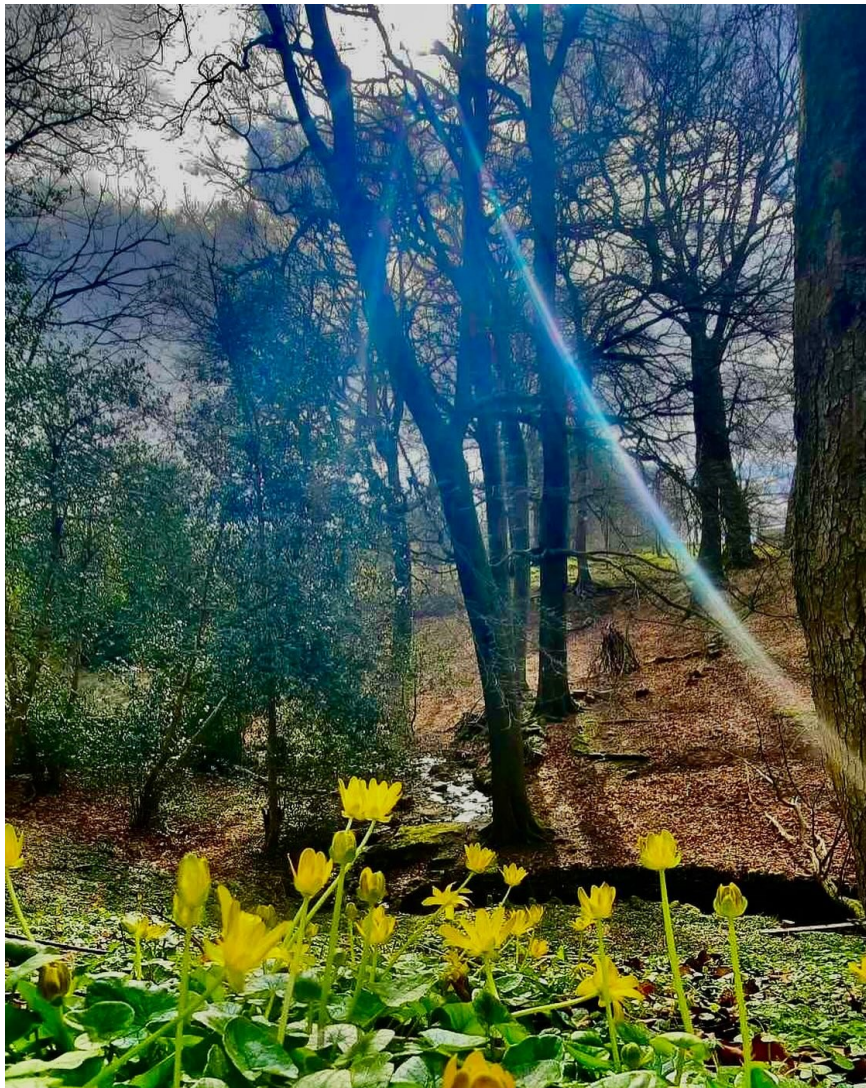


## BRIDGING SOCIAL ISOLATION



*Photo of Lima Clough by Gillian Redin*

Welcome to the April 2025 edition of Bridging Social Isolation!

It has really felt like there is a change in the air in the last couple of weeks as we have had back-to-back sunshine and lighter evenings when the clocks went forward. We hope you can join us at Bridgend Centre soon where we have had a bit of a tidy-up of our beautiful Contemplation Garden by the confluence of the

River Dean and Harrop Brook.

In the meantime, you can get your Bridgend Centre fix by reading this newsletter.

We hope you enjoy it!



## Spring has arrived at Bridgend

April has arrived, at last the sun is shining and there are some warm(ish) days to enjoy. It feels like a new chapter as new schedules have been published at the Bridgend Centre, including our Guided Walks and Shuttle to the Shops.

In terms of the Guided Walks there are some changes. Due to popular demand, the Monday 'Walk for Health' will continue to take place in the morning (in previous years it moved to the evening in the Spring and Summer months). The start time has changed for these walks to 10:15am to put them in line with the Wednesday walks. In order to make the walks accessible for people who work in the daytime, we will also run a walk on a Tuesday evening at 6:30pm once a month. These walks are now £2 and all funds raised will go towards the work of our charity.

Wednesday walks will continue as they have in the past. As a trial there is a Nordic Walking series of events, in which experienced Nordic Walker David Lambert will show people how to use their walking poles and take them on a couple of easy walks to get them into the swing of things.

Another trial we are starting this Summer is two longer walks on a Saturday. The first will take place on Saturday 10th May and is quite strenuous as it climbs up to beautiful Charles Head before descending through Summer Close and returning via Rainow. The second of these Saturday walks will go to Lyme Park via Sponds Hill and return along the canal on 21st June. Both start at the Bridgend Centre at 10:15am and are just £3 per person.



*A Bridgend Walk for Health on Macclesfield Canal*

Bridgend Centre presents:

### Shuttle to the Shops

A bus service from Bollington every fortnight  
Available to all - £5 per trip

Places are limited. For more information and details on how to register please contact:  
Tel: 01625 576311 or  
Email:  
[info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

Please note that two of these trips set off earlier than normal.  
For departure times, please see separate sheet



We are very proud of the huge amount of Guided Walks we can offer the community and couldn't do it without the dedication of our volunteer walk leaders so a huge thanks must go to them.

The new Shuttle to the Shops timetable includes trips to Stockport, Bury and Leek and has proved to be very popular, with many of the outings nearly full already. If you would like to come along, please do get in touch sooner rather than later. The price of each return trip is a very affordable £5, which is made possible by the service being subsidised by two charitable foundations, the Theodore Maxxy Charitable Settlement and the Grace Trust. Huge thanks goes to them and the volunteer drivers who support this service.

**Wed 2nd April - Stockport Town Centre**  
**Wed 16th April - Bury Market (morning start)**  
**Wed 30th April - Reddish Broadstone Mill**  
**Wed 14th May - Leek Town Centre**  
**Wed 28th May - Altrincham Town Centre**  
**Wed 11th June - Trentham Shopping Village (morning start)**  
**Wed 25th June - Handforth Dean**



## Bridgend £35,000 for 35 years campaign

Most of you will be aware that the Bridgend Centre is a registered charity and relies on generous public donations in one form or another to continue to thrive.

We have been a lifeline for the people of Bollington for over 35 years and to mark this achievement we are asking people to support us by helping us to raise £35,000 this year.

Could you help us to raise funds? Hold a cake sale? Walk 35 miles? Or perhaps you could knit 35 hats? Anything, big or small, would help us to raise money and increase awareness of our charity and the work we do to support everyone, but particularly the most vulnerable people.

1,117 people used at least one of our services last year and attended over 12,000 times, which are absolutely amazing numbers for a place the size of Bollington.



£15 would pay for our Drop-in Support Service to run for one hour, ensuring that there is someone available to talk to people if they are lonely, need advice or going through a crisis.

£25 would fund one session of a social group for older people and those with dementia to get together and have fun.

£50 would pay for a gentle exercise class for people who might not otherwise get out and exercise in a safe and accessible place.

So every penny makes a difference!

Getting the ball rolling is Cengiz Ilhan, who is trekking to Everest basecamp in aid of both the Bridgend Centre and Disability Positive. For more information on his adventure and why he chose to raise funds for us, you can visit his Just Giving page or our website. <https://www.justgiving.com/team/cengiz-mount-everest-trek>



In another exciting pieces of news, the Bridgend Centre is working in partnership with Macclesfield Youth charity 'Just Drop In' to help raise funds for both charities by taking part in the Macclesfield Bikeathon.



**SATURDAY 17TH MAY 2025**

Starting from the Town Hall, Market Place, Macclesfield, SK10 1EA.

### 3 ROUTES TO SUIT MOST ABILITIES:

Family route: 12 miles  
Cheshire Plain: 30 miles  
Cheshire Plain: 60 miles



**SIGN UP AND RAISE MONEY FOR THE BRIDGEND CENTRE!**



Register here!



Donate via the Bridgend website

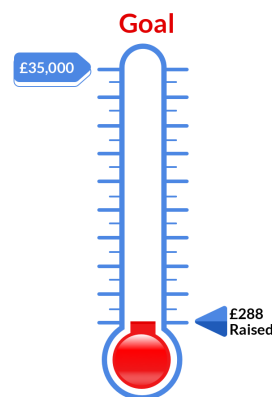


Donate via JustGiving

On Saturday 17th May, the Bikeathon will start from Macclesfield Town Hall. There are three routes to choose from, so it will suit most fitness levels. The sign-up fee will go to the 'Just Drop In' and any funds you choose to fundraise can go to the Bridgend Centre.

For information and to register, go 'Just Drop In's' website (QR code in the poster here). To raise funds for us, please go to [JustGiving.com/bridgendcentre](https://www.justgiving.com/bridgendcentre)

On the day of the Bikeathon, in a completely new venture for us, we will also have a stall in the Market Place in Macclesfield, selling second-hand clothes, bric-a-brac and books. So if you can't take part in the Bikeathon, we hope to see you there for a bit of retail therapy! We are very excited to be taking part in this event as it will give us an opportunity to showcase our charity to a different audience. It is sure to be a lovely day with a vibrant atmosphere in Macclesfield Town Centre, so we hope to see some of you there.





## Enjoy a Spring Walk to Harrop Valley

*Spring is definitely in the air, so what better way to enjoy the sunshine than to take a walk to the lovely, secluded Harrop Valley. Originally an ancient woodland, many of the trees in Harrop Wood were felled for the war effort. Since then, however, it has been left to its own devices, and now offers a unique insight into local wildlife. Towards the end of April or the beginning of May, the bluebells come out in their droves in this area and really are a sight to see. The second Bridgend Centre Heritage Trail guides you along this route, you can pick up a leaflet in the Centre or download one from our website. There is even a shortcut version.*

1. With your back to the Bridgend Centre, turn right and proceed along Palmerston Street. After approx. 100 yards you will pass a car park on the left. Continue up the road, past Church Street and straight across the mini roundabout. A few steps further on, take a gentle fork right to carry on along Ingersley Road.
2. Head past the 'Poachers' pub, originally called 'The Masonic', the road curving to the left. You now start to climb up Smithy Brow and looking to your left you will soon see 'The Nab' rising above Sowcar Fields.
3. At the fork turn left into Spuley Lane, following the sign to Pott Shrigley, and after 100 yards, you will see a signpost on the right into a field. Go over the stile and then diagonally left towards a building. Go over the stile and turn right onto the tarmacked track. This is Hedgerow. To your left the Harrop Valley is unfolding before you. Following the track, pass a sign for Winterside Farm on the right. Continue for about  $\frac{3}{4}$  mile until the track peters out in the yard of Bower Clough Farm.
4. Proceed through the gate and down the steep, often slippery, slope. At the bottom cross the first bridge of stone slabs over Mellow Brook, but following the signs, turn sharp right just before the next bridge over Harrop Brook. After a short distance the path, originally a cart track, enters Harrop Wood.
5. Cross a stile into the wood looking out for a large wooden musical instrument on your left! A little further along, you'll find a second instrument (the vertical clonker). Just beyond it you can see a capped mineshaft through the trees. A little further on, keep an eye out for a faint path on your left. This leads to a waterfall – which you may be able to glimpse through the trees. Here you can sit on the bench and pass the time of day.
6. Back on the track, continue along until you reach a signpost where a footpath heads off to the left. Here, you can choose to continue straight on, or follow this path to the left and take a short cut through Harrop Wood to rejoin the path further on.

The short cut is easy walking. The main route involves some climbing, but you will be rewarded with spectacular views across the Harrop Valley and beyond.

### Short Cut

Follow the left-hand path down to the Brook. Go over the stile, cross the bridge and then turn left. Keep walking with the fence and the brook directly to your left. Harrop Brook is now on your left. You will come to a gate with a stile to the right and a quaint little dog hatch. There is a capped mine close by on the left. The path now leads upward and then levels out for a while. Where it forks, follow the lower path. At the next fork, go left and descend to a stile. You've now rejoined the main route.

### BRIDGEND HERITAGE TRAILS, BOLLINGTON

Circular walks that explore the local countryside and bring Bollington's past to life



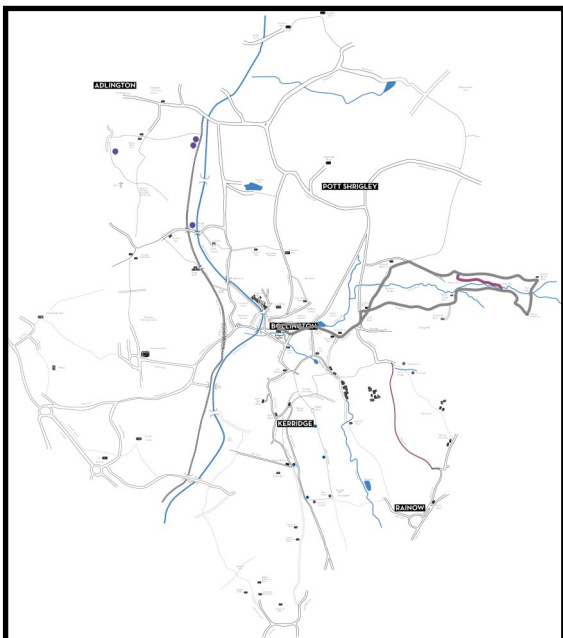
### TRAIL NO. 2 WOODS & WILDFLOWERS

Follow the enchanting Harrop Brook through woodland whose tranquil charm and abundant wildlife hides a colourful past. Discover local characters and historical figures who have made their mark on this intriguing corner of Bollington.

Walking with Kids? Ask for our 'Wood and Wildflowers' kids' quiz!

5 miles  
(with short cut, about 4 miles).  
Difficulty: Moderate to easy walking, with some strenuous hilly sections

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



## Enjoy a Spring Walk to Harrop Valley continued.....

7. Continue straight ahead up the track and ignoring the path on your left, take a right hand stile next to a farm gate. Proceed until the track ends at a field and turn right, following the footpath sign over a stile in front of a facing gate. Follow a sometimes boggy track, crossing a stile and carrying on forward into a lane which brings you into the farmyard of Harrop Fold Farm.



8. Turn left into the farmyard, and left again past the house to approach a facing stile. Stay right of the wall and fence and, keeping forwards after the next stile, go downhill and over the footbridge.

Climb up the steps over the stone wall. Climb upwards, with a fence on the right towards Further Harrop Farm.

9. Turn left immediately before the farm, following the wall and keeping left of the buildings. Head towards a sign and stile in the field then continue ahead along this track and over a second stile, bearing right before the old wall, then over a stream. Turning left, cross a facing stile. The well-defined track leads straight ahead, with a wall on the left, and spectacular views all around. Crossing a field and over a stile, go straight on along the path through the trees. Note the short cut path joining from the left, and eventually drop down to a stile.

10. A steep drop brings you to cross stepping-stones over the brook and after climbing the bank you will emerge onto the hillside. Walk downhill to join the track and turn right along it. As you climb up the hill you will see 'White Nancy' atop Kerridge Ridge, which rises above Blaze Hill in the foreground. If the conditions are right, you might see the Welsh Hills rising in the distance towards the West.

11. Go through the small gate next to the farm gate and continue along the track, crossing over a cattle grid. Ahead are the buildings of Berristall Hall Farm. After about 50 yards leave the path and walk diagonally left towards a corner fence. You'll see two small ponds ahead as you descend the slope. You are now following the Gritstone Trail.

12. Continue in the same general direction, crossing over the stream on the stepping-stones. Go through a gate and then follow a path (sometimes quite muddy) between two fences, then through another gate. Follow the path downhill and through a gate just in front of Harrop Brook, then cross over the bridge.

13. Climb up the hill following the signposts. Cross the wooden walkway across boggy ground and you will come to a wire fence with a gate to the right. Go through the gate and across the field with the wall to your right. The building on your right is the former 'Cheshire Hunt' pub.

14. Carry on diagonally across the field to go through a gate in the wall back onto Hedgerow. Turning right, follow Hedgerow until it meets Spuley Lane [marker 18], where a left turn brings you back to Smithy Brow. Descending back to Bollington, you will see the buildings of Sowcar Farm overlooking Sowcar Fields and Harrop Brook.



15. Retrace your steps back towards the Bridgend Centre, and, just after the butcher's shop, take a right turn down Queen Street, the top of which is called Defiance Brow.

16. As you reach the bottom you will cross over a millrace. You are now following the path of Harrop Brook again, as it meanders behind the houses and emerges to flow under the bridge at Palmerston Street. Shortly afterwards it joins the River Dean, behind the Bridgend Centre, and you are now back at the start of the walk.

*And that's it! Don't forget to check out our other Bridgend Heritage Trails!*



# Active April 2025

MONDAY



TUESDAY

1 Commit to being more active this month, starting today

WEDNESDAY

2 Spend as much time as possible outdoors today

THURSDAY

3 Listen to your body and be grateful for what it can do

FRIDAY

4 Eat healthy and natural food today and drink lots of water

SATURDAY

5 Turn a regular activity into a playful game today

SUNDAY

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

## New classes at the Bridgend Centre



### New class: Latin for beginners!

Learn Latin from the very beginning, or revisit your Latin O-level! With Latin teacher Liz Syed, we'll have fun speaking, reading and writing this

most beautiful language.

Mondays 10.30-12 noon

Starts Monday 28<sup>th</sup> April

£5 per session



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



### 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 6<sup>th</sup> March

£5 per session



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

## Recipes—Air Fryer Special

With the cost of gas and electric at a high, many people are turning to air fryers as a cost effective alternative. They are particularly handy for small households. Here are a couple of options of dishes to try.

### Carrot Cake

#### Ingredients

175g Self Raising Flour  
150ml vegetable oil  
0.5 tsp ground cinnamon  
Nutmeg for grating  
200g light brown sugar  
1 tsp vanilla extract  
2 eggs  
100g roughly chopped pecans  
150g carrots (approx. 2)  
50g raisins

#### For the icing

50g butter  
150g icing sugar sifted  
50g soft cheese

#### Method

First make the icing: Combine butter and icing sugar in a bowl and beat together until smooth. Beat in half of the soft cheese. Once fully combined, beat in the rest and set aside in the fridge.

Heat the air fryer to 160°C. Oil or line a 20cm cake tin or 1L loaf tin—you need to choose a cake tin that fits in your air fryer.

Tip the flour, cinnamon, a good grating of nutmeg and sugar into a bowl and mix to combine. Break up any clumps of sugar with your fingers. Set aside. Combine the oil, vanilla and eggs in another bowl or jug, then mix into the dry ingredients. Fold in most of the chopped pecans (reserving some to decorate with later), the carrots and raisins, then pour into your prepared cake tin. Bake in the air-fryer for 25-45 mins depending on which cake tin you've used (25 mins for the round cake tin), checking after 15 mins. If the top begins to brown too much, cover the cake with foil.

To check the cake is ready, insert a skewer into the centre – it should come out clean. If not, cook for another few minutes and check again. Leave to cool for 15 mins, then remove from the tin and leave to cool completely on a wire rack for around 45 mins. Spread the icing over the top, grate over a little more nutmeg, if you like, and decorate with the remaining pecans.



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

### Sticky Chicken Drumsticks

#### Ingredients

2 tbsp light soy sauce  
3 tbsp tomato chutney (or any type will work)  
2 tbsp runny honey  
1 tsp Worcestershire sauce  
8 chicken legs

#### Method

In a large bowl, mix together the marinade ingredients, then add the chicken and coat well with the marinade. Cover and keep in the fridge for anything from 20 minutes up to 24 hours.

When ready to cook, preheat the air fryer to 180°C.

Lay the drumsticks in a single layer in the basket and cook for 10 minutes, then turn over and cook for another 10-12 minutes until they are crispy and charred.



## Brain Teaser—Easter Wordsearch



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**  
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I AM Print Ltd

### Bridgend Centre

104 Palmerston Street, Bollington, SK10 5PW

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