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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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Cheshire. SK10 5PW

Email:

info@bridgendcentre.org.uk

