

BRIDGING SOCIAL ISOLATION



Picture by Daniel Henderson

June has started with lots of lovely sunshine and as ever the Bridgend Centre is a busy and lively place to be.

Our group, A Brew with the Guys, restarted this week with fabulous new leader David, we are currently in the process of setting up our ever-popular Vintage Fair, and our Talk and Games group is going from strength to strength with lots of exciting trips and activities planned for the coming weeks. If you would like to take part in any of our groups, or know someone else who might, please get in touch for more information.

T: 01626 576311

E: info@bridgendcentre.org.uk

Or find us on Facebook

Bollington goes green week

It's the Great Big Green Week 10th to 18th June 2023 and Bollington will be getting involved with lots of events that celebrate local communities tackling climate change and protecting nature.

The following events will be taking place:



There will also be a wildflower meadow walk and talk led by Cheshire East Range Ed Pilkington on Saturday 10th June 10am to 12pm. You will take a walk of 3.5km (2 miles) along the Middlewood Way to see some of the wildflower areas along the trail and see how they are managed. After the walk, if you are still feeling energetic, help to prepare the next area of wildflower meadow at Grimshaw Lane. Meet at Cloughbank car park, off Grimshaw Lane, Bollington, SK10 5PT (SJ928773)



So why not get involved? These will be great ways to learn about our environment, being green and make a big impact!

Here at the Bridgend Centre it is easy to do your bit for the environment everyday by buying items from our charity shop. Second-hand items reduce carbon emissions and save lots of resources, carbon and water than by buying new. There is the added benefit of raising valuable funds for our charity, which enables to deliver vital services in our community! On the flip side of this, recycling your unwanted clothes, household items, toys, bric-a-brac, DVDs, CDs and books reduces the amount of items going to landfill and passes on the benefits of second-hand items to other people, who can buy them at an affordable cost. It is a win-win situation!

Bollington Borrowers

Another great local resource that will enable you to help the environment, consume less resources and create less waste is Bollington Borrowers. A community-led 'library of things', Bollington Borrowers has hundreds of items in stock that you can borrow at any time (subject to availability). It costs just a small fee to join and then you can borrow anything free of charge, although they do accept cash donations when you use an item. They then use the money received to run the service, e.g. they bought their very popular carpet cleaner entirely with customer monetary donations.



Items include (to name but a few) a carpet washer, wheelchair, full party kits for kids and adults alike, folding tables, garden shredder, clothes rail, branch lopper, electric saw and a pressure washer! Bollington Borrowers are based in their cabin at the bottom of Hawthorn Road and they are open on Saturday mornings 9am - 10am or you can contact them at www.bollingtonborrowers.co.uk.

Companion's trail dog training

You may have noticed on social media recently that the Bridgend Centre was a beneficiary of Companion's Trail Dog Training's May Giveaway.

Companions Trail Dog Training is part of The Canine School of Trailing. A company established by Marilyn Gilchrist and co-founder Rachel Rodgers. Trained by Markus Burkhardt from Austria, the duo are two of only a handful of dog trainers with the speciality of pet trail training in the UK.



Pet trailing is where a team (usually owner and dog) are trained to find a 'missing pet', most commonly a dog! We also cover man trailing where we search for 'lost' people.

Trailing has huge benefits for shy and anxious dogs but also for everyday pet dogs including strengthening the bond between owner and dog, building self confidence and motivation, problem solving and releasing the feel-good chemical dopamine.

It's also a lot of fun and one of the most inclusive activities you can do with your dog, both from a canine and human perspective. Dogs are worked individually on a long line so our more nervous or reactive dogs can join in and trails are laid based on the teams ability so any adjustments required for the two legger in the team can easily be taken into account

Marilyn started trailing in 2017 and has been trailing with Scout, her four year old rescue Staffordshire Bull Terrier since 2021. Keen to give back to the communities she trails in, Marilyn came up with the 'May Giveaway' idea, where she donates £100 to a charity in each of the areas she visits. This year five charities across the South Manchester/East Cheshire benefited from this and Marilyn is hopeful that this can become an annual event.



We hugely appreciate this support from a successful local business as it raises awareness of our charity and what we do and also helps us with our fundraising. So a huge THANK You goes to Companion's Trail Dog Training and long may their business succeed!

Tomatoes—Money Maker

This week we were donated some wonderful tomato plants to sell in our shop by a very generous member of the public. The strong and healthy plants were of the variety 'Money Maker' or *Solanum lycopersicum*.



'Money Maker' is a very popular variety of tomato with British gardeners due to their reliability and tasty fruit throughout the Summer.

These plants are fine being grown outdoors after all frost has passed so you don't even need a greenhouse, although obviously they do also grow well under glass and may produce more fruit that way. The fruit will be ready from July to October and picking the crop regularly will help to extend the season.



Volunteer Buddies Needed

Could you befriend someone in your local community and help to make a change?

We are looking for volunteer Buddies who could dedicate a few hours a week to empower and support someone in our community

For more information, please contact the Bridgend Centre at info@bridgendcentre.org.uk

More information: ☎ +01625 576311 www.bridgendcentre.org.uk

Campaign for happiness calendar for June

Joyful June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others



26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

Walks for Health



Now the lighter evenings are upon us, it is an excellent time to join us on a Monday evening 'Walk for Health.' The walks have various different starting points (details of which can be found on our website and also in our leaflet at Bridgend). The walks are about an hour in duration, approximately 2 miles in length and as flat as we can possibly manage given the

local terrain! The group is paced for those that are starting out with exercise or perhaps getting back in to walking after illness or injury. There is no cost to come along and you do not need to book, so you really can see how the mood strikes you when you've had your tea. With the warmer weather, the evenings are often the most glorious time of the day and a gentle stroll, Bridgend Walks for Health are a great opportunity to meet new people and get out and about.

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

Bridgend Centre
at the heart of our community

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Keeping in touch with friends and family
Completing forms online
Online security
Managing your music
TV & films
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Contact us to book
01625 576311
info@bridgendcentre.org.uk

CURRENT FRAUD ALERTS

Here are some recent frauds to look out for. Please share with family, friends and community.

Fake “storage full” emails

People with Microsoft Hotmail email accounts have reported receiving an email saying their document storage is full and offering more storage, as a loyal customer. This leads to a fake website, which asks for personal, contact and bank details. Fraudsters can then use this information to scam you further.

It's always best to check if an email is legitimate, such as looking at the sender's email address. Genuine emails about this will come from microsoft@mail.onedrive.com.



Safe account scam phone calls

Over half of frauds reported to banks are from customers who have received a call pretending to be their bank, telling them there is fraudulent activity on their account, and they need to move money to a safe account.

Recently, we have spoken to victims of this crime in Cheshire East. They have told us how convincing the fraudsters were. They wanted to warn others about this scam.

Remember - banks NEVER ask you to move money to a new account. If you're asked to do this, hang up and dial 159 to contact your bank.



Rogue traders offering spray insulation

Trading Standards are warning people to do their research when it comes to home insulation. There have been reports of rogue traders using high pressure sales techniques to persuade home owners to agree to spray insulation being installed, regardless of if it's suitable for the property.

Never deal with anyone who cold calls on your doorstep, by phone, email or letter. Approach reputable traders independently, get a range of quotes and never be pressured in to agreeing to work.



Cost-of-living payments

Some people are entitled to further cost-of-living payments. The Department for Work and Pensions (DWP) has started to pay these out.

If you are entitled to a cost-of-living payment, it will be paid to you automatically. You do not need to apply for it.

So, if anyone contacts you asking you to apply for the payment, or asks for contact or bank details to process a claim, it's a scam.



For more information on fraud and scams, please contact Sally Wilson, Project Manager, Scams Awareness and Aftercare. Email: sally.wilson@ageukce.org.uk or 01625 612958.

Co-op Community Cause



As many of you will know, the Bridgend Centre is one of the Co-op local community causes for the Bollington and Poynton stores. On Saturday 13th May, our very own Anna Barker visited the newly renovated Bollington store to help promote Co-op community causes and the Bridgend Centre's project it funds.



This year, money from the Co-op is funding woodcraft classes in our workshop with wonderful tutor Lindsey. This project makes a difference by providing people with access to a unique learning environment in the heart of the community. It improves skills, enables socialising, keeps people active, increases confidence & improves mental health outcomes. It will also promote environmental awareness by focussing on the recycling and re-use of items to reduce the amount of waste going to landfill. The course is aimed at beginners and the next one will be taking place in July.

If you would like your spending at the Co-op to support this project, it is really easy to do so. If you haven't already done so, you would need to join the Co-op as a member, which costs £1. Once you have done so, just log into your Co-op account online or in the Co-op app and select the Bridgend Centre as your chosen charity. You can get more information at coop.co.uk/membership.



Select us as your cause

Bridgend Centre

We would like to fund woodcraft classes in our workshop, to enable people to be creative, develop practical skills, meet friends, and improve confidence and mental health.

We're part of the Local Community Fund

As a Co-op member, you can make a difference by saving funds for our project every time you choose Co-op. Select us as your local cause today. Visit coop.co.uk/membership



Civic society trip to Saltaire

Coach trip to Saltaire World Heritage Site on Saturday 17th June organised by Bollington Civic Society

Saltaire is a complete and well-preserved industrial village of the second half of the 19th century. Its textile mills, public buildings and workers' housing are built in a harmonious style of high architectural standards and the urban plan survives intact, giving a vivid impression of Victorian philanthropic paternalism. Today, Saltaire is a village where people live and work. There are shops, places to eat, private businesses, a lovely park and of course, Salts Mill.

You can book a guided tour or if you prefer there is information available for a self guided visit, see www.saltairevillage.info.

The coach will depart from Bollington at 8.30 am and leave Saltaire at 4.30 pm. There are plenty of cafes etc available for lunch. Coach fare £15.00.

To book please contact Chris Brear by email, cbrear@btinternet.com



Recipe—June seasonal eating

Down on the allotment, June is the season for new potatoes and rhubarb. Enjoy these recipes that make the most of these in-season goodies.

New potatoes with spinach and capers



Ingredients

500g new potatoes, halved
1 tbsp olive oil
2 tbsp butter
100g spinach
2 tbsp caper, drained and rinsed
zest and juice 1/2 lemon

Drain the potatoes and allow to steam-

Put the potatoes in a large saucepan and cover with cold salted water. Bring to the boil, then simmer for 15 mins until they are tender but still hold their shape, and you can insert a cutlery knife easily.

dry. Heat the oil with 1 tbsp of the butter in a large frying pan over a medium-high heat. Once the butter is foaming, add the potatoes, cut-side down, and fry undisturbed for 5 mins until golden.

Add the remaining butter along with the spinach, capers, lemon zest and juice. Stir everything together for a few mins so that the potatoes are coated and the spinach has wilted, then season to taste with salt and black pepper.

Easy Rhubarb Cake

Ingredients

200g/7oz softened butter, plus extra for greasing
200g/7oz caster sugar, plus 3 tbsp for the topping
3 large free-range eggs
1 tsp vanilla extract or almond extract
200g/7oz ground almonds
200g/7oz self-raising flour
1 tsp baking powder
300g/10½oz slender young rhubarb, trimmed and cut into roughly 2cm/¾in lengths



- 1.Preheat the oven to 180C/160C Fan/Gas 4. Grease a 23cm/9in springform cake tin with butter and line the base with baking paper.
- 2.Put the butter, sugar, eggs, vanilla or almond extract, almonds, flour and baking powder in a food mixer or food processor. Beat until smooth and thick.
- 3.Spoon the cake batter into the prepared tin. Top with the rhubarb, pressing it down gently. Sprinkle with the reserved 3 tablespoons of sugar.
- 4.Bake for 1 hour 15 minutes, or until a skewer inserted into the centre of the cake comes out clean. Cover with foil if the cake starts to overbrown before it is cooked in the centre.
- 5.Cool in the tin for 20 minutes, then turn out onto a wire rack. Serve warm or cold.

Brain teaser—Code Breaker

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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.



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