

BRIDGING SOCIAL ISOLATION



Photo by Lisa Cox

Welcome to July's edition of Bridging Social Isolation, the newsletter for the Bridgend Centre, in Bollington. Inside you will find lots of news, information and interesting articles about the Centre and the wider Bollington community.

The Bridgend Centre is a charity and the public's generosity is vital to allow us to remain open and delivering lots of vital services in our community. Part of our fundraising strategy is to hold regular fundraising events throughout the year and you will find information on these, plus our £35,000 for 35 years campaign on page 2.

We hope you enjoying reading this newsletter and we hope to see you in person soon, maybe at one of our events!

Events galore

This Summer has seen lots of extracurricular activities for the Bridgend Centre as we have held a number of fundraising events.

On Thursday 26th June we held a Games Night at the Dog and Partridge. Everyone had lots of fun enjoying a range of boardgames from Pass the Pigs to high-end strategy games. They were rewarded by as much pizza as they could eat.

The food and hospitality theme continues with the Bridgend Charity Ramble on Sunday 13th July, when there will be a choice of guided walks available (seven miles and ten miles). Before we start, we will meet at the Bridgend Centre for coffee or tea and cake, it really is never too early for baked goods! Then everyone will set off together on the walk. The seven mile route will follow our Heritage Trail 5 over Bakestonedale Moor and back along the canal. The two groups will start together, then those doing the ten mile route will branch off at Bakestonedale Moor to walk to the Bowstones and then to the West Parkgate of Lyme Park. We will end the event with a barbeque and drinks at the Bridgend Centre afterwards.

On the last Sunday of July, the famous Poachers Pub Quiz will be in aid of the Bridgend Centre. The quiz is always a lot of fun and there will also be a raffle to raise funds. Donations for raffle prizes would be gratefully accepted.

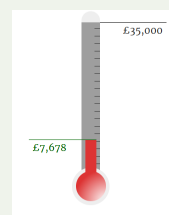
Another event coming up on the horizon for your diary is our well-renowned Vintage Fair, which is scheduled to take place on Saturday 30th September. We have been squirrelling away the best vintage items received in the last six months and the event is always well attended.

These events really are crucial to building a sense of community and also to raise funds for our Centre. We do hope you can make one of them if you can.



35 years strong, can you help us reach £35,000?

You will probably have seen our £35,000 for 35 years campaign over recent weeks. It continues to do really well, with £7,678 (22% of our target) received already.



A huge thank you to everyone who has donated so far. Every penny goes to running the Bridgend Centre's vital services.

£15 pays 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 funds one session of a social group for older people and those with dementia to get together and have fun.

£50 pays 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.

As service user Meryl says *"I would be lost without Bridgend. It is a lifeline to me and my friends, many of whom I met here"*.

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

Last week saw the annual Bollington Well Dressing Festival take place around the town. Well dressings are made by pressing petals, seeds, nuts or any other natural materials onto clay-filled wooden trays to make a picture. This was a way to celebrate the gift of a pure and plentiful supply of water, thus enabling communities to survive and prosper.

The first Well Dressing was made in Bollington in 2005 at the Greg Fountain on the junction of Flash Lane and Bollington Road. Since then the panels have been placed in various locations around the town, always adjacent to water and including the only well in Bollington, at the edge of Pool Bank Car Park.

All four Bollington primary schools have, in turn, designed and prepared a dressing and taken part in the opening ceremony. This year it was the turn of Pott Shrigley School. Other groups who contributed are The Flower Club, Air Training Corps, Girl Guides, Sea Cadets, Royal British Legion, WI, Mount Hall Care Home and the Knit and Natter Club.

The theme of this year's festival is to celebrate Bollington as a vibrant community, full of energy and life.

The Greg Fountain features Bollington Cricket Club, which celebrates its 140 year anniversary this year. They are based at the picturesque Recreation Ground which was donated to Bollington by Francis Greg JP. He provided a specially laid out ground and paid £20 for a roller to make sure the summer wickets were properly prepared! He was the first BCC President. Bollington Cricket Club is still a thriving club with eleven teams including five senior teams and over 140 children participating in junior cricket on The Recreation Ground during the summer, and they actively encourage participation for all.

The display on Hamson Drive is about Mountain Biking as the countryside around Bollington provides many opportunities for anyone who enjoys brisk exercise in the fresh air, for example the 'White Nancy Boys', who are a group of mountain bikers known for their evening rides. The group started in the 1990s and still meets at the Turners early on Sunday mornings. More details can be found on the Happy Valley website. We also have a new cycling event in Bollington, which started last year. The Bolly Skyline is a Mountain Bike Enduro, combining fitness and skill, and intense excitement. Watch out for details. The tickets go fast.

The Well Dressing on Queen Street is about walking and running, for those who prefer their exercise as the two legged variety. There are a variety of walking groups and events in Bollington including the Bridgend Centre, Bollington Walkers are Welcome and the Walking Festival. If you fancy something a little more strenuous, you could try the Bollington Harriers. For many years through the 19th and 20th centuries, the Harriers were a very active group in the town. This group was re-established by Town Mayor, Andy Langdon and is now a strong and



popular club. More details can be found on their website and Facebook page.

Funding from the North West Cancer Alliance

The Bridgend Centre has been awarded funding from the Cheshire and Merseyside Cancer Alliance to provide information about cancer to people in our community and work to improve early detection rates. We will also provide information about how to reduce the risk factors and work to reduce stigma and discrimination around cancer.

You will be able to find lots of information in the Centre about cancer, signs and symptoms of different types and what to do if you are worried about symptoms that are unusual for you.

Being active can help you keep your weight down, which reduces the risk of 13 different types of cancer and exercise lowers the risk of breast and bowel cancer in particular. Being active has many benefits, it keeps your mind and body healthy. The more you can do the better. This funding will also pay for gentle exercise classes and some of our guided walks.

Huge thanks goes to the Alliance and CVS Cheshire East, who supported us in this work, for enabling us to carry out this important work in the community.

Important information about Cancer Screening in Cheshire East

Cancer screening can save lives by finding cancer at an early stage or even preventing it.



Cervical Screening

- Women are invited every 3 years between the ages of 25 to 49, then every 5 years up to the age of 64.



Breast Screening

- Women aged 50-70 are invited every 3 years.
- Those aged 70+ can request screening on 01270 612 396 or email mchbtsu@mchb.nhs.uk
- If you've missed your appointment you can rebook by calling the above number.
- This screening is called a mammogram.



Bowel Screening

- Everyone aged 54-74 is sent a bowel screening kit every 2 years.
- This screening is called a FIT test and looks for traces of blood in poo.
- If you think you have lost or thrown away or missed your FIT test please call 0800 707 6060 for a new one. People over 74 can also request a test by calling this number.

People who are trans or non-binary may not automatically receive invitations for breast and cervical screening, but it could still be relevant. Ask your Doctor for information.



Community &
Voluntary Services
Cheshire East

Cheshire and
Merseyside
Cancer Alliance

Simple changes to help you get more out of life



1 Say 'YES' To Screening!

Screening is for healthy people who want to stay healthy. Saying yes to screening can help you get more out of life. If you feel well and have no symptoms, screening is for you!

Tips to help you get screened:

1. **Ask for more information** from your GP before you make the choice to be screened
2. **Speak to your GP** about what screening options are available
3. **Read up on the screening process** before your appointment. The NHS website has a wealth of resources to help you

2 Eat Well

Eating well is better for your waistline, and it helps to make sure you're getting the nutrients you need to live and feel your best.

Tips to eat well:

1. **Fruit and veg** can be fresh, dried, frozen or canned
2. **Ditch the salt** – reducing salty foods helps prevent heart disease and strokes
3. **Go light** – switch to lower fat options, such as light mayonnaise
4. **Watch out for high sugars** in 'low fat' products, like breakfast cereals



3 Stop Smoking

Quitting smoking is one of the best things you can do for your health and wellbeing. It will save you money, and possibly improve your sense of taste and smell too.

Tips to stop smoking:

1. You're **four times** more likely to quit permanently with support
2. **Keep what matters to you in mind** – like your kids or long-term health
3. Most people who quit save **£250 a month!**
4. **Avoid your 'triggers'** – when are you most likely to want to smoke?

For information and advice to help stop smoking, visit www.nhs.uk/live-well/quit-smoking/



4 Be Active

Start living a more active life by moving more – and enjoy the many health benefits, from feeling better to losing weight.

Tips to get more active:

1. **Start small** – if you can only do 10 minutes for now, do that
2. **What about a walk?** Walking is a great way to get active and it's free!
3. **Can you sing while you're exercising?** If not, you've got your level about right
4. **Forget what others do** – just stay active in the way that works for you

5 Drink Less

Lots of us enjoy alcohol now and then to relax, but cutting back a bit can have all kinds of benefits to your health, mood and sleep.

Tips to reduce alcohol:

1. **Try having one or two more drinks** – free days every week
2. **Have one or two less drinks** than you normally would
3. **Downsize your drink**, for instance swap pints for bottles
4. **Try a mixer** – it reduces the calories too

Try downloading the FREE 'Lower My Drinking' app to help you cut down from the Google Play or Apple stores.



6 Mental Wellbeing

Daily stress and other factors can easily lead to a low mood or something more serious. But there are lots of small things you can do to look after your mental wellbeing.

Tips to benefit mental wellbeing:

1. **Get plenty of sleep** – it helps start the day more energised and positive
2. **Do things that make you happy** – make time for you
3. **Get outside** – sunlight has extremely positive effects on our mood
4. **Ask for help** – there's no need to suffer in silence

Get expert advice and practical tips to help you look after your mental health at www.nhs.uk/every-mind-matters/

We all make lots of lifestyle choices every day, often without thinking about them. It's easy to treat ourselves and worry about the consequences later. But all these choices add up and can increase the likelihood of being unwell later in life. Small changes can make a really big difference in making you feel better and avoiding preventable illnesses. So let us point you in the right direction.

Myths about cancer

Stories about possible causes of cancer often make the news, and it isn't always clear which ideas are supported by good evidence. It's important to use reliable sources of information to find out the facts about cancer, including Cancer Research UK's website. Here are some common myths and the latest information on each one.

Myth: Plastic bottles and containers cause cancer - Using plastics doesn't cause cancer. This includes drinking from plastic bottles and using plastic containers and bags to store food in. Even where plastics are heated for hours at a time, studies have shown that the food inside is safe to eat.

Myth: Mobile phones cause cancer - So far, the best scientific evidence shows that using mobile phones does not increase the risk of brain tumours, or any other type of cancer. But as mobile phones have not been around for very long, research is still continuing to make sure there aren't any long-term effects. The biggest study so far on mobile phones and cancer is part of the Million Women Study. It found no link between the use of mobile phones and brain cancer or 18 other types of cancer.

Myth: Stress can cause cancer - Some people think that stress can cause cancer. But there is no good evidence to support this. Most scientific studies have found that stress does not include the risk of cancer. But stressful situations can sometimes encourage unhealthy behaviours such as smoking, eating unhealthily or drinking alcohol, which can all increase the risk of cancer.

Facts about cancer

Survival is now twice as high as it was 40 years ago

Today, half of all people diagnosed with cancer survive their disease for 10 years or more. In the 1970s, less than a quarter of cancer patients survived that long.

There are over 200 different types of cancer

People are often surprised to find out that there are over 200 types of cancer, and many of them have different signs, symptoms and treatments.

More than half of new cases of cancer in the UK are made up of just four types of cancer

The four most common types of cancer are breast, lung, prostate and bowel cancer. Together they are more common than all other types of cancer put together.

Cancer is more common in people over the age of 50

About 9 in 10 cancer cases are diagnosed in people over the age of 50.

Around 4 in 10 cancer cases in the UK could be prevented

There are around 375,000 new cancer cases in the UK every year, there's around 1,000 every day. Around 4 in 10 cancer cases could be prevented. These are the most important things we can do to reduce our cancer risk:

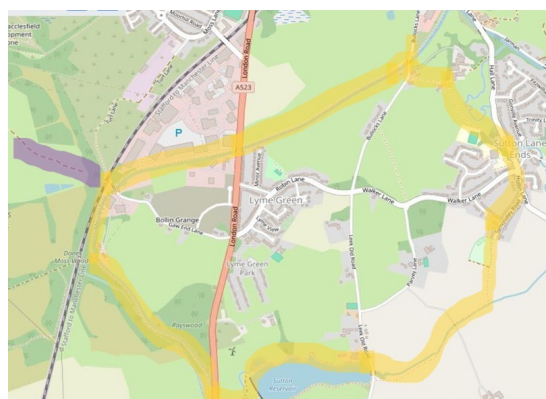
- ✓ Being smoke free
- ✓ Keeping a healthy weight
- ✓ Enjoying the sun safely
- ✓ Cutting back on alcohol
- ✓ Eating more fruit, vegetables and fibre
- ✓ Eating less processed and red meat and foods high in sugar, fat and salt
- ✓ Being active

Walks in Local People Macclesfield

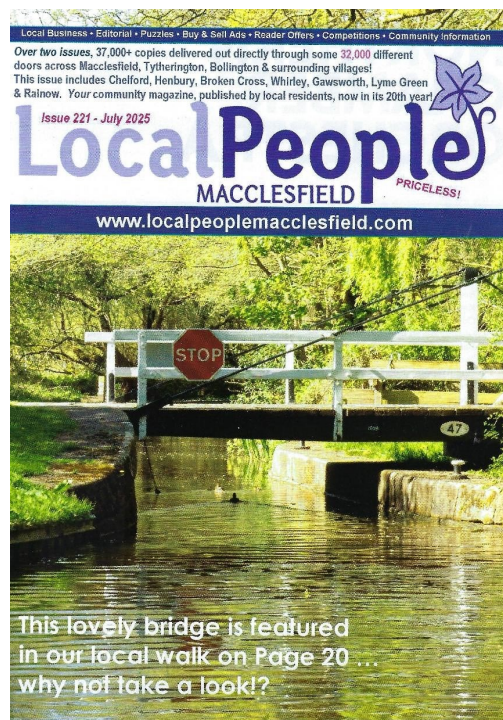
Local People Macclesfield is a magazine delivered directly through 32,000 doors in Macclesfield, Bollington, Tytherington and surrounding villages on a two-month cycle. You may have noticed in the June edition, which went to Bollington homes, that the Bridgend Centre was featured with the details of one of our Heritage Trails.

For the next few months, Bridgend will be appearing regularly in the magazine and will feature lovely walks that explore the Macclesfield area and beyond.

In July's edition, we have featured a 4.5 mile walk in the Sutton area, which explores Dane's Moss Nature Reserve, Macclesfield canal and surrounding fields. The circuit of Dane's Moss Nature Reserve is optional and if you do not include it, would reduce the length of the walk.



Route of the circular walk at Sutton



The route has lovely views across to Macclesfield Forest, Teggs Nose and Shutlingsloe. Paper copies of this month's magazine will be delivered to the west side of Macclesfield, Tytherington, Chelford, Henbury, Whirley, Gawsforth and Rainow. For more details on the walk if you haven't got a hard copy, please go to www.localpeoplemacclesfield.com to download your copy of the newsletter.

Jump Back Up July 2025

MONDAY



TUESDAY

1 Take a small step to help overcome a problem or worry

WEDNESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

THURSDAY

3 Be willing to ask for help when you need it

FRIDAY

4 Find something to look forward to today

SATURDAY

5 Get the basics right: eat well, exercise and go to bed on time

SUNDAY

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

Recipes of the season—Strawberry and Cinnamon Snack Bars



Ingredients

- 300g hulled strawberries
- juice and zest ½ lemon
- 300g plain flour
- 175g golden caster sugar plus 3 tbsp for the topping
- 1 tsp ground cinnamon
- 1 vanilla pod halved lengthways
- 250g pack butter 200g at room temperature, 50g cold and diced
- 4 tbsp rolled porridge oats
- 3 tbsp chopped hazelnuts
- 2 tbsp strawberry jam

Method

Heat oven to 180C/160C fan/gas 4 and line a 22cm square tin with baking parchment. Slice the strawberries thinly and mix well with 4 tsp lemon juice, then put them in a sieve over a bowl and set aside to macerate, discarding the liquid that drips into the bowl.

Put the flour, 175g caster sugar, 1 tsp cinnamon and 1/2 tsp salt in a food processor. Scrape in the seeds from the vanilla pod, then add the softened butter and pulse until the mixture comes together. Spoon out a quarter of the mixture into a mixing bowl and set aside. Tip the rest of the mixture into the bottom of your tin and press down firmly to make an even base. Prick a few times with a fork, then bake for 25 mins until golden.

TAI CHI CLASSES ALL ABILITIES



The Bridgend Centre



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

MONDAYS | **2PM** | **1 HOUR**

Please call the centre on 01625 576311
to book or contact Sue Turner -
07463967647 / susana.turner@sky.com



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
or call 01625 576311

 **Bridgend Centre**
at the  of our community



Brain Teaser— Magic Squares

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 34.

			1
	11		14
3	10		
	5	9	4

The sum is 102.

48			
	30	33	24
			36
	45	42	3

The sum is 136.

		48	4
8			56
	40		
	20	36	16

The sum is 102.

	42		
36	21	18	
24	33		
39			48

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

E: info@bridgendcentre.org.uk

T: 01625 576311 www.bridgendcentre.org.uk

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