

BRIDGING SOCIAL ISOLATION



Photo by Bruce Kendrick

Welcome to edition number 95 of Bridging Social Isolation, the newsletter of the Bridgend Centre in Bollington.

This newsletter was originally set up in early 2020 as a response to the Coronavirus pandemic to keep people connected to the Bridgend and the wider Bollington community. Now that we are more or less back to normal we have decided to reduce our editions to once per month. That way we can continue to update you with news from the Centre.

If you have any ideas or articles that you would like to share, why not drop us an email to info@bridgendcentre.org.uk or pop in to see us for a cuppa?

Bollington bus at risk

Arriva North West has announced the potential closure of their Macclesfield and Winsford bus depots. If these changes go ahead, a number of crucial bus services would stop, including the number 10 which travels between Macclesfield and Bollington.

Arriva says that costs have spiralled in recent years and passenger numbers have not recovered since the pandemic.



If it is indeed decided that the depots will close and the routes be terminated, Cheshire East council would need to try and find alternative operators to take the routes on. Arriva will be running the current service until mid-April.

Obviously, should the number 10 service cease this would have a devastating effect on our community, exacerbating social isolation for our most vulnerable residents. We know that many of our regulars use the bus multiple times per day to travel within Bollington, as well as further afield to Macclesfield. Bollington is a long town and many older people or people with disabilities would not be able to travel within the town or to Macclesfield without it. Also, having no bus service will have a damaging impact on the environment as people would increasingly have to turn to their cars to travel anywhere at a time when we are being encouraged to reduce our car usage due to global warming and pollution issues.

We at the Bridgend Centre will be monitoring the situation as Cheshire East Council start the process of finding an alternative operator for this service. We will campaign where we can to communicate the detrimental impact any potential cancellation of bus services would have on the people of Bollington if the situation gets to that stage. The routes that would be affected are: 84 Crewe - Nantwich/Chester, 6 Leighton Hospital - Shavington, 31 Northwich - Winsford - Crewe, 37 Northwich - Winsford - Sandbach - Crewe, 38 Crewe - Macclesfield, 7 Winsford Local Circular, 1 Northwich Circular via Rudheath and Weaverham, 4 Barnton to Leftwich and Kingsmead via Northwich, 3 Macclesfield - Weston, 4 Macclesfield - Upton Priory, 5 & 6 Macclesfield - Broken Cross, 9 Macclesfield - Moss Rose, 10 Macclesfield - Bollington.

At time of print, the D and G bus company are in negotiations about taking on some of the Arriva routes, however the number 10 service is not amongst those listed for their consideration. We will continue to monitor this situation and keep you all updated with the information that we find.

**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

Anna Hatley moves onto pastures new

The team at Bridgend received the very sad news recently that Bridgend Deputy Manager Anna Hatley has taken the decision to move on to pastures new. Anna has worked at the Bridgend for eleven years and makes a huge contribution to the team, so will be very much missed by staff, volunteers and service users alike at the Centre.

Anna has taken on various roles during her time at the Centre, including that of Community Worker, Buddies Co-ordinator and over the last three years, Deputy Centre Manager where she has played a vital role in supporting Centre Manager Becky and the team. She has also run Reminiscence sessions in the past.

Anna is always so cheerful and friendly to everyone she encounters and is a very much valued person for all of us to turn to when we need someone to listen to or just have a chat. We all have many special memories of her sense of

style and iconic outfits, often taking advantage of a Bridgend bargain from our charity shop, the Harrods of Bollington!

Anna is going to work for herself creating style in other people's homes and we wish her all the best in her new venture. Her last day will be Thursday 6th April.



Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



Women's History Month—March 2023

Women's History Month happens in March every year. It began as a national celebration in 1981 that was held in one week. It has since grown to a full-month commemoration from 1987 onwards. Women's History Month is a celebration of women's and transwomen's contributions to arts, history, culture, society and technology.

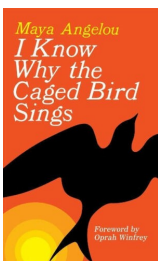
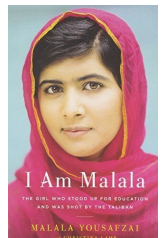
The month of March is also special for women's celebration for another reason. International Women's Day happens on the 8th of March. It is a day that was first celebrated in 1911 and was part of the reason Women's History Month was chosen to be held in March. International Women's day both celebrates women's achievements and reflects on the work that still needs to be done for gender equality around the world.



The National Women's History Alliance sets a yearly theme for Women's History Month each year and the theme of Women's History Month for 2023 is 'Celebrating Women Who Tell Our Stories'. Autobiographies have become a popular medium for women to tell their stories. These stories are often very relatable and share some valuable insights into all sorts of female experiences. The following memoirs may contain some sensitive content.

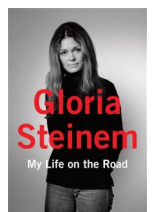
However, it is important to celebrate all women's experiences and recognise that sharing such personal stories is empowering for these women writers too.

I Am Malala (2013) by Malala Yousafzai. *This is the story of Malala Yousafzai's activism for female education in Pakistan and the assassination attempt made by the Taliban. Malala has stood up for Education ever since and has become a prominent women's rights figure.*



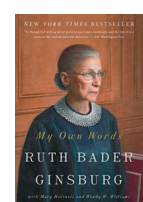
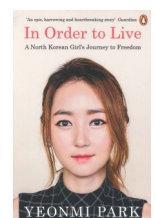
I Know Why The Caged Bird Sings (1969) by Maya Angelou. *Angelou's thoughtful and vulnerable autobiography tells of her experiences of racism and sexual assault between the ages of 3 to 17. The memoir is studied today as a breakthrough of black women's voices, cementing Angelou as a prominent women's rights activist.*

My Life on the Road (2015) by Gloria Steinem. *Known for being a leader of the second-wave feminism movement, Steinem's memoir talks of her activism, travels around the world, and how the feminist movement has changed over the years.*



Becoming (2018) by Michelle Obama. *An inspirational and personal memoir of Michelle's early life, career, and time as First Lady at the White House.*

In Order to Live (2015) by Yeonmi Park. *Park's touching and provoking account explores her family's escape from North Korea to China and her experience with human traffickers. Park now works to promote human rights in North Korea while living in the United States.*



My Own Words by Ruth Bader Ginsburg. *A comprehensive look inside her brilliantly analytical, entertainingly wry mind, revealing the fascinating life of one of our generation's most influential voices in both law and public opinion*

Mother's Day in the UK is also celebrated on the 19th of this month! There are plenty of opportunities to celebrate women and every sort of female experience in March

Mothering Sunday— 19th March 2023



Mothering Sunday is the fourth Sunday of Lent, usually landing it sometime in March and this year it falls on Sunday 19th March. These days Mother's Day has become a commercialised event but it has a long history.

Mothering Sunday was originally a time when people returned to the church, in which they were baptized or where they attended services when they were children. This meant that families were reunited as adults returned to the towns and villages where they grew up. In time, it became customary for young

people who were working as servants in large houses, to be given a holiday on Mothering Sunday. They could use this day to visit their own mother and often took a gift of food or hand-me-down clothing from their employers to her. In turn, this moved towards the modern holiday, on which people still visit and take gifts to their mothers.

According to a survey conducted by Red Letter Days that looked into what mothers want on Mother's Day, the top answers were not flowers and chocolate contrary to what many might believe.

1. Quality time spent with my child/children (45%)
2. Flowers (15%)
3. An experience (10%)
4. Jewellery (7%)
5. Chocolate (5%)

Mothers and mother figures are well known for the thought and care they give to the people in their lives so it stands to good reason that the thing they want most in return is time and thought from those that they love. Whilst this is a day of celebration for many, it can also be a difficult time for families who have experienced loss or for women themselves who are affected by infertility or the loss of a child. There are many fantastic organisations who can provide support for those who are struggling. Mind UK website has an excellent list of available resources to support anyone that needs it at this time and indeed throughout the year.

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

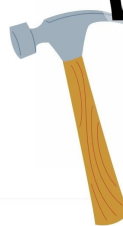


- Learn basic woodworking skills whilst making a **garden planter**
- Make friends in a safe space

Contact Rebecca
01625 576311
info@bridgendcentre.org.uk
to book your place



INTRODUCTION TO WOODCRAFT



Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
3rd-24th May 2023
£50 for 4 week course
£20 if in receipt of state pension or benefits.
Places limited



Giving back to your community—the benefits of volunteering

At Bridgend we are incredibly fortunate to have such a fantastic team of volunteers in different areas of the organisation from the shop, to our café, walks, Buddies and our eBay team. We literally couldn't do it without them but we are quietly confident when we say that they definitely feel the benefits too.

Giving to others can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, local resources, and fun and fulfilling activities. While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Volunteering opportunities in Bollington

Bridgend Centre—we offer a wide range of volunteering opportunities so why not come and talk to us about how to get involved, whether that's leading walks, helping in our shop or café or even as a buddy.

Walkers are welcome—Are you passionate about walking and want to promote walking in the Bollington area to people who live here and to attract visitors to the area? There are lots of skills volunteers can bring to the Walkers are Welcome team, social media and IT, leading walks, litter picks and liaising with local businesses. More information can be found on the Walkers are Welcome section of the Bridgend Centre website.

Well Dressings—Every year in the summer, the people of Bollington are treated to beautiful floral displays in the form of the well dressings. The future of the Well Dressing programme is at risk due to a desperate shortage of volunteers, both on the committee and to actually complete the petalling. If you can help at all they would be extremely grateful.

The Discovery Centre— This fabulous resource documenting the history of Bollington is also in need of support. If you have a passion for local history, why not pop in and see them at Clarence Mill?



Recipes—Slow cooker beef stew

With the last of the cold weather lingering, a warming stew is just the ticket. This recipe is great for those watching their budget as the slow cooking allows you to use a cheaper cut of beef whilst keeping the energy costs low too. Its can also be portioned up and frozen.



Fry the onion and celery in 1 tbsp oil over a low heat until they start to soften – about 5 mins. Add the carrots, bay and thyme, fry for 2 mins, stir in the purée and Worcestershire sauce, add 600ml boiling water, stir and tip everything into a slow cooker. Crumble over the stock cubes or add the stock pots and stir, then season with pepper (don't add salt as the stock may be salty).

Ingredients

1 onion, chopped
2 celery sticks, finely chopped
2 tbsp rapeseed oil
3 carrots, halved and cut into chunks
2 bay leaves
½ pack thyme
2 tbsp tomato purée
2 tbsp Worcestershire sauce
2 beef stock cubes or stock pots
900g beef for braising such as skirt
2 tsp cornflour (optional)
½ small bunch parsley, chopped

Clean out the frying pan and fry the beef in the remaining oil in batches until it is well browned, then tip each batch into the slow cooker. Cook on low for 8-10 hrs, or on high for 4 hrs.

If you want to thicken the gravy, mix the cornflour with a splash of cold water to make a paste, then stir in 2 tbsp of the liquid from the slow cooker. Tip back into the slow cooker, stir and cook for a further 30 mins on high. Stir in the parsley and season again to taste. Serve with mash, if you like. Leave to cool before freezing.

If you fancy an alternative to standard potato mash, why not try this Sweet potato and carrot mash?



Ingredients

500g carrots, chopped
500g sweet potatoes, chopped
3 garlic cloves, bashed
1 tsp cumin seeds, toasted
25g butter

Put the carrots, sweet potatoes and garlic in a large pan of salted water, bring to the boil, then cook for 12 mins. Add cumin seeds, butter and seasoning, roughly mash, then serve immediately.

This twist on broccoli makes a nice accompaniment



500g broccoli
25g butter
handful breadcrumbs
½ lemon

Boil broccoli in salted water until just tender, drain well. Melt butter and fry breadcrumbs until lightly toasted. Season lightly and pour over the hot broccoli. Squeeze over the juice of half a lemon and serve.

Puzzle—Wordoku

These are played just like a regular sudoku, except that each of the digits is replaced by a unique letter. Each of the nine rows and columns, as well as each of the nine subregions, must contain one and only one of each of the nine letters from A to I.



F		G	A				D	E
A				E		I		
	D							C
			B		A			H
	E			F			C	
G			D		E			
C							F	
		A		I				D
B	H				C	E		I

C				D	F		B	
		E	C		H	D		
D					A			
		I	D	F			C	
	A			I	E	B		
			E					B
		A	H		D	E		
	G		F	A				H

Solutions

I	V	E	C	D	G	F	H	B
D	H	C	B	I	F	A	G	E
G	F	B	A	H	E	D	C	I
B	I	F	E	H	D	C	A	G
A	C	D	G	F	I	B	H	E
H	G	A	C	B	I	D	F	E
C	A	B	F	G	H	E	D	I
F	I	G	D	C	E	H	A	B
E	H	D	I	A	B	G	C	F

H	D	C	I	V	A	F	B	G	E
I	G	E	D	B	H	A	C	F	D
B	A	F	G	C	E	H	D	I	A
D	F	B	E	I	G	C	A	H	B
G	E	C	H	A	D	F	B	E	I
A	C	H	B	F	D	I	E	G	A
C	H	G	A	E	B	F	D	I	A
F	I	D	H	G	C	E	B	A	F
E	A	B	F	D	I	G	H	C	A



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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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