

BRIDGING SOCIAL ISOLATION



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

With our Deputy Manager Anna Hatley leaving us this week, it feels like a time of change tinged with both sadness and excitement for the future.

Spring promises new growth and warmer, sunnier days ahead and a Bridgend familiar face, Kerry Langstaff, will be taking over the role of Deputy Manager. We know that she will do a wonderful job and make the role her own.

We hope to see you at the Bridgend soon for a cuppa, chat or to take part in one of our many activities.

Bridgend News—New Deputy Manager



Following the departure of Anna Hatley to pastures new, Kerry Langstaff has been appointed as the new Deputy Manager at the Bridgend Centre. She is a familiar face to all at Bridgend having joined the team as a Community Worker back in 2016. We caught up with Kerry and she said, *“I have some very big, sparkly shoes to fill but I look forward to continuing the great work done by Anna in her long service at Bridgend. I will support Becky and the Bridgend team to continue providing such excellent service to our community.”*

A new community worker will be recruited to replace Kerry in addition to taking on the Bridgend Buddies (Project Co-ordinator role). We will introduce you to our new recruit when they are on board.

Anna’s Bridgend Bucket list



With Anna Hatley’s final days at Bridgend coming up, it has led her to thinking about the things she wants to do before she moves on. Anna is a keen runner and in her free time often runs the trails round her home town of Marple (wearing fabulous leg warmers of course!) One of the things she has always wanted to do is run all the way in to work at the Bridgend Centre from her home in Marple, as she has spent so many years travelling the route in her car.

So on Friday 31st March she decided to do just that. Of course she went the hilly route over Pott Shrigley and the Brickworks to experience the proper ‘route from Marple’ driving experience on foot! Anna completed the 11 mile route in 90 minutes, which is

a phenomenal performance.

Well done Anna and thank you so much for everything you have done for the Bridgend Centre over the past eleven years. We will miss you very much. xxx



Update on the No.10 bus service



As we reported in a previous edition, Arriva announced that they were closing their depot and as such the number 10 service between Macclesfield and Bollington was under threat. D and G have stepped in and will start providing the service from the 23rd of April. This service provides a vital lifeline for many local residents and the announcement has been a great relief. The service will run half hourly from Monday to Saturday. The service will leave Macclesfield bus station at 10 and 40 past the hour from 06.40

until 18.10 Monday to Friday and 07.40 to 17.40 on a Saturday. The Return Service from Bollington into Macclesfield will run from the Turners at 7 and 37 minutes past the hour. Monday to Friday 07.07-18.37 and Saturdays 08.07—18.07.

Bollington in Bloom



You may have noticed the lovely displays of Spring flowers around Bollington in recent weeks. We particularly noticed this wonderful display in a nook next to the aqueduct which is down to the efforts of local volunteers Edwina Wood and Wendy Butterworth who spend many hours planting up planters and pots around the town.

With these and the wonderful displays of daffodils in bloom at

Bollington Cross planted by our Town Council a couple of years ago, the bright flowers really do raise the spirits.



Easter egg hunt

Bollington Town Council have organised a seasonal Easter Egg hunt around Bollington for the bank holiday weekend. Find the letters displayed around Bollington in some of our wonderful businesses and organisations (including in the front window of the Bridgend Centre) and solve the Easter themed word.

Download the trail map and answer sheet from the town council website or collect one from the Town Hall. The letters are on display 1st-14th April 2023 in the following places:

1. Barrow's Butchers, 2. Tesco Express, 3. Knowles Green. 4. Post Office, 5. Co-op, 6. Library, 7. Bridgend Centre, 8. Belfields Bakery, 9. Pappa's, 10. Holmes Naden, 11. Woofington's The Healthy Dog Emporium (Unit 1, Rainow Mill, Ingersley Vale)

Collect a small prize for a correct answer from Bollington Town Hall between Monday 3rd and Friday 14th April (excluding weekends and Bank Holidays) between 9.30am and 2.30pm. The first correct answer will receive a special prize. With thanks to Bollington Tesco Express for donating the chocolate prizes and all the shops/services that are displaying a letter.

Happy Easter!



the national sleep helpline

POWERED BY the sleep charity

IN PARTNERSHIP WITH Furniture Village

Helping Everyone to Sleep Better

03303 530 541

Available Sunday - Thursday | 7pm - 9pm

Macclesfield Hedgehogs—Mike Irving

One evening in summer 2022, we spotted a hedgehog in our garden. We knew there were hedgehogs around, but it was lovely to witness one. We decided to put some food and water out, and setup an Arlo HD camera to monitor any action. A hedgehog came the very first night! However, local cats would then start taking the food. We tried putting the bowls under cover of hedges, but that wasn't too effective. We bought a 'Hedgehog House' from The Bridgend Centre in Bollington.

Initially we were putting out *Spike's Hedgehog Food*, but it was often wasted and went off quick. We swapped to *Go Cat* biscuits, alongside a regularly changed bowl of water.

Installing a camera inside the house, nothing happened at first. But then

on replacing the food one day,

it has all gone. We checked the footage - Mice!

Soon after, after making an access way through our garden edges, a Hedgehog came!

Our spiky friends soon became near nightly visitors. Occasionally more than one would come at once!

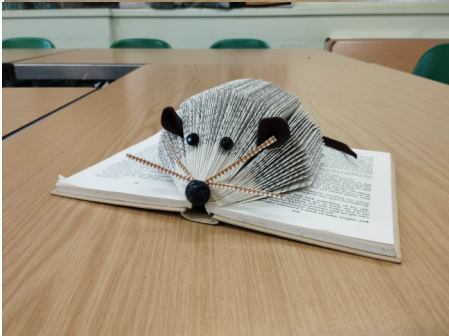


We experimented with several different cameras, inside and outside the house. By this point, it had all become a bit of a chore. Supplying food was easy, but retrieving and checking camera footage, amongst hundreds of "nothing much recorded" videos, was time consuming.

I set to work trying to Automate the process, and once that began, I was able to create this website from the data.

www.macclesfieldhedgehogs.co.uk

Craft Group Book folding



The Craft group meets every Tuesday morning at 10.30 and each week they turn their hand to a new project. They recent tried their hand at book folding for the first time to create these fabulous hedgehogs and mice.

If you would like to make your own, it is a very simple technique to master, in fact the hardest step is the maths at the beginning! When you have selected your book to fold, you need to work out which page to start folding from. You need to work with the central 150 pages of the book so for example if the book had 200 pages, you would begin working with page 25.

Fold the page down the middle lengthways.

Fold the top corner and the bottom corner to meet the centre of the book.

Repeat for 150 pages.

Add noses, eyes, ears, tails and whiskers with hot glue, buttons and beads work well

Perfect Patchwork



Bridgend staffer, Sam Davies, is well known for her flamboyant displays in the shop and her talent for creating gorgeous mosaic work (available to purchase in our souvenir section) but when she is away from Bridgend, Sam is also a keen seamstress. She has created this amazing patchwork throw entirely from fabric purchased at Bridgend, both in our mega fabric sale of last year and in our haberdashery section since that time.

Backed with fleece, it is as warm as it is stunning!

Stress Awareness Month—The Stress Management Society

STRESS AWARENESS MONTH

APRIL 2023



#ACTNOW



Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separated— they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

The Stress Management Society have commemorated Stress Awareness Month this year by asking you to take the 30 Day Challenge. It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change. Go to www.stress.org.uk for a wide range of resources and to join in with the 30 day challenge, where you can find a day by day calendar with activities each day to improve your well being.

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DAILY DESTRESSING PLANNER

THE MOST URGENT TASK

TASKS WITHOUT TIME PRESSURE OR RISK FACTORS

1. _____
2. _____
3. _____

NOTES:

DELEGATE
ASK YOURSELF:
WHY AM I DOING THIS NOW?
WHY AM I DOING THIS NOW?
WHY AM I DOING THIS NOW?

NOTES:

SELF-AWARENESS QUESTIONS

- WHEN ARE YOU MOST PRODUCTIVE?
- ARE YOU A MORNING OR AN AFTERNOON PERSON?
- WHAT IS THE FIRST THING YOU DO IN THE MORNING?
- HOW DO YOU FEEL IN THE AFTERNOON?
- ARE YOU SAVING UP OR DELAYING TASKS TO WHEN YOU HAVE THE LEAST AMOUNT OF CONCENTRATION AND HEADSPACE?
- IS THIS THE BEST USE OF YOUR TIME, FOCUS AND ENERGY?

DUMP ZONE FOR IDEAS (TO DEAL WITH LATER)

FOCUS ON TODAY'S TASKS AND DUMP THE REST FOR LATER!



Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Bridgend Centre at the heart of our community

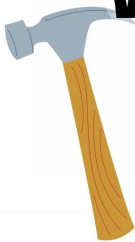
No experience necessary

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

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



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

Bridgend Centre at the heart of our community

1:1 IT SESSIONS

Do you need some help with using a computer, tablet or your phone to carry out everyday tasks? Our 1:1 IT Tutor at the Bridgend Centre could help!



About our IT sessions

We have one-hour sessions available at the Bridgend Centre with an IT coach on a Friday afternoon at 1pm, 2pm or 3pm. Please contact us to book your session.
£5 per session

The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW
www.bridgendcentre.org.uk

- Emails
- Internet banking
- Buying products online
- Keeping in touch with friends and family
- Completing forms online
- Online security
- Managing your music TV & films
- Plus much more!

Contact us to book

01625 576311
info@bridgendcentre.org.uk

Recipes —Easter leftovers - Lamb Pilau and Hot Cross Bun pudding

2½ tbsp sunflower oil
1 tsp cumin seeds
300g/10½oz onions, thinly sliced
25g/1oz butter
6 large garlic cloves, sliced
10g grated fresh root ginger
400g tin chopped tomatoes
1 tsp salt
1 tsp chilli powder
1 tsp turmeric
1 tsp ground coriander
1 tsp garam masala
300g/10½oz leftover cooked lamb
300g/10½oz basmati rice



Ingredients

6 hot cross buns, halved
butter, for spreading
600ml/20fl oz milk
400ml/14fl oz double cream
1 cinnamon stick
4 free-range eggs
1 tsp vanilla extract
150g/5½oz caster sugar
200g/7oz leftover milk chocolate egg, broken into pieces
vanilla ice cream, to serve

Method

Preheat the oven to 180C/160C Fan/Gas 4

Spread butter on each half of hot cross bun and arrange the buns in a large ovenproof dish.

Gently heat the milk and cream together in a saucepan with the cinnamon stick. Remove from the heat to cool slightly.

Whisk the eggs together with the vanilla and sugar until pale, then gradually pour in the milk and cream mixture, whisking constantly. Remove the cinnamon stick, then pour the mixture over the hot cross buns and allow to soak in for 15 minutes.

Place the ovenproof dish in a large baking tray filled halfway up with water. Sprinkle the chocolate pieces over the top and bake for 45 minutes. Serve hot with vanilla ice cream on the side.

Heat the oil in a large saucepan. Once hot, add the cumin seeds and stir. As soon as they start to sizzle, add the onions and cook over a medium heat for 4–5 minutes. Add the butter, garlic and ginger and cook for another 3 minutes. Stir in the tomatoes, ½ teaspoon of the salt, the chilli powder, turmeric, coriander and garam masala. Cook for another 2–3 minutes, taking care to keep stirring so it doesn't catch and burn. Add the lamb, stir and lower the heat. Cover with a lid and cook for 10 minutes.

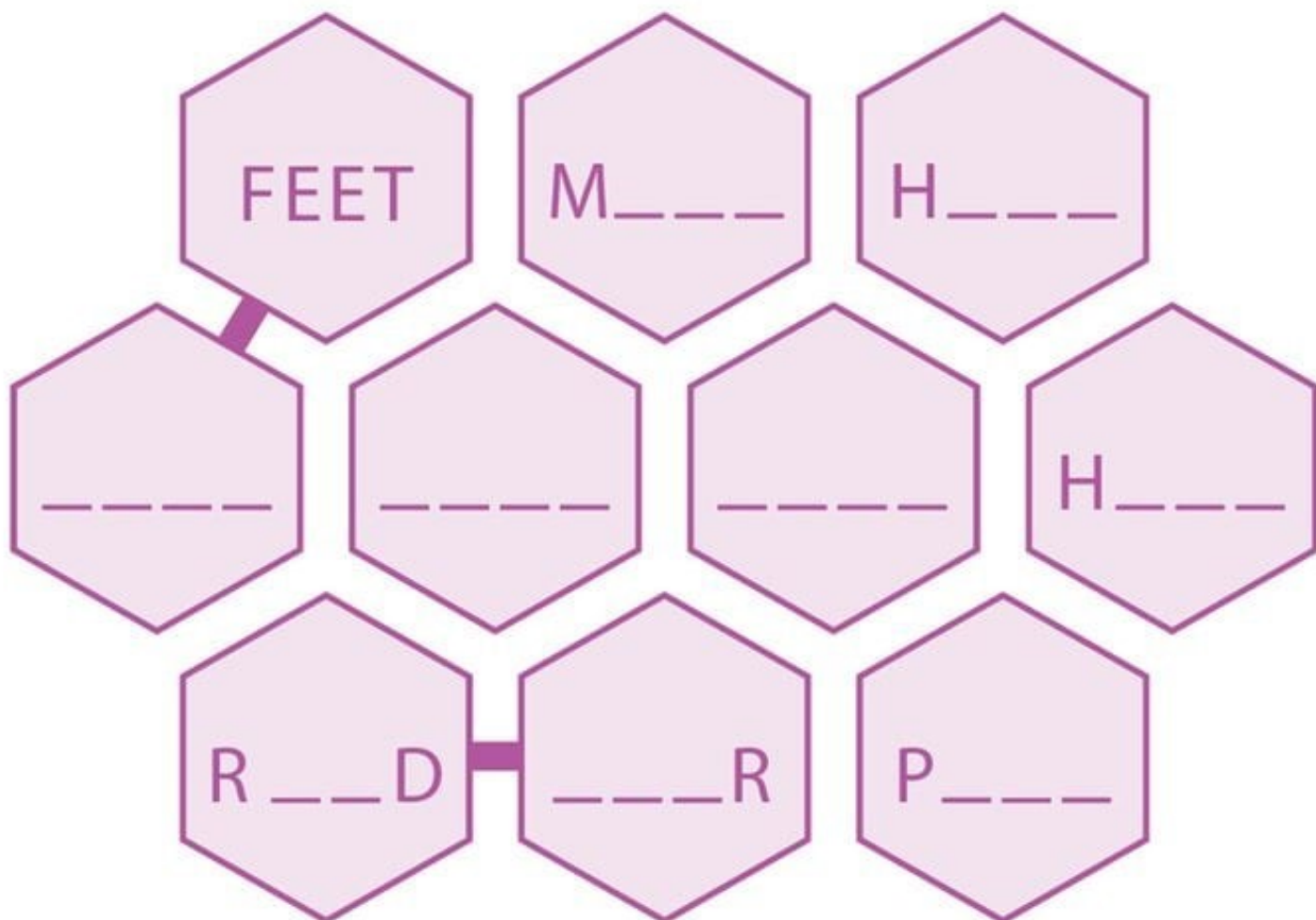
Meanwhile, preheat the oven to 200C/180C Fan/Gas 6. Place the rice and remaining salt in a saucepan of water. Bring to the boil and cook for 3–4 minutes. Remove from the heat, drain and rinse under cold water.

Place the lamb mixture in the bottom of a lidded, ovenproof casserole and top with the drained rice. Cover and place in the centre of the oven and cook for 30 minutes. Leave to rest for 10 minutes before serving hot.

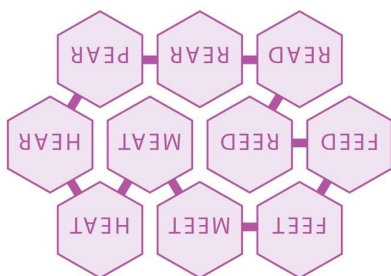


Puzzle— Word puzzle

From wherever you start (hint: it's probably easiest to start at the top left), join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must connect to exactly two adjacent hexagons



Solution



Thank you to our sponsors and supporters

A huge 'thank you' to the JDM Charitable Trust for funding this newsletter.

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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