

## BRIDGING SOCIAL ISOLATION



Welcome to the 111th edition of Bridging Social Isolation, the newsletter of the Bridgend Centre in Bollington, bringing you news and updates from the Centre.

There have been quite a few unusual sights in the town this month, with D-Day ceremonies, a famous politician visiting and black plastic wrapped around White Nancy. We hope you enjoy the photos of them!

Don't forget, if you have any articles, topics or photos you would like to share in a future edition, please drop us a line at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk).

## Extraordinary scenes in Bollington in June

June has been quite the month in Bollington with some unique scenes in the town.

6th June saw the 80th anniversary of the D Day landings and there were commemorations on both the Market Place and at White Nancy summit to honour the occasion and remember those who risked and gave their lives for freedom and peace.

On the 8th June, the 'Tour of Britain Women 2024' came through Bollington on its Stage 3 leg. The stage started in Warrington and looped through several Cheshire towns taking in both the flat Cheshire plains and climbs around the Bollington area. Anita Lewis sent us these fab photos of the Peloton climbing up Palmerston Street.



Photo by Diane Rankin

27th June saw White Nancy be wrapped in black plastic in order to publicise the campaign to save Bollington Tip, as it is currently under threat. This great shot of the landmark by Mark Higgins really grabbed local headlines!

On the same day, we had an historic moment when Sir Keir Starmer visited the Vale Inn on Adlington Road on his campaign trail for the general election. We do hope he enjoyed a pint of Bollington's best real ale.





# THE BRIDGEND CHARITY RAMBLE

Enjoy coffee & cake then a guided hike, followed by a hot baguette & chips at the Poachers Inn.  
Raising funds for the Bridgend Centre.



**SUNDAY 21ST JULY 2024**  
9:30am for a 10:00am start  
Starting at the Bridgend Centre  
**TICKETS £20**

For more information and how to purchase a ticket please go to:  
[www.bridgendcentre.org.uk/fundraising-ramble-and-roast](http://www.bridgendcentre.org.uk/fundraising-ramble-and-roast)

Registered charity: 1123287  
Two routes will be available at 10 miles and 5 miles. Baguettes available are beef, halloumi or vegan.  
Huge thanks to the supporters of this event: Workflow Services Ltd, Bollington Slimming World with Betsie, Ambrose Wood, Holmes Naden, Conduct IT, Elbee Designs Ltd, Belfields Bakery and Kira Restaurant

## Extraordinary scenes from Bollington in June continued...



Photos by Anita Lewis



Photo by Deborah Roberts

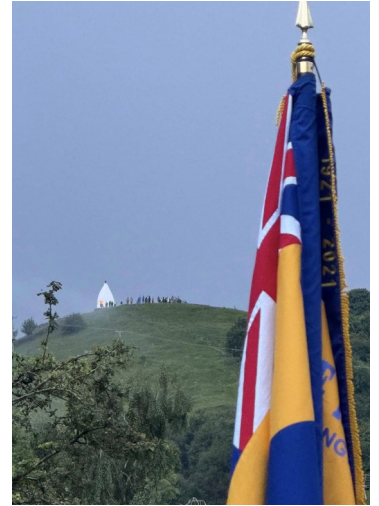


Photo by Diane Rankin



Photos by Anita Lewis



Photo by Mark Higgins

## James joins the team

Bridgend welcomed a new member of staff in May when James Palmer joined the team as a Community Worker. James has volunteered for the Centre in our eBay department for a few months now so it was great to welcome him into the fold.

Here are some fun facts about James:

- He trained at an acting college in Birmingham
- James used to be a barista and has a love of coffee
- He has a love of hats and travel, his most recent trips were to Ireland and Denmark

James is already known for being friendly and upbeat and does a great line in a brew and a chat.! He has proven a great asset in helping the e-Bay team to identify items for sale that appeal to a younger audience, he's definitely brand savvy!

Welcome to the team!



## Bollington Well Dressing 2024

This year's theme for the Bollington Well Dressing Festival was 'Thank you for the music'.

The designs were produced by Sue Pine, to celebrate the 50th anniversary of ABBA winning the Eurovision Song Contest. This year's well dressing displays are at the Greg Fountain, Clarence Mill, The memorial garden, The Market Place and Queen Street.

The children at Bollington Cross school designed and produced their own board, which was displayed at Clarence Mill. They also played a role at the opening ceremony at the Greg Fountain. Mount Hall also did their own board, which was displayed at the Greg.

This year the Bollington well dressing volunteers were very pleased to welcome lots of new visitors into the cricket pavilion to try their hand at claying up the boards and petalling the designs. We think you will agree that there are some fabulous designs on display.

Well Dressing an ancient tradition that is unique to the Peak District and Derbyshire. It is believed to have been brought here by the Romans or the Celts to give thanks for the area's freshwater springs.

Teams of villagers create intricate mosaics using natural materials such as leaves, moss, flower petals and even coffee beans, on a bed of rich, moist clay.

The Well dressing team would like to thank:

- Bollington Cross School for their fabulous singing at the opening ceremony
- Bollington Town Council for all their help.
- Bollington Cricket Club for lending us their pavilion.
- Matt Woolley at Barclay Signs for designing and printing the information boards.
- Stein IAS at Clarence Mill for printing the leaflets.
- Sue Pine for designing the displays.
- Tesco's for donating refreshments
- Co-op for donating refreshments
- Poynton Waitrose for donating flowers
- Bollington residents for donating flowers from their gardens.
- Everyone who made cakes and served in the refreshments gazebo.
- As well as everyone who gave up their time to volunteer, to lift and shift, clay up and petal, set up the pavilion and clear it away again.

*Gill Redin*



## Upcycled crafts from Bridgend bargains

Bridgend regular Jeanette Hudson sent us these photos of the handbags and tote bags she made from jeans and bedding bought in the Bridgend charity shop. What a fab way to give tired fabrics a new lease of life!



## Calling all Bollington artists

The Bridgend Art Group returns on Tuesday afternoons on 9th July 2:00—4:00pm. Suitable for all levels, the group is based on artists sharing a space and working on their own on their individual projects. There isn't a teacher, but Tony will be about to share tips, ideas and inspiration. Please bring your own materials. £3, including a drink and a biscuit. No need to book.



- Learn basic woodworking skills
- Make your own small coffee table/ stool
- Make friends in a safe space



# Introduction to Woodcraft

**Friday** am classes  
10:30-12:30  
5th July - 2nd August  
£30 for 5 week course  
Places limited

Bridgend Centre,  
Bollington



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

Suitable for those who have previously attended an Introduction to Woodcraft workshop, or have a small amount of woodworking experience, or are generally good at working accurately on a practical project. This workshop will introduce a couple of different types of woodwork joints.



# 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](http://www.unitylottery.co.uk)



## Bridgend Buddies Get Together

June saw a celebratory afternoon tea for the volunteer befrienders and participants of our Buddies project to celebrate the project and thank them for their hugely valuable contribution. Organised by Bev, our Buddies Co-ordinator, everybody enjoyed the sandwiches and cakes and meeting other befriending partnerships.

Bridgend Buddies is a befriending service aimed at providing opportunities for companionship for participants and empowering them to get out and about. Our volunteer Buddies, all of whom are DBS and reference checked members of our local community, visit people in their own homes or take them to the Bridgend Centre, local shops, cafés, community events or to medical or well-being appointments such as the hairdresser or chiropodist. We take time to carefully match individuals with compatible buddies, who visit people at home every week for 2 to 3 hours, to build trust and develop friendly, long term and positive relationships.



Quotes we have received about the service include:

"I enjoy meeting Cathy once per week for a walk, we enjoy each other's company. It gets me out of the house and makes me feel alive"

"I catch up with Susan every week, chatting about her family and Bollington life. I believe in helping the Bollington community and helping to reduce the isolation that some people experience".



Jump Back Up July 2024

### MONDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

### TUESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

### WEDNESDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

### THURSDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead



### FRIDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



### SATURDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)



### SUNDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Recipe— No bake Strawberry Cheesecake

2 tsp sunflower oil  
200g/7oz digestive biscuits  
100g/3½oz unsalted butter  
½ tsp ground cinnamon  
100g/3½oz white chocolate, roughly chopped  
400g/14oz strawberries, trimmed, plus extra to decorate  
300g/10½oz full-fat cream cheese  
1 tsp vanilla extract  
½ unwaxed lemon, finely grated zest only  
1 tbsp runny honey or maple syrup  
200ml/7fl oz double cream



Brush the inside of a 20cm/8in springform tin with the sunflower oil, and line the base with a disc of baking parchment.

Put the digestive biscuits into a sealable freezer bag. Push all the air out and seal the bag. Crush the biscuits with a rolling pin, until they are reduced to sand-like crumbs.

Melt the butter in a large saucepan. Stir in the biscuit crumbs and cinnamon. Press the crumbs into the bottom of the tin. Chill in the refrigerator for 30 minutes.

Chop 150g/5oz of the strawberries in half from top to bottom and arrange around the edge of the prepared tin, cut side-up. Chop the remaining berries into small pieces.

Melt the chocolate in a heatproof bowl, either over a pan of simmering water, making sure the bowl doesn't touch the water, or in a microwave.

Beat together the cream cheese, vanilla, lemon zest and honey in a mixing bowl. Stir in the chopped strawberries. In another bowl, whisk the double cream until it holds a floppy peak.

Fold the melted chocolate into the cream cheese mixture, followed by the double cream. Add more honey if needed.

Spoon the filling into the tin, being careful not to move the strawberries on the edge. Spread level with a palette knife or the back of a spoon, cover with cling film and chill overnight, until firm.

Carefully remove the cheesecake from the tin and put on a serving plate. Slice or quarter extra strawberries to

## Brain Teaser— Quartet of Sudoku

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

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

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

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

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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