

## BRIDGING SOCIAL ISOLATION



Welcome to edition 102 of Bridging Social Isolation, the newsletter from the Bridgend Centre.

We enjoyed a jam-packed September with the return of the ever popular walking festival (more details on pg.4) and our first ever Bridgend Bake Off (see pg.3) We would like to thank everyone involved in making both events so successful. We truly appreciate your support!

October is a time of cosying up at home , slowing down a bit and a great time to enjoy some warming comfort food. With World Mental Health day happening this month, take it easy on yourself and enjoy one or both of our squash based dishes, which are healthy and tasty at the same time.

## Potential car park charges at Pool Bank

Cheshire East Council is proposing to implement charges to park at Pool Bank car park. The Bridgend Centre is very concerned about this as we believe it will reduce accessibility for our staff, volunteers and the people who use our Centre and the shops and businesses in this part of Bollington.



*Photo courtesy of Macclesfield Nub News*

The carpark at Pool Bank was gifted to the people many years ago and managed by Bollington District Urban Council until 1974 (when assets transferred to Macclesfield Borough Council, and then to Cheshire East). Charges are proposed to be 60p per hour, up to £3.40 for the day. Annual permits would be £490 per year.

This part of Bollington is made up of narrow terraced streets, and so there is a chronic shortage of on and off street parking for residents. Pool Bank carpark is within the heart of the residential area and provides a vital solution for overnight parking for residents in nearby houses. Introducing charges will have an adverse affect on these residents, especially when already facing a cost of living crisis, including rising Council Tax and energy bills. Many other people use the car park to park while at work and when they are using the shops and businesses on Palmerston Street. We believe that implementing charges will reduce customers and footfall at these businesses and increase costs, therefore threatening their very existence.

If charges are implemented in this car park, the people who currently use it are likely to park on the surrounding streets which will cause more congestion and significant health and safety risks. In addition, parking on the street does leave our vehicles vulnerable to being damaged by passing vehicles. Many people have had experience of their vehicles being bumped or losing wing mirrors when parked on Palmerston Street.

Many of the people who use our Centre use the car park because parking directly around us is so limited and it is the safest place to park. If they are charged to do so, it adversely affects the most vulnerable people in society who use the Bridgend Centre services; those who have mobility issues or can least afford to pay the significant amounts of money it will cost. Our volunteers who give up their valuable time to volunteer at the Bridgend Centre would also have to pay to park there.

Given the cuts in public transport services in Bollington in recent years, implementing these charges would further reduce options for people's mobility and we are concerned it will increase social isolation and associated mental health issues.

Palmerston Street and the surrounding area is currently a thriving area for small businesses, including a butcher, two bakers, refill shop, deli, newsagent, dry cleaners, print shop, two pubs, restaurants, cafes and our charity shop. With so much focus on rejuvenating town centres and 'shopping local', it is counter-productive to implement something that will have the opposite effect.

Cheshire East council are carrying out a consultation on this matter, which closes on Wednesday 1st November at 23:59pm. Representations by post must be made by Monday 6th November. You can send your letters of objections to [carparksreview2023@cheshireeast.gov.uk](mailto:carparksreview2023@cheshireeast.gov.uk) or by sending a letter to Parking Services Manager, Parking Services Department, c/o Delamere House, Delamere Street, Crewe, CW1 2LL. All objections/representations must specify the grounds on which they are made.

The Bridgend Centre will be sending a version of this article in a letter to Cheshire East Council.

You can also sign an online petition at <https://www.change.org/p/tell-cheshire-east-council-that-bollington-is-against-charges-at-pool-bank-carpark>



## Bridgend Bake-off goes off with a bang!

Last Saturday 23rd September saw the first 'Bridgend Bake-off' event which had the aim of raising funds for the Centre. The event attracted a lot of attention and did not disappoint on the day!

Held at Bollington Arts Centre, the aim of the event was for people to enter the baking competition and then after judging was complete, the final cakes and bakes would be enjoyed by the community in an afternoon tea event. At least twenty people entered the baking competition, with some entering two or more bakes, so there was plenty of yummy food to be enjoyed. This was complemented by some savoury items including sandwiches, quiches and pastries, glass of bubbly and unlimited tea and coffee.

We were honoured that four local people agreed to be judges at the event, including Bollington Town Mayor Helen Ellwood, local legendary bakery owner Anne Belfield and local baker Elaine Berry of Bezza's bakes. We were also very privileged to be joined at the last minute by Dan Hunter who is a contestant in Channel 4's Bake Off series this Autumn!

Nearly a hundred people joined us for the afternoon tea at 2pm after the judging had taken place and we were entertained with music from Hadyn Vickerman, Maxine Lomas and Anna and Daz Barker.

The winning bakes were:

Category 1 - Celebration Cakes - Jo Maitland with a Black Forest cake

Category 2 - Large cakes and tea loaves - Sandy Milsom with a citrus layer cake

Category 3 - Cupcakes, muffins, scones and biscuits—Jan Slinn with Rhubarb and custard blondies

Category 4 - Specialist - Lucy Handel-Tendler with a chocolate orange Babka wreath

Category 5 - Children's - Thomas Ashby's Chocolate snake cake



decorations, volunteers who worked so hard on the day and Heather who provided the additional sweet and savoury food and arranged for sparkling wine from Uncommon English wines.

The event raised £700 for the Bridgend Centre but also created a lovely community event for Bollington, bringing people of all ages together.



*We were thrilled to be joined by Dan, a contestant in the Channel 4 TV series The Great British Bake-Off*



*The winners and the judges and Becky!*



*The wonderful Bake-off Banner*

A HUGE thank you to every one who gave their time, skills and food to this event, including the judges, musicians, craftspeople who made the banner and





## 13th Bollington walking festival

September saw the 13th Bollington Walking Festival take place in the village and once again it was a very successful event. We had mixed fortunes in terms of weather, but many hardy souls came out and braved the elements!

268 different people walked with us over the nine-day period (with a footfall of 365) and 36 walks took place. Most were from the local area of Bollington and Macclesfield, but many were from Poynton, Wilmslow, Stoke, Manchester and even as far afield as Colchester and Norwich! Walks had varying levels of attendances, due to the mixed weather we had over the week, but the average number of walkers per walk was ten.

30 people went on two walks, 14 people went on three walks, six people went on four walks, four people went on five walks and one hardy soul would went on six walks!

A huge thank you goes to the dedicated volunteers who gave their time to lead walks and organise events to ensure the festival happened. We really couldn't do it without them.

Over the nine days, some fabulous shots were taken by various participants so we thought we would share some here with to celebrate the event, the fabulous people and lovely scenery around Bollington.





Photos of the 13th Bollington walking festival continued....



Contact Rebecca  
 01625 576311  
 info@bridgendcentre.org.uk  
 to book your place  
 and discuss any requirements

NO PRIOR WOODWORKING  
 EXPERIENCE NECESSARY  
 ALL WELCOME!

# INTRODUCTION TO WOODCRAFT

- Learn basic woodworking skills
- Make a small hinged box to take home
- Make friends in a safe space



BRIDGEND CENTRE, BOLLINGTON  
 WEDNESDAY AM CLASSES  
 10:30-12:30  
 8TH - 29TH NOVEMBER 2023  
 £30 FOR 4 WEEK COURSE  
 PLACES LIMITED



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 Mil
- Wed 11th October - Poynton
- Wed 25th October - Handforth Dean & Stanley Green
- Wed 8th November - Cheadle (John Lewis & Sainsburys)





## World Mental Health day—October 10th

Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

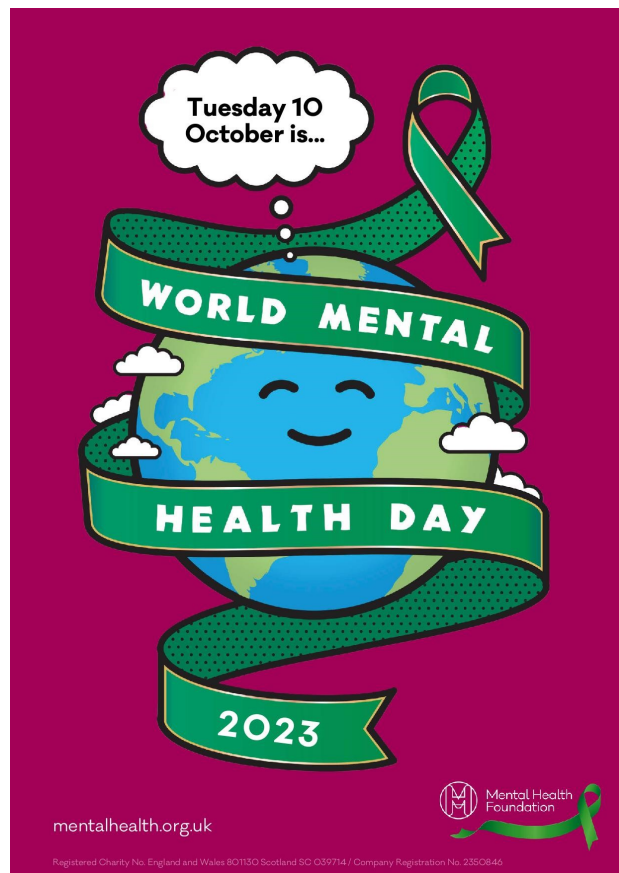
Here at Bridgend there are always Community Workers on hand to stop for a chat and a cup of tea if you are ever concerned about your own mental health or that of someone close to you.

If you feel you need further support, we can sign post you to local services that can provide the right resources for you.

The stigma attached to mental health is thankfully starting to lessen and it is by talk about our mental health and acknowledging that it is something we all struggle with at times that we can all move forward in a healthier, happier way.

The World Health Organisation commented *"Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights."*

One in eight people globally are living with mental health conditions, that really is a staggering figure. So this World Mental Health Day, reach out, start a conversation or come and see us, we will have the kettle on ready.



**YOU ARE INVITED TO A**

# Menopause Awareness Evening

Bollington Town Council are hosting a menopause awareness evening for your opportunity to learn and talk about all thing menopause!

For more information visit  
<https://www.bollington-tc.gov.uk/menopause-awareness-event/>

As part of this evening, one of our wonderful GPs from The Middlewood Partnership, Dr. Fiona Ellison Smith, will be delivering a talk specifically for women thinking about starting HRT. This will be a factual, learning presentation with a chance to ask questions at the end.

This part of the event is **pre-bookable**. To secure your place please email:  
[cmicb-cheshire.middlewood.events@nhs.net](mailto:cmicb-cheshire.middlewood.events@nhs.net)

You will receive a confirmation email to confirm your booking.

Alternatively, you can call the surgery and ask for Leah, our Social Prescriber, who will give you a call back to confirm your place.

We so look forward to seeing you there.

**WEDNESDAY 18TH OCTOBER**  
**6.30-8PM,**  
**HOLLIN HOUSE HOTEL**

## Congratulations Sandy!

Congratulations to Bridgend volunteer Sandy Milsom for her well deserved Civic Award for services to volunteering. The award was announced at the Mayor's Civic Sunday service on 24th September and is presented for Sandy's volunteer work at Bridgend. Over the years she has carried out a number of different roles for us here and we are very grateful for all her hard work!



**Civic Awards**

## Recipe - Courgette and Tomato soup

### Ingredients

30g butter  
1 onion, finely chopped  
375g courgettes, coarsely grated  
1 clove of garlic, crushed  
625ml vegetable stock  
440g tin chopped tomatoes  
2 tablespoons mixed herbs  
Salt and pepper  
60ml double cream or crème fraiche  
Basil, to garnish



### Method

Melt butter in a saucepan, add the onion and cook until soft. Add courgettes and garlic and cook for 4-5 minutes. Add the stock and tomatoes in their juice, then bring to the boil, cover and simmer for 15 minutes. Stir in the herbs, if desired, and salt and pepper. Serve the soup in individual bowls, garnished with the cream or crème fraiche, either stirred in or floating on the top with the basil leaves.

*Huge thanks to Sue Hill for sending us in this recipe.*

## Recipe - Pumpkin Muffins

### Ingredients

225g plain flour  
2 tsp baking powder  
1 tbsp ground cinnamon (or 2 tsp pumpkin spice)  
100g caster sugar  
50g soft light brown sugar  
200g pumpkin purée (from a can or homemade)  
2 large eggs  
125g slightly salted butter, melted



Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl. Break up any lumps of brown sugar by rubbing them between your fingers.

Whisk the purée and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.

Bake for 15 mins until golden and risen and a skewer inserted comes out clean. Lift onto a wire rack to cool completely. *Will keep for three days in an airtight container.*

## Brain teaser– Starts and Ends

**DIRECTIONS:** For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

|                                    |       |
|------------------------------------|-------|
| Spend time in front of the mirror. | PRIMP |
| Intuitive inkling.                 |       |
| Pioneer in photocopying.           |       |
| Bitterly sarcastic.                |       |
| Gas in some signs.                 |       |
| Inuit transportation.              |       |
| Chinese medicinal root.            |       |
| Where a rubber duckie lives.       |       |
| Roll in the mud.                   |       |
| Pleasure traveller.                |       |
| Temporary loss of memory.          |       |
| Deadly.                            |       |
| Pizza herb.                        |       |
| Very knowledgeable.                |       |
| Forty-eight hours before tomorrow. |       |
| The most.                          |       |
| Excessive.                         |       |
| Feudal land.                       |       |
| Trepidation                        |       |
| Water storage area.                |       |

**Answers**— Hunch, Xerox, caustic, neon, kayak, ginseng, bathtub, wallow, tour-ist, amnesia, lethal, oregano, erudite, yesterday, maximum, superfluous, feif, dread, reservoir

## 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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