

## BRIDGING SOCIAL ISOLATION



It is that time of year again! Welcome to the December edition of Bridging Social Isolation. There has been a lot of festive goings on at the Bridgend Centre over the last few weeks and more to come with the Christmas Party on Monday 16th December and the annual Winter Prize Draw. More details on the party and how to buy prize draw tickets can be found inside.

We do hope that you have a lovely festive season with friends and family and that we see you at the Centre soon.

## Bridgend Christmas Party

You are cordially invited to the Bridgend Christmas Party on Monday 16th December at 1:30pm. The event will once again be taking place at Bollington Civic Hall. As always there will be music, fun, the annual quiz, a performance from the Bridgend Community Choir and of course, lots of socialising to be done! If you would like to come along, please let one of the Bridgend Team know and we will put you on the list. There isn't a charge for attendance, although we do welcome donations.

At the event we will be drawing our Winter Prize Draw 2024. As ever, we have some brilliant prizes this year, including £250 cash kindly donated by Love Bollington Market! Local businesses and people have been so generous in donating prizes and we thank them from the bottom of our hearts for their support. All funds raised from the Draw will go towards the running costs of the Bridgend Centre, keeping our doors open six days per week. Thank you.



THE BRIDGEND CENTRE PRESENTS OUR

# Winter Prize Draw 2024

HELP RAISE FUNDS FOR OUR IMPORTANT COMMUNITY RESOURCE



Tickets £5 - Purchase online at  
or in person at the Bridgend Centre  
<https://www.peoplesfundraising.com/Bridgendwinterprizedraw>

Prize draw will take place on Monday 16th December 2024 at the Bridgend Christmas Party

Click on the QR code to purchase your tickets



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at the heart of our community  
Registered Charity 1123287

## Winter Prize Draw 2024 Prize list

1. £250 cash prize donated by Love Bollington Market
2. Google Nest Audio Smart Speaker courtesy of Conduct IT
3. Luxury Hamper
4. Bottle of champagne courtesy of the Adelphi Group
5. Print of Macclesfield by Martin Stuart Moore
6. £10 voucher for Belfields Bakery
7. Landscape print by Dean Entwistle
8. MOT test courtesy of Broadheads Garage
9. £25 voucher from Jo's Nail Room
10. £25 voucher from Woofingtons Pet shop
11. £50 voucher from Off Leash dog training
12. Bowl of planted winter bulbs from Loose Leaf Flower School
13. Eco Candle from Solu Candles
14. A3 framed print of 'Landrover on Hedgerow' by Caroline Constable (Run Walk Draw)
15. One night's stay at the 'Loft on the Green' AirBNB
16. Christmas Goodie Bag from Anna Barker Craft

Thank you so much to our wonderfully generous sponsors who have donated prize to raise funds for our Centre

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## The Bridgend Christmas Cracker event

Ho Ho Ho! What a brilliant event we had here at our very first 'Christmas Cracker' at the Bridgend Centre on Saturday 30th November. We turned the Education Room into an Emporium of Delights with Festive clothing, stocking fillers presents, Christmas decorations, baubles, tinsel, reindeers and everything festive that our elves had squirrelled away from very generous donations over the previous year.

Santa arrived in time to welcome the little people and adults as we opened our doors for a two hour window of Festive madness. Then he settled into his Grotto where groups of children had booked to see him. Oh what fun was had in that Grotto, it was very noisy indeed as we sang songs and the children told Santa about their Christmas trees back at home, their plans for what they are going to feed Santa and his reindeer ....and so much more. The children asked Santa some very interesting questions indeed, the innocence and inquisitive nature of childhood never ceases to amaze and entertain us. Of course, Santa did not come alone, he brought his Naughty Elf with him. We think this must have

been the naughtiest elf ever!

Thank goodness that the elf went back to the North Pole that evening to undergo further training, particularly in Elf and Safety procedures.

In the café our wonderful volunteers served hot mulled wine, mince pies and cakes and

of course these always taste better when they are free, our Christmas toast to our guests.

If you haven't yet picked up one of our special Bargain Bags of clothes for £5 we still have a few here in the shop. At least 6 items of lovely clothing for £5, it's a lucky dip, but full of

lovely items. There are bags available for each family member. It's our Christmas offer to you and a thank you for supporting us so that we in turn can support the residents of Bollington and beyond.

Huge thanks also go to our wonderful volunteer team who helped out on the day (pictured). They worked so hard preparing everything beforehand, working in the kitchen, shepherding elves and children and helping customers out. We really couldn't have done it without them all and they were such fun. And of course we must thank Santa for making the long journey from the North Pole to attend the event.

All in all it was a super successful event for us, both financially and in terms of the enjoyment experienced by those who joined us. Never in our wildest dreams did we imagine that we would have almost 200 people through our doors in just 2 hours. We may have to make this an annual event!





## Lovely photos

Bridgend Trustee Lisa Cox has recently taken up photography as a new hobby. Many of her friends were asking about buying prints of some of her shots, so she has mounted and framed a few to go up for sale in the Bridgend shop. Here are just some of her stunning shots of the Bollington area and a little further afield. The prints are for sale in the Souvenir section of Bridgend Centre.



## Scam awareness session



Andrew Wells from Age UK Cheshire will be running a drop-in session on Scam Awareness in the Bridgend kitchen café on Thursday 9<sup>th</sup> January 2025, 12.30pm until 2.30pm. If you have any questions or experiences you would like to discuss with Andrew, please do drop in. The session should be interesting and informative, it is always amazing to hear about potential scams out there!

## 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! The voucher can be spent on our second-hand or new souvenir items so the sky really is the limit!

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



## How fraud aware are you?

Drop-in at Bridgend Centre  
**Thursday 9th of January**  
**12:30 - 14:30**

Scammers are targeting older people in Cheshire East. Last year in Cheshire, 5,281 people reported being scammed, costing them over £20 million in total.

Protect yourself by talking to the Age UK Cheshire Scams Awareness & Aftercare Team. They'll be at the Bridgend Centre to talk to customers and give out information.

Speak to a member of staff for more information



working in partnership with





## In praise of walking

We spotted this book in the Bridgend Centre charity shop and thought it looked intriguing. The inner dust flap says:

*“Walking upright on two feet is a uniquely human skill. It defines us as a species. It enabled us to walk out of Africa and to spread as far as Alaska and Australia. It freed our hands and freed our minds. We put one foot in front of the other without thinking – yet how many of us know how we do that, or appreciate the advantages it gives us? In this hymn to walking, neuroscientist Shane O’Mara invites us to marvel at the benefits it confers on our bodies and minds.*

*In Praise of Walking celebrates this miraculous ability. Incredibly, it is a skill that has its evolutionary origins millions of years ago, under the sea. And the latest research is only now revealing how the brain and nervous system performs the mechanical magic of balancing, navigating a crowded city, or running our inner GPS system.*

*Walking is good for our muscles and posture; it helps to protect and repair organs, and can slow or turn back the ageing of our brains. With our minds in motion we think more creatively, our mood improves and stress levels fall. Walking together to achieve a shared purpose is also a social glue that has contributed to our survival as a species.*

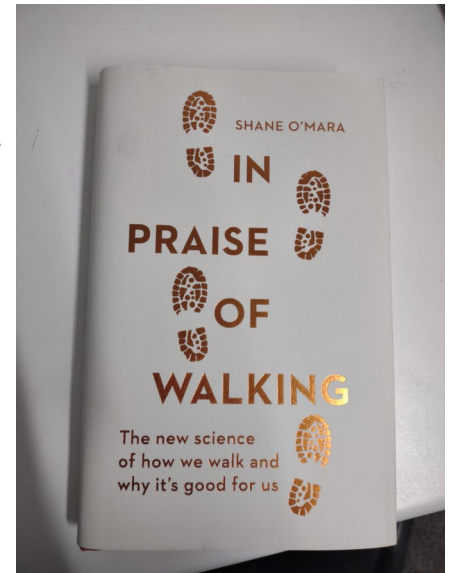
*As our lives become increasingly sedentary, we risk all this. We must start walking again, whether it’s up a mountain, down to the park, or simply to school and work. We, and our societies, will be better for it.”*

With a range of walks available at the Bridgend Centre, we provide lots of opportunities to move around on our feet and explore the beautiful countryside around Bollington. On Mondays, our ‘Walks for Health’ are short easy guided walks in and around Bollington primarily designed to encourage new walkers. They don’t have any stiles and have only gentle or short slopes and steps. Each walk starts from a different place on a rotational basis, including Adlington Road car park, Bollington Cross (Crossfield Road), Prestbury (Shirleys Car Park), Whiteley Green (Holehouse Lane), Macclesfield Riverside, Kerridge (Jackson Lane) and the Bridgend Centre. During the Autumn and Winter these take place in the morning at 10:30am and in Spring and Summer they are in the evening at 6:30pm.

Our Wednesday walks start at 10:15am and always start from the Bridgend Centre. They cost £3 and the price includes tea, coffee and biscuits at the end. The walks vary in difficulty and length each week and we have a ratings system to give you guidance on what the walk will be like. If you are unsure of what level you are at, it would be best to try a short easy walk first. These walks explore the Bollington countryside in all directions from Pott Shrigley and Bakestonedale Moor in the North, Rainow in the West, Higher Hurdsfield and Swanscoe in the South, and Butley Town and Tytherington in the West.

On all our walks, wear suitable footwear and clothing, sturdy boots are a must. It is also advisable to bring a drink on the walks.

For more information and the timetables, please pop into Bridgend or go to our website where you can download a leaflet or find the walks on our calendar. Our website address is: [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)



## Action for Happiness - December calendar

### December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Hot water bottle advice

Did you know that hot water bottles have an expiry date of about two years? After that time they are at risk of the rubber disintegrating and leaking which can cause severe burns or at the very least make your bed very wet!

Here's a quick and easy way to find out how old your bottle is. Look for the 'Flower Wheel' or 'Daisy Wheel' on the funnel or neck of your hot water bottle. This will show you the manufacturing date.

The number in the centre of the wheel indicates the year it was made (e.g., '20' means 2020).

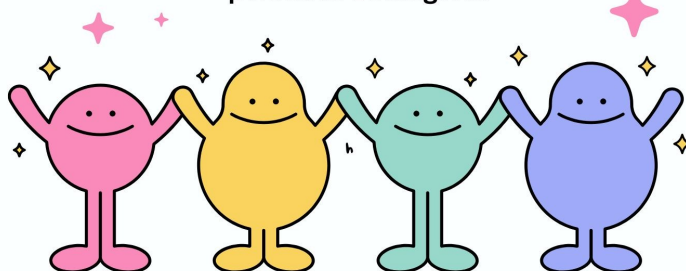


- The 12 petals around the wheel represent the months of the year.
- The dots in each petal represent the weeks of that month. For example, 3 dots in the fifth petal means it was made in the third week of May.

## BRIDGEND BUDDIES

### We need your help!

Just one hour of your time per week could help to improve the quality of life of a socially isolated person in Bollington.



Please speak to Bev for details on how you could become a buddy and help make a difference.

01625 576311 or [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

The Bridgend Centre,  
104 Palmerston Street,  
Bollington, SK10 5PW

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## Recipe—Soup galore!

When local food share charity CR8 dropped off the leftover food from its Bollington service last Thursday, there was a huge amount of tomatoes and red peppers left over! This inspired me to make a soup quickly before the vegetables went off. I saved one portion for my lunch and put the remaining portions in the freezer to be future meals on the go. The soup was absolutely delicious and can be scaled up or down depending on many you are feeding or how many tomatoes you have.

### Ingredients (serves 4)

12 medium sized tomatoes

2 red peppers

2 white onions

2 tablespoons of olive oil

6 cloves garlic

950ml vegetable stock

1/4 teaspoon smoked paprika

Pinch of cayenne pepper (or more to taste)

### Method

1. Pre-heat your oven to 190 C or 375 F. Line two large, rimmed baking sheets with parchment paper.
2. Place the tomatoes on the one of the baking sheets and the peppers and onions on the other. Drizzle 1 tablespoon olive oil over each baking sheet.
3. Gently toss the tomatoes until lightly coated in oil then position the tomatoes so the skin side is facing down.
4. Toss the onions and red peppers in the oil until lightly coated. Place the garlic cloves on the sheet too.
5. Place the tomatoes on the top shelf of the oven and the peppers, onion and garlic on the middle shelf. Bake for 35-45 minutes until the vegetables are tender and turning golden on the edges.
6. Put the vegetable stock in a large pan over a medium-high heat. Toss in the vegetables and tomatoes, smoked paprika and cayenne pepper. Simmer for ten minutes, reducing the heat as necessary to maintain a steady simmer.
7. Puree the soup using a hand blender. Season to taste.



# 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!



**Bridgend Centre**  
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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!

**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](http://www.bridgendcentre.org.uk)

Contact us to book  
01625 576311  
[info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

# Brain Teaser— Festive Rebus Puzzle—Can you Guess the Festive Phrases?



<b>ABCDEFGHIJ KLMNOPQ RSTUVWX YZ</b>	<b>Y Y MEN Y</b>	<b>MISTLETOE XXX</b>	<b>CHRISTMAS CHRISTMAS → CHRISTMAS</b>
1	2	3	4
<b>DONKEY</b> → DONKEY	<b>CE CE CE <sup>!</sup>CE</b> <b>π π</b>	<b>MANAWAYGER</b>	<b>LEFT</b> <hr/> <b>TURKEY</b>
5	6	7	8
<b>NIGHT</b>	<b>PRES ENTS</b>		<b>JACK</b>
9	10	11	12
<b>XMAS</b>	<b>GOOD DAY SPRING HI THERE SUMMER HEY AUTUMN HELLO WINTER</b>	<b>PPP</b> 	<b>BLANPIGPIGKETS</b>
13	14	15	16
<b>D NER</b>	<b>DECOR = 8/10</b>	<b>VORDERMAN DANVERS SMILLIE KING</b>	<b>PRESENCE</b> <hr/> <b>PRESENTS</b>
17	18	19	20



1. Noel 2. Three Wise Men 3. Kissing under the mistletoe 4. Last Christmas 5. Little donkey 6. Mince pies 7. Away In A Manger 8. Leftover turkey 9. O Holy Night 10. Opening presents 11. North pole 12. Jack Frost 13. White Christmas 14. Seasons Greeting 15. Peace on Earth 16. Pigs in a blanket 17. Donner 18. Decorate 19. Carols 20. Presence over presents



## Bridgend Centre

104 Palmerston Street, Bollington, SK10 5PW

E: [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

T: 01625 576311 [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

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

I Am Print prints the paper copies of this newsletter 'at cost', which are then delivered to the homes of isolated and vulnerable people in Bollington. Thank you so much to I Am Print, it means the world.

