

BRIDGING SOCIAL ISOLATION



Photo by David Hasler

Welcome to edition 101 of Bridging Social Isolation!

We say this every month, but this Summer really has been a very busy time at the Centre. We have lots of activities going on, new and old, some of which are detailed inside and many people have been visiting us to grab a bargain, especially families with children to find toys and activities for the holidays

Local MP David Rutley visited us this week and said it is always a 'shot in the arm' to visit the Bridgend Centre and find out about the wonderful work we have been doing. We hope you agree.

Helen joins the Bridgend team

The staff team at Bridgend welcomed a new colleague in August when Helen Pearson joined us as a Community Worker. Helen used to be a social worker and brings lots of skills and experience that we are sure will serve her well working in our busy centre. Working with us on a flexible hours basis, you will see Helen working in the shop and in our community kitchen café, chatting to our visitors.

In her spare time Helen loves yoga and also has a great love of Italy, visiting there several times a year with her husband Kevin. When they are not visiting Italy, she and Kevin live in Bollington with their two dogs.

A big welcome to Helen, we are sure she will settle in at Bridgend very quickly!



Bollington Walking Festival

Want to get more active, maybe take up a new hobby or enjoy a guided activity with a group? The Bollington Walking Festival is a week crammed full of walks from a quarter of a mile to 27 miles. The festival takes place between the 9th and 17th September with something for everyone.



There are mindfulness walks, historic walks, themed walks, challenging walks and all the routes are based around or from our beautiful town on the edge of the Peak District National Park.



For most of the walks you can just turn up although a few do have limited spaces and need booking. Pick up a leaflet around town or have a look at our website www.bollingtonwalkingfestival.co.uk and make a note of those you'd like to join us for. We can't wait to see you all.

Prestigious judges! Prizes! Tea! Cake!

BRIDGEND BAKE-OFF

at Bollington Arts Centre
On Saturday 23rd September

Baking entries to be submitted by 12:30pm
Afternoon tea starts at 2:00pm

£5 to enter competition (includes afternoon tea)
Afternoon tea tickets £7.50
Bubbly (alcoholic) afternoon tea £10.00
Children £3

Go to www.bridgendcentre.org.uk to buy your ticket or go to the Bridgend Centre

Raising funds for the Bridgend Centre
Registered charity number 1123287

BRIDGEND BAKE-OFF

Categories

1. Celebration cakes
2. Tea loaves & large cakes
3. Cupcakes, muffins, scones and biscuits
4. Specialist (Vegan, gluten-free, dairy free and/or anything else you fancy!)
5. Young bakers (under 12)

A 'brew with the guys' reaches the stars

The sun shone brightly for the guys one Thursday in August as they went on a trip to Jodrell Bank.

Jodrell Bank is a UNESCO site which is home to the Lovell radio telescopes. These telescopes detect radio waves emitted by astronomical sources in the sky.

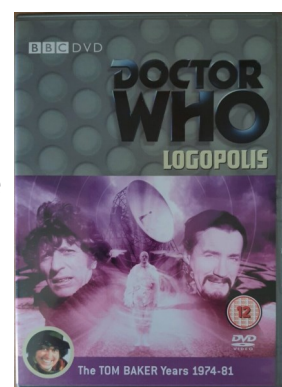
There are 4 radio telescopes at Jodrell Bank. These are The Lovell, Mark II, 42ft, and 7m Telescopes. But Jodrell Bank is also home to the e-MERLIN network, an array of seven radio telescopes across the UK. These includes those at Jodrell Bank, along with telescopes at Pickmere, Darnhall, Knockin, Defford and Cambridge.

Jodrell Bank is world famous and there have been many cultural references made to it since its construction in 1957, including an appearance in Doctor Who which involved Tom Baker hanging off it! It is also the site of the annual



Blue Dot festival, a celebration of science, music and at the arts.

The guys made use of the wonderful resource that is the Rainow Community Bus and it was great to get out and about in the Cheshire countryside to this important part of the history of scientific endeavour in the UK.



Shuttle to the Shops

Our latest exciting project; Shuttle to the Shops is going from strength to strength. The fortnightly service visits shopping complexes in the local area on a rotational basis including Macclesfield Barracks Mill and Lyme Green, Poynton, Handforth Dean and Stanley Green. Over the next few months we also have a new destination, John Lewis and Sainsburys at Cheadle. It isn't just a practical trip to the shops, it also feels like a social outing and opportunity to have fun.

This service is available to anyone and costs £4 per trip.

You can catch the bus at the following points:

- 1:30pm Cotton Tree roundabout
- 1:35pm Bridgend Centre
- 1:45pm Hawthorn Road
- 1:50pm Bollington Cross, Princess Drive

The return time will depend on the shopping destination and traffic conditions but we aim to be back in Bollington no later than 5pm. The bus will drop people off at the stops listed above (Bollington Cross, Hawthorn Road, Bridgend Centre and Cotton Tree) and will not be able to go to other destinations. For more information and details on how to register please telephone the Bridgend Centre on 01625 576311 or email info@bridgendcentre.org.uk



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 30th August - Poynton
Wed 20th September - Handforth Dean & Stanley Green
Wed 27th September - Macclesfield Lyme Green & Barracks Mill
Wed 11th October - Poynton
Wed 25th October - Handforth Dean & Stanley Green
Wed 8th November - Cheadle (John Lewis & Sainsburys)

Bridgend Centre
CHESHIRE COMMUNITY FOUNDATION

Beautiful walk up the Nab

Local photographer Andrew Huggett attended the Bridgend walk last Wednesday and captured these wonderful shots along the route with views of White Nancy, Croker Hill and Manchester. The walk went up local hill the Nab, which overlooks Bollington from the north.

The Nab is not as well-traversed as the end of Kerridge Ridge where White Nancy sits, but is equally beautiful and is also 5 metres taller than its more



famous counterpart. It has an ancient monument on its summit in the form of a circular barrow that has been there since prehistoric time. It also has a Ordnance Survey Trig point on the top! The views from there over to Manchester, Stockport and the Pennines are stunning so it is well worth the effort of climbing to the top.



The group returned via Long Lane and Macclesfield canal. Big thanks to

Andrew for allowing us to reproduce these lovely photos.

For more details on our walks, please go to our website www.bridgendcentre.org.uk.



Could you support us?

The Bridgend Centre changes lives for the better. We are a charity and rely on the generosity of people like you in order survive. Without donations we could not be such a positive place for our community.

You can support us by:

* Donating online by making a single or monthly donation through our website: www.bridgendcentre.org.uk/donate or by pressing the 'donate' button.

* Bobbing into the Centre and we will help you make a donation by cash or cheque.

- Alternatively you could take part in a fundraising event. If you are doing a challenging activity such as a marathon, why not choose the Bridgend Centre as your worthy cause at the same time and raise funds for us? The easiest way to do this is through Just Giving but please do contact us if you have other ideas

Thank you



Barbenheimer

Cinemas were given a boost in August with 'Barbenheimer', which is the phrase (or 'meme') used to describe two major blockbuster films being released in the cinemas by different studios on the same weekend; Barbie and Oppenheimer.

Barbie is a live-action film about the famous doll, as Barbie and her companion Ken face an existential crisis when they visit the real world. With a star-studded cast including Margot Robbie, Ryan Gosling and Will Ferrell, it has been a huge commercial success so far.

Oppenheimer is about Robert J. Oppenheimer, the man who led the Manhattan Project to create the Atomic Bomb in the second world war. Starring Cillian Murphy, this has also been popular with critics and has also been a commercial success.

I have been to see both of these films and while they were very different in feel and subject-matter, I thoroughly enjoyed them both. Oppenheimer, at three hours long, is longer than the average movie, but for me the time flew. It is an intense viewing experience, flipping through different timelines as the story progressed. I found



Oppenheimer's moral dilemma fascinating in having created something that ensured that the Allies won the war, but also had the power to destroy the world. Cillian Murphy was as ever excellent in the lead role and is surely up for an Oscar nomination with his performance.

Barbie seems to polarise opinions, so we have two reviews below that take opposing views on the film.

Barbie—all hype and no substance by Jo Harvey

After all the hype, is the Barbie movie any good? For my money, the answer is no. I went along out of curiosity and came away bemused. The film has some great messages, mainly that patriarchy is bad for everyone, men and women alike, and stops people just being themselves. It has some fun, silly moments and the costumes and sets are excellent. But will it go down as one of the classics that people watch in years to come? I would say definitely not. The film feels very messy, almost like a first draft. It has a lot of ideas and characters but they are all thrown together with not much development or cohesion. The actors in the film give it their all (and that is probably what saves it) but despite their best efforts it feels cliched and forced at times and at others just confusing. But maybe none of that matters? Maybe this is a film-of-the-moment, a



cultural event that gets people talking - and if its billion-dollar takings open the doors for other female directors then you can't argue with that. But in my opinion, go and see Oppenheimer instead.

Barbie - groundbreaking whirlwind of fun by Becky Lea

I wasn't particularly keen on going to see Barbie, but with all the chatter about it I thought I'd better had in order for me to be able to make an informed opinion about it.

I was pleasantly surprised. I was expecting something shallow and consumeristic, but it is the exact opposite. Very funny and clever, it pokes fun at our society today with its many contradictions, hypocrisies, and inequalities. It gently mocks the world Barbie created in the fifties and challenges the image it perpetuates.

I felt it was a ground-breaking movie in terms of the issues it challenges. I think it was very brave of Mattel to agree to it but this will probably pay off long-term as it revives interest in the doll.

The plot, while a bit thin at times, was adequate to make its points and Ryan Gosling is an absolute genius of comedy facial expressions. All in all, it is a fun way to spend two hours but also thought-provoking and will certainly spark discussions for years to come.



A blast from the past

One of our recent eBay buyers (based in the Isle of Man) who purchased inks, stains and stamps donated to our charity shop realised on receipt that we were in Bollington. She messaged that her Grandmother and Grandfather used to be the Mayor and Mayoress of



Bollington over 35 years ago—Mr George and Mrs Bess Washington. She even forwarded a photo of them! It really is a small world.

The customer was also very happy with her purchase.

Can any of you remember the Washingtons? It would be love to hear from you if so.



Workshop workers work wonders

Bridgend volunteer Annette was thrilled last week when the workers in the Bridgend workshop rejuvenated her bistro set of an outdoor table and four chairs.

The set had become rather tired, the metal was rusty and the wood rotten. Workshop volunteers Eric and Peter sanded down the metal and re-painted it, then made new seats and table top out of brand new wood. It was then

treated to ensure they have a long life ahead of them.

If you have any small items of furniture or objects you would like to be repaired, please do get in touch.

We do charge a fee, which is a fraction of what you would pay elsewhere, plus the cost of materials.



Blue supermoon

Bollington residents (and the rest of the world) were able to spot a 'blue super moon' on Wednesday night. A blue moon is when the days fall in a year mean there are 13 full moons during the twelve month period. A super moon is when the moon is in the closest position to earth and therefore shining at its brightest.

These two phenomena happening together is a 'super blue moon' and the next will occur in 2032, so a long time to wait if you missed it! It certainly provided a beautiful sight on a clear night in Bollington.

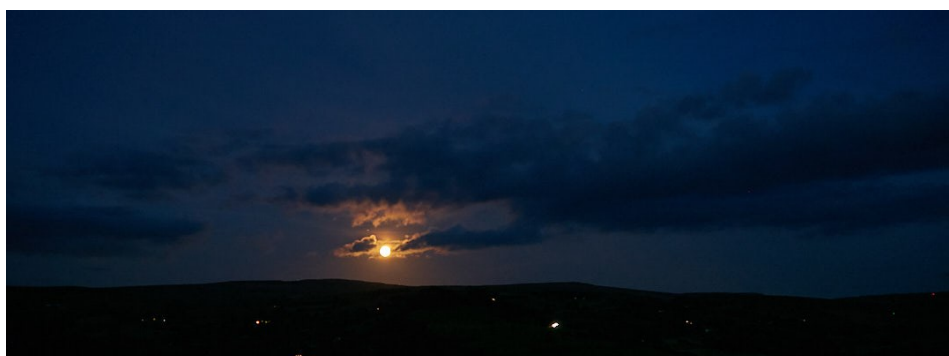


Photo by Gill Redin

Photo by Andrew Huggett

Recipe—Creamy lemon and cabbage pasta with garlic crumbs

This is a quick, easy and nutritious recipe to use up some items from your cupboard. Its low cost too!

Ingredients for 2 people

- 2 handfuls of fresh breadcrumbs
- 3 tbsps of olive oil
- 3 garlic cloves (finely chopped)
- 200g short pasta, such as twists, farfalle or penne
- 1 medium onion (chopped)
- 125ml of white wine
- The zest of half a lemon
- 140g crème fraiche
- 1/2 head of savoy cabbage (thinly sliced)

Method

1. Heat the oven to 200C/180C fan/gas mark 6. In a bowl, mix the breadcrumbs with half the oil and 1 garlic clove. Season well. Spread out on a large baking tray and bake for 8 mins, until crisp and golden. Remove and set aside.
2. Cook the pasta in a large pan of boiling water until al dente. Meanwhile, pour the remaining oil into a frying pan, add the onion and remaining garlic, season and cook for about 4 minutes until golden. Add the wine and lemon zest. Reduce for a few minutes, then add the crème fraiche. Remove from the heat but keep warm.
3. Add the cabbage to the pasta water for the last 3 minutes of cooking time. Drain and return to the pan, add the creamy sauce to the pasta and toss together. Divide between two bowls and top with the crumbs.



CHESHIRE EAST HOARDING SUPPORT GROUP

Wednesdays 10am -12noon (Fortnightly)
Macclesfield Library, Jordangate
Macclesfield SK10 1EE



Bollington Bereavement

At: Bridgend Centre, 104 Palmerston Street, Bollington

Starting 12th September 1:30pm – 3:30pm for 6 weeks

Grief is a normal, natural response to loss and bereavement that everyone will experience at some point in their life.

Bollington Bereavement offers a safe space for you to share your bereavement experience with others.

We can also help you gain a better understanding of grief and provide some practical ideas to help you cope.

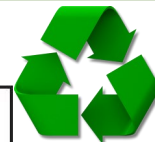
Bollington Bereavement is a 6 week supportive group for anyone that has had a bereavement.

Our trained volunteers will listen to your experience and provide practical ideas to help you make sense of your grief.

For more information and to book a place please contact Lynn Barry through Bollington Surgery 01625 462593



Brain teaser– Recycling themed Word Jumble



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OTCOPSM	
ECSYTM EOS	
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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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