

BRIDGING SOCIAL ISOLATION



Photo by Michele Greenwood

Welcome to May's edition of Bridging Social Isolation, the newsletter of the Bridgend Centre in Bollington. As ever we have lots of news, gossip and articles for you, including the announcement of the launch of the Bridgend Lottery with Unity.

For just £1 a week you can support our vital work and be in with the chance of winning £25,000 at the same time! For more details go to page 3.

At last the weather seems to be turning slightly and it feels like Spring just might be here! We hope to see you at the Centre or out on one of our walks soon.

The car wash returns to the recreation ground

We have two pieces of good news this month in relation to Adlington Road and the Recreation Ground. A statement has been released by Cheshire East Council to say that repair work on the damaged bridge will commence on Monday 6th May, a full month ahead of schedule and that the job will be much quicker to complete than previously thought. Huge thanks to local Councillor John Stewart and various other campaigners who liaised with Cheshire East Council to ensure this work was prioritised. The full statement from CEC is here:

“Following my meetings with United Utilities and Electricity Northwest on Friday, I have been able to accelerate the repair of the bridge and get the ducts installed over the bridge w/c 6th of May. This will be nearly a month sooner than anticipated after we secured a permit from the Environment Agency, to work in the river earlier than quoted”.

The famous car wash that raises funds for both the Bridgend Centre and Friends of the Rec will be restarting on Tuesday 14th May. We consulted with the public on social media and whilst during the first few weeks Adlington Road may still be closed and there will be a longer drive to access it, many said that they would still make use of a good wash of their vehicles! The diversion route to reach the Rec is via the Silk Road, Holehouse Lane, Sugar Lane and Adlington Road. Hopefully before too long the bridge will be repaired and the road re-opened, which would make a much shorter journey to the car wash.

Please do support us if you can!



A colorful poster for a charity car wash. At the top, a red car is shown from a front-three-quarter view against a yellow sun and a teal background. Below the car, the text reads: '£4 per car', 'ALL PROCEEDS GO TO THE BRIDGEND CENTRE AND FRIENDS OF THE REC', 'CHARITY CAR WASH', 'At the Rec', 'Tuesdays', '10am - 2pm'. At the bottom, there are logos for Bridgend Centre, Cheshire & Greater Manchester Community Rehabilitation Company, and Friends of the Rec.

Terracycle bin at the Town Hall

In more good news, there is now a Terracycle bin to the left hand side of Bollington Town Hall (pictured below).

Terracycle is an innovative recycling company that has become a global leader in recycling hard to recycle materials and this bin provides a great opportunity for us to recycle those 'tricky to dispose of' items.

Only a small amount of our waste is recycled or reused. Each year, humans throw out over two billion tons of rubbish.

The best way to reduce waste is to buy less, but if we have to purchase things with packaging, recycling it is the next best thing rather than it just going to landfill.



Please put in

- Biscuit & cake wrappers
- Bread bags, both plastic and wax wrap bread bags
- Coffee & tea bag packets
- Pringles tubes & lids (this brand only)
- Water filters for water jugs
- Clothes, shoes & bags
- Buttons
- Foreign coins & notes
- Postage stamps
- Pens & felt tips
- Makeup
- Candle wax
- Wool
- Cheese wrappers including baby bell
- Drinks cans
- Bras
- Marigold gloves
- Disposable gloves
- Broken tupperware including plastic takeaway containers, baby bottles and drinks bottles
- Mobile phones, laptops & tablets
- Books
- Cleaning wipe packets
- Ferrero Rocher wrappers & boxes
- Kinder Bueno wrappers and plastic eggs
- Lavazza coffee pods (this brand only)
- Toothbrushes, interdental brushes, floss packets

Thank you 😊

Bridgend Lottery with Unity

We have a great new way for people to support the Bridgend Centre for just £1 per week and be in with a chance to win £25,000 at the same time! We have joined Unity Lottery, a national scheme which small and medium sized charities can join to raise valuable funds.

The work we do in the community of Bollington is hugely important. Our doors are open six days a week to support vulnerable and isolated people, or in fact anyone who needs a bit of help or someone to talk to. We are reliant on the generosity of people who donate to us to continue to do this.

For every £1 you play each week, you'll receive a unique 6-digit lottery number. Each Friday, a 6-digit winning number is generated using a Gambling Commission approved Random Number Generator. To win, the digits in your own number must match the drawn number, and be in the same position.

To join, pick how many £1 entries you'd like to play each week then click to

join online by Direct Debit or Debit Card, or alternatively download the postal form. Finally, fill out your details and click submit, or post your form to Unity Lottery's Freepost address

You'll receive your lottery numbers in the post or by email, and Unity Lottery will let you know when you will start playing. For every ticket you purchase, the Bridgend will receive 50p every week.

For more information on how to join and how the lottery works, please go our website: <https://bridgendcentre.org.uk/join-our-lottery/> or ask for a leaflet in the Centre.



WEEKLY Lottery

To play £1

PLAY OUR WEEKLY LOTTERY

Support the Bridgend Centre and win up to:

- 1ST PRIZE £25,000 Match 6 numbers
- 2ND PRIZE £1,000 Match 5 numbers
- 3RD PRIZE £25 Match 4 numbers

Ask a member of our team how to join or visit.. www.unitylottery.co.uk

Bridgend Centre at the heart of our community

unity

Help us to raise vital funds by playing our weekly lottery from £1 a week



Win £25,000 powered by unity

Suzanne joins the team

Bridgend welcomed a new member of staff in February when Suzanne Farrar joined the team as a Community Worker. Suzanne has volunteered for the Centre in the Kitchen Café on a Tuesday for the last eighteen months so it was great to welcome her into the fold. She is known by many members of the community from her many years' service at a local primary school, which we are sure will come in handy in this busy role.

Here are some fun facts about Suzanne:



....She loves to travel, with the both Easter Island and the Pitcairn Islands on her travel bucket-list. She has also lived in New Zealand!

...has donated over 50 pints of blood (51 and counting!)

...lives in Kerridge with her husband and their two daughters

...in the summer months tries to spend as many weekends as possible in her fully refurbished 1960s caravan, 'Betty', tucked away on the Llŷn Peninsula.



Bollington Walking Festival 7th—15th September 2024



The Bollington Walking Festival team are working hard behind the scenes putting together a programme of walks for the next Bollington Walking Festival which takes place from the 7 - 15 September 2024. The 2023 festival was a great success with a range of walks, some familiar and some new ones, and excellent feedback which we were able to take forwards in the creation of the 2024 festival. With a superb new schedule, we can't wait to welcome everyone to explore the wonderful countryside of Bollington and its environs!

2024 will be our 14th festival and we have around 30 walks planned, and all the regular favourites are here including the Children's Bear Hunt for pre-school children led by the Bollington Library staff and the Mayor's Boundary Walk as well as a variety of new excursions. Lengths range from half a mile to twenty miles, so there's something to suit all abilities and interests!

Why not explore the history of the place where you live with the Bollington Civic Society, or visit a local hostelry care of the Bollington Real Ale Ramblers? Maybe you want to get your walking confidence back or bag an Ethel peak? You might want to develop your creative skills and participate in the photography competition or want to have fun with your children or grandchildren. You'll be sure to find some appealing walks in the programme for the 14th Walking Festival.

We have included variations on walks from last year that were successful, including one organised by the young people's charity Just Drop In and the ever-popular Friday evening guided walk to a country pub with a torchlit walk home. The team have brought back some old favourites with the popular canal walk which includes either a return or outward trip on a barge and of course the cake walks with built in rewards!

Many of the walks are themed and include heritage walks looking at the history of Bollington but of course, what the festival is really all about is walking, so there are plenty of opportunities throughout the festival for those who just want to enjoy our beautiful local countryside with an experienced guide for confidence and the company of like-minded walkers.

If you want to walk at any pace in any direction for as short or long a distance as you like, we'll have it covered. There's a variety of walks in the popular 5–7-mile category, some of 7–18 miles, and a 20-mile walk plus a sensory walk organised by the East Cheshire Eye Society and short history themed routes too – there really is something for everyone!

For updates, check the website, www.bollingtonwalkingfestival.co.uk, before the festival opens. For more details, contact the hub of the whole operation, the Bridgend Centre, on 01625 576311, www.bridgendcentre.org.uk. As ever, the festival relies on the contributions of the volunteers who organise and lead the walks. In addition to the organisations already mentioned, we are grateful to the East Cheshire Ramblers, the East Cheshire Outdoor Group (ECOG), and the Cheshire East Rangers. They would welcome you joining them before or after the festival for walks or other activities.

Finally, the contribution of the Bridgend Centre is vital to the success of the festival, in planning, leading and hosting walks. They run regular walks and of course you are welcome to visit the Centre for any of the myriad of activities which take place there. All info on their walks and activities can be found on the website.



The Guys visit Stockport Air Raid Shelters

The chaps from the Bridgend Centre's male focused social group 'A Brew with the Guys' had a lovely time last month when they visited Stockport Air Raid Shelters for a very informative guided tour.

Carved into sandstone cliffs, the network of intriguing tunnels gives visitors an unparalleled insight into life in wartime Britain in the 1940s. Opened in 1939, the tunnels were the largest purpose built civilian air raid shelters in the country. They were originally designed to accommodate 3,850 people but had to be extended to fit 6,500 due to the high level of demand. Fitted with electric lights, wooden benches and bunk beds, they really are a fascinating insight into the past.



The chaps from 'A brew with the guys'

Stockport is having somewhat of a renaissance at the moment with lots of new visitor attractions, shops and bars popping up around the town centre. Most exciting of all is the new transport interchange, which has redefined connectivity in the town and includes a new two-acre park called 'Viaduct Park' which is a lovely new green space that local residents and visitors can enjoy. It has a new walking and cycling linkway from the train station, play equipment, lovely new planting schemes and an events pavilion.



Another great museum to go to in Stockport is the Hat Works, the UK's only museum dedicated to hats, the hatting industry and headwear. There are lots of historic hats on display here and you can also explore the factory floor where there are fine examples of Victorian hat-making machines, which are now in motion for the first time since 2016.

Staircase House, also in Stockport, on the Market Place is the town's oldest townhouse and has been painstakingly renovated to show how our ancestors lived between the 15th and 20th centuries. It is home to one of only three Jacobean cage-newel staircases in the country.



Other great places to visit in Stockport include the lovely market hall which was built in 1860. It has over 35 regular market stalls open on Tuesdays, Thursdays, Fridays and Saturdays and also has lots of special events such as a Vintage Village, Record and Book Fairs and a Makers' Market. One of my favourite events in the Market Place is 'Foodie Friday' between 6pm and 9pm on the last Friday of the month. It involves food stalls, craft beer and live music, my idea of heaven!



Another great area of Stockport to visit is the Underbanks, which is currently undergoing a dramatic transformation, becoming home to many progressive and interesting businesses, such as fashion, art, cafes, bars, bakeries, indie shops.

All-in-all, Stockport is becoming a very interesting place to visit for a day out, and all just a short train journey away from Macclesfield or Prestbury!



Local Farmer's dedication to the Bollington Dementia Friendly Group

Local farmer Helen Sheldon has donated some of her lambs to the members of Bollington Dementia Friendly group. Helen lives at Sugar Lane Farm and volunteers for the group, which started five years ago for people with dementia and their carers to come and socialise.

The Dementia Friendly Group meets up at Bollington Library every Wednesday, where members are able to have a coffee and a chat. The group is gaining in popularity with 25 members now regularly taking part. The social contact and support gained from other people with experience of dementia is hugely beneficial to people.

After a couple of weeks of not being able to attend, Helen started to



miss the group and wondered if there was something she could do give something back. She donated 25 lambs to the group and members of the group were able to name them. The lambs are spaced out over three fields with named sheep in each one. According to Helen, members of the group are always asking about them and enjoy receiving updates about how they are doing. Pictured above is Mandy Lamb who is actually named after one of Bridgend's regular volunteers who drives the Shuttle to the Shops bus!

As well as meeting up at Bollington Library every Wednesday, they also have outings out.

With thanks to Macclesfield Nub News and Helen Sheldon for this article and the photographs.

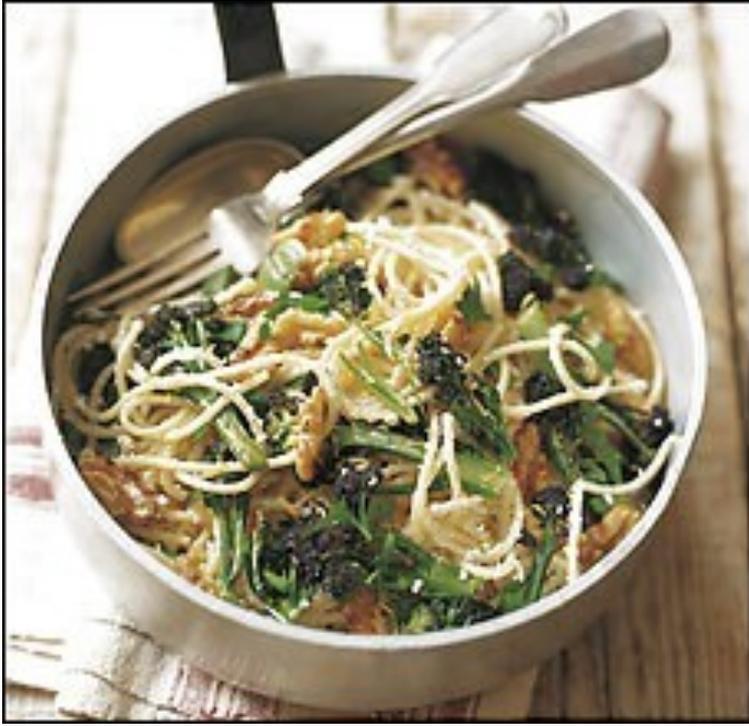


Meaningful May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a handwritten note to someone you care about	19 Reflect on what makes you feel valued and purposeful
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future		

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

Recipe—Spaghetti with broccoli, walnuts and ricotta



Ingredients

Serves 4

- 100g/3.5oz of walnut halves
- 1 head of broccoli (about 400-500g/14-16 oz)
- 3 tablespoons light olive oil
- 3 garlic cloves, thinly sliced
- 1 handful of fresh flat leaf parsley
- Finely grated zest and freshly squeezed juice of 1 unwaxed lemon
- 200g/7oz Ricotta cheese
- 400g/14oz spaghetti
- Sea salt and freshly ground black pepper

Method

Preheat the oven to 180C (350F) Gas mark 4

Spread the walnuts out on a baking sheet and roast in the preheated oven for about 8 minutes, shaking the sheet occasionally, until they start to brown.

To prepare the broccoli, trim off the gnarly part at the end of the stem and discard. Thinly slice the stem until you reach the florets. Finally slice off the individual florets.

Heat the oil in a frying pan, add the broccoli stems and cook for about 2-3 minutes, turning often. Then add the florets and cook for about 5 minutes, until it has softened. Add the garlic, parsley, lemon zest and walnuts and cook for 5 minutes, stirring often. Reduce the heat to medium and stir through the ricotta and lemon juice. Season well with salt and pepper and leave in the pan to keep warm.

Cook the spaghetti to the pack instructions. Drain and return it to the warm pan with the sauce. Stir gently to combine and serve immediately.



INTRODUCTION TO WOODCRAFT

BRIDGEND CENTRE, BOLLINGTON

WEDNESDAY AM CLASSES
10:30-12:30
22ND - 29TH MAY 2024
£15 FOR 2 WEEK COURSE
PLACES LIMITED

No prior woodworking experience necessary
All welcome!



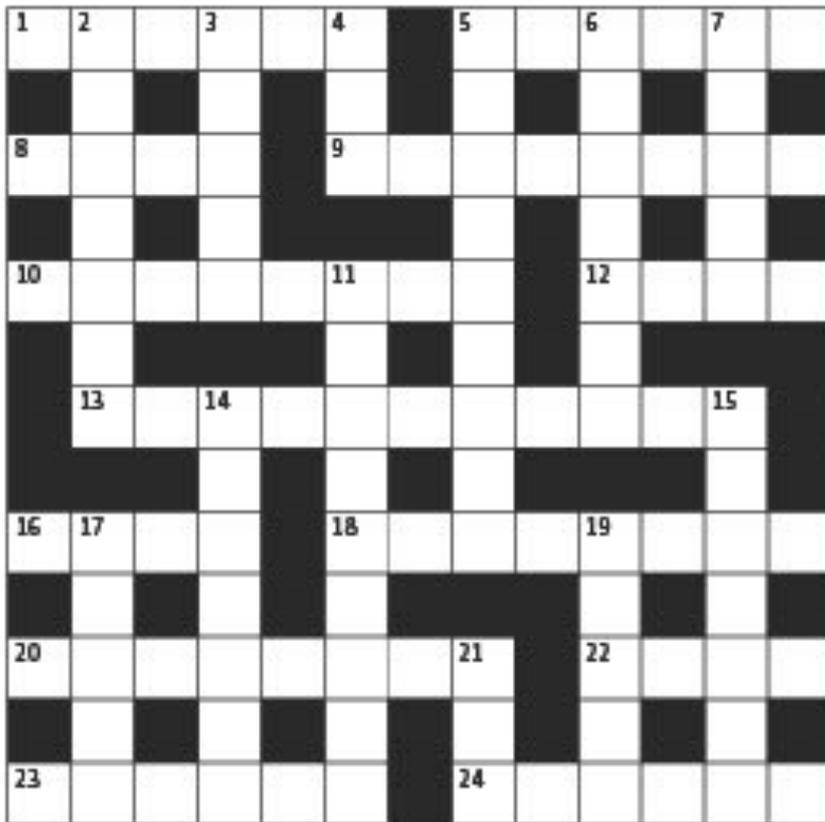
- Learn basic woodworking skills
- Make your own **wooden serving tray**
- Make friends in a safe space



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

Bridgend Centre
at the heart of our community

Quick crossword



Across

1. Time before Christmas (4)
5. Ending for a word (6)
8. Notorious emperor (4)
9. Stand in (8)
10. Examiner (8)
12. Large jug (4)
13. Bedroom battle (6,5)
16. Show the strength of (muscles) (4)
18. Substance in tobacco (8)
20. Work for soloist and orchestra (8)
22. Aristocrat (4)
23. Vegetable with feathery leaves (6)
24. Sound like a bell (6)

Down

2. Put on smart clothes (5,2)
3. Wear away (5)
4. Bit (3)
5. Inducing sleep (9)
6. Sewer blockage (7)
7. Edition (5)
11. Rotter (9)
14. Word list (7)
15. Melodious (7)
17. Relaxed (5)
19. Greek giant (5)
21. Choose (3)

Free Mental Health & Wellbeing Event

Saturday 11th May
10am-12.30pm
At
Bollington Arts
Centre

Come and join us for information and advice on health and wellbeing. Stalls, guest speakers and lots more!!! All ages welcome.

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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