

BRIDGING SOCIAL ISOLATION



Picture by Lisa Cox

Welcome to the 97th edition of Bridging Social Isolation. It is feeling like Spring is coming to Bollington as the days are (slightly) warmer and the sun is coming out.

Our walking group went to the stunning Harrop Valley at the end of April, which is always a great place to spend a Spring morning. The stunning photo above was taken there by one of our Trustees Lisa Cox and shows the lovely countryside we have on right our doorstep.

As ever, there is lots going on at the Centre with new groups and one-off events. We also have our famous Vintage Fair approaching at the beginning of June, so be sure to put that in your diary!

If you would like to be on the distribution list for this newsletter, please email us at info@bridgendcentre.org.uk or ask at Reception.

Grant from the National Lottery Community Fund



Great news! The Bridgend Centre has been awarded a grant of £9,585 to help fund our Drop-in Kitchen and Support service this year by the National Lottery Community Fund. This will allow us to continue supporting people when they drop-in to Bridgend for a cuppa and maybe

someone to talk to. A huge THANK YOU to the National Lottery, this is a great boost to our charity this year.



Talk and Games turns 1!

On 14 April 2023, the Talk and Games group celebrated it's first year and what a year it has been! The group has gone from strength to strength, starting with 5 people, the numbers have now increased and some weeks 14 or more people have come along to socialise on Thursday afternoons.

We use the Rainow Community Bus to go out on trips, visiting new places, including Goostry Home and Leisure, Glebe Farm and the Leek and Rudyard Railway. One of our trips from Bridgend went to the Bridgend Garden Centre in Leek! Wherever we go there, there is lots of chatting on the bus and everyone enjoys the journey through our lovely countryside.

Some Thursday afternoons we have speakers entertaining the group, some we have had so far include, the Mayor of Bollington, local authors, Age UK talking about scams awareness and a talk about the Discovery Centre. Other activities the group have enjoyed include foot reading, chair dancing and a ukulele afternoon. We do quizzes, play board games, sing and we have recently started doing our own version of chair dancing, which is fun!

If you would like to know more about the group or you would like to come and join in the fun, please speak to Maxine at the Centre or drop her a line at maxine@bridgendcentre.org.uk.



Bridgend Centre presents...  **Bridgend Centre**
at the  of our community

Vintage Fair

**Browse our vast collection of vintage bargains
and raise funds for our fabulous local charity at
the same time**

Saturday 3rd June to Saturday 10th June 2023
In the Education Room at the Bridgend Centre
FREE ENTRY

Monday to Friday 10—4 and Saturdays 10—1
Don't delay, once the stock is gone, its gone!

The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW
01625 576311 www.bridgendcentre.org.uk Charity no: 1123287

The Coronation of King Charles II

This weekend is an historic weekend as the country witnesses the coronation of King Charles III on Saturday 6th May in Westminster Abbey, performed by the Archbishop of Canterbury. The service will reflect the monarch's role today and look towards the future, whilst being rooted in long-standing traditions and pageantry dating back 1,000 years.

You can watch coverage from 7:30am on the BBC and ITV from 8:30am.

The procession will set off from Buckingham Palace at 10:20 BST moving along The Mall to Trafalgar Square, then down Whitehall and Parliament Street before turning into Parliament Square and Broad Sanctuary to reach the Great West Door of Westminster Abbey. King Charles will be travelling in the Diamond Jubilee state coach, built in Australia to mark 60 years of Queen Elizabeth's reign. It will certainly be more comfortable than the earlier state coach that Charles' mother travelled in to her



Coronation in 1953, which the Queen said was 'horrible' to travel in with no suspension or air conditioning to ease the journey. Apparently she had a hot water bottle with her to keep warm on the day of her coronation.

The procession is expected to arrive at the doors of Westminster Abbey at 11:00am with the King predicted to wear a military uniform, instead of the breaches and silk stockings of Kings before him. He, accompanied by Queen Camilla, will then walk up the nave accompanied by faith leaders, dignitaries and representatives from all the Commonwealth countries until he reaches the central point of Westminster Abbey, where the

Coronation will take place.

During the Coronation the historic King Edward crown will be placed on King Charles' head, in a ritual that has been followed for centuries. The Crown is priceless and will only be out in the open for approximately an hour before being stored away safely again. It is made of 22 carat gold and weighs the same as a large melon, imagine having that on your head for any significant length of time! The crown has 444 precious stones, including diamonds, rubies and sapphires. It was made for King Charles II in 1661 after the original crown of that name was melted down in the early 1660s following the execution of Charles I.

After the official Coronation there will be a six-minute fly-past of military aircraft, including members of the Army, Royal Navy and Royal Air Force.

On Sunday evening there will be a star-studded concert which will take place in the grounds of Windsor Castle, which will be aired live on BBC, with performances from Katy Perry, Take That, Paloma Faith, Olly Murs and an exclusive performance from the Coronation Choir, which will be made up of members of various choirs from across the UK, including Refugee choirs, NHS choirs, LGBTQ+ singing groups and deaf signing choirs.

Events in Bollington

On Monday 8th May there will be another bank holiday to celebrate this auspicious occasion and there is lots going on all over the country to celebrate the event. Here in Bollington, Bollington Town Council, supported by Friends of the Rec, are holding a CORONATION AT THE REC event on Monday 8th May 2023 to celebrate King Charles III Coronation.

There will be lots of things happening, including Canalside Radio, BBQ (or bring a picnic), Granelli's ice cream, balloon modelling with Bollington Balloons from 2.30pm-3.30pm, face painting with Vicky Heathcote from 1.00pm, free Tennis Tasters with Star Tennis from 2.00pm-3.00pm, a dog show and Hoopers agility.

More information can be found on the Bollington Town Council website: <https://www.bollington-tc.gov.uk/.../coronation-at-the-rec/>



Wonderful trees

Trees – the unsung heroes of our planet. Through millennia they have provided shelter against wind and rain or shade from the sun. They have fed us with fruits and nuts and fed the earth with carpets of leaves. We have made medicines, textiles, furniture and buildings from them. Trees have helped shape our civilisations and our culture, from the common oak that built Columbus' ships to the maple that Stradivarius turned into violins. Now, as we become more and more aware of global warming and its effect on our planet, trees can play a vital role in combatting climate change.

As climate change becomes an issue ever more prevalent on people's minds, the importance of trees to us, our environment, and the wildlife around us gets clearer and clearer.

The Bollington area is home to many fabulous tree specimens and a wide range of species and the Bridgend Tree Trails book celebrates this by helping you to discover them and experience the benefits of a lovely walk or two at the same time. The books are of a lovely quality and contain some beautiful illustrations by Bridgend's very own Anna Barker.



The book includes four routes of between 3.5 and 7 miles, or you can combine them in a range of combinations to make long walks around the area, or even a 14 mile circumnavigation of Bollington! The books contain beautiful illustrations and interesting information about trees and the species that can be found in the area.

Each walk has numbered markers sited near samples of specific trees to help guide you in what to look out for as well as where to go! We do recommend that you use the booklet in conjunction with a map of the local area such as

the OS Explorer 268. The walks have been tested but be aware that things change! Structures can become wobbly or be replaced, markers might be disguised by foliage, bad weather might obscure a view or dictate a diversion. Be prepared, with appropriate clothing and fluids and use common sense and judgement should conditions require you to do so to stay safe.

For younger walkers on the trails there is an activity sheet that can be downloaded at <https://bridgendcentre.org.uk/tree-trails/> to accompany each walk.

You can obtain a gorgeous paper copy of the booklet from the Bridgend Centre or other local outlets, or you can download a copy from our website: <https://bridgendcentre.org.uk/bridgend-tree-trails/>

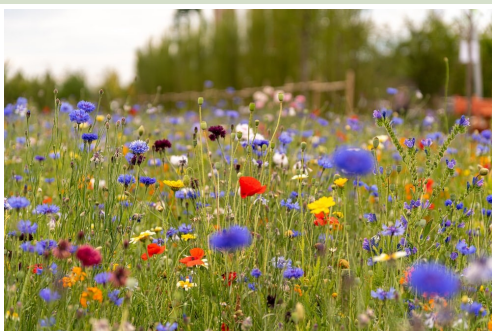


Rowan Leaf by Anna Barker



Oak Tree by Anna Barker

Cheshire Wildlife Trust survey



2023 marks the biggest set of elections in Cheshire and South Manchester for decades. The Cheshire Wildlife Trust want to know what you think your council should be doing for nature and have created a survey to gather your opinions. If you would like to contribute please go to: <https://survey.app.do/make-nature-a-priority>



Cheshire
Wildlife Trust

The bluebells in Harrop Wood

The bluebells were just starting to come out when the Bridgend walk group went out on Wednesday 26th April to explore Harrop Valley. The flowers were just starting to unfold and the purple starting to show, however they weren't quite in full bloom and not all of them were out on every path.



For this reason we have decided to tweak our programme slightly and go to Harrop again on 10th May so that we can hopefully enjoy the flowers in a full purple display. The walk that was scheduled to be on that date (Ingersley, White Nancy and Kerridge) will take place on Wednesday 31st May.

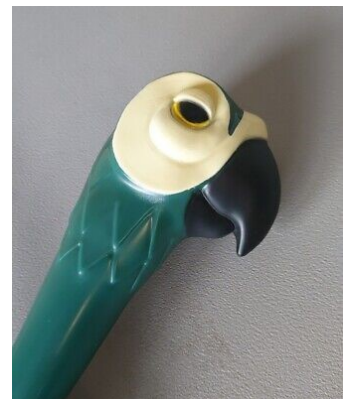


Update from eBay Bev Henderson

The Bridgend eBay is a hugely important part of our charity shop and brings in a healthy income that contributes to our core operating costs. A huge thank you to everyone who donates items to our shop, the Bridgend Centre really wouldn't be here without them and we are hugely grateful.

There really is a eclectic and wide array of items donated to us and below is just a sample of items sold during April.

- Disney Mary Poppins umbrella—practically perfect in every way! So unusual—with a parrot head for a handle!
- A half ton track winch pulley—very heavy and a few of us never thought it would sell—but it did! We have something for everyone!
- Elizabeth II Coronation Programme from 1953 and a Queens Canopy Picnic Bag from the 2022 Platinum Jubilee (Anyone would think that there is another Coronation coming up!!)
- Mens ballroom dancing shoes (It's a 10 from Len)
- Trangia camping stove and kettle (although I don't know who would want to camp out in this weather....it's supposed to be May??)
- Art supplies seem to fly off our shelves as soon as they come in—this month there have been 3 different drawing/art books, some Blackwing Pearl drawing pencils and also some Indian ink which has left the attic.
- Vintage items, especially clothing always do well too. We have sold some vintage binoculars, as well as a woollen green ladies kilt suit (far too scratchy for me!!)



Fingers crossed the weather starts to improve and someone can make use of the sunglasses and camping stove that they have purchased!



A lot of the work required to list items on eBay and manage the shop is carried out by a team of dedicated volunteers. If you have good IT skills, an interest in unique and interesting objects and would like to volunteer for a few hours per week, please do drop us a line at info@bridgendcentre.org.uk.



To follow our eBay store, our seller name is [bridgend_centre](https://bridgendcentre.org.uk/home/charity-shop/eBay-store/) You can also see our items for sale on our website at <https://bridgendcentre.org.uk/home/charity-shop/eBay-store/>

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

Mental Health Awareness week

Mental Health Awareness week runs from the 15th to 21st May 2023 and the theme for this year is Anxiety.

Anxiety can affect us physically and mentally. If you are feeling anxious, you might notice your heart rate increasing, headaches, loss of appetite, breathlessness or chest pain. Anxiety might make you feel tense or nervous, find it hard to relax, feel tearful or have problems sleeping and concentrating. Friends or family might notice you are more irritable than usual, or more withdrawn. Or perhaps you seem fine on the outside but feel panicky inside. We all feel anxious from time to time. Anxiety is a natural response to the uncertain world around us. For example, in the current cost-of-living crisis, more than a third of adults feel anxious about their financial situation. But it's important that we recognise and respond when we feel anxious, so that our anxiety doesn't become overwhelming.

If you want to get involved with Mental Health Awareness week or for more resources on managing anxiety, visit www.mentalhealth.org.uk. Of course the Bridgend Centre is

also always here if you would like someone to talk to about something that might be worrying you. Our community workers are here Monday to Friday 10am to 4pm and Saturday 10am to 1pm.



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

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Contact us to book
01625 576311
info@bridgendcentre.org.uk

Recipe—Coronation Quiche by Buckingham Palace



Sieve the flour into a bowl with ½ tsp salt. Add the butter and lard, and rub the

mixture together using your fingertips until you get a sandy, breadcrumb-like texture. Add the milk, a little at a time, and using a cutlery knife, start to bring the dough together, using your hands, making sure it has no dry patches and feels smooth. Cover and allow to rest in the fridge for 30-45 mins.

Put a 20cm loose-bottomed tart tin or a 20cm pastry ring on a baking sheet. Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick. Carefully lift the pastry into the tin and gently press into the corners, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 mins in the fridge. Heat oven to 190C/170C fan/gas 5.

Line the pastry case with greaseproof paper – to do this cut a disc of greaseproof paper larger than the tin, scrunch it into a ball (this makes it more pliable), then unwrap and place it in the pastry case. It should come above the sides. Fill with baking beans or uncooked rice and bake blind for 20-25 until nicely golden and dry. Carefully remove the greaseproof paper and baking beans, and return to the oven for 5 mins to dry the base. Reduce the oven temperature to 160C/140C fan/gas 3.

Beat the milk, cream, eggs and herbs with some seasoning. Scatter half of the grated cheese in the blind-baked base, top with the chopped spinach and broad beans, then pour over the liquid mixture. If required, gently give the mixture a delicate stir to ensure the filling is evenly dispersed, but be careful not to damage the pastry case. Sprinkle over the remaining cheese. Place into the oven and bake for 20-30 mins until set and very lightly golden.



Ingredients

250g plain flour, plus a little for dusting

50g cold butter, diced

50g lard (or use butter if you prefer)

4 tbsp milk, plus a splash

OR

250G BLOCK OF READY-MADE SHORTCRUST PASTRY

125ml milk

175ml double cream

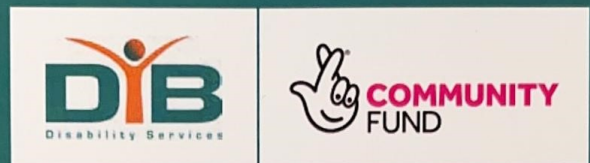
2 medium eggs

1 tbsp chopped fresh tarragon

100g cheddar, grated

180g cooked spinach, liquid squeezed out and lightly chopped

60g cooked broad beans or soya beans (double pod the broad beans, if you like)



Welfare

We can provide a **Welfare Officer** to help with:

Allowances
(PIP, DLA, ESA, Attendance, Carers etc)

Welfare calculations
Cost of living



Wellbeing

We can provide a **Support Coach** to help with:

Mental health support services

IT & digital inclusion

Social Activities



Work

We can provide a **Support Coach** to help with:

CV writing

Job searches

Training needs

If you live in **Alsager, Congleton, Crewe, Knutsford, Macclesfield, Middlewich, Nantwich, Poynton, Sandbach and Wilmslow** and need help, please get in touch with Disability Information Bureau:

☎ **01625 501759** ✉ **info@dibservices.org.uk**

Quiz—Coronation Wordsearch



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

ABBEY	KING	QUEEN
ANOINT	MAJESTY	REGALIA
ANTHEM	MANTLE	ROBE
ARCHBISHOP	MONARCH	ROYAL
CARRIAGE	MUSIC	SCEPTRE
CEREMONY	OATH	SERVICE
CHAIR	OIL	ST EDWARDS
CORONATION	ORB	THRONE
CROWN	PAGEANTRY	WESTMINSTER



Bridgend Centre, 104
 Palmerston Street, Bollington,
 Cheshire. SK10 5PW

Email:
info@bridgendcentre.org.uk

Thank you to our sponsors and supporters

A huge 'thank you' to the JDM Charitable Trust and the Theodore Maxxy Charitable Trust for funding this newsletter. We greatly appreciate it!

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.

