

## BRIDGING SOCIAL ISOLATION



*Photo by Daniel Henderson*

Welcome to issue 103 of Bridging Social Isolation, the penultimate edition of the year. First off, some important dates for your diary—Bridgend Bingo Thursday 23rd November tickets available now and the much loved Bridgend Christmas Party at The Civic Hall, Monday 18th December.

We still have spaces available on our special Shuttle to the Shops Christmas Shopping trip to the Trafford Centre (Saturday 25th November, £4 return trip) and remember if shopping isn't your thing, there are restaurants, a cinema and a range of different attractions for a good day out.

And finally, our new chair dancing group starts this month so why not come and join in the fun?

## Town Council—Remembrance Sunday



Sunday 12th November

Parade – assembly at the Recreation Ground car park on Adlington Road from 10.15am, with a march off at 10.40am.

Service – Memorial Gardens at 10.55am.

Following the service, there will be a return parade to the Recreation Ground car park with a salute taken by the Civic Party outside Bollington Civic Hall.

## Remembrance 2023

Sadly, War is very much in our current consciousness with conflicts in multiple parts of the world. It is easy to become overwhelmed by the atrocities we see and read in the News. In amongst all of this sadness and destruction, there are stories of love, charity, support and hope. The Royal British Legion this year have chosen the theme for Remembrance of “Service” - Their Festival of Remembrance Publication states,

“In 2023, we continue our commemoration of the theme of ‘Service’ and ‘Service Not Self’ in the Festival of Remembrance. Through personal testimony and storytelling, through music and ceremony, the Festival will express the core values of Service which maintain the admiration and esteem the public holds for the Armed Forces and civil society. Values such as placing others before themselves, devotion to duty and unfailing reliability. The Festival will commemorate the above values through both the lived experience of our Armed Forces community by honouring veterans who lost their lives or were injured in service and actively serving



personnel. It will further honour their families, descendants and representatives.”

One type of service that they are particularly emphasising is National Service as this year marks 60 years since National Service officially ended. Between the end of the Second World War and May 1963, when the last serviceman was demobbed, more than 2 million men took part in National Service. Following the war there was a growing demand for military resources in Britain to retain the Empire and contribute to the occupation of Germany and Japan. Britain was a very different place and low birth rates in the 1930s meant there were fewer young men available for military service. The 1947 National Service Act provided a solution to this manpower shortage. It meant that men aged 18–26 were required to serve in the Armed Forces for 18 months. On 16<sup>th</sup> May 1963 Richard Vaughan became the last National Serviceman to be formally demobilised.

**BRIDGEND  
BINGO**

**23 NOVEMBER 2023**

**@ THE VICEROY 6PM**

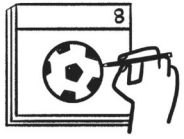
**TICKETS £20**

ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course meal.  
Purchase your tickets at the Bridgend Centre or  
on our website.  
[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)  
Charity number 1123287

**Bridgend Centre**  
at the heart of our community

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Make a list of new things you want to do this month
- 2 Respond to a difficult situation in a different way
- 3 Get outside and observe the changes in nature around you
- 4 Sign up to join a new course, activity or online community
- 5 Change your normal routine today and notice how you feel
- 6 Try out a new way of being physically active
- 7 Be creative. Cook, draw, write, paint, make or inspire
- 8 Plan a new activity or idea you want to try out this week
- 9 When you feel you can't do something, add the word "yet"
- 10 Be curious. Learn about a new topic or an inspiring idea
- 11 Choose a different route and see what you notice on the way
- 12 Find out something new about someone you care about
- 13 Do something playful outdoors - walk, run, explore, relax
- 14 Find a new way to help or support a cause you care about
- 15 Build on new ideas by thinking "Yes, and what if..."
- 16 Look at life through someone else's eyes and see their perspective
- 17 Try a new way to practice self-care and be kind to yourself
- 18 Connect with someone from a different generation
- 19 Broaden your perspective: read a different paper, magazine or site
- 20 Make a meal using a recipe or ingredient you've not tried before
- 21 Learn a new skill from a friend or share one of yours with them
- 22 Find a new way to tell someone you appreciate them
- 23 Set aside a regular time to pursue an activity you love
- 24 Share with a friend something helpful you learned recently
- 25 Use one of your strengths in a new or creative way
- 26 Try out a different radio station or new TV show
- 27 Join a friend doing their hobby and find out why they love it
- 28 Discover your artistic side. Design a friendly greeting card
- 29 Enjoy new music today. Play, sing, dance or listen
- 30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



**DANCE / EXERCISE CLASSES**

The Bridgend Centre, 104 Palmerston St, Bollington, Macclesfield. SK10 5PW  
 Starting 10th November, Every Friday 2pm - 2.45pm  
 £4 per class

This class is a fun, creative dance/exercise class with inspiring music led by dance artist Lewis Bailey.


Sessions can be taken seated or standing.

Become part of your local community with this fun and engaging class in the heart of Bollington.



To book a place on the class visit the centre in person, email [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) or call 01625 576311

**Pun corner**

- I went to a new restaurant last night that specialises in sea bird dishes. I was up all night being sick. I think I had a funny tern. 
- I couldn't sleep last night so I decided to read the Oxford English Dictionary. At 3am I got past caring.
- Knock, Knock. Who's there? The doorbell repair man.
- My friend Iain has one eye bigger than the other.
- I just a book called how to survive falling down a staircase. It's a step-by-step guide.
- Five ants rented an apartment with another five ants. They are now tenants.
- I just had the worst day ever. I hired a carpenter to build me a bespoke double bed and found out afterwards that he had done a bunk. Its just one thing on top of another...
- So I said to this bloke, 'would you like to know where Dick Turpin lived?' He said 'sure would'. I said 'no, that's Robin Hood'.

## Autumn Mental Health

Autumn is classically a time when we enjoy crunchy leaves, cosy jumpers and more time at home. Though for some people Autumn can be particularly challenging with less daylight, colder temperatures and greater costs associated with the increased time at home.

It is really important to notice how the season change can affect our mental health and put strategies in place to get through. Here we have a few suggestions of things you can try.



1. Silver linings -Although there may be parts about the upcoming months that you don't enjoy, there may also be things you're excited for, such as bonfire night or Halloween or simply being able to wear cosy socks and woolly jumpers. Identifying what you are looking forward to and focusing on those activities can help us to feel more positive about the change in season.
2. Take stock—The summer months can be a hectic time with travelling, increased responsibilities (like childcare) and a packed calendar of social events. The autumn time can be a perfect opportunity to wind down and focus on the basics that embody good health and wellbeing including sleep, food and exercise. You may have more time on your hands which you can use whichever way benefits you. Whether it's cooking a new nutritious recipe or getting back into a book series you like, or simply taking more time to be in the present and relax.
3. Try a new hobby—It's a great time to try a new hobby or craft, or take a short course to learn about something you have always been interested in .
4. Exercise—It is very easy to feel lethargic at this time of year and lose the desire to exercise. If the weather puts you off a walk, why not try a swim at the leisure centre or a class such as our new chair dancing session.

The Bridgend Centre presents.....

### Shuttle to the shops Trafford Centre

*Start your Christmas shopping with a fun Saturday shopping trip!*

**Saturday 25th November 2023**

**£4**



Leaving the Bridgend Centre at 9:30am. Approximate return 4:00pm (traffic dependent).

Places are limited.

To book, please call into the Bridgend Centre or give us a ring on 01625 576311. Alternatively, you can email us at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk).

5. Have a clear out—The increased time at home gives you a great opportunity to have a good clear out and get on top of things at home. Remember to donate your preloved items to your favourite local charity shop!

6. Come and have a brew— Some people find that they have less social contact with friends and family in the Autumn and can feel more isolated. We always have the kettle on at Bridgend and our fab group of café volunteers and staff are always available for a chat with your hot drink.

7. Protect your sleep—most people find that the clock change does disrupt their usual sleep schedule and they report feeling more tired. Take this opportunity to assess your sleeping habits and environment to maximise those all important hours.

8. If you find that your Autumn blues are persistent and affect your quality of life, contact your GP for help and support.

## Walking netball - a fun way to exercise

Most of us have heard of wheelchair and walking football, but walking netball ... what's that about?

This Halloween I played walking netball with the Macclesfield Pumpkins in a netball tournament organised by Macclesfield leisure centre for teams from all over East Cheshire. But what is walking netball?

Many women of my generation and older will have played netball at school, but probably not the men. Netball is a

fast moving, seven-a-side team game usually played on an indoor court. The object of the game is to pass the ball from the centre of the court and ultimately to score goals by throwing it into the net at the end of the court. The opposing team have to try to intercept the ball then put it into their own goal at the opposite end of the court. The aim of walking netball is the same but **no running or jumping is allowed**. This means it is an excellent form of exercise for the older generation and for people with medical conditions or in recovery from medical procedures. We practice once a week on Tuesday morning and for me, this beats pounding the treadmill at the gym because



it is great fun and we always have a good laugh. Also, it is excellent for meeting new friends as we usually have a coffee in the cafe after play. But don't worry, guys; if you look carefully at the photos, you might notice the occasional male player. So it isn't just the women that have all the fun.

The winning team in this Halloween tournament was the Congleton Cats, with runners up, the Wilmslow Wanderers, Although the Pumpkins didn't win this time we all enjoyed ourselves and at the end of the tournament we congregated in the cafe for sandwiches and chips. I think we are all agreed that we earned it!

**Anna Barker**



# Pott Shrigley Bonfire night

## Sat 4th Nov

Admission: £22 Family  
(2 adults, 2 children),

£11 adult, child £5, under 5s free

Gate opens at 5.30pm

Fire lit at 6.30pm

Fireworks at 7.30pm

Pay at gate Cricket Field Pott Shrigley

Fireworks, Bar, Real Ale, Mulled Wine, Glowsticks, BBQ, Games

## Reality TV at its finest

*The nights are drawing in and the days are getting colder. What better way is there to spend cosy evenings at home than to watch a good reality TV show or three? Here at the Bridgend, a few of us are hooked on three at the moment!*

### Great British Bake-off

With baking, camaraderie, fun and innuendo the Great British Bake-Off is our favourite thing to snuggle up to on Autumnal Tuesdays.

Of course, our absolute favourite contestant in the Bake-off is Dan Hunter, local resident and celebrity judge at the recent Bridgend Bake



-off, however there is much more to be enjoyed in this

year's series, including hilarious new host Alison Hammond, who is proving to be a great presenting partner to Noel Fielding.

Every week has a different baking theme, such as cakes, pies and aromatics. We are already up to week six of the competition and Dan is still going strong and won the technical challenge last week. Can we bear the excitement?



### Married at First Sight UK

Significantly less heartwarming than the Bake-Off, MAFS can certainly never be called dull! Certainly not to everyone's tastes, it is however an interesting look at relationships and psychology. The series is described on the Channel Four website as a 'bold social experiment where single people, matched by experts, marry total strangers who they meet for the first time on their wedding day'. The three 'experts' are on hand to provide advice and support to the couples but also strangely seem to attempt to provoke discord and conflict through their activities and games. Strangely addictive, we have to keep watching to find out which couples will stay married and which will fall apart!

### Strictly Come Dancing

Strictly is a glorious riot of fun, music and dancing on a Saturday night. Now on its 21st series, it is a beacon of positivity in a sometimes less than happy world on our screens.

The format of the show is that a number of celebrities are teamed up with professional dancers to take part in a dancing competition that starts in early September and finishes just before Christmas. The series started in 2004 and Tess



Daly has been a host for the whole time it has been running, first of all being partnered with the legendary Bruce Forsyth, then permanently by Claudia Winkleman in 2014.

In most series there have been themed weeks, including Movie week, Halloween and a trip for the whole set to Blackpool tower!

This year, we have some fantastic couples, with Layton and Nikita and Ellie and Vito being the ones to watch as potential winners of the glitterball trophy, in our opinion.



### Parkin



- 200g butter
- 1 large egg
- 4 tbsp milk
- 200g golden syrup
- 85g treacle
- 85g light soft brown sugar
- 100g medium oatmeal
- 250g self-raising flour
- 1 tbsp ground ginger

Heat the oven to 160C/140C fan/gas 3. Butter a deep 22cm square cake tin and line with baking parchment. Beat the egg and milk together with a fork.

Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat. Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk.

Pour the mixture into the tin and bake for 50 mins – 1 hr until the cake feels firm and a little crusty on top. Cool in the tin then wrap in more parchment and foil. *Keep for up to five days before eating if you can – it'll become softer and stickier the longer you leave it, up to two weeks.*

### Treacle Toffee



- oil, for greasing
- 450g dark brown sugar
- 125ml hot water
- ¼ tsp cream of tartar
- 115g black treacle
- 115g golden syrup

Line the base and sides of an A4 sized tin with non-stick parchment and then grease it really well.

Put the sugar and hot water in a heavy bottomed pan and heat gently until the sugar is dissolved, do not stir the mixture at any point instead tilt the pan if you need to move it around.

Weigh out your remaining ingredients, if you put them in a really well greased jug they will be much easier to pour out. Once the sugar has dissolved add all the ingredients and pop the sugar thermometer in, you can use the thermometer to give it a quick swirl but try not to mix it too much.

Bring to the boil and boil until you reach soft crack on your thermometer (270/140C) This may take up to 30 minutes, be patient and do not leave the pan unattended as it can change quickly. As soon as it reaches the temp, tip it into your tin and leave it to cool.

Once cool remove it from the tin a break up with a toffee hammer or rolling pin. Store in an airtight tin or wrap up in boxes or cellophane bags to give as gift.

## Are you worried about your energy bills?

Join our Citizens Advice Cheshire West's Energy Advisers, **on the 12th December 2023 at Bridgend Centre, 104 Palmerston Street, Bollington SK10 5PW at 2 pm.**

We will be talking about all things energy, including:

- What the energy crisis is and how it might affect you
- The current support that is available
- Ways to maximise your income
- Simple energy saving tricks to reduce how much energy you are using
- Answering any other energy questions you might have

If you can't attend but still want support, you can call Citizens Advice dedicated energy team in Manchester on **0808 164 4406** or text us via WhatsApp **07360 546 111**, or visit [www.citizensadvicemanchester.org.uk/energy-advice](http://www.citizensadvicemanchester.org.uk/energy-advice)

## Brain teaser– Sudoku Challenge

A Quartet of Sudoku puzzles ranging in difficulty from easy to very hard—Good Luck!

		9	7					
2	6	8	9					7
	5		4	2				
6			5	4	7	9		8
5			1				3	
	8	1				4	6	5
8		5			4	2	9	
9					2	1		3
		2	6	9	5		7	

				1		5	7	
		7	6	3		1		
	1		8		5			
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9	8	1					7	6
	2		8	6				4
	4					8		
8	9							5

## 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.



### Bridgend Centre

104 Palmerston Street, Bollington,  
Cheshire. SK10 5PW

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