

BRIDGING SOCIAL ISOLATION



Photo by Gillian Redin of Mug by Bollington Print Shop

Welcome to the March 2025 edition of ‘Bridging Social Isolation’, the newsletter for the Bridgend Centre in Bollington. We provide a range of different services to the community from our building on Palmerston Street, supporting around 1,000 people per year. This edition contains the usual news from the Centre and articles that may be of interest to you.

Don't forget the clocks go forward on Sunday March 30th; Spring really is nearly here!

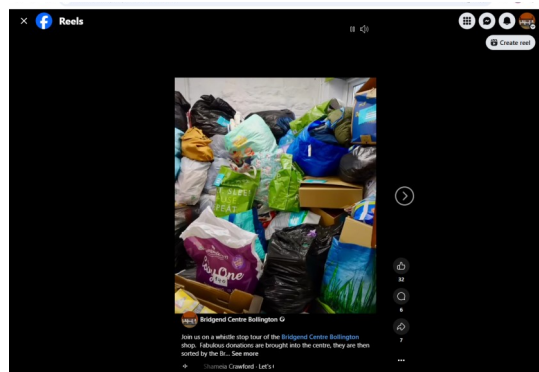
Bridgend gets a social media boost

The Bridgend Centre has a new social media volunteer, Gill, who will be helping us by making reels and posts on our Facebook and Instagram pages with the aim of bringing awareness of our charity shop to a wider audience.

The first reel Gill made was about the donations we receive to our the shop, which are vital in order for the shop to continue operating, and the process they follow to reach the shop floor. It also explains that all the money raised by the Bridgend charity shop goes towards running vital services in the Bollington community which are a lifeline to so many people, providing independence and freedom from social isolation.

This first reel that Gill created reached over 2,400 people, which is absolutely amazing! It really did achieve its aim of raising awareness of our shop. The next two reels were about our eBay shop and upcoming Vintage Fair.

If you are on Facebook and Instagram, and you don't follow us already, please do so to see more of these reels. You can find us at:



Facebook @bridgendcentrebollington

Instagram @bridgendcentre

As a small charity we have very limited resources and if you have specialist skills you could help our charity with, we are always looking for volunteers to help us with our cause. Skills that would help us include graphic design, marketing, proof-reading and editing, website design and e-commerce. Please do drop us a line if you think you could help.

**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  of our community

**The Bridgend Centre
VINTAGE
FAIR**

Saturday 5th to Friday 11th April
Saturday 10am - 3pm Monday to Friday 10am - 4pm
£2 entry fee (cash) on Saturday 5th
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



£35,000 for 35 years

In September 1990 two local women, Ann Mayer and Anna-Lena Johnson, with the aid of Bollington Town Council, rallied the support of the local community and in two rooms of the Town Hall the Bollington Drop-In Centre was born.

With the assistance of an ever-growing number of dedicated volunteers, the Centre quickly flourished, extending to other rooms and offering a variety of activities, as well as different projects in the wider community.

Towards the end of the 1990's everyone agreed that larger premises were needed to continue expansion. After a massive reconstruction at the new site using the manpower of the Community Service and a vast array of voluntary contributions both practical and material, we moved into our present premises on Palmerston Street.

Shortly after the name of our organization was changed to reflect that although the Drop-In facility will always be a crucial part of Centre life, there are so many other aspects which help to make the Bridgend Centre such a valuable community asset, offering a bridge between individuals and community.

Throughout our history we have been so lucky to have had fantastic members of staff, trustees and immensely supportive volunteers. They have all played vitally important roles over the years and will always be the backbone of everything we do, so in 2015 we celebrated this community spirit during our 25-year anniversary festivities.

In December 2018 we were presented with the opportunity to purchase the Bridgend Centre building, which has given us stability and security and allowed us to invest in it. This cumulated in us securing a grant from the National Lottery in December 2024 to replace the stone roof to the front of the building and renovate the first floor, providing more rooms for the community to use and enjoy.

To mark the 35th anniversary of the Bridgend Centre, we will be shortly launching a campaign to raise £35,000 to fund our drop-in support service in 2025 and ensure our facility is here for many more years to come. We will provide information on how to get involved, but if in the meantime you come up with ideas on how you could contribute we would love to hear from you.



Ann Mayer, Anna-Lena Johnson and current manager Becky at the Bridgend 25th anniversary celebrations in 2015.

BRIDGEND CENTRE

Coming soon

£

Help us raise

£35,000

FOR

35 YEARS

To run our Drop-in Support Service

Bridgend Centre
at the heart of our community

BRIDGEND CENTRE

1990 - 2025

Take on a challenge

Knit 35 hats

Hold a Cake sale

Walk 35 miles

The Bridgend Centre (also known as Bollington Community Association) has been a lifeline for the Bollington community for 35 years

We are asking our community to support us by raising £35,000 to help fund our Drop-in Support Service in 2025

What could you do to help?

Contact us to find out more:
Visit us in person, call 01625 576311,
email info@bridgendcentre.org.uk or message on Facebook
[@bridgendcentre](https://www.facebook.com/bridgendcentre)

Bridgend Centre
at the heart of our community

Mindful March

We are living through truly turbulent times and sometimes it can be hard to stay positive with so many frightening headlines and unpleasant rhetoric in the news.

However the beautiful clear weather we have been having in the last few days has brought some light relief and clarity. The cloudless sky over the at night has revealed millions of stars and planets twinkling above us and contemplating them provides me with a sense of perspective about humanity's place in the solar system. Some may call this 'Mindfulness' or just 'Zoning Out', but whatever it is called, it has helped me! Last week a so-called 'planetary parade' was visible to sky-watchers where seven planets (Mercury, Venus, Mars, Jupiter, Uranus, Mercury and Saturn) will be visible in the night's sky in the UK at the same time. This was the last time that this will occur until 2040.

In the daytime, sunny days and blue skies lift the spirits and there is a hint of spring in the air. Beautiful spring bulbs are starting to flower such as Snowdrops, Crocuses and Daffodils. I went on a walk last Saturday that went through Prestbury churchyard where the display of Spring flowers took my breath away. I would highly recommend it if you get the chance.

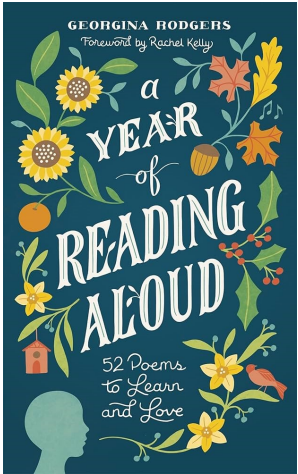


Photo by Brian McGuigan at Bollington Wharf



Photo by Gillian Redin

Another practice that has helped me is finding solace in books. For example this book of poetry (purchased in the Bridgend Centre shop, of course!) has some lovely verse to read and learning poems to read aloud is proven to promote relaxation, strengthen the mind and improve memory. It allows us to value the moment, slow down and switch off. Other ways to relax and be in the moment include carrying out craft and exercising. However you achieve it, we wish you peace and harmony in these tumultuous times.



daffodil



Lilies of the valley



lavender



tulip

Mindful March 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Mother's Day— 30th March

In the UK, Mother's Day, also known as Mothering Sunday, is celebrated on the fourth Sunday of Lent. Its origin can be traced back to the 16th century when people would return to their "mother" church, or the church they were baptized in. This practice evolved over time, and by the 19th century, it had become a day when domestic servants were given a day off to visit their families.



The modern-day Mother's Day in the UK is said to have been inspired by the American version of the holiday. In 1908, Anna Jarvis, a peace activist from the US, campaigned for a day to honour mothers after her own mother's death. The campaign gained momentum, and by 1914, President Woodrow Wilson declared the second Sunday in May as Mother's Day in the US. The UK adopted the holiday and started celebrating it on the same day as the US until the 1950s, when it was moved to the fourth Sunday of Lent.

Mother's Day is celebrated on different dates worldwide. For instance, in Japan, it is celebrated on the second Sunday in May, while in Thailand, it is celebrated on August 12th, the birthday of Queen Sirikit, who is considered the mother of the nation.

In Ethiopia, Mother's Day is celebrated in the fall, in a three-day festival called Antrosht. During the festival, children bring ingredients to cook a traditional dish for their mothers.

In Nepal, a special day called "Mata Tirtha Aunsi" is celebrated on the new moon day of April or May. On this day, mothers are honoured and remembered by their children who offer food, clothing, and gifts.

In France, Mother's Day is celebrated on the last Sunday in May. It is customary to give mothers a cake shaped like a flower, called "fleur en pâte d'amandes."

Don't forget that Bridgend charity shop is a great place to pick up a bargain gift or a card for Mothers Day. We also sell Bridgend gift vouchers for those who fancy a bit of retail therapy!

BRIDGEND CENTRE PRESENTS:

POYNTON REFLECTIONS




WEDNESDAY 2ND APRIL
2.30PM TO 3.30PM
AT THE BRIDGEND CENTRE
£4 PER PERSON

PLACES ARE LIMITED SO PLEASE BOOK IN AT RECEPTION OR BY CALLING 01625 576311

Poynton Reflections are a local four-piece band playing a wide variety of instruments and singalong music from traditional folk to rock and roll

Bridgend Centre
at the heart of our community


 Friends of Bollington Library

EMMA BROOKE

BOLLINGTON'S MOST FAMOUS WOMAN WRITER


A talk by Barbara Tilley PhD

Emma Frances Brooke (1844-1926) lived in Bollington for almost 35 years before moving to London in 1879 to become a self-supporting author. She was a prominent Fabian socialist and political activist, campaigning for women's and workers' rights. She wrote in a variety of genres, including novels, poetry, plays, short stories, and political essays. This talk will explore Brooke's interesting life and introduce a newly discovered autobiographical novel based on her experiences growing up in Bollington.



Miss Emma Brooke,
Photo by D. G. Jones

Thursday 24th April 2025 at Hollin House Hotel, Kerridge
7 for 7.30pm - Tickets £10
Available on Ticket Source OR
just scan the QR code on your phone



More languages at Bridgend

As many of you will know, we have a range of activities and groups at the Bridgend Centre throughout the week, including guided walks, social groups, art, crafts and gentle exercise. A very popular class that has been run here for many years is Spanish with native speaker Wanda.

From March we are excited to announce that we have two new classes on our timetable, Beginner's French and Beginner's German. Run by multi-lingual language teacher Liz Syed, they are fun, interactive sessions designed to make learning a completely new language easy. There is no need to book and you can attend on a week-by-week basis with no commitment. For more information please go to our website or pop into the Centre and pick up a leaflet.

The Bridgend Centre Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Walk for Health 10:30 – 11:30 Beginner's French 10:30 – 12:00	Crafts 10:30 – 12:00	Guided Walk 10:15 – 1:00 Beginner's Spanish 11:30 – 12:45	Beginner's German 10:30 – 12:00	Community Choir 10:30 – 12:00
Afternoon	Tai Chi 2:00 – 3:00	Art 2:00 – 4:00	Intermediate Spanish 1:30 – 3:00 Shuttle to the Shops 1:30 – 4:30 Mah Jong 2:00 – 4:00	Talk and Games (TAG) 2:00 – 3:30 Brew with the Guys 2:00 – 3:30	Dance exercise class 2:00 – 2:45

Walk for Health	Short, easy guided walks in and around Bollington & surrounding areas. Different start points. Please see separate leaflet or our website for details. £2
Beginner's French	French classes for complete beginners. Learn to speak French whilst having lots of fun. With language teacher Liz Syed. £5
Tai Chi	Combine exercise and meditation with this ancient Chinese low-impact practice. All ages and abilities welcome. £5
Crafts	Explore different crafts every week. £5
Art	Enjoy your love of art in this peer-led group. £4
Guided Walk	Guided walk from the Bridgend Centre. Please see separate leaflet or our website for details. £3
Shuttle to the shops	Fortnightly bus trip to various local shopping destinations. Times may vary. Please see separate leaflet or our website for details. £5
Beginner's Spanish	Beginners Spanish conversation class with Wanda. £5
Intermediate Spanish	Intermediate Spanish conversation class. £5
Mah Jong	Explore the ancient strategy game of Mah Jong. £4
Beginner's German	Learn to speak German with language teacher Liz Syed in a fun, relaxed group. £5
Talk and games (TAG)	Enjoy a chat and a cuppa. Quizzes, games, guest speakers and the occasional outing. £4
A brew with the guys	A male focused social group led by David. Activities, chats, trips out and inspiring speakers. £4
Community choir	Discover the joys of music with our fun community choir. The ability to sing is not a requirement! £5
Dance exercise class	Boogie with your buddies in this fun, creative class that you can enjoy seated or standing. £5



New class: German for beginners!

Learn to speak German with Language Teacher
Liz Syed, in a fun, relaxed group:

Thursdays 10.30am-12.00noon

Starts Thursday 6th March

£5 per session



www.bridgendcentre.org.uk

Recipe - Marry Me Chicken

This recipe is doing the rounds on the internet and is said to be so tasty it will make you fall in love! Whilst we can't guarantee that, it's still well worth trying!



1. Tip enough plain flour onto a dinner plate to cover it well. Season the chicken breasts on both sides and coat in the plain flour, shaking off any excess.

2. Heat 1 tbsp of the oil in a non-stick frying pan, and over a medium-high heat fry the chicken breasts for 5 mins on each side or until golden brown. Remove from the pan and set aside on a plate while you make the sauce.

3. Heat the remaining 1 tbsp oil and gently fry the onion and garlic over a medium heat for 5-7 mins, until softened. Add the cream, chicken stock, most of the sundried tomatoes (reserve a few to serve), chilli flakes and mixed herbs.

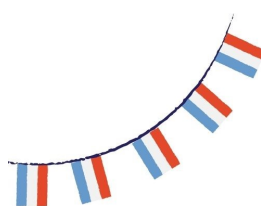
4. Stir to combine then add the chicken breasts back to the pan. Simmer gently for 10-12 mins or until the chicken is cooked through. You might need to turn your chicken breasts over if they're big, to cook evenly.

Stir through the Parmesan and scatter over the remaining sundried tomatoes along with the fresh basil to serve.

This dish is very flexible and can also be cooked in the slow cooker for 5 hours on low or 3 hours on high.

It works well with pasta, potatoes or rice depending on preference

- plain flour, for dusting
- 4 chicken breasts
- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 200ml double cream
- 150ml chicken stock
- 100g sundried tomatoes, finely chopped
- ½ tsp chilli flakes
- 1 tsp mixed herbs
- 25g Parmesan, finely grated
- ½ bunch fresh basil, shredded



Would you like to learn French?



French classes for complete beginners.
Learn to speak French while having lots of fun! With Language Teacher Liz Syed.
£5 per session

www.bridgendcentre.org.uk

Brain Teaser - General Knowledge quiz

1. What is the nickname for the South Africa rugby team?
2. In California in the 1850s, cage fights were held between grizzly bears and lions. Who won?
3. Where are the Alps?
4. What is Turkish delight?
5. What did the ancient Romans use to clean themselves?
6. How did Hansel and Gretel beat the wicked witch?
7. What destroyed central London in 1666?
8. Which river did Huckleberry Finn sail down?
9. Which big cat lives in the Amazon rainforest?
10. How many Earths would fit inside the Sun?
11. Which snakes are normally used by snake charmers?
12. Who was killed by an arrow through the eye at the Battle of Hastings?
13. What language do people speak in Brazil?
14. Which fictional bear was found at a train station, and loves English marmalade?
15. In *Beauty and the Beast*, why did the fairy turn the prince into a beast?
16. What sport did Babe Ruth play?
17. Where did the Yellow Brick Road lead?
18. I led the French army that pushed back English invaders. I was later captured and burned at the stake. I was 19, and a woman. Who am I?
19. What ships did Vikings sail in?



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 is hugely appreciated.

iam
COMPLETE DIGITAL PRINT SOLUTIONS
I AM Print Ltd

Answers

1. Springboks, 2. Grizzly bears, 3. Europe, 4. a sweet snack, 5. Olive oil, 6. they shoved her into an oven, 7. fire, 8. Mississippi, 9. Jaguar, 10. One million, 11. Cobras, 12. Harold II, 13. Portugal, 14. Paddington, 15. He refused her shelter from a storm, 16. Baseball, 17. The Emerald City, 18. Joan of Arc, 19. Longships

Bridgend Centre

104 Palmerston Street, Bollington, SK10 5PW

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