

BRIDGING SOCIAL ISOLATION



Photo by Jan Slinn

Welcome to March's edition of Bridgend Social Isolation, the newsletter of the Bridgend Centre. The days are getting longer and the evenings lighter, could it be that Spring is finally around the corner? It is certainly looking that way as our walks programmes for the Spring/Summer are about to be released! They will be available on our website or in the Centre.

We have lots of news, articles and features for you to read this month, we hope you enjoy it and that it gives you a flavour of what goes on at the Centre.

Bollington tip set to be 'mothballed'

Cheshire East Council's environment and communities committee recently voted to 'mothball' Bollington tip from 1st April along with that of Poynton and Middlewich. A decision will then be made from 1st September on whether to close them permanently. The closure will save the council £750,000 in this financial year.



Here at the Bridgend Centre, we are very concerned about this as it reduces the level of service available to the people of Bollington. The nearest tip to our town will be Macclesfield, which involves an eight mile round trip to access, and so increases costs and emissions associated with disposing of our rubbish. As a result it is likely that fly-tipping will increase in our beautiful area.

Read more about this decision online at Macclesfield Nub News: <https://macclesfield.nub.news/news/local-news/macclesfield-bollington-tip-mothball-is-no-april-fool-219199>

Here in our wonderful Bridgend Centre charity shop, we incur substantial costs disposing of items that are unsuitable for re-sale. When Bollington tip was closed during the pandemic, we had an upturn in unsuitable and out-of-hours donations. Therefore we kindly ask that when you are having a sort-out at home that you think whether the items will be suitable for donation to our charity shop, need to be transported to Macclesfield tip or disposed of using another method. We accept donations during our opening hours, Monday to Friday 10am to 4pm and Saturdays 10am to 1pm.

Adlington Road closure update

Adlington Road was closed in January for Utility company 'OCU Group' working on behalf of Electricity North West to excavate a trench and install cables along Adlington Rd. Unfortunately, while these were being done, serious damage was sustained to the bridge when one of the coping stones was knocked out. The bridge has been seriously weakened and the road cannot be reopened until it is repaired.



Cheshire East Council are currently looking at designs for the repair as a matter of urgency but the road will be closed for the foreseeable future. A website has been set up to enable residents to obtain up-to-date information on the current condition and track the repair. https://www.cheshireeast.gov.uk/highways_and_roads/roadworks/gnat-hole-bridge-adlington-road-bollington.aspx

Unfortunately this means that we cannot run the weekly car wash at the recreation ground because cars cannot access the car park from the Bollington side and also the fencing is partially blocking the gateway, restricting access. The car wash is an important fundraising activity for Bridgend and we are currently looking for an alternative location.

A little bit of trivia to ease the mood following this news; this bridge is called 'Gnat Hole bridge'. The name Gnat hole refers to the whole area of the recreation ground and the bottom end of Adlington Road. The name probably comes from the time before the Macclesfield Canal was built when this was waste ground, very badly drained, and with the river ambling through it – ideal conditions for gnats and other nasties. When the canal was built, from 1825 – 1831, the river was re-routed through Palmerston Street tunnel, and later still straightened, and the whole area drained in order to stabilise the ground where the canal embankment was to be built. Further improvements came in the late 19th century when the area was brought into use as a recreation ground.



(www.happyvalley.org.uk)

Henry treks to Paris for Bridgend

We would like to say a massive thank you to Henry Moores of Macclesfield, who chose us to receive a donation of £250. Henry has raised the stunning amount of over £20,000 (which increases by the day!) by walking from Macclesfield to The Eiffel Tower in Paris in October 2023. He has split the money between various local charities and in February it was our turn!

Henry is 21 years old and after spending some time away travelling with his friend, decided that he wanted to do something fulfilling and out of the ordinary. Therefore he made the decision to walk from Macclesfield to Paris in order to raise money to spread happiness at Christmas time.



Henry documented his journey on social media and articles started to appear in many publications and he even appeared on Sky News! Henry has given generous donations to various charities in the area including food banks, youth charities, churches, homeless charities and many more.

We are so impressed by Henry's dedication and hard work and congratulate him on this huge achievement, both in terms of the athleticism required to walk all that way and raising such an impressive amount for charity.



Henry pictured with Bridgend Deputy Manager Kerry Langstaff

Shuttle to the Shops—new timetable announced for April to June

Bridgend Centre presents:

Shuttle to the Shops

A bus service from Bollington every fortnight
Available to all - £4 per trip

Places are limited. For more information and details on how to register please contact:
Tel: 01625 576311 or
Email:
info@bridgendcentre.org.uk

Please note that two of these trips set off earlier than normal.
For departure times, please see separate sheet



- Wed 3rd April - Leek Town Centre
- Wed 17th April - Broadstone Mill, Reddish - **MORNING START**
- Wed 1st May - Hazel Grove High Street
- Wed 15th May - Dobbie's Garden Centre, Marple
- Wed 29th May - Handforth Dean (Tesco, M&S and Next)
- Wed 12th June - Macclesfield Barracks Mill (Aldi, M&S plus more)
- Wed 26th June - Buxton - **MORNING START**

Bridgend Centre presents:

Shuttle to the Shops

Treacle Market Macclesfield

Sunday 28th April 2024

Travel from Bollington to the famous Treacle Market in Macclesfield!

Places are limited. £4
For more information and details on how to book your place please contact:
Tel: 01625 576311 or Email: info@bridgendcentre.org.uk



Picking up at:
Cotton Tree 10:55am
Bridgend Centre 11:00am
Hawthorn Road bus stop 11:10am
Princess Drive bus stop 11:15am

treaclemarket

Views from Oakenbank

Jan Slinn sent us some lovely photos taken on a walk along Oakenbank to Rainow earlier this month.

Oakenbank is a beautiful ancient track between Bollington and Rainow with lovely stone walls and views over the local hills. You can access it from the bottom of Blaze Hill in Bollington and from Stocks Lane in Rainow. The Gritstone Trail uses it for some of its length, the access point to which is on a sharp bend, adjacent to another footpath which will take you across the grounds of Savio House.

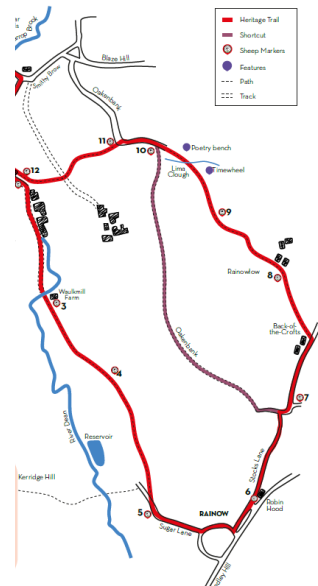


A fantastic view over to Kerridge Ridge and White Nancy



Looking back to Bollington along Oakenbank

point to which is on a sharp bend, adjacent to another footpath which will take you across the grounds of Savio House.



Looking up to Blaze Hill

Pun corner



* I'm currently reading a book about some insects in an Italian city. It is a Rome Ants novel.

* I can only sleep on a pile of magazines. I must have back issues.

* A man was injured when he was run over by a reversing car. Police have appealed to the driver to come forward.

* I've started a business recycling chewing gum. But I am having trouble getting it off the ground.

* I tried to pay my rent today with a bag of goose feathers. I told my landlord it was a down payment.

* I always wanted to be a scientist but ended up in a soda factory adding carbon dioxide to the drinks. At least I was a fizz assist.



sketches

An exhibition of original paintings and prints based on sketches done on location in Bollington and the SK postcode area

BOLLINGTON ARTS CENTRE
WELLINGTON ROAD, SK10 5JR

Each Sunday from 31st March to 28th April 2024
 2.00 - 4.00pm






Bill Edmondson
 David Steeden
 Derek Williams
 John Minnikin
 John Roberts
 Lynne McPeake
 Roger Moyle
 Ros Barton
 Stuart Mollison
 Margaret Green
 Patricia Spreull

Original art & prints available for sale

The Bridgend eBay store

A crucial part of the Bridgend charity shop is our eBay store, which allows us to sell the valuable items that are donated to us for their full value. This maximises the income we generate from our charity shop; and all of the money goes directly back to delivering Bridgend services, supporting everyone in our community but particularly those who are vulnerable or isolated.



We regularly receive some fabulous donations and we are always overwhelmed by the generosity of the people who give us these items to sell. Led by our eBay Co-ordinator Bev, we have a team of dedicated volunteers who work on the various essential tasks in the eBay department, including checking the items work and are in good condition, cleaning them, measuring, taking photographs and listing the item to ensure it is described accurately. Once sold, they also carefully pack the items and post them to their destination.



We sell all sorts of items on our eBay store, including clothes, shoes, bedding, curtains, homeware, kitchen items, bric-a-brac, collectibles plus much more. The list is endless really!



Some of the more unusual items we have sold recently include:-

- Rory Dobner Dalmation plate - sold for £20
- Kymera magic wand - sold for £15
- Orla Kiely curtains - sold for £30
- Caran D'ache Genève artists pencils - sold for £110
- Collection of 37 Gordon Highlanders toy soldiers - sold for £82
- Set of three Daleks - sold for £39



You can find our eBay store online either on our website <https://bridgendcentre.org.uk/home/charity-shop/eBay-store/> or by going directly to eBay. Our eBay store is called bridgend_centre.



Gill, one of our dedicated eBay volunteers

We are also very proud to have the 'eBay top seller' rating and over 3000 positive reviews!

The income we make from our eBay store is a hugely important part of our revenue stream and allows us to continue to provide the services we do to the people of Bollington and the wider community.

A huge THANK YOU goes to the people who continue to donate so generously to us, day in day out and also to our volunteers who do the hard work to make it happen. We really couldn't do it without you!

WANTED
VOLUNTEER WALK LEADERS
AT THE BRIDGEND CENTRE
Contact us for more information
01625 576311 or info@bridgendcentre.org.uk

Bridgend Centre
at the heart of our community

Gill's art journey

Bridgend volunteer Gill Redin joined Bollington Art Group last year with her friend Edwina after being inspired by the amazing works of art that were on display during one of the Art Group's art exhibitions at the Civic Hall.

Gill hadn't painted since school so she joined the group as a total beginner. She has enjoyed attending three different courses so far, which were:

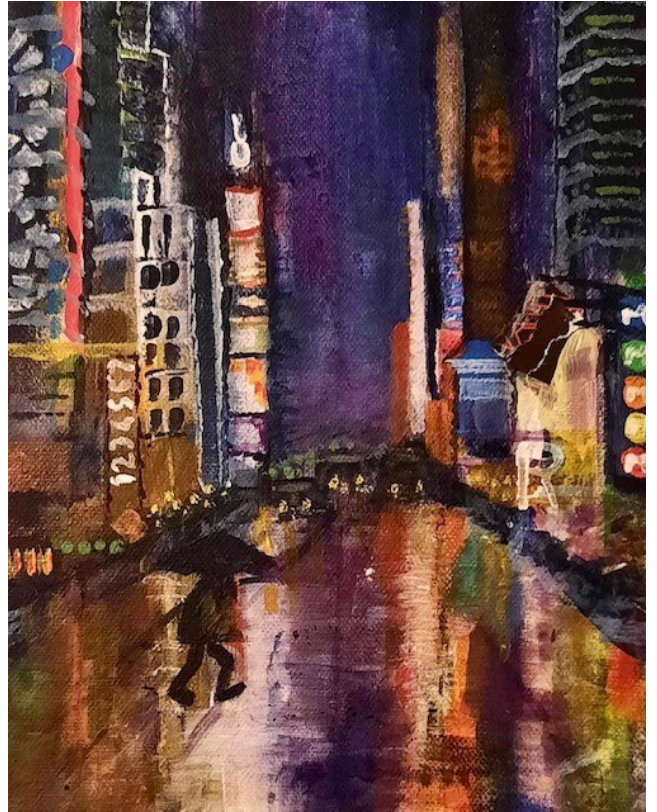
Adrian Homersham - Loose expressive watercolour.

Steve Bewsher - Landscapes in Pastels.

Emily Mugridge - Acrylic mixed media, urban landscape.

This wonderful acrylic painting is Gill's interpretation of a small part of Times Square in New York completed during Emily's urban landscape class. It took Gill four weeks (lessons) to complete.

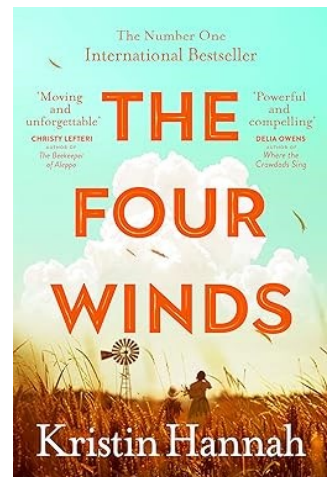
Gill says that all the artists that have run the courses have been totally inspirational, as have the wonderful artists and members of the Bollington art group who have supported her on her artistic journey so far. She thanks everyone in the group for sharing their love of art and wealth of knowledge with her.



Book review - Kristin Hannah

Another great author I have discovered recently is Kristin Hannah. Having read the 'Four Winds' and 'Winter Garden', I am definitely on the lookout for more of her titles, either in the library or on the famous Bridgend Centre book shelves in our charity shop!

The 'Winter Garden' was the first title I read. Set in both modern day times and Leningrad 50 years previously, the book follows sisters Meredith and Nina who have a difficult relationship with their mother, who has seemed cold and disapproving throughout their lives. When their beloved father falls ill, the girls find themselves once again in their mother's company and being told the story of her traumatic and devastating childhood in Leningrad, a story which shakes them to their core. While it started off quite slowly, the second half of this book moves quickly and is readable and gripping. However I feel that it is let down by the ending, it was totally unrealistic and I



felt very disappointed by it.

I enjoyed the 'Four Winds' much more. It was believable from the start and was a gripping, albeit rather grim, read. Set in the American dustbowl of the 1930s, a period I knew little about, it follows Elsa Martellini and her family as they are forced to leave their farm to travel to California in search of work and a better life. The laughs weren't particularly forthcoming but it was very easy to read and has piqued my interest in this period of history.

Another book by Kristin Hannah is 'the Nightingale', which I haven't read yet but it is on my list. Her latest book is called 'The Women' and is set in the Vietnam War. Still only in hardback, I can't wait for it to come out in paperback to give it a try!

Recipe—Sausage Casserole



Heat 1 tablespoon of the oil in a large non-stick frying pan and fry the sausages gently for 10 minutes, turning every now and then until nicely browned all over. Transfer to a large saucepan or a flameproof casserole dish and set aside.

Fry the bacon in the frying pan until starting to brown and crisp and then add to the dish with the sausages.

Add the onions to the frying pan and fry over a medium heat for 5 minutes until they start to soften, stirring often. You should have enough fat in the pan, but if not, add a little more oil. Add the garlic and cook for 2–3 minutes until the onions turn pale golden brown, stirring frequently.

Sprinkle over the chilli powder and cook together for a few seconds longer.

Stir in the tomatoes, stock, tomato purée, Worcestershire sauce, brown sugar and herbs. Pour in the wine, or some water if you're not using wine, and bring to a simmer.

Tip the tomato mixture carefully into the pan with the sausages and bacon and return to a simmer. Reduce the heat, cover the pan loosely with a lid and leave to simmer very gently for 20 minutes, stirring from time to time. Stir the beans into the casserole, and continue to cook for 10 minutes, stirring occasionally, until the sauce is thick.

Season to taste with salt and freshly ground black pepper and serve with rice or slices of rustic bread.

Ingredients

- 1–2 tbsp sunflower oil
- 12 good-quality pork sausages
- 6 rashers rindless streaky bacon, cut into 2.5cm/1in lengths
- 2 onions, thinly sliced
- 2 garlic cloves, crushed
- ½–1 tsp hot chilli powder or smoked paprika
- 400g tin chopped tomatoes
- 300ml/10fl oz chicken stock
- 2 tbsp tomato purée
- 1 tbsp Worcestershire sauce
- 1 tbsp dark muscovado sugar
- 1 tsp dried mixed herbs
- 2 bay leaves
- 3–4 fresh thyme sprigs
- 100ml/3½fl oz red or white wine (optional)
- 400g tin butter beans or mixed beans, drained and rinsed
- salt and freshly ground black pepper
- rice or rustic bread slices, to serve

Air fryer magic

For my birthday this year I was given some Amazon vouchers and I decided to buy an air fryer. I had heard so much about them being a marvel so I had to try them out for myself! I bought a cheap one, so I wouldn't have wasted too much money if it turned out I didn't like it, but I have to say that I am also converted!

Air fryers are a self-contained unit, into which you can put almost any food stuff and cook. They usually have a very simple operation, just a temperature and timing controls, and the time required to cook is much shorter than a conventional oven. Therefore it is also much quicker and cheaper than putting on your traditional oven. They are also a healthier method than frying. I have already cooked bacon, mini jacket potatoes and sausages. If you haven't tried one yet, it may be well worth having a go.



Brain Teaser—Crossword

Across

1. Peter I, for one
5. Border plant
10. Call to a mate
14. Altar locale
15. Gibson garnish
16. Ice cream treat
17. Quarterback's option
18. Girder material
19. Comedienne Imogene
20. "Halt!"
21. Verse of four measures
23. Show fear
25. Dead letters?
26. Kind of cord
28. Chill out
33. Unrefined
34. Energize (with "up")

35. Block
36. Hourly charge
37. Stake
38. Look after
39. Chowed down
40. Neglected boy
41. Abstain
42. From the age of chivalry
44. Plow's trail
45. "Gosh!"
46. Heart line
47. Smelly pranks
52. Desire
55. Fashion designer Chanel
56. Circa
57. Showy flower

58. Unpleasant emanation
 59. Hangman's knot
 60. Air show stunt
 61. Strengthen, with "up"
 62. Dissuade
 63. Kitty starter
- Down**
1. Last call?
 2. Cross words
 3. Kind of press
 4. Answer
 5. Inexpensive lodging
 6. Script direction
 7. South Beach, for one
 8. Suffix with theater

9. Darkroom apparatus
10. Click the OK button
11. Knee-slapper
12. Enough, for some
13. Academic period
22. Personal air
24. Is no longer
26. "Beat it!"
27. Go on and on
28. Watch
29. Square
30. Mental lapse
31. Ballroom dance
32. Fund
34. Buddhist leader
37. Range of frequencies

38. Tex-Mex staple
40. Nerdy one
41. PETA peeve
43. Slight, in a way
44. Encourage
46. Bullying, e.g.
47. Kilt wearer
48. Type of list
49. Desktop feature
50. Double-reed instrument
51. Kind of court
53. Congeal
54. Hoopla

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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.



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