

## BRIDGING SOCIAL ISOLATION



*Photo by Fiona May*

Welcome to the February edition of Bridging Social Isolation, the newsletter for the Bridgend Centre in Bollington.

We had a few days of bright sun and blue skies in January, which gave us some much needed cheer, so we are celebrating this with a double-page spread of some lovely scenes in the stunning countryside around Bollington. Thank you to the contributors who sent them in to us.

As ever there is lots going on at the Centre this month, with our busy activity and walks calendars. Hopefully there will be more bright days to come during this month!

## Cancer awareness

You may have noticed recently that we have had a new activity on our already busy timetable at the Bridgend Centre, a gentle dance/exercise class that can be done either sitting down or seated. The class is fun, creative, and uses inspiring music from dance artist Lewis Bailey.

Funding from the Cheshire and Merseyside Cancer Alliance in the form of a small grant helped towards us providing this class. The aim of the funding is to both encourage physical activity by making it fun and rewarding and also increase awareness of cancer and the importance of early detection.

According to the charity Cancer Research, being a healthy weight, which physical activity contributes towards, reduces the chances of 13 different types of cancer. In addition, exercising regularly particularly reduces the chance of bowel and breast cancer. There are also lots of other benefits of staying active including improving your mood and stress, reducing the risk of heart disease and dementia, osteoporosis and reducing the chance of falls in older adults. It also provides opportunities to socialise, which of course this class does!

Sitting or lying down for long periods of time throughout the day (being inactive) isn't good for our health. Even people who do lots of exercise might spend too much time being inactive during the rest of the day. If you do spend long periods of time being inactive at home or at work, it's a good idea to get up and move about regularly if you are able to do so.

So if you fancy giving this group a go and enjoying a fun, sociable atmosphere with the added bonus of getting moving at the same time, please do pop into the Centre, email or give us a call on 01625 576311.



### 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

## Cheshire and Merseyside Cancer Alliance

Early detection of cancer is really important, as it makes it much easier to treat. You know your body best, so take action by talking to your doctor if something doesn't look or feel quite right or won't go away. Don't assume that unusual changes are down to 'just getting older' or part of another health condition. There are many examples of signs of cancer on the Cancer Research website and there are leaflets in

the Centre. Even if you have something worrying that is not on this list, it is best to get any unusual changes checked out to be on the safe side.

According to the Cheshire and Merseyside Cancer Alliance, four in ten cancers could be prevented by people taking the following actions:

- Stopping smoking
- Eating a healthy and balanced diet
- Getting more exercise
- Reducing alcohol intake
- Avoiding sun bed usage and exposure to the sun





## Parking charges at Pool Bank

You may recall that a few months ago we featured an article about potential car parking charges at Pool Bank Car Park in Bollington being implemented by Cheshire East Council. An online petition against these charges attracted over 1800 signatures. Cheshire East Council carried out a consultation process and the Bridgend Centre took part by writing to the Council voicing our concerns, as we believe it will reduce accessibility for our staff, volunteers and the people who use our Centre, and will also affect footfall to the shops and businesses in this part of Bollington. 285 letters were sent to the council as part of this consultation in relation to Bollington, 275 of which were against the charges.



Photo courtesy of Macclesfield Nub News

On Thursday 25th January CEC Highways and Transport committee have voted to implement all the charges (see the image below) as per the notification that went up on the lampposts and in the consultation (albeit with the addition of a 30p for half an hour rate). The committee also voted on the following:

- Cashless charging (hopefully this will not be going to be in Pool Bank as each town will have one car park that accepts cash)
- Sunday charging at weekday rates
- Evening charging (6pm—10pm).  
Although Pool Bank will probably not have this because it is eligible for the 'free after 3pm' incentive.

The charges are expected from October.

**Thank you to Councillor Jo Maitland for collating and publicising this information.**

### Bollington

There are no changes to the consultation proposals being put forward for Pool Bank car park. The final proposals are shown in Table 9 for completeness.

This car park would also benefit from the extended roll out of the Free after 3pm initiative, which would operate Monday to Saturday inclusive, to support town vitality.

Table 9: Final proposals for Pool Bank car park

Car Park	Charging Period	0-1 hour	1-2 hours	2-3 hours	3-4 hours	4-6 hours	6-10 hours	Quarter Permit	Annual Permit
Pool Bank	8am to 6pm, Monday to Saturday	£0.60	£1.00	£1.50	£2.10	£3.00	£3.40	£163.00	£490.00

## Time to talk

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?

Call in at one of the drop-in sessions at a venue in Bollington for friendly, professional advice from your local health team.

Find out about dementia services, finances, therapies, diet and social groups, etc.

There's no need to book, just turn up. For more details see overleaf.



## Time to talk 2024

Wed 7th February	Bollington Town Hall	2pm-3:30pm
Wed 3rd April	Bollington Town Hall	2pm-3:30pm
Wed 12th June	Bollington Town Hall	2pm-3:30pm
Wed 28th August	Bollington Town Hall	2pm-3:30pm
Wed 9th October	Bollington Town Hall	2pm-3:30pm
Wed 4th December	Bollington Town Hall	2pm-3:30pm





## A winter wonderland

An icy blast hit Bollington in mid-January and while it was very cold, this meant we were treated to some gorgeous blue skies and snowy scenes around Bollington, plus a dash of other colours here and there.



*Thanks to Fiona May for allowing us to use the photos on this page.*



A winter wonderland continued...



Photo by John Odell



Photo by Fiona May



Photo by Sarah Hodgkinson



Photo by John Odell



Photo by John Odell



Photo by John Odell



Photo by Sarah Hodgkinson

A poster for volunteer walk leaders. The background is light blue with various icons related to walking and community. The text is centered and reads: **WANTED** **VOLUNTEER WALK LEADERS** **AT THE BRIGDEND CENTRE**. Below this, it says: Contact us for more information 01625 576311 or [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk). At the bottom, there is an illustration of two people walking with trekking poles. The logo for Bridgend Centre is in the bottom right corner, with the tagline 'at the heart of our community'.



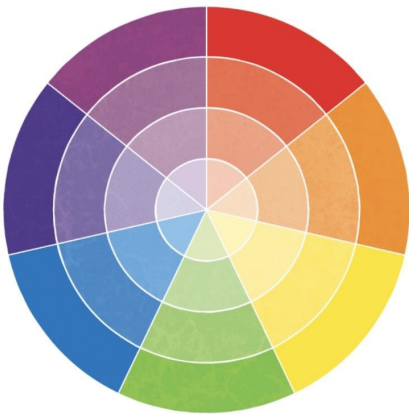
## Action for Happiness calendar—Friendly February

**Friendly February 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
26 Make uninterrupted time for your loved ones	27 Call a friend up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it			

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## Shabby Shaker Designs



A huge thank you goes to local artisan Shabby Shaker Designs, who donated 20% of the sale proceeds of their 2023 Christmas cards to the Bridgend Centre.

Shabby Shaker produce modern and fresh designs to go on prints and cards, many of which are Bollington and White Nancy themed. As well as creating off the peg designs, Sarah can also produce personalised creations that would make the perfect gift or special item for your home.

To order, you can find Shabby Shaker on Facebook, on Instagram or by email at [sarah.hodgkinson23@ntlworld.com](mailto:sarah.hodgkinson23@ntlworld.com).

Shabby Shaker also regularly have a stall at the Love Bollington Market, which takes place 3-4 times per year at locations around Bollington.



The Bridgend Centre rely on donations from members of the public and local businesses in order to continue delivering our services so we are so grateful for this support from Shabby Shaker.





## Recipe—Simple Ingredients Cheesy Vegetable pie

### FOR THE VEGETABLE FILLING

- 1 large cauliflower
- 2 leeks, trimmed and cut into 2cm/ $\frac{3}{4}$ in slices
- knob of butter
- 200g/7oz button mushrooms, halved
- 115g/4oz frozen petits pois

### SALT AND FRESHLY GROUND BLACK PEPPER

### FOR THE CHEESE SAUCE

- 55g/2oz butter
- 55g/2oz plain flour
- 450ml/ $\frac{3}{4}$  pint hot milk

### 2 tsp Dijon mustard

### 115g/4oz mature cheddar, coarsely grated

### 55g/2oz Parmesan, coarsely grated

### SALT AND FRESHLY GROUND BLACK PEPPER

### TO ASSEMBLE

### 375g ready-rolled puff pastry

### 1 free-range egg, beaten



Preheat the oven to 200C/180C Fan/Gas 6.

Break the cauliflower into fairly small, even-sized florets. Some of the smaller leaves can be chopped into pieces.

To make the vegetable filling, bring a large pan of salted water to the boil. Add the leeks and boil for 4 minutes. Add the cauliflower florets and leaves, and bring back to the boil for 3 minutes until just tender. Drain and run under cold water to stop the cooking. Drain well and set aside.

To make the cheese sauce, melt the butter in a large saucepan over a medium heat. Sprinkle in the flour and stir for 1 minute. Gradually add the hot milk, whisking until thickened. Stir in the mustard, cheddar and Parmesan, then season well with salt and freshly ground black pepper. Leave to cool for 5 minutes.

To finish the vegetable filling, heat the knob of butter over a high heat. Add the mushrooms and pan-fry for 3 minutes until golden. Season with salt and pepper, then set aside to cool. Add all the cold vegetables and frozen peas to the cheese sauce, stir and check the seasoning. Spoon into the pie dish.

Roll out the pastry to slightly bigger than the top of your pie dish. Brush beaten egg around the edge of the dish, then place the pastry on top and press down on the edges to seal. Trim any excess pastry with a sharp knife and make a small slit in the centre for the steam to escape. Brush the top with beaten egg.

Bake for about 40–45 minutes, until the pastry is golden and the sauce is bubbling around the edges.



## Keeping warm and well: staying safe in cold weather

### Plan ahead



Check the weather forecast and the news



Make sure you have sufficient food and medicine



Take simple measures to reduce draughts at home

### Keep yourself warm



Heat rooms you spend most time in to 18°C if you can



Keep bedroom windows closed



Wear multiple layers of thinner clothing

### Prepare your home



Check what financial support may be available for you



Use energy saving tips to save money on heating



Make sure appliances are safe and working well

### Look after yourself and others



If you're eligible, get vaccinated against flu and COVID-19



Check on others who may be vulnerable








Get help if needed. Call NHS 111 or in an emergency 999

For more information go to:

[Top tips for keeping warm and well this winter - www.GOV.UK](https://www.gov.uk)



## Brain Teaser—Rebus Puzzle

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 <b>Blood</b> Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 NI bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice <sup>3</sup>	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 <b>Big Big</b> ignore ignore	23 RAKEN	24 KNEE light light

A huge 'thank you' to 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

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