

## BRIDGING SOCIAL ISOLATION



Welcome to the 104th edition of Bridging Social Isolation. Chilly days are here as Christmas approaches and where better to stock up on affordable Christmas decorations and gifts than at the Bridgend Centre?

As ever there is lots of things going on at the Centre in December with our Christmas party on 18th, a new two-week Woodcraft course making bird boxes, an informative session on reducing your energy bills run by the CAB, plus much more!

Locally, the Christmas lights switch on will be Sunday 3rd December 12-4 at the Recreation ground. The annual Carol's Round the Tree event on Christmas eve starts at 6pm outside The Council Offices.

From everyone here at the Bridgend Centre, we wish you a very merry Christmas and a Happy New Year. We would also like to say a huge thank you to everyone who has supported us during 2023, we really couldn't do it without you.

## Happy Valley in Bloom



Some of you may have noticed the beautiful flowers and plants popping up throughout Bollington. The volunteers of community group Happy Valley in Bloom have been working really hard to provide bright splashes of colour around the town and tidy up areas congested by weeds.

The group was formed by Edwina Wood, Wendy Butterworth and Debra Nixon in order to create attractive spaces for the community. They regularly fundraise to purchase the flowers and plants and then generously donate their time to plant them.



In early November, the team visited Bridgend and planted some lovely pots and planters at the front of the building and on our verandas. The winter themed, colourful arrangements included pansies, cyclamen, and chrysanthemums.

Many of our lovely wooden planters were made by our industrious workshop volunteers, Eric and Peter. It really is a

team effort so thank you to all our wonderful volunteers.

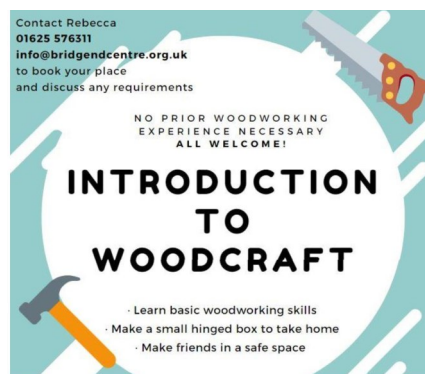


## Co-op celebration event

Bridgend Centre Manager Becky went to an event at the Bollington Co-op store this month to celebrate being one of their community causes during 2023. Bridgend was awarded £2,745 which will help to fund our structured woodcraft classes in the workshop.

A total of £7,603 was awarded to three charities at the Bollington store. The two other local charities were also awarded support this year; the Alex Project, which provides services for people living with Parkinson's disease and Bollington United.

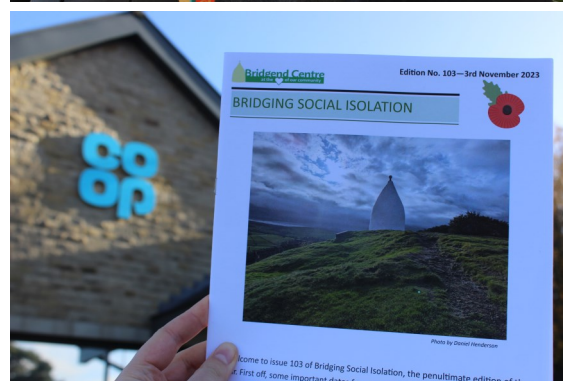
Bollington United received £2,437, which will go towards a new playing surface and also new changing facilities.



The Alex Project received £2,421 which will go towards a taxi service that will transport people living with Parkinson's disease to various activities to keep them active and mobile.

Well done to all the charities that received some money to carry out their valuable work and a huge thank you to the Coop and their members for supporting our causes.

*With thanks to Macclesfield Nub news for allowing us to use their photographs and information.*



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



## Thank to Workflow Services

Huge thanks to Workflow Services Limited who have recently made a donation towards our 'Shuttle to the shops' service. Shuttle to the shops transports people to local shopping destinations such as John Lewis at Cheadle and M&S at Handforth Dean, enabling them to lead independent lives and meet new friends in a social environment.

On Saturday 25th November the Shuttle to the shops service went to the Trafford Centre for a grand day out Christmas shopping.

Everyone had a lovely time, taking advantage of the wide array of shops and eateries to be had there. On 20th December, we are going for something very different and festive with a trip to Dobbie's garden centre in Marple, which always have lovely festive decorations and is a good source of Christmas presents to purchase. Further information on Shuttle to the Shops service for the rest of the year can be found below.

The Bridgend Centre rely on donations from companies and people alike in order to run our valuable services,



such as this one, in the community. If you would like to donate, please go to our website at [www.bridgendcentre.org.uk/](http://www.bridgendcentre.org.uk/) donate or follow this QR code. Thank you, we very much appreciate your support.



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](mailto:info@bridgendcentre.org.uk)



- Wed 11th October - Poynton
- Wed 25th October - Handforth Dean & Stanley Green
- Wed 8th November - Cheadle (John Lewis & Sainsburys)
- Wed 22nd November - Macclesfield Barracks Mill and Lyme Green
- Wed 6th December - Handforth Dean and Stanley Green
- Wed 20th December - Dobbies Garden Centre, Marple



You are cordially invited to the Bridgend Centre

# Christmas Party

Monday 18th December 2023 @ 1:30pm  
@ Bollington Civic Hall

RSVP to the Bridgend Centre  
(01625 576311, [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) or in person)

A cash donation towards the buffet would be most welcome. Thank you.



## The canal in Bollington

Bollington has many beautiful features, but none more so than the canal which cuts through the heart of the town, creating a green space for people and nature alike.

In the nineteenth century, the Macclesfield Canal brought trade in Bollington to life, providing for the first time a means of getting raw materials into the town and finished products out in bulk and quickly – only a one day journey to/from Manchester. It also provided the incentive to build the two great mills on its banks, Clarence and Adelphi.

The first sod was cut at Bollington, though we don't know where, but probably at Bollington Wharf on Grimshaw Lane, opposite Adelphi Mill, in 1825. The canal was finally opened on 9th



*Photo by Bollington Boats and Bikes*

November 1831 after the difficulties of its construction at Bollington, with the completion of the huge Palmerston Street embankment and aqueduct (below), the two largest, and most troublesome, engineering structures on the entire canal.

The route for the Macclesfield canal was originally surveyed by Thomas Telford, a leading civil engineer of the day – indeed, he was one of the first people to be addressed as a civil engineer. Telford used his survey to prepare a parliamentary Bill and presented it at Westminster to gain approval for construction. The necessary

Act was obtained in 1824 and construction began in 1825 under the management of William Crosley.

Significantly, Crosley wasn't keen on several aspects of Telford's route, and he altered it, reducing the length of the canal by several miles. He achieved this by eliminating several excursions around the hills and valleys, replacing them by embankments and aqueducts across the valleys and cuttings through the hills. His design was much more adventurous in engineering terms than the original Telford design which, frankly, was for a rather old-fashioned contour canal.

This change in design was most significant at Bollington where the canal was to cross the river Dean. Today we see a large stone embankment and a very fine aqueduct crossing Palmerston Street. If Telford's plan had been executed Bollington would be a very different place today.

We thought we would take this opportunity to celebrate the beauty of our local canal by showing you some photos of the lovely vistas it provides around Bollington.

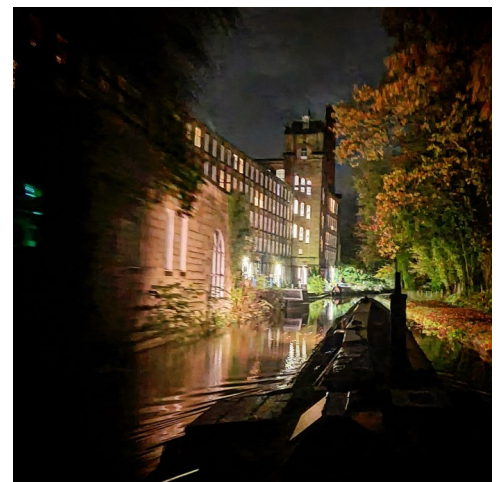
*Thank you to the Happy Valley website for the information on the Macclesfield canal in Bollington.*



*One of our favourite viewpoints, looking over to White Nancy from the canal*



*Canal bridge north of Clarence Mill*



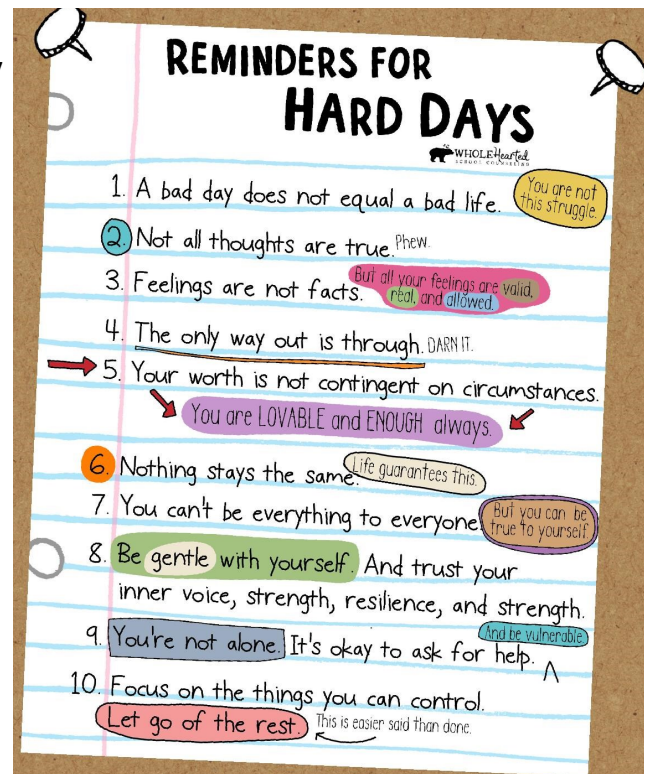
*Clarence Mill at night by Brian McGuigan*

## Calm at Christmas

It's the "most wonderful time of the year" but for some people it can feel like anything but. Instead of the usual child-like thrill of excitement that comes with the festive season, you feel helplessly overwhelmed as you contemplate juggling the festive chores and navigating all the bust-ups that will inevitably go down if the family descends, or maybe even a Christmas alone. Increased financial demands, cold weather, dark nights and the usual rounds of winter viruses all thrown in to the mix are enough to make anyone want to hibernate rather than celebrate!

If this festive burnout sounds all too familiar then we have a few suggestions that may help you to navigate this tricky time.

- Accept the way you feel— It is totally ok to acknowledge that you feel anxious, stressed or overwhelmed. We are only human and only have so much mental capacity to cope. Be kind to yourself and accept that things don't have to be perfect.
- Reassess what's important — That pressure to make everything perfect can have us focusing on little details that really do not matter. So what if their isn't a matching set of pyjamas for everyone or the chairs round the table are different sizes?! It is a mere 3 years since we couldn't see anyone at all at Christmas yet we have all too easily been sucked back in to these impossible standards that have us losing money and pulling out hair.
- Boundaries, Boundaries, Boundaries—The pressure can be on to make time for people that haven't given us 5 minutes during the rest of the year. To go places or see people that in actual fact make us feel anything but jolly. It is ok to say no.
- Make time for yourself—With the focus on doing and buying for everyone else we can find ourselves pushed to the back of the queue. Run yourself a bath, grab a book and don't feel guilty for switching the phone for a bit. You have to fit your own oxygen mask first, so to speak.
- Grief—This time of year can be particularly hard if you are grieving the loss of a loved one, whether the loss is recent or many years have passed since they left. There are so many fantastic organisations out there offering support all year round so do reach out if you need to speak to someone. There are so many lovely suggestions around for ways to honour loved ones that are no longer with us, from a bauble in their favourite colour to a stocking for them that you fill with letters and memories.
- Finances—Please do not feel the need to spend money you do not have for the sake of one day. Most people have far more than they could ever need, particularly children! The people that matter would rather have a healthy happy you and a charity shop gift, than an expensive trinket that pushes you to the edge.



The team at Bridgend will be here with the kettle on if you need an ear and somewhere to be (Festive opening hours on page 6.) There are always community workers on hand and if you need further support we can help you to find the resources you need.



## Brilliant books

Jolabokaflod— It might sound like the newest line in shelves from Ikea, but actually this is the name of a rather wonderful Icelandic Festive tradition. Translated literally it means “flood of books” and it describes the tradition of giving books on Christmas Eve. The idea being that people spend a nice calm and cosy Christmas Eve snuggled up by the fire with a good book before all the busy hustle and bustle of Christmas Day itself. It’s thought that the practice of Jolabokaflod began during the second world war, when Icelandic people celebrated Christmas with books as paper was one of the few things not rationed. The yearly Reykjavik Book Fair in November helps the tradition along, giving everyone a chance to pick up a great read for their loved ones.



Here at Bridgend we are renowned for our bargain books, at just 10p for fiction and 20p for non-fiction it’s a great way to gift books without costing a fortune. We have even had parents come and purchase 24 Childrens books (for the princely sum of £2.40!) and create a book advent calendar. As most of the staff will testify, our book section is far too tempting and I for one have a ‘to read’ pile that I couldn’t get through in a lifetime!

The Bridgend craft group has also found great uses for our abundant supply of books this year by learning the art of book folding. Super simple but really effective.



So whether it’s a gift for your friends and family, a treat for yourself, a new craft supply or to fix the wonky kitchen table, why not pop down to Bridgend for a good book. We will have the kettle on ready.



Bridgend Centre, Bollington  
Wednesday am classes  
10:30-12:30  
6th - 13th December 2023  
£15 for 2 week course



- Learn basic woodworking skills by making a bird nesting box
- Make friends in a safe space



CONTACT REBECCA  
01625 576311  
INFO@BRIDGENDCENTRE.ORG.UK  
TO BOOK YOUR PLACE



### Christmas Opening Hours 2023

Monday 18th Dec—we will be closing at 12:30pm for our Christmas Party. You are welcome to join us at the Civic Hall! Please just let us know if you would like to.

Friday 22rd Dec	10am - 4pm
Saturday 23rd - Tuesday 26th Dec	<b>CLOSED</b>
Wednesday 27th Dec	10am - 4pm
Thursday 28th Dec	10am - 4pm
Friday 29th Dec	10am - 4pm
Saturday 30th Dec	<b>CLOSED</b>
Sunday 31st Dec	<b>CLOSED</b>
Monday 1st Jan	<b>CLOSED</b>

## Recipes—Seasonal Treats

### Christmas Crumble

1kg apples, peeled, cored and chopped

150g frozen cranberries

1 tsp ground cinnamon

½ tsp mixed spice

75g caster sugar

#### FOR THE CRUMBLE

125g plain flour

100g cold unsalted butter, cut into cubes

50g caster sugar

½ tsp mixed spice

Heat the oven to 200C/180C fan/gas 6. Tip the apples, cranberries, spices and sugar into a 22cm square baking dish and mix well to combine.

For the crumble, rub the flour and butter together using your fingertips until you have a breadcrumb-like consistency. Stir in the sugar and mixed spice. Sprinkle the crumble in an even layer over the fruit, then bake for 35-40 mins until golden on top and bubbling at the edges. Leave to cool slightly, then serve warm.



### All the Trimmings Tray Bake (perfect for boxing day)

1 tbsp olive oil

3 tbsp caramelised onion chutney

1kg small potatoes, halved

4 parsnips, cut into chunky pieces

4 carrots, cut into chunky pieces

200g sprouts, trimmed and halved

2 small red onions, cut into wedges

12 cocktail sausages wrapped in bacon

2 bay leaves

4 rosemary sprigs, ripped

Heat oven to 200C/180C fan/gas 6. Mix the oil and chutney together and season well. Divide everything except the sausages and herbs between two large roasting tins, pour over the oil and chutney mixture and toss together. Put both trays in the oven for 25 mins.

Add the sausages and herbs to the trays and bake, stirring halfway through, for 30-35 mins more or until the vegetables are soft and the sausages are cooked through. If one tray is browning more than the other, swap them round.



## 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)

**Cadent**  
Your Gas Network

**citizens  
advice** Cheshire  
West





# CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F  
 C H Z Q E J A O R E I N D E E R I R L Q  
 M B M O L S Z T V W U P O B N D T T V V  
 N H N J O L L Y N U Y E N M I H C C E U  
 X P M N P P S F I A G K A C L Y V H S Z  
 D L A E H X C E L B S F P G C E T Q E G  
 Z O M N T H E D A Y S G N I T E E R G M  
 S D Z I R V T Q P S G S B W C C P W V Q  
 P U I Z O V A J A E O R U A C F S O G S  
 G R E H N X R L B P Y N N N H R S O I L  
 B N Z C S T B H J O M D P I M O A B V M  
 Y M I S T L E T O E Y R D E E S M C I U  
 G O C N O R L D K C O Q O N R T T W N B  
 W K Y Q C Z E J A G O V T D R Y S D G Q  
 L O R T K L C N I C G P N R Y L I N X S  
 J N X J I R E F B A V A P J E H R D C Z  
 X L W O N H T A E R W V I I L E H A Y E  
 W L R D G Z G Y L D J C G N X E C M B O  
 M Y A D I L O H L S U H J A W N Z A M J  
 I X P D B T V H S K M W S E L D N A C U

- |            |          |           |            |
|------------|----------|-----------|------------|
| BELLS      | RUDOLPH  | ELVES     | JOY        |
| CANDLES    | SANTA    | FROSTY    | MERRY      |
| CANDY CANE | SEASON   | GIFT      | MISTLETOE  |
| CARDS      | SLEIGH   | GIVING    | NOEL       |
| CELEBRATE  | STOCKING | GREETINGS | NORTH POLE |
| CHIMNEY    | TREE     | HOLIDAY   | REINDEER   |
| CHRISTMAS  | WREATH   | JOLLY     |            |



A huge 'thank you' to David and Linda West for funding this edition of the Bridgend Social Isolation newsletter.

David, who was a long-standing supporter of the Bridgend Centre, very sadly passed away on 10th November 2023. Our sincere condolences go to Linda and his family and friends.



## Bridgend Centre

104 Palmerston Street, Bollington,  
Cheshire. SK10 5PW

E: [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

T: 01625 576311

[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

Registered charity 1123287 We are a  
Charitable Incorporated Organisation (CIO)

