

BRIDGING SOCIAL ISOLATION



We can't believe Autumn is nearly upon us already!

There is lots going on at the Bridgend Centre in September, including the famous Bollington Walking Festival at the beginning of the month and the Bridgend Bake-off event on the final Saturday. These are great ways to get involved in our community and should be great fun.

We hope you enjoy this month's edition of Bridging Social Isolation, which as usual has lots of news from the Centre.

Consultation on parking

Cheshire East Council has launched another consultation about parking in the borough, this time regarding a proposal to charge people to park until 10pm at night and on Sundays (it is currently free between 6pm and 10pm and on Sundays). The tariffs would be in line with the rest of the week.



The council estimates that this will generate an extra £2 million which would fund essential services, such as highway maintenance, buses and active travel schemes.

These changes are on top of the charging that will come into effect on Bollington's Pool Bank car park by the end of October this year. These changes have been controversial and have even hit the headlines on the BBC news website. Once these charges are in place, we at the Bridgend Centre have concerns about parking space on the streets as people move their vehicle from the car park to the streets nearby. We ask that our visitors be considerate when they park in the area to use the Bridgend and think about pedestrians and other road users. Also a gentle reminder that the car park in front of Bridgend is for the use of Broadheads garage only and we only



have the use of one drop-off parking space to the front of the building.

For more information on the consultation and how to respond to it, please go to

www.cheshireeast.gov.uk/council_and_democracy/council_information/media_hub/media_releases/consultation-launches-on-evening-and-sunday-parking-arrangements.aspx

TAI CHI CLASSES
ALL AGES AND ABILITIES



WITH SUE

**AT THE BRIDGEND CENTRE,
BOLLINGTON**

Mondays at 2pm. Starting on 9th September 2024.
£4 per session.

Call 01625 576311 or email
info@bridgendcentre.org.uk for more
information.



Poppy community project

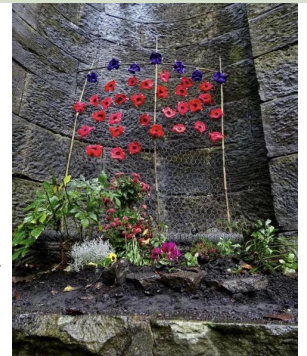
Happy Valley in Bloom are planning a large display of crochet and knitted poppies for this year's Remembrance tributes in Bollington to act as a wonderful community project.

If you would like to crochet or knit either a red or purple poppy to add to their display, you can message them on their Facebook page to let them know.

Links to sample crochet and knitting patterns can be found on their Facebook page or you can use your own.

If you don't crochet or knit, you could also join the project by making plastic poppies using the base of plastic bottles and

then painting them red or purple. Again, links to instructions on how to do this can be found on their Facebook page. If you need any help finding these or don't have access to Facebook, please do let one of our team know and we can print one off for you.



Shuttle to the Shops

We have had some great trips this year with the Shuttle to the Shops project to a range of retail destinations. We have a selection of 'regular' destinations including Macclesfield Barracks Mill, Handforth Dean and Cheadle Royal but this year we have also branched out to include other options including Bury Market, the Trafford Centre, Buxton, Leek and much more. We have also included trips to garden centres in the programme, which are great particularly at Christmas time.

We now have now launched our programme for October to December. Most trips head off in the afternoon, but two of them will leave in the morning at 10:30am from the Bridgend Centre as they are a little further afield (Talke Pit Outlet Village and the Trafford Centre).

Please contact us to book your space, either by popping into the Bridgend Centre, giving us a call on 01625 576311 or by email info@bridgendcentre.org.uk.

The service is open to anyone and is £4 per trip. You will need to register the first time you use the service. Places are limited so you will need to reserve your place on the bus every time you wish to travel.

For afternoon trips, you can catch the bus at the following points:

- 1:30pm Cotton Tree roundabout
- 1:35pm Bridgend Centre
- 1:45pm Hawthorn Road
- 1:50pm Bollington Cross, Princess Drive

For the trips that have a morning start, you can catch the bus at the following points:

- 10:25am Cotton Tree roundabout
- 10:30am Bridgend Centre
- 10:40am Hawthorn Road
- 10:45am Bollington Cross, Princess Drive

Improvements in Tinker's Clough

On Friday 30th August, the Kerridge Ridge and Ingersley Vale Volunteers (KRIV), supported by employees from the Adelphi Group based at the Adelphi Mill, carried out essential work in Tinker's Clough. They replaced 6 steps, cleared the path drains, cut back overgrowing vegetation at the entrance, installed 3 new leaky dams to slow water flow and trap silt, reinforced the bank next to the bridge and built up the existing partial dam next to the water chute. The project also received £350 from the Bollington Beer Festival towards materials for the work.

Those who enjoy walking through Tinker's Clough will be very grateful to everyone who contributed as it is such a peaceful and lovely space to walk through.

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 2nd October - Talke Pits Shopping Outlet, Staffs**
Morning start - 10:30am from Bridgend
- Wed 16th October - Handforth Dean (Tesco, M&S and Next)**
- Wed 30th October - Trafford Centre - 10:30am start from Bridgend**
- Wed 13th November - Macclesfield Barracks Mill (Aldi, M&S ++)**
- Wed 27th November - Brookside Garden Centre (Poynton)**
- Wed 11th December - Peel Centre, Stockport**



Bridgend Bake-off 2024

Last year's inaugural Bridgend Bake-off event was a huge success. Held at Bollington Arts Centre, nearly 100 people attended as either afternoon tea recipients or entrants in the baking competition. This year, the event will be held on Saturday 28th September, again at the Arts Centre.

The aim of the event is for people to enter the baking competition and then after judging is complete, the final cakes and bakes will be enjoyed by the community in an afternoon tea event. At least twenty people entered the baking competition, with some entering two or more bakes, so there was plenty of yummy food to be enjoyed. This was complemented by some savoury items including sandwiches, quiches and pastries, glass of bubbly and unlimited tea and coffee.

This year, after a bit of tweaking, the categories will be:

Category 1 - Celebration Cakes, large cakes and tea loaves

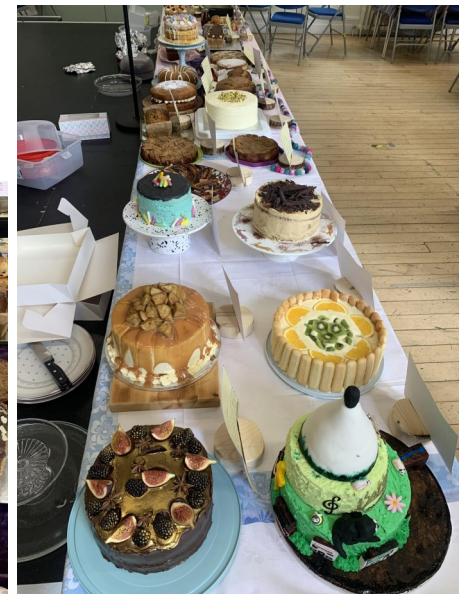
Category 2 - Cupcakes, muffins, scones and biscuits

Category 3 - Bread and savoury bakes

Category 4 - Specialist (vegan, gluten-free, dairy-free and/or anything else you fancy!)

Category 5 - Young bakers (under 12)

Once again there will be an afternoon tea to accompany all those bakes, tea and coffee and a glass of fizz. We do hope to see lots of you there again! To purchase your tickets or to enter the competition, please go to www.bridgendcentre.org.uk.



**BRIDGEND
BAKE-OFF 2024**

at **Bollington Arts Centre**
on **Saturday 28th September 2024**

Afternoon tea tickets £12.50

£5 to enter competition
(includes afternoon tea)

Baking entries to be submitted 10:30am to 12:00pm
Afternoon tea starts at 2:00pm

**Tickets available at www.bridgendcentre.org.uk
or in person at the Bridgend Centre**

*Raising funds for the Bridgend Centre
Registered charity number 1123287*



Bollington Walking Festival - Timetable

As most of you will know, September sees the 14th Bollington Walking Festival, which has nearly 40 walks to choose from. Many of the walks have a theme, however there are plenty of opportunities throughout the festival for those who just want to enjoy a walk in our beautiful local countryside with an experienced guide 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! As ever, the festival relies on the contributions of the volunteers who organise and lead the walks and we are very grateful for their wonderful contributions.

For updates, you can check the website www.bollingtonwalkingfestival.co.uk. If you have any questions, you can contact the hub of the whole operation, the Bridgend Centre, on 01625 576311. You can also pick up a leaflet from the Bridgend, which has all the walk details in full, a sample of which is above.

Sat 7 Sep

Historical pubs walk 7.5 miles

Tour of pubs both past and present in Bollington & Kerridge. There are a total of 35 buildings which are, or have been, public houses. We will stop at one pub on the way round and will finish at the Vale Inn.

Meeting point: Adlington Road car park 10:00

Organised by: Bridgend Centre

Introduction to Nordic walking 6 miles

Come along if you are a Nordic walker to join experienced local instructor David Lambert for an introduction to Nordic walking. Non Nordic walkers are welcome to join the walk. If you have Nordic poles or walking poles please bring them with you.

Meeting point: Hollin House Hotel entrance on Jackson Lane 10:15

Organised by: David Lambert

Ramble round Rainow 8 miles

Lovely walk taking a full circuit around the village of Rainow. The route climbs up onto the Kerridge Ridge and loops around Lamaload Reservoir and back to the Robin Hood pub.

Meeting point: Smithy Lane, Rainow. Behind the Robin Hood pub 10:30

Organised by: Bridgend Centre

Western Edge of Combs Moss 6.5 miles

Minibus ride to the start in Buxton and up the hill (for lunch) to walk around the Western Edge of Combs Moss. Dropping down to the Beehive pub in Combs for a drink. Minibus home arriving back around 5:30pm. Booking essential.

Meeting point: Bridgend Centre 12:30

Organised by: Bridgend Centre

Update on eBay

Our eBay store has a wide variety of items for sale and is a great way to browse some of our stock from home! Total sales for the online store in August were £2054.36 and we sold a total number of 69 items.

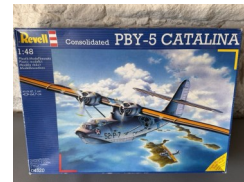
Here is a selection of the items we sold in August:

High Value & Unusual Sales!!

Triathlon Bicycle	£173.68!!
Revell Catalina Flying Boat Kit	£74
Telescope	£59.58
Lightweight Foldable Wheelchair	£50
4/4 Violin	£41
3/4 Violin	£40
Arighi Bianchi Large Gooch Rug	£40
Bird Box Wifi Spy Camera	£40
122 piece Wooden Train Track	
16 String Lyre Harp	

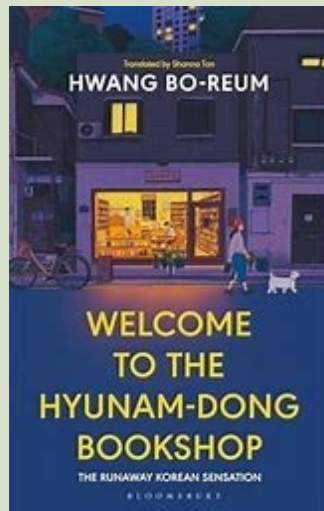
To browse our store please go to the eBay shop page on our website www.bridgendcentre.org.uk/eBay-store or search for us on eBay, our store name is `bridgend_centre`.

Thank you to everyone who has donated items to our shop, every penny raised goes towards running of our valuable services in the community.



A Bridgend world of books

The Bridgend Centre charity shop is never short of a bargain book or two, there are always lots to choose from! Sometimes we are treated to those reads that have been very popular in recent years. Here are a couple of examples of books we have had in stock recently.



Welcome to the Hyunam-Dong Bookshop by Hwang Bo-Reum

Set in Seoul, this book has been a runaway success in Korea. Yeongju is a woman who decided to leave her marriage and corporate job and set up a bookshop. She employs Minjun to brew the coffee and run a small café in the shop.

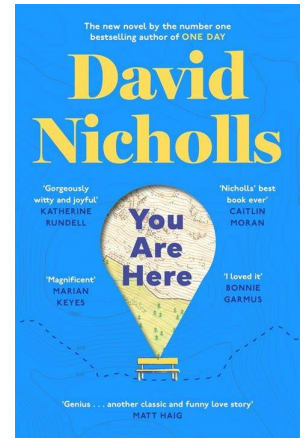
Yeongju is estranged from her parents and begins the novel a little lost and depressed but as it progresses she starts to put her energy into stocking the shelves; writing notes and blogs for books she recommends; making inviting posts on Instagram; organising bookish events and creating a safe space for others in her shop.

Via her thoughts on literature, Yeongju gives voice to the author's message about the power of reading. The novel is a gentle one which explores finding the meaning of life and what it means to different people.


You Are Here by David Nicholls

Written by the author of the classic rom-com novel 'This is Us', this is sure to be another popular read for lovers of quirky romance novels. Marnie and Michael are both stuck in their lives and meet while walking the coast-to-coast route with friends. The novel was always going to get off to a good start with me as I love walking in the Lake District and Pennines!

It is a story about loneliness and the beginnings of love, and is both funny and sad at the same time. Highly recommended!



Self-Care September 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	
25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are		

ACTION FOR HAPPINESS

Happier · Kinder · Together

Recipe—Awesome Apples

Sausage, Squash and Apple Traybake



- 1 small butternut squash, about 750g/1lb 10oz
- 2 red onions, sliced into rings
- 2 apples, unpeeled, cored and sliced
- 12 pork sausages
- 3 tbsp olive oil
- 1 tbsp runny honey
- 1 tsp English mustard
- salt and freshly ground black pepper
- 15g/½oz fresh flatleaf parsley, finely chopped, to garnish

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Cut the squash into quarters and leave it unpeeled. Remove the seeds then cut each quarter into 5mm/¼in slices.
3. Place the squash a very large baking tray with the onion, apple and sausages. Drizzle with 1 tablespoon oil and season well with salt and pepper. Roast for 20 minutes.
4. Meanwhile, whisk together the honey, mustard and remaining oil in a small bowl. Drizzle over the sausages and vegetables and turn to coat everything in the dressing.
5. Return to the oven for 10 minutes until the sausages are browned and cooked through and the vegetables are tender. Sprinkle over the parsley, if using, and serve.

Apple Flapjack Crumble



- 1.1kg eating apples, such as Coxes
 - 3-4 tbsp apricot jam
 - Juice of 1 large Orange
- FOR THE CRUMBLE**
- 140g porridge oats
 - 100g plain flour
 - 1 tsp ground cinnamon
 - 100g butter
 - 100g light muscovado sugar
 - 1 tbsp golden syrup

Heat oven to 190C/fan 170C/gas 5. Peel, core and thinly slice the apples and mix with the jam and orange juice. Spread evenly over a buttered 1.5-litre ovenproof dish, not too deep.

Mix the oats, flour and cinnamon in a large bowl. Add the butter in small chunks and rub in gently. Stir in the sugar and rub in again. Drizzle over the syrup, mixing with a knife so it forms small clumps. Sprinkle evenly over the apples and bake for 30-35 mins until the juices from the apples start to bubble up. Cool for 10 mins, then serve with custard, cream or ice cream.



SILKLIFE
foodbank
MACCLESFIELD

Donate Instantly
Via our Just Giving Page
<https://www.justgiving.com/silklifechurch>
or Scan the QR Code



The Silklife Foodbank exists to help people who are facing an Emergency Hunger Crisis. Referrals are accepted through registered frontline professionals.

For more information or to register as a referrer contact us at foodbank@silklife.co.uk

Printed by
sphereuk

WHAT'S BEST TO DONATE?

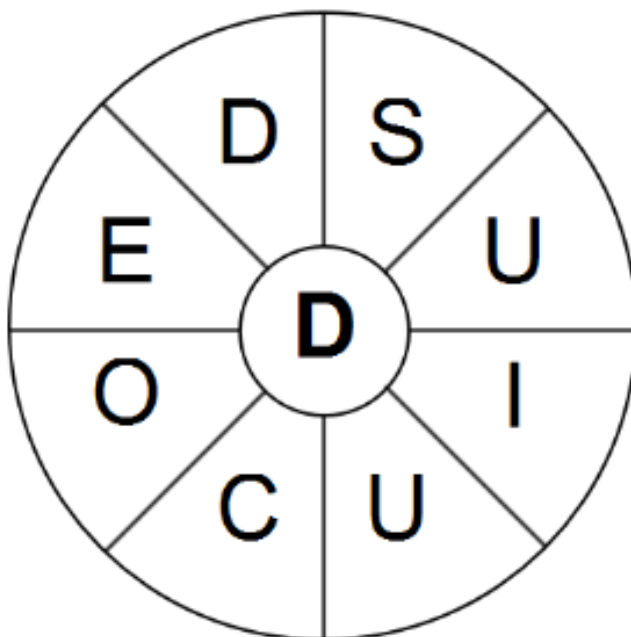
Foods Required	
Canned Tinned Oats & Multipacks	Fry Boxes Pies
UHT Milk	Tinned Curry
Tea, Coffee, Biscuits, Treats	Chicken in Sauce
Condals and Juices	Irish Stew
Tinned Soup	Beef Consommé
Rice, Pasta (including instant)	Mince and Onion
Porridge	Stewing Steak
Pasta Sauce	Meatballs
Child Free Foods (please only)	Hot Dogs
Vegan Foods (dairy only)	Macaroni Cheese
Tuna Fish and Salmon	Rice Pudding
Sauces, Pies and Cakes	Curry
Tinned Potatoes and Mash	Jam & Spreads
Spaghetti Hoops, Baked Beans	Peaches, Tinned Fruit
Tinned Spinach Mince	Pot Food

Toiletries and Nappies	
Toilet Rolls	Deodorant
Shampoo	Showering Mats
Toothbrushes	All Size Nappies
Toothpaste	Baby Wipes
Hand Soap	Sanitary Products

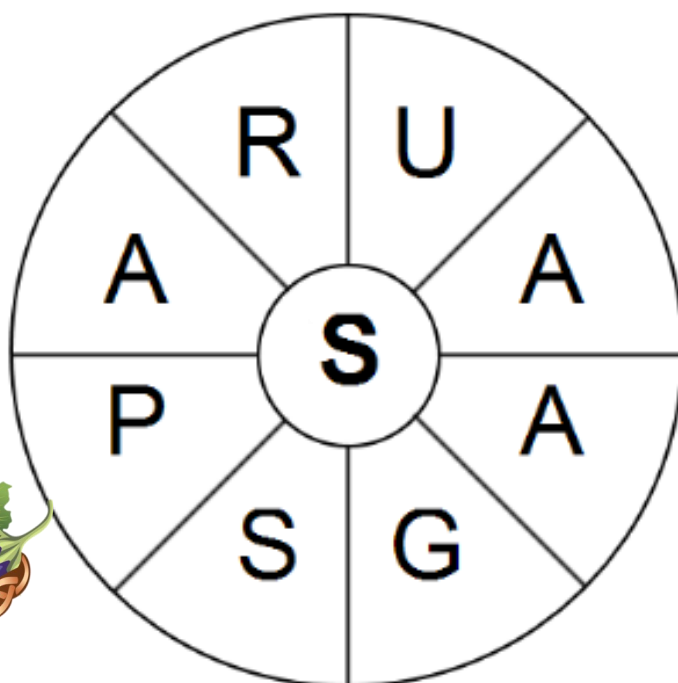
*We are unable to accept fresh and frozen foods
Over 28 tonnes of food given out in 2022 by professional referral teams only

Brain Teaser— Word Wheels

This Autumn themed word wheel is made from the letters in the word **DECIDUOUS**. Try and make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **D**.



This Fruit and Vegetables themed word wheel is made from a 9 letter Fruit and Vegetables themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **S**.



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

104 Palmerston Street, Bollington, SK10 5PW

E: info@bridgendcentre.org.uk

T: 01625 576311 www.bridgendcentre.org.uk

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