

BRIDGING SOCIAL ISOLATION



Picture by Jo Maitland

It's been another action-packed month at the Bridgend Centre with the start of our new service 'Shuttle to the Shops', plus all our usual activities and services going on as normal. For more information on what you can get involved with, please do drop in to the Centre, have a look on our website or get in touch in the usual ways.

We hope you enjoy this 99th edition of Bridging Social Isolation and hope to see you down at the Centre sometime soon.

T: 01625 576311

E: info@bridgendcentre.org.uk - www.bridgendcentre.org.uk

Shuttle to the Shops



Bridgend's newest service, Shuttle to the Shops, started on Wednesday this week with its inaugural trip travelling to Macclesfield from Bollington, calling at the new Barracks Mill retail park (which includes M&S, Aldi, B&M Bargains and Farm Foods), before going on to Lyme Green (which has Next, Matalan, Curry's, Poundstretcher and Home Bargains).

The trip proved very popular and everyone had the opportunity to buy lots of bits from their favourite retailers whilst sharing a social experience with other people on the Rainow Community Bus.

In future, the service will be every fortnight, visiting different shopping hubs on a rota basis. On Wednesday 19th July, we will be going to Poynton and on Wednesday 2nd August, Handforth Dean and Stanley Green retail parks.



Space on the bus can be slightly limited so it is probably not the trip for folk to get their monthly grocery shop, however it is a great opportunity for people to explore shops that they may not always get a chance to get to independently.

The return trip is £4. For more information and details on how to register, please contact the Bridgend Centre on 01625 576311 or email info@bridgendcentre.org.uk or drop in to the Centre in person.

Bridgend Centre presents:

Shuttle to the Shops

A new bus service from Bollington every fortnight

Available to all - £4 per trip
Wednesday afternoons

Places are limited. For more information and details on how to register please contact:
Tel: 01625 576311 or
Email: info@bridgendcentre.org.uk



Wed 5th July - Macclesfield Lyme Green & Barracks Mill
Wed 19th July - Poynton
Wed 2nd August - Handforth Dean & Stanley Green
Wed 16th August - Macclesfield Lyme Green & Barracks Mill
Wed 30th August - Poynton

 **Bridgend Centre**
at the heart of our community
 **Funded by**
CHESHIRE
COMMUNITY
FOUNDATION

Have your say on plans for your local library

Visit **cheshireeast.gov.uk/consultations** and take part in the consultation on proposals for library opening hours across Cheshire East.

The consultation closes 9 July



Civic Awards

Every day in Bollington people who care about our community make a positive and worthwhile contribution which affects the lives of others. Sometimes these acts go unrecognised but this can be remedied by nominating those people for a Civic Award. The closing date for nominations is Friday 28th July @ 5pm and the awards will be presented at the Mayor's Civic Sunday Service on Sunday 24th September.

For more information, and to make a nomination, please visit: <https://www.bollington-tc.gov.uk/about-the.../civic-awards/> If you have difficulty completing the online form, please contact Harriet Worrell on

01625 572985 or at townmanager@bollington-tc.gov.uk to receive the form in an alternative format.

New offices at Bridgend

The new office space at the Bridgend Centre is nearing completion.

The grant from Macclesfield Round Table has enabled us to convert the disused flat next door into additional office space. Thanks also to Treacle Studios for designing our lighting solution pro bono. This space provides us with an excellent opportunity to take on new projects and to grow the charity going forward.

Many thanks to all who have been involved in creating this much needed, modern office space!



Bridgend Buddies

Following Anna Hatley leaving in April, our hugely important project Bridgend Buddies has a new co-ordinator; Bev Henderson. Bev already works for us in our eBay store and now is on secondment one day per week running the Buddies project and has made a flying start.

Bev has recently met with a number of new people referred to us by statutory services who would benefit from having a befriender, so many people that we now have a waiting list and need some more volunteer befrienders!

In particular, we are looking for a buddy who could be teamed up with a gentleman who lives in the centre of Bollington. Bob enjoys motorbike racing and having a laugh and a joke. Could you spare an hour or two every week or fortnight to provide a bit of company to him?

Get in touch at info@bridgendcentre.org.uk or give us a call 01625 576311.



Job Vacancy

Community Worker

Zero hours contract—£12.15 per hour



The Bridgend Centre has been providing support and activities to the people of Bollington, Macclesfield and surrounding areas for the last 33 years. We are a registered charity offering support and a range of activities for people of all ages and abilities.

We wish to recruit a Community Centre Assistant to join our friendly team and support us on an ad-hoc basis when we require. This will be on a zero-hours contract, but it is likely we would ask you if you could work between one and three days per week. This would be a great opportunity to get experience of working in a community charity.

We are looking for someone to help in our community kitchen, serving drinks and keeping it clean and tidy. We will also need assistance in our charity shop, operating the till, and sorting and pricing goods. The role does involve a degree of heavy lifting.

Someone who is energetic, enthusiastic and a people person would be ideal and it would be great if you have good IT skills. We are a small team and need someone with a flexible approach to their work.

To more information on the role and how to apply, please contact us on 01625 576311 or drop us an email info@bridgendcentre.org.uk and we will send you an information pack. Closing date for applications: Wednesday 26th July at 5:00pm

Bridgend Centre
104 Palmerston Street, Bollington, SK10 5PW
info@bridgendcentre.org.uk
We are a registered charity, number: 1123287

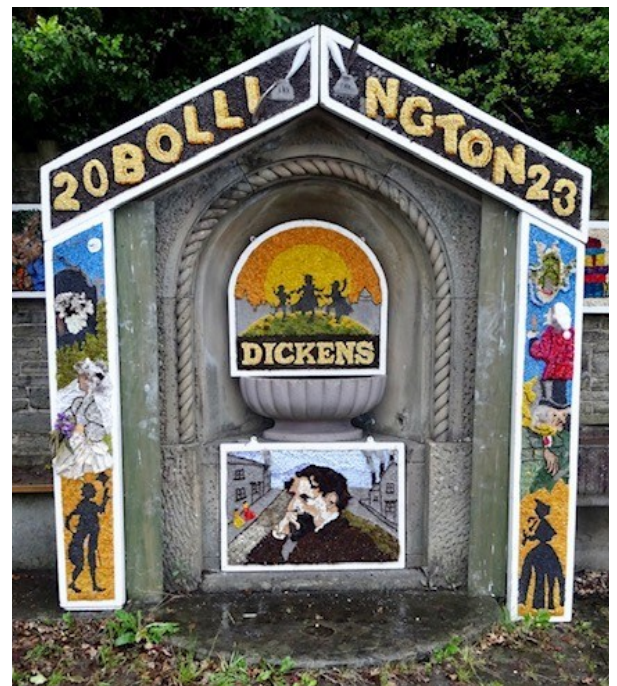
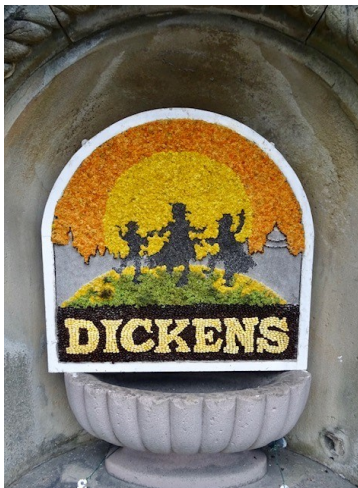
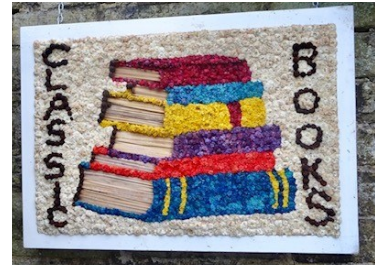
Well Dressed Bollington!

The ever-popular well dressing festival brightens up the village from the 1st to 9th July. The theme this year is Classic Books but there is also a dressing to commemorate the Coronation of King Charles III, which is situated in the Memorial Gardens. Details of all locations can be found in the leaflet which is produced each year which can be found in local shops, the library, the town hall and post office.

The well dressing group started in 2005 as a community volunteering opportunity promoted by Sandra Edwards during her term as Bollington Mayor. They soon outgrew the facilities here and relocated to the Cricket Pavilion at the Rec, which has acted as the base of operations ever since.

Each year one of the local Primary schools takes their turn to design and prepare a dressing and participate in the opening ceremony. The residents at The Mount also produce a small board. Petalling takes place in the three days before the boards are put in place and anyone is welcome to watch the pictures coming together and even place a few petals themselves.

If you would like to get involved in future, there are volunteering opportunities for petalling, lifting and shifting of equipment and boards and also on the committee. This is a great group to get involved with and gentlemen are very much welcome not just ladies! The email address is jandcegboll@btinternet.com



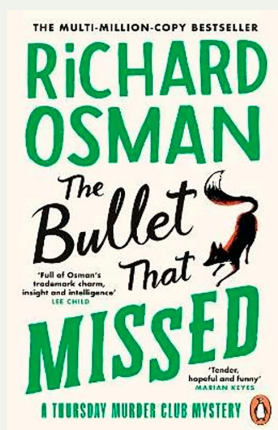
Books I have bought from the Bridgend Centre

Bridgend is renowned for its wonderful selection of fiction and non-fiction books and with most priced at 10p and 20p you don't need an excuse to stock up your 'to-read' shelf on a visit to the Centre! Here is a selection of books we have read recently that were found on the bookshelves.

The Bullet That Missed by Richard Osman

You may know Richard from the TV quiz show 'Pointless' but his renown as an author is growing with his 'Thursday Murder Club' books. This is the third book in the series and as with the others, I really enjoyed reading it.

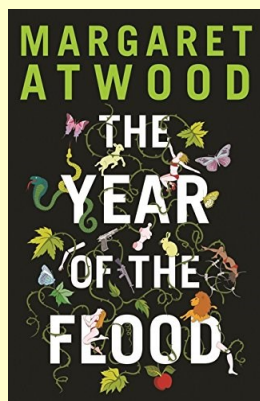
Every book has a murder to solve and each member of the Murder Club bring their unique skills and experience to the task. It's a really easy, fun read and although the plot is pretty ludicrous, I was always wanting to read the next page to find out what happens next. Pure escapism, the adventures of four retirees turned detectives and the friends they meet on the way never fail to entertain!



The Year of the Flood by Margaret Atwood

If you are a fan of the Handmaid's Tale, then this is another book by the same author which follows the same lines. Not for the faint hearted, this novel is set in a nightmarish, dystopian world somewhere in the future, where the majority of the human race have died in a nameless epidemic.

However, two young women, Ren and Toby, have survived. Ren, is a young dancer trapped where she worked, in an upmarket sex club; and Toby watches and waits from her rooftop garden. Is anyone else out there?



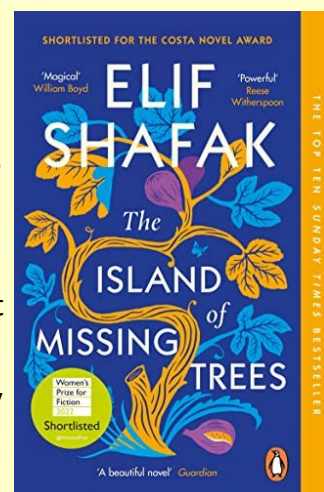
The year of the flood is the second book in a trilogy (started by Oryx and Crake). But it can be read on its own and if you can bear the grimness of imagining a semi-realistic apocalyptic future, then it is highly recommended.

The Island of Missing Trees by Elif Shafak

This book took me a while to get into, but once I got over the shock of a narrator that was a fig tree, I became engrossed in the storyline that winds its way alongside the recent history of the island of Cyprus.

I was rather shocked about how little I knew about the conflict on the island that has been going on for over a hundred years, but started its most recent phase in 1974 with a bloody conflict between Greeks and Turks on the island.

This book is about two people whose lives are affected by this conflict and how their relationship and lives and that of their families and descendants are torn apart by war.

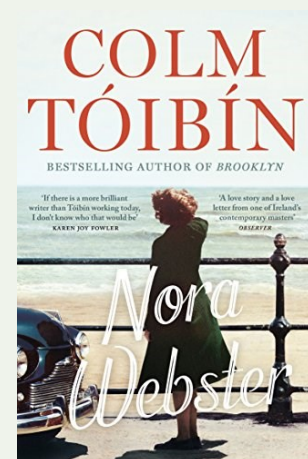


Nora Webster by Colm Tóibín

Colm Tóibín is better known for his novel 'Brooklyn' and the subsequent 2015 film with Saoirse Ronan, but he has written a number of other excellent novels, of which Nora Webster is one of the best.

In the opening pages of the book, we find the title character in her small house in Wexford, Ireland, trapped by grief. Her husband, Maurice, has recently died, and she is beset by emotional pressures: by her neighbour across the street, who wants to know if Nora will be selling her beach house; by her quickly emptying bank account; and by her loneliness.

Slowly, through the gift of music and the power of friendship, she finds a glimmer of hope and a way of starting again.



Bloomin' Bollington



The weekend of 24th June saw the 'Bloomin' Bollington' event organised by Bollington Festival. Many people and businesses in the area made a special effort to decorate their properties with plants and flowers and over twenty stops could be found on the official map of the event, including six pubs and even the Bridgend Centre!

Our flowers are still blooming both at the front and the back on our lovely veranda, so please do drop in sometime for a drink and a relax by the river amongst the flowers. We also love the huge leaves of the Gunnera plant on the river bank, which filters the sunshine and creates a tropical jungle.

Photos courtesy of Andrew Huggett.



Jump Back Up July 2023

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

3 Be willing to ask for help when you need it



10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead



WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)



FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS

Happier · Kinder · Together

Recipe—July seasonal eating



Down on the allotment, all sorts of goodies are starting to be ready to harvest. Rhubarb is coming to an end, but the prolific courgette season begins. A bumper crop of new potatoes are so good by themselves, that it is almost a shame to use them in a recipe! Nothing better than baby carrots glazed with a little honey and butter as a great side dish. Here are a couple of suggestions or ways to use some of July's seasonal offerings of Broad beans and Courgettes.

1. Cook the broad beans in a pan of boiling, salted water for 2-3 minutes, or until tender. Drain well, then refresh in cold water. When the beans are cool enough to handle, peel away the outer skins, if you want to.
2. Heat the oil in a small ovenproof frying pan over a low heat. Add the onion and season with a pinch of salt. Fry for 8-10 minutes, or until softened but not browned.
3. Meanwhile, preheat the grill to its highest setting. In a bowl, whisk the eggs until well combined and full of air, then season, to taste, with salt and freshly ground black pepper.
4. When the onions have softened, increase the heat to medium and pour in the beaten eggs. Sprinkle over the crumbled feta, mint leaves (if using) and cooked broad beans. Leave the pan on the heat for 2-3 minutes, or until the underside of the egg mixture is pale golden-brown. (NB: Do not stir the mixture.)
5. Transfer the pan to the grill and cook for a further 2-3 minutes, or until the top side of the egg mixture is firm and pale golden-brown. Place a large plate upside-down over the pan, then turn the pan over so that the omelette falls onto the plate. Cut it into wedges and serve with crusty white bread.

Broad Bean and Feta frittata



- 200g/7oz small broad beans, pods removed
- 2 tbsp olive oil
- 1 small red onion, peeled, chopped
- salt and freshly ground black pepper
- 6 large free-range eggs
- 100g/3½oz feta cheese, crumbled
- small bunch fresh mint, leaves only (optional)



Easy Courgette Cake –A great way to use excess courgettes!

- 80ml/2¾fl oz vegetable oil, plus extra for greasing
- 150g/5½oz light brown sugar
- 2 free-range eggs
- 160g/5½oz courgette, coarsely grated
- 180g/6½oz plain flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- ¼ tsp fine salt
- 2 tbsp demerara sugar, for sprinkling

1. Preheat the oven to 200C/180C Fan/Gas 6. Grease a 900g/2lb loaf tin and line with a long strip of baking paper.
2. In a bowl, mix together the oil, light brown sugar and eggs until smooth. Stir in the grated courgette.
3. In a separate bowl, mix together the flour, baking powder, cinnamon and salt. Tip the dry ingredients into the courgette mixture and stir until just combined.
4. Transfer the batter to the prepared loaf tin and sprinkle the top with demerara sugar.
5. Bake for 45–55 minutes, or until a skewer inserted into the centre of the loaf comes out clean. Leave to cool in the tin for 20 minutes, then turn out onto a wire rack and leave to cool completely before slicing.

Brainteaser— Logic Puzzles

1. There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?
2. Five people were eating apples, A finished before B, but behind C. D finished before E, but behind B. What was the finishing order?
3. Jack is looking at Anne. Anne is looking at George. Jack is married, George is not, and we don't know if Anne is married. Is a married person looking at an unmarried person?
4. A man has 53 socks in his drawer: 21 identical blue, 15 identical black and 17 identical red. The lights are out and he is completely in the dark. How many socks must he take out to make 100 percent certain he has at least one pair of black socks?
5. The day before two days after the day before tomorrow is Saturday. What day is it today?
6. This "burning rope" problem is a classic logic puzzle. You have two ropes that each take an hour to burn, but burn at inconsistent rates. How can you measure 45 minutes? (You can light one or both ropes at one or both ends at the same time.)
7. You're at a fork in the road in which one direction leads to the City of Lies (where everyone always lies) and the other to the City of Truth (where everyone always tells the truth). There's a person at the fork who lives in one of the cities, but you're not sure which one. What question could you ask the person to find out which road leads to the City of Truth?



1. Three. Two ducks are in front of the last duck; the first duck has two ducks behind; one duck is between the other two.
2. CABDE. Putting the first three in order, A finished in front of B but behind C, so CAB. Then, we know D finished before B, so CABD. We know E finished after D, so CABDE.
3. Yes. If Anne is married, then she is married and looking at George, who is unmarried. If Anne is unmarried, then Jack, who is married, is looking at her. Either way, the statement is correct.
4. 40 socks. If he takes out 38 socks (adding the two biggest amounts, 21 and 17), although it is very unlikely, it is possible they could all be blue and red. To make 100 percent certain that he also has a pair of black socks he must take out a further two socks.
5. Friday. The "day before tomorrow" is today; "the day before two days after" is really one day after. So if "one day after today is Saturday," then it must be Friday.
6. Because they both burn inconsistently, you can't just light one end of a rope and wait until it's 75 percent of the way through. But, this is what you can do: Light the first rope at both ends, and light the other rope at one end, all at the same time. The first rope will take 30 minutes to burn (even if one side burns faster than the other, it still takes 30 minutes). The moment the first rope goes out, light the other end of the second rope. Because the time elapsed of the second rope burning was 30 minutes, the remaining rope will also take 30 minutes; lighting it from both ends will cut that in half to 15 minutes, giving you 45 minutes all together.
7. "Which direction do you live?" Someone from the City of Lies will lie and point to the City of Truth; someone from the City of Truth would tell the truth and also point to the City of Truth.

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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Bridgend Centre
at the  of our community