

BRIDGING SOCIAL ISOLATION



Welcome to October's edition of Bridging Social Isolation, full of gossip, news and information from the Bridgend Centre and the wider Bollington community.

It really feels like Autumn is approaching now and our Monday Walk for Health is moving to the morning slot at 10:30am to make the most of the daylight.

Our Bake-Off fundraiser went well at the end of September, everyone seemed to enjoy themselves and over £800 was raised to go towards the running of Bridgend services. More information and photos of this event can be found on page 3.

Becky - 10 years at the Bridgend

1st November 2024 marks my ten year anniversary as Centre Manager of The Bridgend Centre. When I received the telephone call to tell me that I was being offered the position I was thrilled as it was my ideal job and it continues to be so a decade later. What other job could possibly combine my favourite things; talking to people, hiking and charity shop shopping?!

Seriously though, it has always been a brilliant job as there really is never a dull moment and every day presents new challenges. The role includes range of different tasks, including forming the vision and strategy for the direction of the organisation, leading and managing people, fundraising, managing the finances plus much more. It even requires a knowledge of DIY and much fetching and carrying!

When I first visited the Bridgend Centre I was impressed by the friendly and welcoming atmosphere in a quirky, calming building. Walking onto the veranda and seeing and hearing the babble of the rivers behind the Centre really blew me away as I wasn't expecting to encounter such a calm haven in the centre of Bollington. At that time the ethos of the Centre was to support everyone in the community when they needed it and provided a range of services that would enhance people's lives. To this day, this hasn't changed and our charity delivers a wide range of services to a staggering number of people every day.

The community at the Bridgend Centre is a big family and we all benefit from its support at certain times in our lives. When I was diagnosed with breast cancer last year, I always found that coming into the Centre and chatting with colleagues, volunteers and service users really lifted my spirits.

One of the highlights of the last ten years is when we were able to purchase the building in which the Bridgend Centre sits. This has enabled us to make improvements to its fabric and provides much more security for the organisation.

Even today I am sometimes struck by the sheer number of people in the Centre, enjoying a brew and a chat, taking part in an activity or just having fun. It really is a special place and long may it continue in our lovely community of Bollington.

Becky Lea - Bridgend Centre Manager



Gareth runs for the Bridgend

When his friend suggested to Gareth Ridge that he run the Macclesfield Half Marathon in late October, he was full of trepidation. While he does regularly run 5k, he didn't feel ready to run that far! But with only six weeks to go to the big event, he agreed and decided to choose a local charity to give himself extra motivation. Gareth decided to choose the Bridgend Centre because of the services and support we give to local people.

The Macclesfield Half is quite a tricky route with some considerable hills so if you would like to support Gareth and the Bridgend Centre, please go to his Just Giving page online. The link to the page can be found on our website or Facebook page.



Bridgend Bake-off 2024

Saturday 28th September saw the second 'Bridgend Bake-off' event which had the aim of raising funds for the Centre. Held at the fabulous Bollington Arts Centre, the aim of the event was for people to enter the baking competition and then after judging was complete, the cakes and bakes would be enjoyed by the community in an afternoon tea event. There were over thirty entries in the competition, 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.



We were honoured that five local people who specialise in hospitality agreed to be judges at the event, including Helen Ellwood from the Poachers, local bakers Elaine Berry of Bezza's bakes and Sarah Jameson of The Cake Tin of Joy, Holly Bush Publican Bob Knowles and restaurateur Sunitha Southern of Kira.

Over sixty people joined us at 2pm after the judging had taken place to enjoy the afternoon tea and as much of the bakes as they could eat!

The winning bakes were:

Category 1 - Celebration Cakes, Big Cakes and Tea Loaves - Amanda Kilgarrieff with a Hummingbird Cake (Banana, Pecan and Pineapple)

Category 2 - Cupcakes, Muffins, Scones and Biscuits - Lucy Handel-Tendler with Double Chocolate Peppermint Dips

Category 3 - Bread and Savoury Bakes - Steve Bower with the Scotch Egg Pies

Category 4 - Specialist - Alice Maitland with a Vegan Courgette Cake

Category 5 - Young Bakes - Joseph Jakabowski with a Rainbow Cake



The Judges

A HUGE thank you to every one who gave their time, skills and food to this event, including the judges, the craftspeople who made the banner and decorations, volunteers who worked so hard on the day and Jo and Sue who provided the savoury afternoon tea element of the day.



Some lovely examples of baked goods

The Bake-off raised over £800 for the Bridgend Centre but also created a lovely community event for Bollington, bringing people of all ages together.



A large spread of cakes and bakes



Everyone enjoying unlimited cakes

Our friend Lorica Brown

We are so sorry to let you know of the sudden death of Lorica, who has been a staunch supporter of Bridgend for many years.

In the early days of the Centre, Reg, Lorica's husband, was the singer of the local rock group, Amandla. He performed with them at a wide variety of Bridgend events and because of the group's popularity, helped to raise much needed funds. Lorica had always worked in the nursing profession, firstly in hospitals and then in the community in care homes and for a number of years at Ingersley Court, so the ethos of the Centre was close to her heart.



After Reg's premature death Lorica continued to be an active supporter, especially by having fun at parties and musical events held regularly at Bridgend, but perhaps the event she enjoyed the most was acting as a marshal at the annual Hill Race. Lorica could always be found on Spuley Lane in her Dayglo jacket, directing the runners into Hedgerow and shouting encouragement as they struggled up the hill. She will be sadly missed.




Monday Walks for Health—Move to the mornings


The Bridgend Centre Walks for Health are a fab way to ease your way into walking or just enjoy a short stroll in the lovely Bollington countryside while making friends and having a chat.

During the Summer months they take place on a Monday evening to give people an opportunity to decompress in nature at the end of the day. Due to the lack of light in the Autumn and Winter, the walks moved to 10:30am from 1st October. Please check the leaflet or go to our website for more details.




**THE MIDDLEWOOD PARTNERSHIP**
INVITE YOU TO A



Menopause Awareness Evening



Your opportunity to learn and talk about all things menopause!



Dr. Fiona Ellison-Smith from the Middlewood Partnership will be delivering a talk specifically for patients who are not yet on HRT and would like to find out more.


Menopause Champion, Lisa Moss, and co-facilitator, Natalie Coomer, will be there to talk about Menopause Cafes, early onset menopause & other related topics.

Please email to book your place and find out more:
cmicb-cheshire.middlewood.events@nhs.net
You will receive a confirmation email to confirm your booking.

Alternatively, you can call the surgery and ask to speak with a Social Prescriber (Genevieve or Lynn), who will give you a call back to confirm your place.

We look forward to seeing you there!

THURS 14TH NOVEMBER 2024
6:00PM - 8:00PM
POYNTON METHODIST CHURCH



are you Scam Proof?

protect yourself and others from fraud

COST: Free






Join us for an afternoon of talks from Age UK Cheshire, Trading Standards, Cheshire Police and the Crown Prosecution Service about cyber safety, doorstep crime, banking online, password security and more...


- Tuesday Oct. 15th 2:30–4:30pm**
Sandbach Town Hall CW11 1AX
- Wednesday Oct. 16th 2:00–4:00pm**
The Guild For Lifelong Learning Wilmslow SK9 5HD
- Thursday Oct. 17th 2:00–3:45pm**
Online on Microsoft Teams

BOOKING INFORMATION







To book your place, **scan the QR code (right)** or contact:

Age UK Cheshire on 01625 612 958 or scams@ageukcheshire.org.uk

Registered charity number 1091608.
Find us social media:     



SCAN ME



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Bollington needs your help

Early in September, Bollington Town Council voted to pay Cheshire East Council a yearly sum of money to keep our Library open, and to prevent charges being brought in to Pool Bank Car Park. But they need the approval of Bollington residents to do so: it would mean a small increase to the precept on our council tax.



Very soon, Bollington Town Council will be running a consultation to make sure our community approves of their approach to saving the Library and Pool Bank. So, why should we care?

Our Library is an important place in so many ways. It's not just a place to borrow books. It's a place of learning and information for everyone in the community, from the very young to the very old. It's a welcoming hub where people can come together, interact and engage. It promotes digital inclusion, something so many of us now take for granted. It's a place where our culture and history can be preserved. And so much more besides.

Pool Bank is not just a car park. It's been a free resource for the people of Bollington for over 100 years, gifted to us for that purpose. It's the centre of a valuable ecosystem of unique, special shops, businesses, restaurants and more, that make our village such a delight to live in. It's a welcoming place for tourists, who do so much to boost our local economy and our reputation in the world. And, of course, it's of huge value to the local residents, as it prevents our historic streets becoming even more overcrowded with cars.

To lose the Library and our free Pool Bank would mean losing more than just a couple of services that perhaps not all of us use regularly. It would mean losing part of our identity as a village. It would threaten our shops and businesses. It would make Bollington a much less welcoming place for all.

So, when Bollington Town Council asks us all for our opinion on the proposals, we should ask ourselves: what would we prefer to give up? A few more pounds a year – or the Bollington we know and love?

Please keep your eyes open for the consultation over the next few weeks, it will be coming through Bollington letterboxes in October.

Save our Services Group - September 2024



Recipes—Hummingbird Cake

The winner of our Bake Off Competition was Amanda Kilgarrieff with her Hummingbird cake. Whilst this isn't her exact recipe, this tasty offering gives you the chance to make something similar for yourself.

- 250g/8¾oz plain flour
- 250g/8¾oz caster sugar
- 1 tsp ground cinnamon
- 1 tsp bicarbonate of soda
- 3 free-range eggs, beaten
- 200ml/7floz sunflower oil, plus extra for greasing
- 50g/1¾oz pecan nuts, roughly chopped
- 50g/1¾oz walnuts, roughly chopped
- 2 bananas, mashed
- 1 large mango, peeled, stoned removed, flesh mashed
- 2 passion fruit, pulp only
- 85g/3oz tinned pineapple, mashed
- 1 orange, zest only



For Frosting

- 200g/7oz full-fat soft cheese
- 50g/1¾oz unsalted butter, softened
- 1 orange, zest only
- 400g/14oz icing sugar

1. Preheat oven to 180C/350F/Gas 4. Grease and line three 20cm/8in cake tins.
2. Sift the flour, caster sugar, ground cinnamon and bicarbonate of soda together in a bowl.
3. Stir in the eggs, sunflower oil, nuts, fruit and orange zest until well combined.
4. Divide the cake batter among the three cake tins and bake in the oven for 30-35 minutes, or until risen and golden-brown.
5. Remove from the oven and set aside to cool for 10 minutes. Run a round-bladed knife around the inside edge of the tins to loosen the cakes. Remove the cakes from their tins and transfer to a wire rack to cool completely.
6. Meanwhile, for the cream cheese icing, blend the cheese and butter together with an electric whisk until thick and creamy. Add the orange zest and sift in the icing sugar. Stir gently until well combined, then chill in the fridge until needed
7. Once the cakes are cool, spread cream cheese icing on top of each cake. Stack the cakes to make one three-tiered cake.

'THANK YOU for helping us to help others'

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

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WHAT'S BEST TO DONATE?

Foods Required	
Cereals (including Oats & Multipacks)	Froy BENTOS Pies
UHT Milk	Tinned Curry
Tea, Coffee, Biscuits, Treats	Chicken in Sauce
Cordials and Juices	Irish Stew
Tinned Soup	Beef Casserole
Rice, Pasta (including Instant)	Mince and Onion
Pot Noodles	Stewing Steak
Pasta Sauces	Meatballs
Gluten Free Foods (Ambient only)	Hot Dogs
Vegan Foods (Ambient only)	Macaroni Cheese
Tuna Fish and Salmon	Rice Pudding
Sweetcorn, Peas and Carrots	Custard
Tinned Potatoes and Mash	Jam & Spreads
Spaghetti Hoops, Baked Beans	Poaches, Tinned Fruit
Tinned Sandwich Meat	Pet Food

Toiletries and Nappies

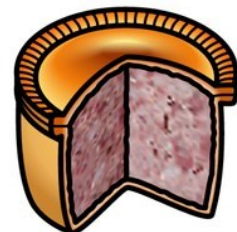
Toilet Rolls	Deodorant
Shampoo	Shaving Kits
Toothbrushes	All Size Nappies
Toothpaste	Baby Wipes
Hand Soap	Sanitary Products

*We are unable to accept fresh and frozen foods
Over 20 tonnes of food given out in 2022 by professional referral teams only

SilkLife Foodbank, George Street, Macclesfield SK11 6HS
foodbank@silklife.co.uk Follow on Facebook - www.facebook.com/SilkLifeFoodbank

Brain Teaser— Traditional Foods

1. I'm made of pastry and filled with beef and vegetables. I am also the shape of a semi-circle and my crust used to be discarded, what am I?
2. I'm quite untidy and go to a posh school, what am I?
3. Which county puts the jam first and cream second on their scones, when having a 'cream tea'?
4. I'm called a pudding, but I love to be served with a roast dinner, what am I?
5. I'm from a few miles east from here and I am made of flaky pastry, jam and topped with a soft set almond custard, what am I?
6. I'm a thick, traditional Scottish soup, what am I?
7. What English town is famous for pork pies?
8. I'm made in Somerset, but I'm not a drink, what am I?
9. I originate from the docks of London and I'm a bit of a slippery fish, what am I?
10. I'm a famous Scottish dessert, what am I?
11. The first recorded use of my name was in the Oxford English Dictionary in 1762 and alludes to the sound my ingredients make when being fried, what am I?
12. The nation's favourite take-away.
13. I'm a celebrated Irish dish, but my ingredients are a matter of dispute, purists would only use lamb, onions and water. What am I?
14. I'm a secret ingredient used in many dishes to add that piquant flavour. You can even add me to a drink. My exact receipt is a closely guarded secret. What am I?
15. Do you have tired legs and fancy a cake that isn't a cake, then take me with you on your travels for that much-needed energy boost and freshened mouth!



1.Cornish Pasty 2.Eton Mess 3.Cornwall 4.Yorkshire Pudding 5.Bakewell Pudding 6.Cullen Skink 7.Melton Mowbray 8.Cheddar Cheese 9.Eel pie 10.Cranachan 11.Bubble and Squeak 12.Fish and Chips 13.Irish Stew 14.Worcestershire Sauce 15.Kendal Mint Cake

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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