

BRIDGING SOCIAL ISOLATION



Photo by Jan Slinn

Welcome to the August edition of Bridging Social Isolation, the newsletter for the Bridgend Centre in Bollington. As usual we have lots of news and gossip from the Bridgend and wider community.

The leaflet for Bollington Walking Festival is now printed and available to collect from the Centre. We are very much looking forward to the event, which has 37 walks over nine days between 7th and 15th September. The Bridgend Centre is heavily involved in the organisation of the event and is a central information hub for people to come to.

We hope you are enjoying your Summer, the Bridgend Centre is the ideal place to come to enjoy a bit of shopping and a drink on our beautiful veranda. Hopefully the nice weather will hold up for a few weeks more!

Bollington Community Association (The Bridgend Centre) www.bridgendcentre.org.uk

We are a Charitable Incorporated Organisation (CIO) Number: 1123287

Bridgend Charity Ramble

Sunday 21st July saw the inaugural Bridgend Charity Ramble, which had the dual aims of providing a lovely day out for people and also raising funds for the Centre.

Starting at the Centre at 9:30am with fresh coffee and home baked cakes and bakes, the 31 strong group set off at 10:00am to take advantage of the lovely July day in ideal Summer walking weather (not too hot and not raining!) The group headed up to White Nancy (some the steep way, some the less so steep) and enjoyed the 360 degree vistas to be had there. They then walked along the spine of Kerridge ridge towards Rainow. Just before they reached the pleasant village, the group split, and 17 walked a pleasant five mile route back to Rainow and through Rainowlow. The remaining 14 walked up to Lamaload reservoir and back on a more challenging ten mile hike that was pretty hilly! Both groups ended the walk at the Poachers Inn, which provided fine sustenance in the form of a hot baguette and tasty pub chips.



It was a really lovely day all round and £730 was raised, which will go towards the day-to-day running costs of the Bridgend Centre. It costs approximately £500 per day to open the doors of the Centre, so any funds brought in are gratefully received!

The walk was such a success that we hope to repeat it next year.



Photo in Cheshire Life

The Bridgend Centre has been featured in June's edition of Cheshire Life! Cheshire Community Foundation marked Cheshire Day 2024 by holding a photographic competition and we entered this wonderful photo taken by Fiona May of our Bridgend walking group walking across frosty fields in February this year. The photo was a finalist and was printed in June's edition.



We also submitted another photo of the Bridgend walking group by Ingersley Vale waterfall.

What a great way to celebrate and tell people about the guided walks we run twice a week!



Thanks to Bollington Art Group

We would like to thank Bollington Art Group for donating the proceeds of their incredibly successful recent exhibition at The Art Centre to The Bridgend Centre.

The exhibition ran during the Bollington Festival and the launch evening on Friday 24th of May was a fantastic event. Community is very important to the Bollington Art Group as it is to us at Bridgend and it was great to see so many familiar faces. Their kind donation of £800 towards our core costs is very gratefully received



Jennie Gaywood and Jan Appleyard of Bollington Art group present donation to Deputy Manager Kerry Langstaff

Bollington Walking Festival leaflets

We are very excited to announce that the leaflets for the Bollington Walking Festival have been printed and are available for pickup from our Centre. 2024 will be our 14th festival and we have around nearly 40 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 hostelrys 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.

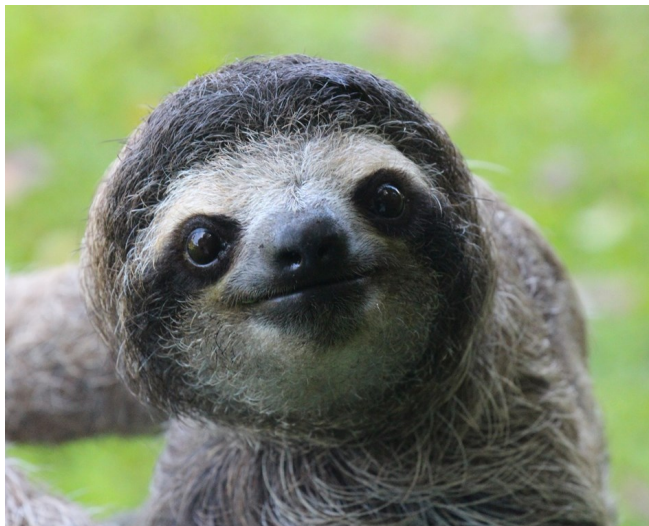
If you want to walk at any pace in any direction for as short or long a distance as you like, we'll have it covered.

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.



Seen any sloths recently?



Sloths are actually everywhere as they are the most beloved animal of Instagram, Facebook and TikTok. Just click on any social media platform and you'll find many photos of them and many groups dedicated to them.

The sloth has – in a rather un-sloth-like fashion – rapidly become an online sensation! Their appeal lies in their leisurely movements, breezy charm and seemingly carefree attitude. Thousands of millennials see them as their 'spirit animal'.

In 2021, due to their burgeoning popularity, the sloth became Costa Rica's new national symbol. As a country known for its eco-tourism and biodiversity, Costa Rica has embraced the

sloth and made it central to the tourism board's marketing campaign. The sloth has been adopted as Costa Rica's newest national symbol as the sloth represents the spirit of Costa Rican people. **Pura Vida** [the pure, or simple, life] – slow down and you'll achieve more than if you try to rush through life, is both the style of the sloth and the style of the Costa Ricans!

The secrets to the sloth's success regarding its abilities to conserve energy and go undetected is its slowness. No other mammal has a slower metabolism or less muscle mass than sloths, meaning they can take on fewer calories and don't have to expend as much energy looking for food. A little-known fact about sloths is that their hair has micro-cracks, creating a perfect place for bacteria, green algae, and fungi to attach and thrive. Research in 2014 discovered that certain strains could potentially treat **malaria, Chagas disease, and even breast cancer.**

Thankfully, there are multiple organizations working tirelessly to ensure that all sloth species will be around for generations to come. Rescue centres throughout South and Central America are taking in injured and orphaned sloths, carefully rehabilitating individuals, and learning how to return them safely to the wild.

Rope bridges are being constructed across roads to reduce sloth traffic collisions and conservation groups are working with electricity companies to reduce the number of sloths falling victim to the power lines.

Thanks to the Sloth Conservation Foundation many rescued and rehabilitated sloths in Costa Rica have been able to thrive on their return to the rainforest. All proceeds from a new children's book 'The Sloth and The Jaguar + Penguin Pals' will go to support the work of The Sloth Conservation Foundation.

The book has been written by a local author, Carole Bosanko. The story of 'The Sloth and The Jaguar' can be seen as a modern-day fable with the message of recognising and valuing all our talents and strengths. It explores the issue of self-esteem in a fun and endearing way and encourages children to celebrate differences and appreciate their own unique talents and qualities.

'Penguin Pals' is a touching story about care, kindness and friendship. The pre-launch reviews have included: 'These rhyming stories are beautifully told and the pictures are delightful.'; 'Children and adults will fall in love with adorable Simon and the friendship between Pearl and Peggy will capture your heart.'; 'This book is a must-read for young readers everywhere!'

The book is available on Amazon: [Amazon.co.uk : the sloth and the jaguar + penguin pals](https://www.amazon.co.uk/dp/1527008888)

It will also be sold via The Sloth Conservations online shop:

[The Sloth Conservation Foundation | Official Website | SloCo](https://www.slothconservation.org/)



Donations to the Bridgend Charity Shop

The Bridgend Centre is renowned for its wonderful charity shop and couldn't survive without the fantastic donations we receive from our supporters each and every day. All the money raised through the shops is spent on keeping our doors open 6 days a week and delivering the many services we provide for the people of our community.

We do however get quite a lot of donations to our shop that aren't fit for purpose and we do not have facilities to mend or wash items here at the Centre. We take great care to recycle as much as we can, but after that we still have to spend over £5,000 per year on waste disposal for our shop. This money could be better spent on our charitable activities and services to support our community.

Here are photos of a few examples of items that we couldn't sell that we received in one morning; plastic coat hangers, a broken electric fan, a coffee plunger without the cafetiere, broken picture frame, and dirty trainers. These are just a handful of items out of the huge volumes of items we have to throw away every week.

Items we gratefully accept include clothes/shoes/accessories, bric-a-brac, kitchen items, electricals, DVDs/CDs, books and toys. We accept up to four bags or boxes per donor per day and are unable to take loose items (for health and safety reasons), or furniture. We also ask that donations are not left outside the Centre when it is closed as they become damaged when left unattended and have to be thrown away, which costs us money.

Since the announcement of the tip closure, the volume of unsuitable donations has increased dramatically and we are concerned that this will only continue once it is shut. Therefore we do ask that the donations we receive are clean and in good working order.

Thank you so much to everyone who donates to our charity shop, we really couldn't do it without you!



Altruistic August 2024

MONDAY



5 Spend time wishing for other people to be happy and well

TUESDAY



6 Smile and be friendly to the people you see today

WEDNESDAY



7 Give time to help a project or cause you care about

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

FRIDAY

2 Send an uplifting message to someone you can't be with

SATURDAY

3 Be kind and supportive to everyone you interact with

SUNDAY

4 Ask someone how they feel and really listen to their reply

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



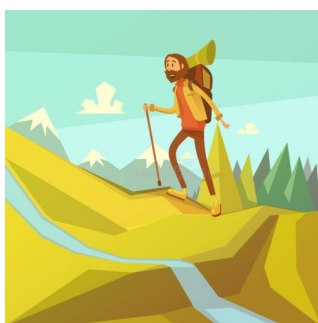
ACTION FOR HAPPINESS

Happier · Kinder · Together



Pun corner

- I saw someone stealing all my socks. I didn't chase after them because I got cold feet.
- I just had an operation on my funny bone. Doctors say I will be stitches for two weeks.
- I went to a lovely restaurant last night. I had the roast Pelican. The food was great but the bill was enormous.
- The older I get, the more I regret the people I have lost over the years. Perhaps I shouldn't have been a walk leader after all.
- I thought that training as an airport baggage handler would be quite straightforward. But it is actually quite a lot to take onboard.



- I met an Australian who works in IT. I said do you come from a LAN down under? He just smiled and gave me a mega byte sandwich.



PLAY OUR WEEKLY LOTTERY

Support the Bridgend Centre and win up to:



Ask a member of our team how to join or visit..

www.unitylottery.co.uk



Recipe—Summer Strawberry treats

Strawberry Crumble Buns

120g butter, 70g at room temperature and 50g chilled and cubed
370g plain flour
2 eggs
135g caster sugar
7g dried fast action yeast
100ml milk, lukewarm
250g strawberries, halved



Melt the 70g butter and let it cool. Sift 300g flour into a bowl, add the eggs, 75g sugar and the yeast and mix everything with a spoon. Slowly add the lukewarm milk and cooled butter. Mix until all ingredients are well combined into a very soft, sticky dough. Cover the bowl with a clean cloth and put in a warm place to rise for 40–60 mins until doubled in volume.

To make the crumble, combine the remaining flour with the remaining sugar and chilled butter. Rub the butter into the flour until you have a breadcrumb-like texture. Chill.

When the dough has risen, divide it into six portions, squashing it down slightly and then shape each into a ball on a floured worksurface – the dough may still be sticky, so dust it with flour and work quickly. Flatten the balls gently with your hand so that they look like buns. Put on a baking tray lined with baking parchment.

Divide the strawberries between the buns, putting them in the centre of each and sprinkle with crumble. Heat the oven to 180C/fan 160C/gas 4. Bake the buns for 25 mins until puffed and cooked. Cool and then dust with icing sugar, if you like.



Strawberry Lemonade

175g sugar
400g strawberries, hulled and quartered, plus extra whole strawberries to serve (optional)
200ml freshly squeezed lemon juice (the juice of about 4-5 lemons)
ice, to serve

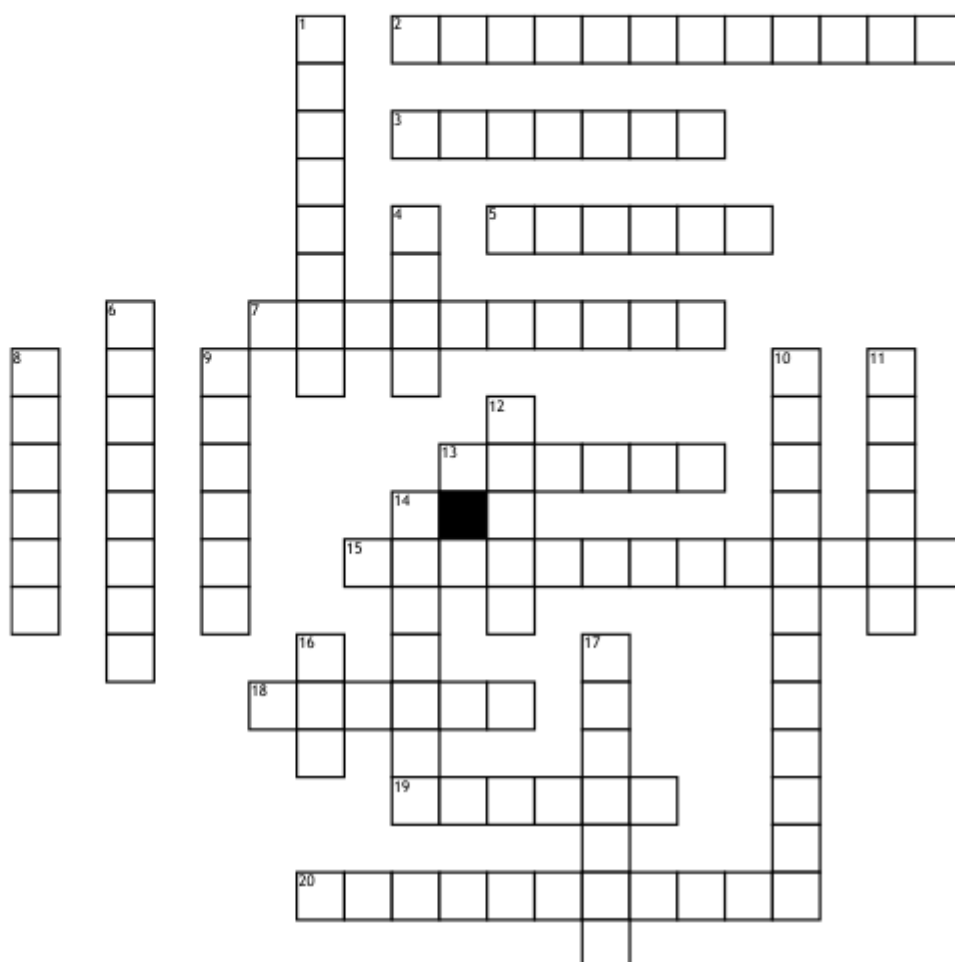
Tip the sugar and 1 litre water into a saucepan over a medium heat and heat, stirring, until the sugar has dissolved. Remove from the heat and leave to cool completely.

Put the strawberries in a blender and blitz to a purée. You can strain this through a fine mesh sieve to remove any seeds, if you prefer. Tip the strawberry purée into a large jug with the sugar water and lemon juice, and stir to combine. Pour into glasses filled with ice and serve garnished with whole strawberries, if you like. *Will keep chilled for a day.*

Brain Teaser— Olympics Crossword

Across

2. This is lit at the opening ceremony and carried around the city
3. Sport preformed on a bike
5. Played with rackets and a net
7. Played with a net usually on sand
13. Medal given to athletes that come in second place
15. Competition used to see who can lift more weight
18. Matches are played inside of a ring, gloves are worn
19. What country hosted the first summer games
20. In this sport you make moves with paddles



Down

1. Race equalling 26.2 miles
4. What is the highest level of medal an athlete can recieve?
6. Sport preformed in water
8. Medal given to athletes completing in third place
9. This was the city where the first games took place
10. Where is the olympic torch lit

11. This sport judges you on falling from high points
12. These five things represent the symbol of the Olympics
14. Played with swords
16. Instrument used in archery
17. This game is played with a club and ball



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