

# BRIDGING SOCIAL ISOLATION



Welcome to the June 2025 edition of Bridging Social Isolation, the newsletter for the Bridgend Centre in Bollington.

We have just heard exciting news that we have been shortlisted for Charity of the Year in the North Cheshire Chamber of Commerce Business Awards 2025! We find out in July at a Gala Ceremony whether we have been successful in winning the award but regardless of the result we are excited to have got this far as it demonstrates the Chamber's faith in our organisation and the work we do in the community.

As usual we have lots of articles and news in our newsletter, we hope you enjoy it!

Bollington Community Association (The Bridgend Centre) [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

We are a Charitable Incorporated Organisation (CIO) Number: 1123287

## 35 Years strong, can you help us to reach £35,000?

The Bridgend Centre is a registered charity and relies on generous public donations in one form or another to continue to provide its huge range of services for everyone in community, particularly those who are vulnerable and isolated. 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.

Paul is a Bollington resident who lives with a significant mental health condition. Paul lives alone and comes into the Bridgend Centre several times a week to talk to our Community workers when he is feeling down. About six months ago, Paul started attending our male-focused social group 'A Brew with the Guys' and has met a group of friends through that. It is lovely to see him regularly meeting them at the Bridgend for coffee and a catch-up and going out on day trips with the group. Paul says "It keeps me sane, this place".



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 to fund our Drop-in Support Service for 12 months.

The economic downturn continues to challenge the sector with smaller charities such as ours facing the biggest challenges as explained by The Centre for Social Justice Foundation: "Community-based, grassroots charities are effective change makers who address the root causes of poverty on a daily basis. They are the 'glue' that binds together communities across the country, able to support people facing the most complex and overlapping barriers to opportunity". Therefore we continue to need people's support more than ever in order to survive.

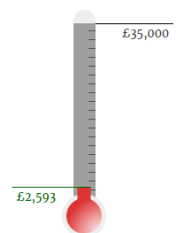
So far five people have given to this campaign, raising nearly £2,600, which is 7% of our target. **Could you join them to help us?**

You could do an activity to help us reach our goal. Perhaps 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.

If you would like to donate to the Bridgend Centre, please go to our website:

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

Help us to raise £35,000 for 35 years of the Bridgend Centre



£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!

## National Volunteers Week 2025 - 2nd to 8th June

2nd to 8th June is UK National Volunteers' Week, which celebrates all the great things that volunteers do for our communities. The Bridgend Centre would not be here without its wonderful volunteers and we wanted to thank them for everything they do, day-in-day-out. Therefore on Tuesday 3rd June we held a lovely afternoon tea today to celebrate everything they do for the Centre.

We enjoyed some sandwiches, quiche and a variety of cakes and everyone enjoyed catching up with friends and meeting other volunteers they might not necessarily know. It was great to hear them telling each other what they do in their volunteer roles.

There is a wide range of volunteer roles at the Bridgend Centre, which includes Charity Shop Worker, eBay assistant, Hospitality Volunteer in our Kitchen Café, Bridgend 'Buddy' in our Befriending service, Walk Leader and Bus Driver. We also have volunteers in specialist roles such as social media, IT and Trustees.

At the event we shared the following amazing statistics:

110 people volunteered for us last year, around 40 regularly and 70 on a more ad-hoc basis. Together they worked 5,775 hours, helping us to deliver our huge range of services and bring £107,646 worth of work into the local economy.

For the size of our organisation, we would not be able to deliver the huge range of services to the community that we do without the support and expertise of all our volunteers. So here is a huge THANK YOU to them.

If you are interested in volunteering at the Bridgend Centre, please do pop in, email or telephone us for more information and an application form.



## Grab a Bargain at Children's Table Top Sale



The Bridgend Centre will be having a table at an Indoor Table Top sale on the 1st Floor of the Water Street School on Saturday 5th July between 10:00am and 3:00pm. On the stall we will be selling a selection of pre-loved toys, clothes and books hand-picked from our charity shop.

Water Street School has been owned by Bollington Initiative Trust since 2014 and the ground floor is the home to Bollington Pre-School. The roof of the building was recently replaced and the first floor renovated and modernised. The rooms on the first floor are used by local Guides and Brownies groups and are available to hire at very reasonable rates. This Table Top Sale is a great opportunity to see the final result of these works.

If you wish to sell your preloved children's clothes, toys and books at the event, tables are still available. Please contact Natalie by email at [Natalie@bollingtoninitiativevtrust.org](mailto:Natalie@bollingtoninitiativevtrust.org) or by phone on 07784 674444.





## Shuttle to the Shops - July to September

One of our most popular services, Shuttle to the Shops, has a new timetable for July to September. With fresh and exciting shopping destinations as well as some old favourites, places on the trips are sure to sell out fast, so do book your place as soon as you can.

Two of our trips are all-day events because they are travelling a little further afield to Bury and Cheshire Oaks. Bury's famous market was voted Market of the year 2006, 2009, 2012 and 2015, and Britain's Favourite Market 2019 and 2022. It has been described by Stuart Maconie as "...a shoppers' mecca, a retail nirvana rich with exotic bargains, a fabled bazaar, a veritable souk of the north." There are also lots of high street retail giants in Bury in the nearby Millgate and the Rock Shopping Centres. Cheshire Oaks is a huge Designer Outlet Village about an hour's journey away, where you can get up to 60% off High Street and Designer brands. There are also plenty of cafes and restaurants in which you can rest after all that exhausting shopping!

The remaining four trips in this period are half-days to nearer destinations. Talke Pits is another Designer Outlet Village on a smaller scale to Cheshire Oaks, but still full of lots of bargains in areas such as clothing, shoes, beauty, books and other media. Leek is famous for its independent shops and boutiques where you can grab yourself many a unique and quirky item. Perhaps this is good for getting gifts? Buxton has a lovely town centre with a mix of high street stores and quirky independent shops and Handforth Dean is home to the ever reliable M&S, Tesco and Next, plus a choice of coffee shops.

To book your place, please contact us in person, via the telephone, email or message us on Facebook (contact details are on the back page of this newsletter)

The departure timings have been tweaked slightly to allow people more time at the shopping destinations, so please do check them out.



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



**Wed 9th July - Talke Pits Retail Park**

**Wed 23rd July - Buxton**

**Wed 6th August - Bury (morning start)**

**Wed 20th August - Leek Town Centre**

**Wed 3rd September - Cheshire Oaks (morning start)**

**Wed 17th September - Handforth Dean**

For departure times, please see separate sheet. Please note that the times have changed from the previous programme

## Shuttle to the Shops information sheet

Shuttle to the Shops is a bus service from Bollington every fortnight on a Wednesday afternoon going to various shopping destinations in the nearby area. It is run by the Bridgend Centre and funded by Cheshire Community Foundation.

This service is available to anyone and costs £5 per trip.

**For the afternoon trips, you can catch the bus at the following points:**

**12:30pm Cotton Tree roundabout**  
**12:35pm Bridgend Centre**  
**12:45pm Hawthorn Road**  
**12:50pm Bollington Cross, Princess Drive**

**For the trips that have a morning start, you can catch the bus at the following points:**

**10:05am Cotton Tree roundabout**  
**10:10am Bridgend Centre**  
**10:20am Hawthorn Road**  
**10:25am Bollington Cross, Princess Drive**

**Please note that these times have changed from previous programmes**

You will need to register the first time you use the service. Places are limited so you will need to reserve your place on the bus every time you wish to travel. Unfortunately, if you cancel with less than 24 hours notice we cannot offer you a refund.

For more information and details on how to register please contact:

Tel: 01625 576311 or

Email: info@bridgendcentre.org.uk



Bollington Walkers are Welcome website

Walkers are Welcome (WaW) is a nationwide initiative launched in 2007 to enable towns and villages to be ‘welcoming to walkers’. WaW enable and encourage the development of accredited towns and villages in England, Wales-Cymru and Scotland to support their communities’ economic growth through the promotion of walking.

Bollington became a ‘Walkers are Welcome’ accredited town in 2013, and in 2021 our Chief Officer Becky became involved in its management. Over the last few years we have made great strides in

developing the organisation, the primary development being that we have recruited four new committee members to join existing members Becky and Chris Brear, taking the total number to six.

The renewed enthusiasm the new members have brought to the team has meant that Bollington Walkers are Welcome have made several achievements in this time period, including the widespread circulation of ‘Walkers are Welcome’ window stickers to pubs, cafes, accommodation and shop windows around the town. They have also significantly increased their presence on social media, with regular posts on its Facebook and Instagram pages.

A recent development has been to secure a Grant from Bollington Town Council to fund a website specifically for Bollington Walkers are Welcome. The purpose of this website is to promote our beautiful countryside to visitors, provide information on places to walk in the local area and options for guided walks, plus also to list walker-friendly establishments in the area.

This website has now officially gone live and you can access it here: [bollingtonwalkersarewelcome.org.uk](http://bollingtonwalkersarewelcome.org.uk).

Bollington WaW are very excited about this new website as it is a significant step forward in promoting Bollington as a walking destination and attracting visitors to our lovely area.

For more information, please do go to the new website and have a read. You can also follow us on Social Media (Facebook and Instagram) for regular updates on walks, routes and great places to walk to.

The Bollington Walkers are Welcome Team are:

Becky Lea	Cate Wallace
Chris Brear	Gill Redin
Jo Maitland	Fiona May





## DANCE WITH A DIFFERENCE!

WITH LEWIS BAILEY

This Dance and Exercise class is an engaging way to partake in physical activity. Classes include exercises that help with balance and coordination, movement to music, and creative expression. The class can be taken seated or standing so that you're able to go at your own pace. Become part of your local community with this fun and engaging class in the heart of Bollington!

104 Palmerston St, Bollington,  
Macclesfield, SK10 5PW  
Every Friday 2pm - 2.45pm  
£5 per class

To book a place, visit the centre in person,  
email; [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)  
or call 01625 576311





## Bollington News

Bollington Town Council has a new Town Clerk. Ruth Burgess brings with her over 17 years' experience as a Local Government Officer, having worked at Cheshire East Council and Congleton Town Council. In addition she has served as a Parish Clerk for the past several years. Since 2007, Ruth has held various roles within the local government sector, including Streetscape Services, which is managing grounds maintenance and street cleaning.

Ruth's extensive background means she is already well-acquainted with workings and expectations at Town Council level.



Ruth is enthusiastic about her new role and said *"Becoming the Town Clerk of Bollington is a new and exciting challenge for me. I'm looking forward to helping continue to develop Bollington as a great place to live, work, and visit. I'd like to take this opportunity to welcome residents' comments and views."*

Many people will have enjoyed the lovely floral displays and seeing the tidying-up projects carried out by local voluntary organisation Happy Valley in Bloom. The team have been installing planters with lovely summer plants around the town and have tidied up overgrown paths and areas, such as outside the Co-op and near the Vets. They can be easily recognised with their luminous pink tabards.



All the workers for Happy Valley in Bloom are volunteers and give their time generously in order for the town to look its best. On 19th July they will be holding a Fundraising Disco at Bollington Civic Hall to raise money to purchase more planters and plants for the town. We absolutely love the display in Belfields Bakery to advertise this event, with the cheeky Tracy and Kevin strutting their stuff.

If you would like a ticket for the event, email Happy Valley in Bloom at [hvibloom@gmail.com](mailto:hvibloom@gmail.com).

Joyful June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good
8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you
15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people
29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS

Happier · Kinder · Together

### Lemony Broad Beans with goats' cheese, peas and mint

#### Ingredients

40g blanched hazelnuts  
250g broad beans podded and skins removed from the beans  
200g fresh peas  
4 tbsp extra virgin olive oil plus a drizzle to serve  
2 banana shallots peeled and thinly sliced  
1/2 small bunch of mint finely chopped, plus extra leaves to serve  
1/2 small bunch of flat-leaf parsley finely chopped  
1 lemon zested and juiced  
150g log goat's cheese with rind, sliced into 5mm rounds  
crusty bread to serve

Heat the oven to 200C/180C fan/gas 6. Tip the hazelnuts onto a baking tray and roast for 12-15 mins until golden. Leave to cool. Cook the broad beans and peas in a pan of boiling water for 2 mins, then drain.

Heat half the oil in a small frying pan over a low-medium heat and fry the shallots with a pinch of salt for 12 mins until softened. Remove from the heat and leave to cool.

Roughly chop the cooled hazelnuts, then toss with the broad beans and peas. Add the mint, parsley, remaining olive oil, the lemon zest and juice and the cooled shallots. Season with black pepper and 1/2 tsp sea salt flakes.

Spread the mixture over a large serving plate and top with the sliced goat's cheese. Drizzle with a little extra olive oil and scatter with torn mint leaves, then serve with chunks of crusty bread.



### Raspberry Honey Flapjacks

#### Ingredients

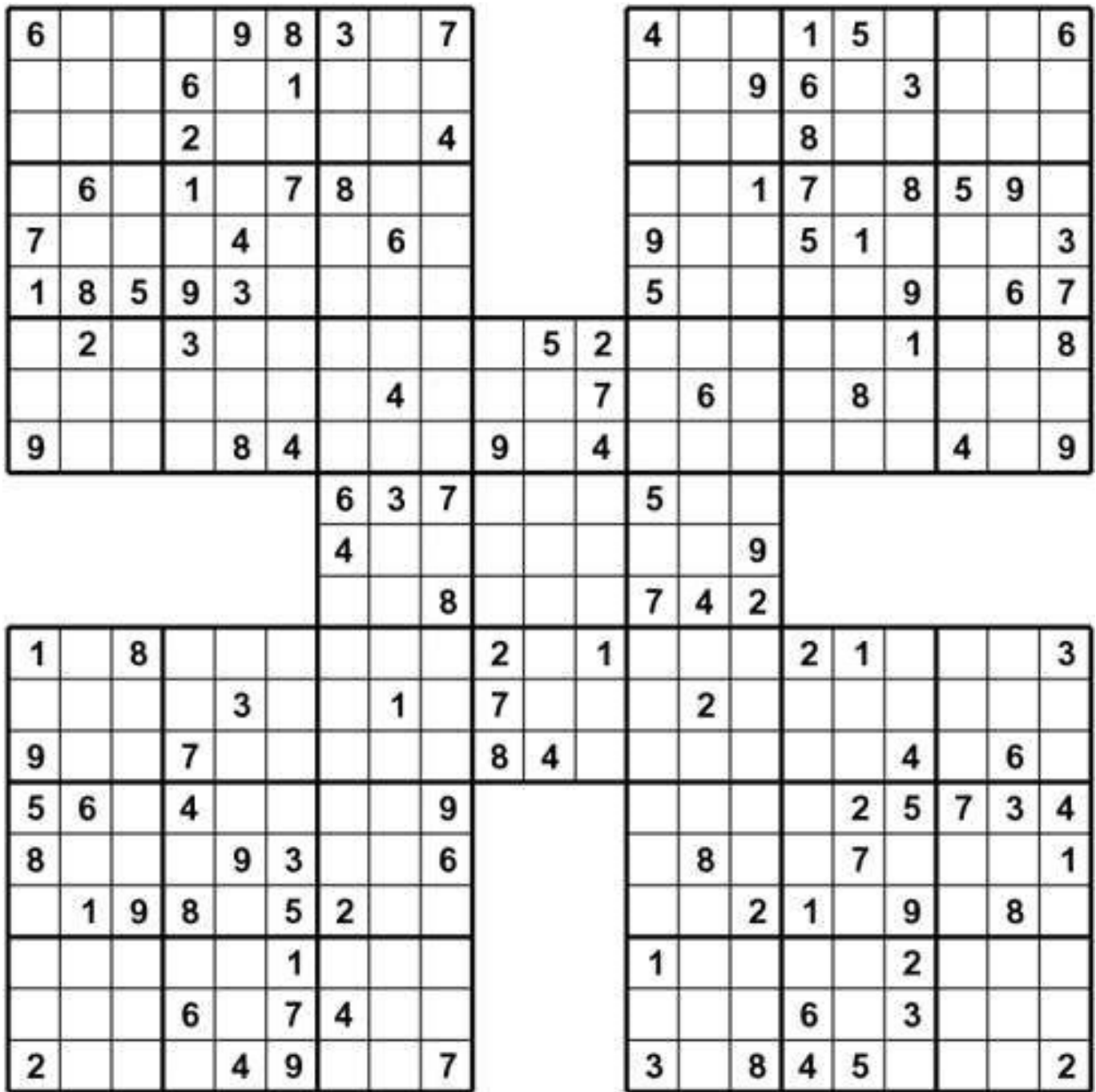
150g butter  
150g light brown soft sugar  
4 tbsp honey  
300g porridge oats  
100g frozen raspberries



Heat oven to 200C/180C fan/gas 6 and line a 20 x 20cm baking tin with parchment. Melt the butter, sugar, honey and a pinch of salt in a pan. Once the mixture is bubbling and combined, stir in the oats.

Tip the oat mixture into the lined baking tin and press down with the back of a spoon. Scatter over the raspberries, then lightly press them into the oat mixture. Bake for 25-30 mins until golden brown. Leave to cool, then cut into 9 or 12 flapjacks.

## Brain Teaser— Super Sudoku



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.



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## Bridgend Centre

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

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