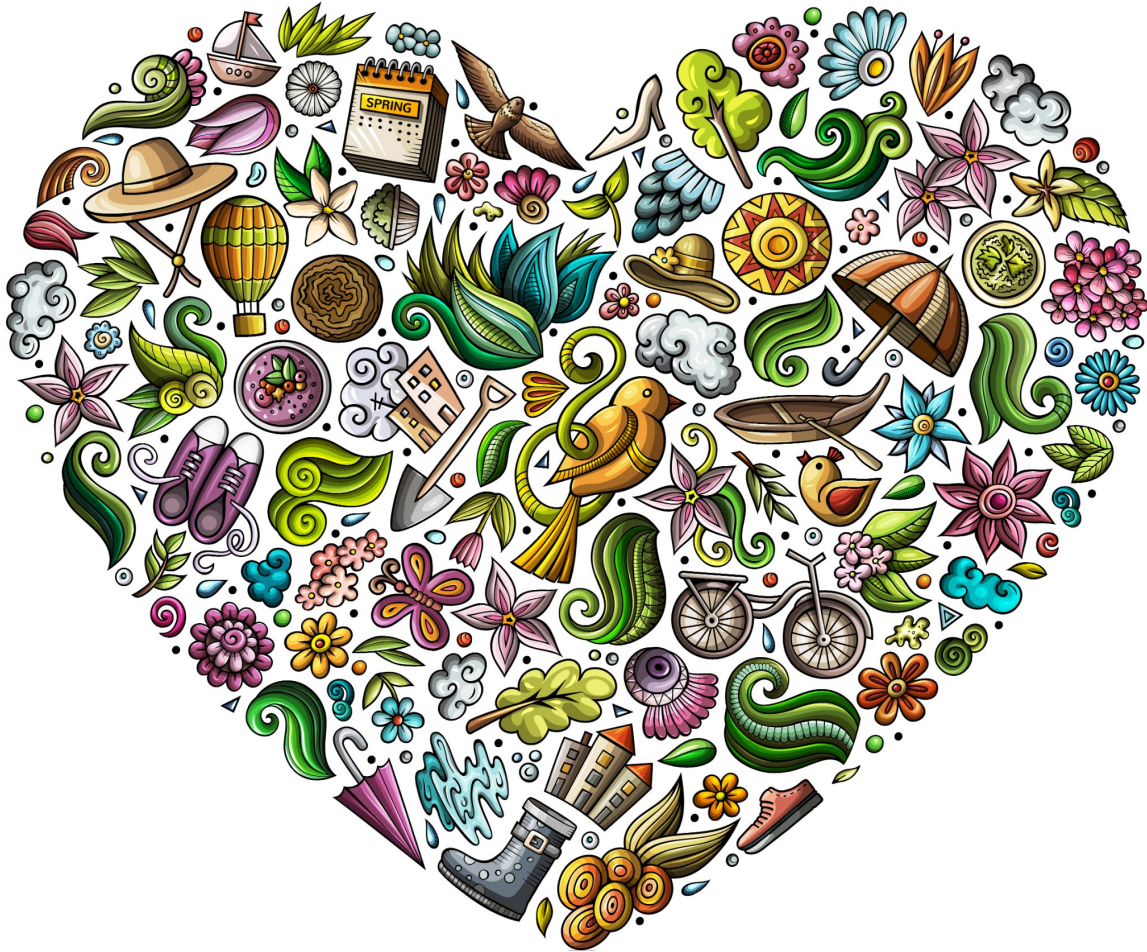


BRIDGING SOCIAL ISOLATION



Welcome to the May edition of 'Bridging Social Isolation', the newsletter for the
Bridgend Centre in Bollington.

The Bridgend Centre is always a hive of activity and May is no different! There are lots of events, activities and new ventures to take part in, which are detailed on page 2. There is also lots of information and news from Bollington and the wider world. We hope you enjoy reading it!

What's going on at Bridgend this month

The Bridgend Centre is always a hive of activity and the month of May is no different! There are loads of different events going on and everyone is welcome to join us at one thing or another. These include:

- Karaoke fundraiser at the Dog and Partridge on Thursday 8th May. Have fun whilst raising valuable funds for our Centre. You can purchase tickets on our website.
- For the first time we will be holding a market stall at the Macclesfield Bikeathon on Saturday 17th May. This will be a great way for us to promote the work the Bridgend Centre does to a wider audience and we hope to raise money for the Centre by selling some of our very best donations at our stall in Macclesfield Market Square between 9am and 3pm.
- Four Wednesday walks and four Monday 'Walks for Health' exploring the lovely countryside in and around Bollington.
- On Saturday 10th May, we will be holding our first Saturday long walk for a few years. It is an eight-mile walk up to Summer Close via Charles Head. It really is a beautiful area up there and is so peaceful. This photo was taken when we walked the same route last year. The route has quite a few climbs so has a difficulty rating of 4 boots. For more information on our boot rating and our walks in general, please go to our website: <https://bridgendcentre.org.uk/wp-content/uploads/2025/03/Bridgend-walks-Wednesday-and-Saturdays-April-to-June-Brochure.pdf>
- Two 'Shuttle to the Shops' trips, one to Leek and one to Altrincham.
- We have an interesting new class which has just started on a Monday morning, which is Latin, with Languagility teacher Liz Syed. Classes are £5 and you can get more details on our website. Carpe Diem and all that!



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

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



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



MACCLESFIELD BIKEATHON IS BACK!

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 

VE Day celebrations

Thursday 8th May 2025 marks the 80th anniversary of VE (Victory in Europe) Day, which marked the end of fighting Nazi Germany in Europe. At 3:00pm on that day, Winston Churchill announced that the war had ended following Germany surrendering the day before. There were wide celebrations across the country with street parties and huge crowds gathered outside Buckingham Palace and cheered the King and Queen.

Even though VE Day marked the end of the war in Europe, it was not the end of World War II, as Japan had not yet surrendered. After that date, soldiers, sailors and pilots were sent to fight in the far East. The war ended on 15th August 1945 after two atomic bombs were dropped on Nagasaki and Hiroshima days previously and the allies defeated Japan. This date is referred to as VJ day (Victory over Japan).

To mark the occasion of VE Day, there will be a 2 minute silence at 12 noon on the actual day. In addition this Monday Bank Holiday (5th May), there will be some celebrations at Bollington Rec, including a Dog Show, Canalside Radio and Bollington Brass Band playing music and other activities.

There will also be a beacon lit at White Nancy in the evening at 9:15pm to celebrate the 'Light of Peace'. You can view this from the Market Place from 9:15pm where the Town Mayor will read a Tribute. Market Place will be closed from 8:30pm to 10:00pm to ensure pedestrian safety.

One amazing Bollington resident, Peter Davies, appeared on the BBC TV show, 'VE Day 80: We were there' this week, telling viewers about his incredible memories of the war and VE Day. Peter is over 100 years old and was a Glider Pilot in the Army Air Corps and his reminiscences are truly amazing. You can watch back the show on BBC i-player.



Health and Wellbeing Fair

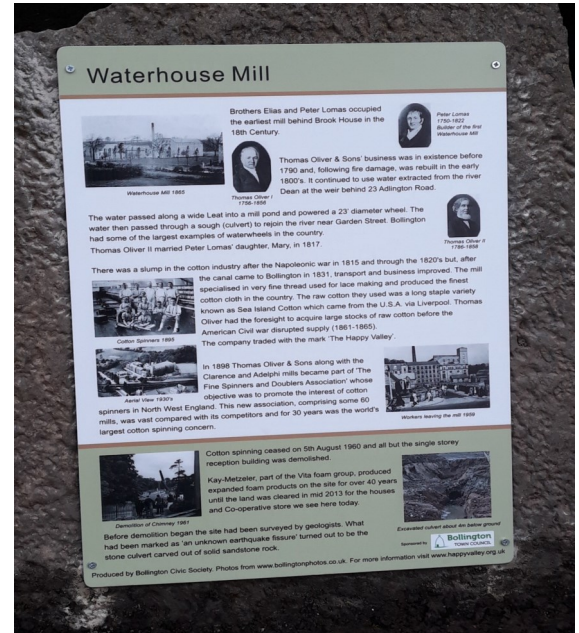
On Saturday 10th May, a Health and Wellbeing Fair is taking place at Bollington Arts Centre between 10:00am and 12:30pm.

As well as information about the Bridgend Centre's work, there will be stands from various organisations including Middlewood Social Prescribers; Bollington Leisure Centre; One You Cheshire East; Change, Grow Live; F.I.T. Therapy; Heart Heroes; Mentell; Just Drop In; Healthwatch; Dementia Disco; Inspiring Animal Therapy; East Cheshire Hospice; McCarthy & Stone; Friends of Bollington Library; Deaf Sensory Network; Citizens Advice and Citizens Advice Energy.

There will also be face painting, children's activities and complementary tea and coffee. This is a great opportunity to come along for a chat with these fantastic organisations.

Heritage Plaque Walk

Have you noticed the plaques that have been appearing around Bollington on some of our best loved heritage buildings? These plaques have been installed by Bollington Civic Society to inform both residents and visitors about our fascinating history and heritage. To complete the project we are planning a walking trail around the plaques and hope to produce a leaflet within the next few months. As a 'taster' we are planning a walk around a section of the trail on Monday 2nd June, starting at 6.30pm in the car park on Adlington Road. The walk is about 2 miles and should take 1.5 – 2 hours, giving time to stop and read each plaque. All are welcome. The walk is on good surfaces but there will be some steps and slopes so please wear comfortable shoes. Free of charge, booking not required. It would be helpful if anyone intending to join us could email Chris Brear at cbrear@btinternet.com.



Wildfires in the Peak District

Residents of Bollington were shocked to see plumes of smoke coming from the hills and moors above the town on Wednesday 30th April.

Fire Fighters from both Derbyshire and Cheshire Fire and Rescue Services spent a difficult 24 hours trying to bring a blaze near Errwood Reservoir in the Goyt Valley under control. They worked in partnership with other organisations such as United Utilities, Peak District National Park ranger service, Derby Mountain Rescue Team and local farmers and gamekeepers to achieve this difficult task.



Photo by Josh Edgar

The Goyt Valley is a beautiful area of outstanding natural beauty and a favourite place for us to walk to and through from Bollington. We hope that not too many plants, birds, insects and birds have been harmed by the

fire and that the area recovers as soon as possible. A huge thank you must go to our emergency services who were able to get the fire under control so quickly.

As our climate changes and we are faced with drier, hotter spells of

weather, the chances of fires breaking out will become more likely. Therefore it is more important than ever to take care when spending time in our countryside and treat it with the utmost respect. If you see a fire, call 999 immediately.



Photo by Nick Rowley



The View from Macclesfield by Rachel France

The art of collecting books and (perhaps) reading them

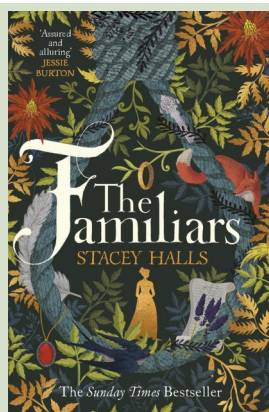
It is a well-known truth that buying books and actually reading them are two very separate hobbies. There is even a Japanese word for the acquisition of books without actually reading them, 'Tsundoku'. This refers to both the act of accumulating books and the pile of unread books itself.

I have to admit to some Tsundoku myself, from receiving books as presents, being in a book club and working at the Bridgend Centre where fiction paperback books start at 10p! Here is a picture of my 'to-read' pile at home.

Here are some authors that I have read recently, hopefully it will inspire you to get reading. Although perhaps we shouldn't encourage Tsundoku!

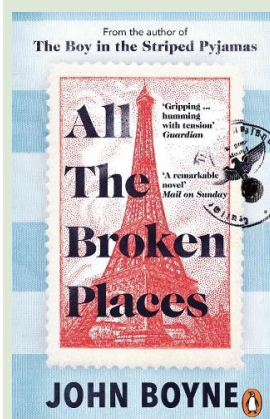


Stacey Halls writes gothic historical novels with strong female characters. The first novel I read by her was 'The Familiars', which is set at the time of the Pendle Witch Trials which I read in two days. I am now reading 'The Foundling' which is set in the middle of the eighteenth century, focussing on the Foundling Hospitals of that time. Each story is really easy to read, gripping and has interesting facts about certain times in British history. The next book by her in my 'to read' pile is 'Mrs England', which is a dark portrayal of Edwardian marriage. Stacey Halls has also just published another book called 'The Household', which I look forward to reading, although I don't need any more for my 'Tsundoku' pile yet!



I read the *Boy with the Striped Pyjamas* by **John Boyne** many years ago and remember well how much it affected me. Set in a concentration camp in Nazi – occupied Poland, this book is primarily aimed at teens/ young people (although it is gripping read for adults too) and was adapted into a high profile film in 2008.

Recently I read the sequel to the *Boy with the Striped Pyjamas*, 'All the Broken Places'. The main protagonist

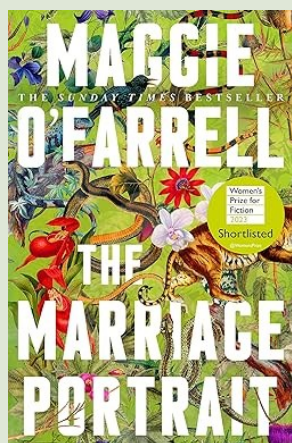


of the first novel was Bruno and this book follows his sister Gretel, as she confronts the terrible sins of her past.

This really is one of the most powerful books I have read and it is not necessary to have read the previous book to enjoy it. The story stands up in its own right.

I read my first **Maggie O'Farrell** book in the early 00's, which was 'After You'd Gone'. I distinctly remember reading it on the train and crying my eyes out, goodness knows what the people around me thought!

I haven't read all of Maggie's books since, but I have read most of them, including 'The Vanishing Act of Esme Lennox', 'Hamnet' and most recently 'The Marriage Portrait'. I thoroughly enjoyed each one of them, despite them all being very different in subject and style.



The Marriage Portrait is set in Renaissance Italy, with an imagined story based on a famous portrait from the time. It is a very dark tale which highlights the massive inequalities for women in those times. I would highly recommend.



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 28th April

£5 per session



www.bridgendcentre.org.uk

Mental Health Awareness week - Community

Mental Health Awareness Week is 12th to 18th May. The theme for this year is 'Community' which is obviously a subject close to our hearts here at Bridgend.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us we are not alone.

Communities can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose.

Loneliness, especially long-term loneliness, increases the risk of mental health challenges like anxiety, depression and stress. Feeling socially isolated may also reduce our resilience meaning we find it more difficult to cope in stressful situations. Being part of a community also gives us a sense of purpose. Taking part in community activities, like volunteering, boosts our self-esteem, confidence and overall wellbeing.

At Bridgend, we take pride in having created a community in the heart of Bollington that aims to improve people's lives, together as a team. There are so many ways to become part of the Bridgend team. We offer many different groups and activities in addition to volunteering opportunities. Our very popular walking groups are particularly beneficial for mental health as they enable people to exercise outdoors whilst making social connections, a real mood booster!

If you, or anyone you know, are struggling and need some additional support, here are the helpline details for some mental health organisations.



Samaritans: Offer free emotional support 24/7. Call 116 123.

Shout 85258: Text SHOUT to 85258 for free, confidential support, 24/7.

CALM Helpline and webchat: Call the CALM Helpline on 0800 58 58 58 or use their webchat.

The Mind Infoline: Call 0300 123 3393 to seek answers about mental health problems, where to get help and alternative treatments.



Meaningful May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Recipes— Asparagus tart with honey and mustard dressing

Ingredients

320g/11½oz ready-rolled puff pastry sheet

500g/1lb 2oz asparagus spears, trimmed to approximately 19cm/7½in

200g/7oz crème fraîche

1 lemon, zest only

1 tbsp chopped fresh chives

olive oil, to drizzle

15g/½oz pine nuts

1 free-range egg, lightly beaten

4 tbsp finely grated Parmesan (or alternative vegetarian hard cheese)

salt and freshly ground black pepper

Method

Preheat the oven to 200C/180C Fan/Gas 6. Roll out the puff pastry onto a baking tray with its baking paper. Use a sharp knife to score a 2cm rectangular border to the pastry. Your trimmed asparagus should neatly fit within the lines.

In a small bowl, combine the crème fraîche, lemon zest and chopped chives along with a pinch of salt and pepper. Spread the crème fraîche mix within the borders of the pastry tart, taking care to stay within the lines.

Arrange the asparagus spears snugly on top of the crème fraîche mixture. Drizzle over some olive oil and sprinkle with pine nuts. Use a pastry brush to brush beaten egg on the pastry border and sprinkle with parmesan.

Bake for 20-35 minutes until the edges are risen and golden.

Whisk together the ingredients for the dressing and drizzle over the warm tart.



For the dressing

1 tbsp wholegrain mustard

2 tbsp honey

5 tsp olive oil

1 tbsp apple cider vinegar



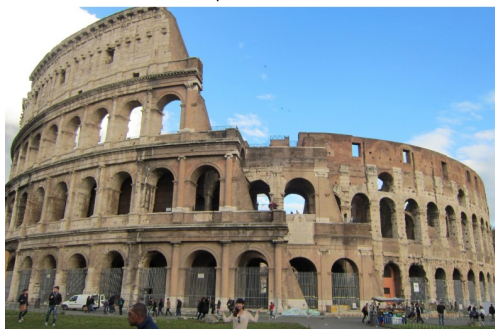
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Mondays 10.30-12 noon

Starts Monday 28th April

£5 per session



www.bridgendcentre.org.uk



DANCE CLASSES
The Bridgend Centre, 104 Palmerston Street,
Bollington, Macclesfield, SK10 5PW
Every Friday 2pm - 2.45pm
£4 per class



This class is a fun, creative dance/exercise class with inspiring music led by dance artist Lewis Bailey.

Sessions can be taken seated or standing.

Become part of your local community with this fun and engaging class in the heart of Bollington.



To book a place on the class visit the centre in person, email info@bridgendcentre.org.uk or call 01625 576311



New class: German for beginners!

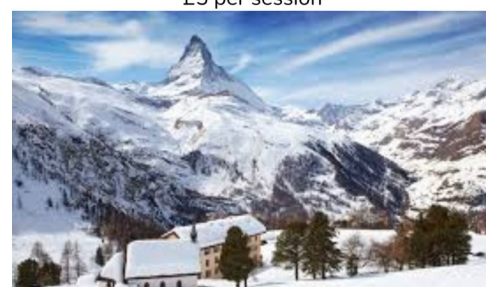
Learn to speak German with Language Teacher

Liz Syed, in a fun, relaxed group:

Thursdays 10.30am-12.00noon

Starts Thursday 6th March

£5 per session



www.bridgendcentre.org.uk

Brain Teaser—Mindfulness Colouring



Colouring can help you be more mindful. Mindfulness is the ability to focus and stay in the moment.

For example, because you're focusing on colour choice and staying inside the lines, you're only thinking about the present moment. You can shut off the noise around you, and give your mind the gift of focusing on the movements, sensations and emotions of your present moment.

Practice being nonjudgmental as you go through the task with no expectations — just being in the moment. If your mind wanders, which is normal, gently return to what you are experiencing right now. While colouring, you use the parts of your brain that enhance focus and concentration. It gives you the opportunity to disconnect from stressful thoughts.

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.



Bridgend Centre

104 Palmerston Street, Bollington, SK10 5PW

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T: 01625 576311 www.bridgendcentre.org.uk

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