

BRIDGING SOCIAL ISOLATION



Photo by Lisa Cox

Welcome to the February edition of Bridging Social Isolation, which contains news and articles about all things Bridgend Centre.

We have another busy month ahead with various activities and events. A date for your diary is our new fundraising event, the ‘Games Night’ which will be taking place at the Dog and Partridge pub on Thursday 6th March. It looks set to be a lot of fun and will raise vital funds for our Centre as well. There is also an article about the importance of volunteering at Bridgend. Thank you to everyone who donates their time to us, we really couldn’t do it without you.

Volunteer Fair in Poynton

On Wednesday 29th January, our Chief Officer Becky went to Poynton Volunteer Fair to promote the work the Bridgend Centre does in our area and to tell people about volunteer opportunities at the Centre.

The event was a great opportunity to link-up with other voluntary groups in the area and find out what they do.

There are a range of different volunteer roles at the Bridgend Centre, such as working in our kitchen café and in our charity shop, being a walk leader and acting as a Buddy for isolated people in our community. Some roles require commitment every week at a set time, whereas others are more informal, with the volunteer giving time when they can.

We currently have over 100 volunteers who give their time to us every year, some on a weekly basis and some less often. Bridgend volunteers work nearly 6,000 hours every year, which contributes approximately £112,320 to our local economy (using the UK average hourly rate for 2024 which is £18.72).

A huge thank you to everyone who gives their time to the Bridgend Centre, we really couldn't do it without you!

If you are interested in giving your time to help others, please ask for more information in the Centre, by telephone or by email (details in the poster below).



**BRIDGEND CENTRE
BOLLINGTON**

We need your help!

We are always looking for volunteers to donate their time to help in a variety of roles in our Centre

Hospitality

Walk Leader

Buddy

Charity Shop



Please contact us to find out more information about these roles
01625 576311 or info@bridgendcentre.org.uk

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

Bridgend Centre
at the heart of our community

Hear about Ian's adventure

You may have noticed that longstanding Bridgend volunteer Ian Walker wasn't around for a few weeks at the end of 2024. His is a familiar face on walks and in our Mah Jong group.

Ian spent the latter part of 2024 travelling in the southern hemisphere; from Argentina to the Falkland Islands, South Georgia and Antarctica.

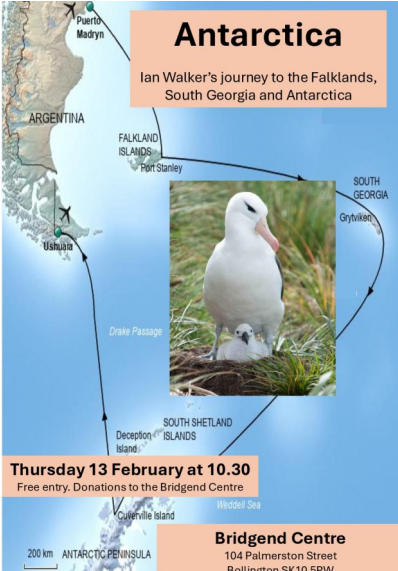
He took many photographs and has lots of tales to tell, which many people are interested in.

Therefore he is going to tell us all about it for an hour or so on Thursday 13th February at 10:30am in the Education Room.

It looks set to be a very interesting morning. As ever at the Bridgend Centre, tea, coffee and biscuits will be served.

Antarctica

Ian Walker's journey to the Falklands, South Georgia and Antarctica



Thursday 13 February at 10.30
Free entry. Donations to the Bridgend Centre

Bridgend Centre
104 Palmerston Street
Bollington SK10 5PW

Bridgend prices

Bridgend prices have been the same for many years, in fact our hot drinks have been 50p for over 30 years! We work hard to try and keep prices low and affordable for everyone. However due to increasing costs such as energy bills and mortgage rates, we have a projected budget shortfall next year. Therefore we have been forced to review the prices of some of our services and activities in order to help balance the books.

From 1st March 2025, the following prices will be in place:

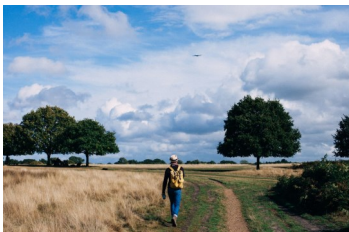
Hot drinks - tea and coffee	£1
Activities and groups led by a sessional worker (such as Choir, Spanish, Exercise dance class, Shuttle to the Shops and Tai Chi)	£5
Unled activities (such as Art and Mah Jong)	£4
Car wash	£5

Wednesday walks will remain at £3 and the Monday Walks for Health will be £2.

We don't want money to be a barrier for people to use our services. If you or someone you know is struggling to make ends meet, they will be waived. Please talk to Becky, our Chief Officer or Kerry, our Operations Manager in confidence if this is the case for you.

This isn't a decision we have taken lightly as we understand that the cost of living has affected everyone, but we do need to ensure that Bridgend is here for the community for many more years to come.

All the money raised through these charges will go directly back into funding our organisation and services. Thank you for your understanding.



Bridgend Centre prices

From 1st March 2025

Hot drinks (tea and coffee)	£1
Activities & groups led by a sessional worker (Choir, Spanish, Tai Chi, Armchair exercises and Shuttle)	£5
Unled activities & groups	£4
Wednesday walks	£3
Monday walks	£2
Car wash	£5

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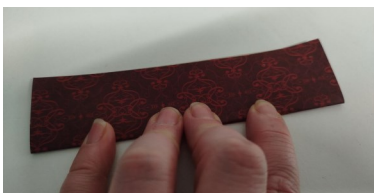


February craft - Valentine's heart book marker



1. Take a square piece of paper and fold in half and then cut it along the fold. You will have two smaller, rectangular sheets of paper.

2. Fold one of the rectangular piece of paper in half lengthwise (the top portion of the paper is open).



3. Now fold the paper in half again.



4. Open up the paper; you should see a fold in the middle.



5. Fold up one side of the paper against the folded line.



6. Repeat step 5 with the other side.



7. Flip the paper over. Use a small piece of tape to hold both halves together.



8. Fold down the top portions to start forming the top of the heart.



9. Fold down the corners on either side of the top of the heart.



10. Flip the paper over and the heart is complete. You can place over the corner of the page of your book.



Stiles on Bridgend Centre walks

Bridgend guided walks are very popular and we know that some people worry about the stiles on the routes, as they may be concerned about potential difficulties in getting themselves or their dogs over them. Therefore, Gill from **Bollington Walkers are Welcome** had the great idea of taking photos of all the stiles on our routes so that people can refer to them before they attend the walk.

The photos will be posted on the Bollington **Walkers are Welcome** Facebook page over the coming months. In the future you will be able to use the search facility on the page to find posts about certain routes. So far, Gill has created posts for the 'Heritage Trail 2—Woods and Wildflowers' and for 'The one across the Road'.

We hope that these stile posts help your decision-making on whether to join each of our guided walks in the future.

Another great piece of news from **Bollington Walkers are Welcome** is that their new website has now been launched. Created with funds from the Bollington Beer Festival, it can be found at www.bollingtonwalkersarewelcome.org.uk and it aims to promote Bollington as a great area for walkers to visit, inform people about the wealth of walking routes available and also walker-friendly establishments in the town such as cafes, restaurants, shops and accommodation.

The aim of **Walkers are Welcome** has always been to promote walking in various areas and Bollington achieved its accreditation in 2013. It is hoped that this stile photography work goes some way to achieving these aims.



eBay Bobby Dazzlers

The Bridgend eBay store is used to sell the unusual and more valuable items that are donated to our charity shop every day. We never fail to be amazed by the things that are given to us! Here are just a sample of the items that were sold through the Bridgend eBay store in January. A huge thank you goes to everyone who donates to us, it really does keep us afloat and shooting for the stars!



High value sales

Russell & Bromley Park Up Flatform Shoes	£85
Ben Ross Junior Gold Club Set	£50
Le Creuset Fondue Set	£50
LG Combined DVD and Video Player	£50
4 Vintage Molloy Dining Chairs	£50
Reebok The Pump White Trainers	£50

Unusual sales

Gruum Shampoo bars
Inflatable Dinghy (<i>A life on the ocean wave beckons!</i>)
Kampa Camping Field Kitchen
Vintage 1977 Silver Jubilee Enamel Coins
Bluair Air Purification Unit

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

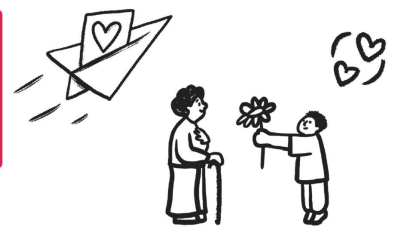
SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



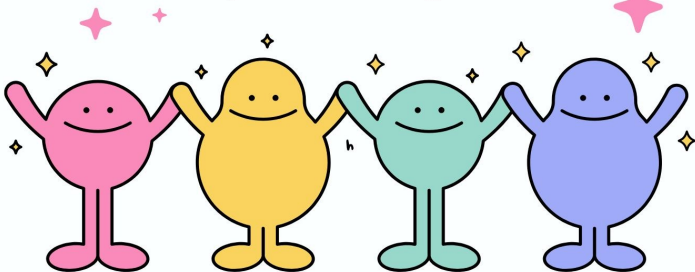
ACTION FOR HAPPINESS

Happier · Kinder · Together

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

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



Join the Bridgend Centre for a fun fundraising

GAMES NIGHT

UPSTAIRS AT THE DOG AND PARTRIDGE, BOLLINGTON

THURSDAY 6TH MARCH

7:00 PM

CARDS, DRAUGHTS, CHESS, BOARD GAMES, PUZZLES AND PIZZA!

£10 PER TICKET
INCLUDES AS MUCH PIZZA AS YOU CAN EAT!

Purchase your ticket on our website or in person at the Centre

Recipes—Leftover French bread

Regular visitors to the centre on a Thursday will know that we often receive donations of food from Crea8, an organisation that works to combat food waste. In these deliveries, we often receive a large quantity of French sticks. Here are some ideas to put these to good use.

French Bread Strata

6 cups leftover French bread, cubed
1 cup shredded cheddar cheese
1 cup diced vegetables (e.g., bell peppers, spinach)
1 cup cooked sausage or bacon (optional)
6 large eggs
1 ½ cups milk
1 tsp garlic powder
½ tsp black pepper
1 tsp salt
1 tbsp butter (for greasing)

Preheat your oven to 175°C and grease a baking dish with butter.

Spread the cubed French bread evenly in the dish.

In a large mixing bowl, whisk together the eggs, milk, garlic powder, salt, and pepper.

Sprinkle the shredded cheese, vegetables, and sausage (if using) over the bread.

Pour the egg mixture evenly over the bread, ensuring every piece is soaked.

Let the mixture sit for 10-15 minutes to allow the bread to absorb the liquid.

Bake in the preheated oven for 35-40 minutes, or until the strata is golden brown and set in the centre.

French Bread Tiramisu

This version of the traditional Italian dessert replaces the ladyfingers with slices of French bread.

1 loaf of leftover French bread, sliced
1 cup strong brewed coffee, cooled
½ cup coffee liqueur (optional)
8 oz mascarpone cheese
1 cup double cream
½ cup sugar
1 tsp vanilla extract
Unsweetened cocoa powder for dusting

In a shallow dish, combine the cooled coffee and coffee liqueur (if using).

Dip each slice of French bread into the coffee mixture for a few seconds, allowing it to soak without becoming too soggy.

In a mixing bowl, whip the heavy cream, sugar, and vanilla extract until soft peaks form.

Gently fold in the mascarpone cheese until well blended and smooth.

In a 9×9-inch dish, layer half of the soaked French bread slices on the bottom.

Spread half of the mascarpone mixture over the bread, smoothing it out evenly.

Repeat with another layer of soaked bread and the remaining mascarpone mixture.

Cover and refrigerate for at least 4 hours or overnight to let the flavours meld.

Before serving, dust the top with cocoa powder for a finishing touch.



How fraud aware are you?

Drop-in at Bridgend Centre
Thursday 27th of February
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



Brain Teaser - Sudoku

		6	8	4				
2		1		6				7
	3	9					1	
				9	8	3		
	6						9	
		7	3	2				
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7				1		8		4
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		6		7	2			
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		7	3					5
2	3						1	
		8				7		
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	9							
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		8	1					2
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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.



Bridgend Centre

104 Palmerston Street, Bollington, SK10 5PW

E: info@bridgendcentre.org.uk

T: 01625 576311 www.bridgendcentre.org.uk

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