

BRIDGING SOCIAL ISOLATION



Photo courtesy of Happy Valley in Bloom

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

We really have a busy time coming up at the Centre with lots of exciting events coming up to warm you up this Winter. These include our Vintage Fair, Bridgend Bingo and our Christmas Cracker event, further details of these can be found inside. We are also open six days per week with a warm welcome and the kettle always on for you, so we hope to see you here very soon.

The Bridgend Christmas Cracker event

We are very excited to announce that on Saturday 30th November we will be holding our first dedicated Christmas event - the Bridgend Christmas Cracker!

It's going to be SPECIAL and will be guaranteed to get you into the mood of Christmas. "it's beginning to look a lot like Christmas".....

Wonderful day for all ages. Put it in your diary now.

For the 'little people' Santa will be making his first visit to the Bridgend Centre so that he can meet and have fun with Bollington children in his Grotto. We are sure that he will tell stories, take requests for Christmas presents and much more. The cost to meet Santa is just £4—and every little person will receive a gift .



BOOKING IS ESSENTIAL as Santa has to leave at 4 pm to go and feed his reindeer and get back to the North Pole .

For the adults, there will be very special bargains on the day on the clothing in the charity shop —the elves have promised us they will be busy making it a day to remember at the 'Bollington Boutique' - aka Bridgend Centre. Watch this space (and of course keep an eye on Facebook for updates)

AND AND AND—We will be putting out all of our Christmas Decoration stock which we have been collecting for the past months —there will be lots . And as you know from previous years, it doesn't take long to sell snowmen, reindeer, trees, elves and baubles galore.

Of course we will have delicious cakes, mince pies and refreshments available . Hopefully all will be in the no-calorie category—Ho Ho Ho

We really look forward to seeing you. Let the Christmas fun begin.

Happy Valley in Bloom - Remembrance poppy display

The photo on our front cover this month is of the beautiful poppy display that local volunteer group 'Happy Valley in Bloom' created next to Bollington aqueduct. Poppies were knitted and crocheted by many people in the community and attached to a large net which is now displayed for commemorate the fallen of war.

The group were particularly touched by a bag containing 87 poppies which included a note saying '87 poppies for Jean who would have been 87 on her birthday on 11th November 2024. Sadly missed'.



If you are passing their display and wish to add a poppy or poppies to it, "please do", using a safety pin or cable tie to attach them to the netting. They will be adding a QR code poster to the display, so if you wish to donate directly to the Royal British Legion Poppy Appeal, they would be very grateful for your support.

A chance to double your donation to the Bridgend Centre in the Big Give's Christmas Campaign

The Bridgend Centre is taking part in the Big Give's Christmas campaign in order to raise £4,000 in just 1 week in December.

Donations to us will be generously matched by the Big Give during the campaign meaning your money can support twice as many people who visit our Centre and use our services.

In an increasingly digital world, with more people living on their own and family members living far away, social isolation and mental health issues are a huge issue. There are many isolated, lonely, and vulnerable older people locally in Bollington who struggle to cope with challenges of disability, mobility issues and isolation. Public services such as transport, libraries and social care are being reduced, and many people do not see another person from one day to the next.

Our drop-in support service is in a place that is open six days a week to welcome anyone who wants to come in for a brew and a chat. There is always someone present with the time to listen and provide information and advice if needed and there are opportunities to meet other people and socialise. We have been in Bollington for 34 years supporting people and providing a warm and welcoming space for all. We also provide a range of other services that aim to reduce social isolation and improve people's physical and mental health and wellbeing. The Bridgend Centre supports over 1,000 people per year.

Local resident Mike who visits the Bridgend Centre several times a week and takes part in a number of our activities said *"The Bridgend is a lifeline to me, as a person who lives alone with a mental health diagnosis"*.

Big Give is a registered charity (1136547) that runs match funded campaigns for charities and special causes at key moments across the year. By connecting charities to match funders (like philanthropists, foundations or corporates) and the public, Big Give helps them double their donations. It's a simple idea - when the public donates to a charity through a Big Give campaign, it asks funders (philanthropists, foundations, government departments or corporates) to match that donation. So £50 from a member of the public becomes £100 for a good cause. Big Give has supported more than 10,000 charities and has worked with some of the biggest names in UK philanthropy and charitable grant-making and has raised more than £236m for charities, to date.

In order to access the £2,000 the Bridgend Centre has in the matching pot, we need to raise a further £2,000 in online donations, giving us a total of £4,000. We hope everyone will give generously to help us reach our target and enable us to continue supporting the whole Bollington community but particularly those who are vulnerable and isolated.

The date of the campaign is 3rd to 10th December, so set a reminder in your diary so you remember not to miss your chance to double your donation to us! **To find our campaign page, go to www.biggive.org and search for 'Bollington Community Association'.**

**Christmas
Challenge**

BigGive



Bridgend Gift Vouchers

Did you know that the Bridgend Centre does gift vouchers? Perfect for the charity shop lovers in your life, these vouchers can be purchased for any amount you choose!

Even better they don't have to be spent all at once, allowing for weeks or months of treasure-hunting joy in the Bridgend shop!

Call into the Centre and ask for details, lets spread the gift of unique finds and support our community!



Pool Bank and the Library - Have you voted yet?

You might be aware that 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 charge on our council tax.

Bollington Town Council is now running a consultation to make sure our community approves of their approach to saving the Library and Pool Bank. Voting forms were included on the back page of the recent Bollington Town Council Newsletter.

It's important that we all have our say in this important matter. Our Library is an important hub of learning, information and community for everyone, young and old. Pool Bank Car Park has been a free resource for Bollington for over 100 years, and is the centre of a valuable ecosystem of unique shops, businesses, restaurants and more, that make our village such a delight to live in.

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.

We can do this together. Please complete your voting slip and post it into one of the collection boxes, which can be found at the Town Hall, the Library, the Co-op, Tesco, the Leisure Centre, Grimshaw Lane Corner Store and Chadwicks. If you've lost your form, or you think you didn't receive one, you can pick one up at the Town Hall.

But don't forget: this consultation closes on 15th November 2024.

Save our Services Group - November 2024



Hone your IT skills at the Bridgend Centre!

Hi, I'm Neal and I'm here at the Bridgend on a Friday afternoon to help you with any questions/issues you may have with your mobile phone, i-pad, tablet or computer.

No task is too small or trivial, even if its just booking an appointment for a flu jab!

Other things I can help with include:

- Emails
- Internet banking
- Online shopping
- Online security
- Unsubscribing to email lists
- PATCHs issues (the Medical Centre's IT system)
- Setting up a new laptop, i-pad or phone

Simply contact the Bridgend Centre to book an appointment with me, either by popping in giving us a call on 01625 576311, sending an email to info@bridgendcentre.org.uk or sending a message on Facebook.



1:1 IT SESSIONS

Do you need some help with using a computer, tablet or your phone to carry out everyday tasks? Our 1:1 IT Tutor at the Bridgend Centre could help!



About our IT sessions

We have one-hour sessions available at the Bridgend Centre with an IT coach on a Friday afternoon at 1pm, 2pm or 3pm. Please contact us to book your session.

£5 per session

The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW www.bridgendcentre.org.uk

Emails
Internet banking
Buying products online
Keeping in touch with friends and family
Completing forms online
Online security
Managing your music
TV & films
Plus much more!

Contact us to book
01625 576311
info@bridgendcentre.org.uk

**The Bridgend Centre
VINTAGE
FAIR**

Saturday 9th to Friday 15th November
Saturday 10am - 1pm Monday to Friday 10am - 4pm
£2 entry fee (cash) on Saturday 9th
All other days are free

Browse our vast collection of vintage bargains and raise funds for community charity The Bridgend Centre at the same time!

**Bridgend Centre,
104 Palmerston Street, Bollington,
Cheshire, SK10 5PW
01625 576311
www.bridgendcentre.org.uk
Charity no: 1123287**

New Ways November 2024

MONDAY



4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

TUESDAY



5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show

WEDNESDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

THURSDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

FRIDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

SATURDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

SUNDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently



ACTION FOR HAPPINESS

Happier · Kinder · Together

BRIDGEND BINGO

THURSDAY 21 NOVEMBER 2024

@ THE VICEROY 6PM

TICKETS £20

ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course meal. Purchase your tickets at the Bridgend Centre or on our website.

www.bridgendcentre.org.uk
Charity number 1123287



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

NO PRIOR WOODWORKING
EXPERIENCE NECESSARY
ALL WELCOME!

INTRODUCTION TO WOODCRAFT

- Learn basic woodworking skills
- Make a small hinged box to take home
- Make friends in a safe space



BRIDGEND CENTRE, BOLLINGTON
MONDAY PM CLASSES
1:30-3:30PM
2ND - 16TH DECEMBER 2024
£30 FOR 3 WEEK COURSE
PLACES LIMITED



Recipe—Easy Vegetarian Chilli

Ingredients (serves 4)	2 x 400g tin of chopped
175g green lentils	tomatoes
2 tablespoon sunflower oil	1 heaped tablespoon tomato
1 large onion	puree
2 cloves garlic	300ml vegetable stock
1 teaspoon chilli powder	100g frozen peas
1 teaspoon cumin seeds	175g mushrooms
1 red and 1 green pepper	1 courgette (chopped)
(seeded and chopped)	1 400g tin kidney beans
2 carrots (peeled and chopped)	Salt and pepper



Method

1. Place the green lentils in a large bowl and pour boiling water over them. Leave to soak for 30 minutes and then drain. Alternatively, use a tin of pre-soaked lentils.
2. Heat the oil in a large saucepan and fry the onion and garlic together with the chili and cumin until the onions are soft (should take around ten minutes).
3. Add the peppers, carrots and drained lentils and cook for five minutes, stirring constantly. Add the tomatoes, puree, stock and pea, bring to the boil and then simmer until the lentils are tender (about 30 minutes). Add the mushrooms and courgettes and simmer for five minutes more. Season to taste.
4. Add the kidney beans and cook for five more minutes.
5. Serve with cooked rice.

Making a vegetable chilli is a great way to create a nutritious meal and use up lots of veg that is coming up to its use by date. On a Thursday afternoon local charity CR8 often drops off produce left over from its Bollington food surplus grocery service at the Bridgend Centre, so you could pick up a bargain or two if you pop in then.

CR8's service is a surplus food re-distribution service operating across Macclesfield. Providing surplus food donated from retailers

to individuals, families, other organisations, charities, and community groups in the area. It is in Bollington outside the Town Hall on a Thursday from 2pm. A minimum donation of £3 gets you £25 of fresh, chilled, frozen and store cupboard food such as tins. For more information go to www.cr8macclesfield.org.uk/grocery



"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 & Muesli)	Fry BENTOS Pies
UHT Milk	Tinned Curry
Tea, Coffee, Biscuits, Treats	Chicken in Sauce
Condiments and Juices	Beef Stew
Tinned Soup	Beef Casserole
Rice, Pasta (including instant)	Mince and Onion
Hot Noodles	Steaming Steak
Pasta Sauces	Minceballs
Gluten Free Foods (Ambient only)	Hot Dogs
Vegan Foods (Ambient only)	Macaroni Cheese
Tuna Fish and Salmon	Rice Pudding
Swede/turn, Pease and Carrots	Custard
Tinned Potatoes and Mash	Jam & Spreads
Spaghetti Hoops, Baked Beans	Peaches, 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 50 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— Bonfire Night Wordsearch

T M E G Z K K I I Q F T A H Y E L O O W N S E D
 O S K V E L Q T Y N O O S K A W Y L Q Y N L F E
 D U G B O P A G W F C E B S N Y P Z N S V P T Y
 F B N N G U N I F P K S M E P H M N T Z L C O E
 K O A Q V U E E U W Q U Y V E X E Z R L V J D Y
 N N B R V P E L A G Z L X O F P O D E U F W Y A
 W F V T E A I F S B Q Q P L R D R V A Z D H C J
 J I Q Z P D Y L G N F Y U G L S A X C H I R X Q
 S R S P G U W F Z I D F O D D H N S L I M I P W
 V E L R G K W O R M I G S N S N G N E I V L L Y
 A E B A E F P E P Z A V F A C O E V T H C X H T
 S R Q H G L W J P N K R O F J V W R O G A O G E
 X J R U T O K C X R U I P R E E B Z F G N B B F
 Z W D J R P H R D F G G U A K M V H F J D A O A
 H M E K S J X O A I T R C C O B I B E X Y O W S
 V C S L H F F I T P S N N S M E Y U E V F G Z B
 B O E P R V R J L P S P E R S R Y F X F L O T O
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 R N N O R N M Q A Y N M X S O D S R I U T C J G
 D D D C A T H E R I N E W H E E L L A U T W J D
 U D U P O L K N O S A E R T F D S A R P P K W O

scarf and gloves
 hot potatoes
 guy fawkes
 fireworks
 bonfire
 smoke
 bang

catherine wheel
 cup of soup
 wooley hat
 sparklers
 display
 penny

treacle toffee
 candy floss
 fairground
 november
 orange
 cold

toffee apples
 parliament
 gunpowder
 treason
 safety
 plot

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)