

BRIDGING SOCIAL ISOLATION



A Bridgend bench on Long Lane, part of Heritage Trail 5 'Digging through the past'

September is here already and as ever, it is a very busy month for the Bridgend Centre. The Walking Festival, of which Bridgend plays a huge part, starts tomorrow (Saturday 6th). The festival has nearly 40 walks to take part in through the wonderful countryside in and around Bollington.

We also have our bi-annual Vintage Fair taking place on Saturday 27th. Whether you are a passionate collector, a vintage enthusiast, or simply looking for something unique, this is the perfect place to find some gems from the past.

While all this is going on, the building work upstairs continues apace on the roof and first floor of the building, so it really is a whirlwind of activity!

We hope to see you at some point for a brew and a catch-up.

Behind the scenes at the Bridgend Centre



There is truly no typical day at the Bridgend Centre with so many different people in different circumstances walking through our doors. Our work involves the co-ordination of many services and activities with around 75 group sessions in a typical month and over 100 people coming through our doors every day. Therefore, it is important for our staff to communicate with each other, and we start the working day at 9:30am with a short meeting to get up to speed before opening our doors at 10:00am.

The next six hours are then filled with visitors, whether it is someone dropping off donations, wanting a brew or a person

to talk to. On a Monday and a Wednesday, our guided walks head for the countryside, and many of the walkers come back for tea and biscuits afterwards. Often, we will have a trip going out and people will be congregating waiting for the Rainow Village Bus to turn up to collect them, driven by one of our wonderful volunteers, of course!

Now we have even more activity and ‘buzz’ at the Centre than usual, with building work having started on the stone roof above our heads. Scaffolding has been erected at the front of our building, and we are excited to see the work progressing at pace. The work includes renovation of the rooms upstairs, new windows and repair of the exterior walls. Once it has been completed, we hope to have two new modern and spacious meeting rooms upstairs, with toilets and a small kitchen. As well as ensuring the building is well maintained and fit for the next 40-50 years, this work will increase our capacity, the number of services we deliver and the number of people who can use our services. It will also open the option of hiring out the rooms to local charities and community groups. This project was funded by the National Lottery Community Fund, and we are hugely grateful to them for this support to ensure that the Bridgend Centre is around in Bollington for many more years to come.

THE BRIDGEND CENTRE'S

VINTAGE FAIR

Whether you're a passionate collector, a vintage enthusiast, or simply looking for something unique, this is the place to find hidden gems from the past.

27th September to 4th October 2025

Saturdays 10am to 3pm and Monday to Friday 10am to 4pm



Bridgend Centre, Bollington
£2 entry fee on Saturday 27th September, free entry on all other days

Glassware | Ceramics | Electronic items
Clothing | Textiles | Jewellery | Accessories
Plus much more!

BRIDGEND CENTRE
10-4 PALMERSTON STREET
BOLLINGTON, CHESHIRE, SK10 5PW
01625 576311
WWW.BRIDGENDCENTRE.ORG.UK
CHARITY NUMBER 1123287

FIND HIDDEN TREASURES!

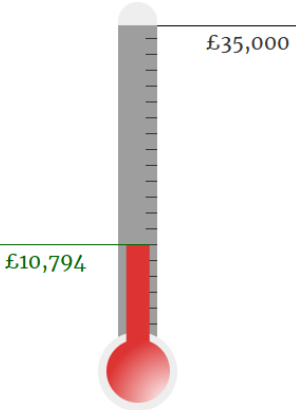
Bridgend Centre
at the heart of our community

However, we do also need funding to pay for our day-to-day running costs, such as heating, lighting and staff costs, which is in part, but not fully funded by our charity shop. We’re grateful for every supporter – those who give financially, donate items to our charity shop, or join in with fundraising events.

You can help us with the day-to-day running of Bridgend - by donating to our £35,000 for 35 years campaign which will fund our well-used drop-in centre - please will you help us maintain this vital service with a donation? To do so, please go to bridgendcentre.org.uk/donate.

Thank you for your continued support for the Bridgend, we couldn’t do it without you.

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

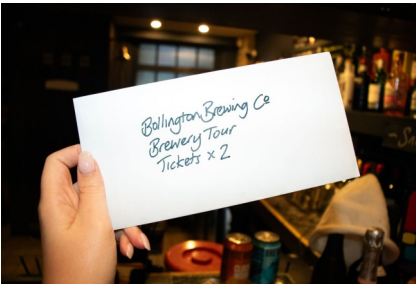


Fundraising pub quiz at the Vale Inn raises £220

Much fun was had by all at the fundraising pub quiz at the Vale Inn on Thursday 28th August in aid of the Bridgend Centre. Hosted by Tim ‘The Shirt’ Jones, the quiz has become a monthly ‘must-do’ in the Bollington Brewery calendar with lots of fun and head-scratching questions to keep participants entertained. August’s quiz was in aid of our charity.

Regular Bridgend volunteer Daniel O’Brien organised the raffle and all proceeds from the quiz and raffle went to the Bridgend Centre, which plays a key role in the Bollington Walking Festival every year. An excellent range of prizes were up for grabs including a Bollington Brewery tour, a round of golf for four people at the Tytherington Club, one month’s membership at Bollington Health and Leisure’s gym, a luxury towel robe, and a Bridgend Centre voucher, plus much more. There were so many prizes that most people in the pub won one!

Huge thanks to the Vale Inn for hosting the quiz, Tim Jones for being quizmaster and all the people and businesses who donated prizes.



We have another event in the Bollington Brewery calendar on Thursday 16th October when the Brewery Taproom Community Quiz will be in aid of the Bridgend Centre. The Brewery Taproom is at Bollington Brewery’s new premises on Parker Street in Macclesfield and it is a modern and lovely space to visit. Please do put the date in your diary!

Lyme View Marina donates £200

Big thanks to the Lyme View Marina, who donated part of the proceeds of their recent charity barbeque to the Bridgend Centre. The money will go towards our £35,000 for 35 years campaign and will pay for the running of our drop-in support service, which is open to all six days per week.

Without the continued support of our local community we really wouldn't be here, so THANK YOU to everyone who gets involved.





16TH OCT



8PM



6 PER TEAM



BOLLINGTON TAPROOM
COMMUNITY QUIZ
BROOK MILL, PARKER ST, MACCLESFIELD



£2.50 ENTRY, ALL PROCEEDS SUPPORT:
THE BRIDGEND CENTRE

Bollington Walking Festival is here again!

The countdown is on! The 15th Bollington Walking Festival starts this weekend, and the team are looking forward to welcoming walkers of all abilities to join them on more than 40 walks and activities.

The programme starts with opening festivities at the Dog & Partridge, 7:30pm on Friday 5 September – come and meet the team, some of the walk leaders and fellow walkers. Pizza will be available (donations invited to the festival fundraising) and walks get underway on the Saturday.

The planning takes place over several months and each year we strive to offer the favourite and popular walks from previous years alongside new and different activities so there is something for everyone. This year there are walks from a quarter of a mile to over 20 miles, there is the ever-popular children's bear hunt from the library and several walks featuring liquid refreshments, chip butties and of course cake! There are chances to go honesty box shopping, go on a circuit taking in local artists, climbing the bell tower of a local church and other walks learning history as well as plenty of opportunities to enjoy the fabulous scenery around our lovely Bollington. We also have some new walking-related activities to try including Cani trekking with your dogs, an outdoor exercise class for new parents, and a dog socialisation walk with a local dog trainer, and we have a digital orienteering activity taking place on one of the evenings.

We are always grateful for our supporters who help put the festival together or support us financially and the Dog & Partridge pub who host the evening events for us. Also, an extra thanks to all the volunteers who lead walks or activities. The festival could not run without all the help; it really is a big team effort that is much appreciated.

The Bridgend Centre is the hub of the festival so do pick up a leaflet here or at other outlets around the town or download from our website. All the walk descriptions, booking info (for any with limited spaces) and festival information is online for ease at: bollingtonwalkingfestival.co.uk



Bridgend bench gets a new lease of life

The Bridgend bench on Long Lane had become damaged and worn after years of being a place to rest for many a weary traveller. It was repaired by our dedicated team of woodcraft volunteers in the Bridgend workshop and reinstalled today in its majestic position overlooking the Cheshire Plain.



Why not swing by with a flask of tea and take advantage of this lofty perch overlooking the countryside to Alderley Edge, Manchester and the Wirral? Huge thanks to the Cheshire East Ranger Service for helping us to reinstall it in position.

Heritage Trail 5 (Digging through the Past) goes past this bench.

**WALK WITH THE GUYS**
A male-focussed walking group
starting from the Bridgend Centre in
Bollington
Sundays at 10:30am



Sunday 17th August - Ingersley Vale & Rainow
4.5 miles, moderately easy with some ascent

Sunday 21st September - White Nancy and the Saddle of Kerridge
3 miles, moderate difficulty rating with a couple of steep sections

Sunday 19th October - The Harrop Valley
5 miles, moderate difficult rating with some strenuous sections

£2

For more details go to our website or ask in the Bridgend Centre
Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW
01625 576311 - www.bridgendcentre.org.uk - info@bridgendcentre.org.uk

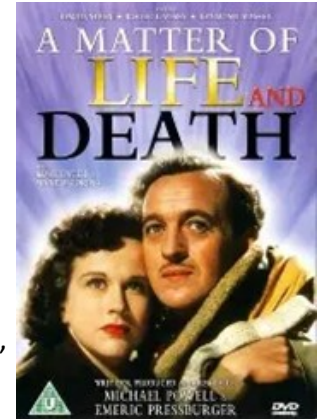
Golden Oldies - films not people!

I love watching old films and I have found out that some of our customers like watching them too!

If you have a look through the DVDs that we have for sale, you may find one or two golden oldies but for those of you who no longer have a DVD player, have a look on your TV at Talking Pictures on Freeview 82, Virgin 445 or Sky 328, I am sure you will find a film that you will enjoy. There are other channels that show golden oldies too so keep a look out for these. Some of my favourite films are:

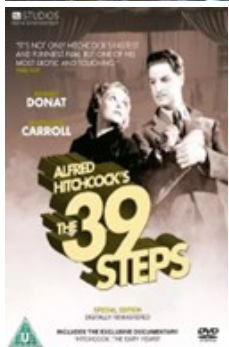
'A Matter of Life and Death' which was made in 1946.

The story follows a British wartime aviator, Peter Carter, who cheats death and he must argue for his life before a celestial court, hoping to prolong his romance with an American girl. The film features David Niven and Kim Hunter in leading roles and is known for its unique blend of fantasy and romance set against the backdrop of World War II.



'I Know Where I'm Going!' which was made in 1945.

This is a romantic comedy in which Joan Wester played by Wendy Hiller, is a determined young woman who travels to the Scottish Hebrides to marry a wealthy industrialist. However, her plans are complicated by unexpected events and her growing attachment to a young naval officer, played by Roger Livesey.



'The 39 Steps' is a spy thriller film based on the 1915 novel by John Buchan.

The story follows Richard Hannay, who becomes involved in preventing a spy organisation called 'The 39 Steps' from stealing British Military secrets. Hannay is accused of murder and goes on the run to save himself and stop the spy ring.

Three films have been made, in 1935 with Robert Donat, in 1959 with Kenneth More and in 1978 with Robert Powell, all

playing Richard Hannay. Although the plot is the same they are all slightly different and all are well worth watching.

Want to learn more about the Landline Switchover?

Come along to our free Landline Switchover information drop-in, hosted alongside BT.

When?

15th September 2025
10am – 12:30pm

Where?

The Bridgend Centre, 104 Palmerston St, Bollington, Macclesfield, SK10 5PW

BT



20 words that don't exist in the English language but should

1. Schadenfreude (German) - Pleasure from someone else's misfortune.

She felt a bit of schadenfreude when her rude boss tripped.

2. Tsundoku (Japanese) - Buying books but never reading them.

My shelf is full of tsundoku from last year's sales.

3. Wabi-sabi (Japanese) - Finding beauty in imperfection.

That cracked teacup has wabi-sabi charm.

4. Fernweh (German) - A deep longing to travel.

I'm sitting at my desk with fernweh, dreaming of Paris.

5. Saudade (Portuguese) - Nostalgic longing for something/someone absent.

Listening to old songs filled him with saudade.

6. Ikigai (Japanese) - A reason for being / purpose in life.

Teaching gives her a true sense of ikigai.

7. Komorebi (Japanese) - Sunlight filtering through trees.

We walked under the komorebi in the park.

8. Meraki (Greek) - Doing something with soul, creativity, and love.

She cooks with meraki every day.

9. Gigil (Filipino) - The irresistible urge to pinch something cute.

She squealed in gigil at the baby's cheeks.

10. Lagom (Swedish) - Just the right amount; not too much, not too little.

A lagom lifestyle is about balance.

11. Friolero (Spanish) - A person who is especially



sensitive to cold.

He's so friolero—always wrapped in blankets.

12. Jayus (Indonesian) - A joke so bad it's funny.

We laughed at his jayus during lunch.

13. Sobremesa (Spanish) - Time spent chatting at the table after a meal.

Our sobremesa lasted two hours last night.

14. Pochemuchka (Russian) - A person who asks too many questions.

The curious child was a real pochemuchka.

15. Cafuné (Portuguese, Brazil) - Running your fingers through a loved one's hair.

He gave her comfort with a gentle cafuné.

16. Mamihlapinatapai (Yaghan, Chile) - A look between two people, each hoping the other will start something.

Their mamihlapinatapai across the room said it all.

17. Utepils (Norwegian) - Sitting outside and enjoying a beer in the sunshine.

We had a perfect utepils on the first warm day of spring.

18. Sisu (Finnish) - Extraordinary determination and resilience.

She showed true sisu by finishing the marathon.

19. Ya'aburnee (Arabic) - "You bury me" — wishing to die before a loved one because life without them would be unbearable.

She whispered ya'aburnee to her husband.

20. Kilig (Filipino) - The fluttery feeling when you see someone you like.

She felt kilig when he smiled at her.



Recipe— Slow Cooker pea and ham soup

Ingredients

1 tbsp sunflower oil
1 onion, finely chopped
1 celery stick, thinly sliced
2 carrots (around 175g/6oz), peeled and diced
400g/14oz dried split peas
850ml/1½ pints just-boiled water from a kettle
½ tsp dried mixed herbs
600–750g/1lb 5oz–1lb 10oz smoked gammon joint
salt and freshly ground black pepper
chopped fresh flatleaf parsley, to serve (optional)

Heat the oil in a large non-stick frying pan and fry the onion, celery and carrots over a high heat for 4–5 minutes, or until beginning to soften. Tip into a slow cooker.

Put the split peas in a sieve and rinse under cold water. Tip into the slow cooker pot with the vegetables and add the water and mixed herbs. Season with lots of pepper and stir well.

Place the gammon in the centre of the slow cooker pot and nestle into the other ingredients. Cover with a lid and cook on High for 5–6 hours. If the peas are looking a little dry after 3–4 hours, add an extra 100ml/3½fl oz or so just-boiled water and continue cooking. By the end of the cooking time, the peas should be completely softened and the gammon fall-apart tender.

Carefully take the gammon out of the slow cooker using tongs and place on a board. Stir the soup well with a wooden spoon, crushing all the peas to make a thick purée. You can add some more just-boiled water at this point to reach the right consistency for a soup. (For an extra smooth soup, blitz with a stick blender.) Season with salt and pepper.

Shred the gammon and stir a handful through the soup. Ladle the soup into warmed bowls and serve the remaining gammon on top. Sprinkle with a little of the parsley and an extra grind of black pepper, if preferred. If making ahead, add extra water when reheating, as the soup will thicken as it cools.

Self-Care September 2025

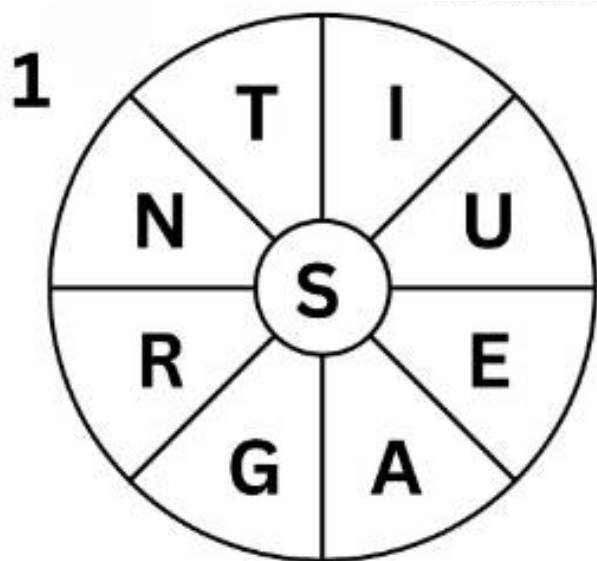
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Brain Teaser - Word Wheels

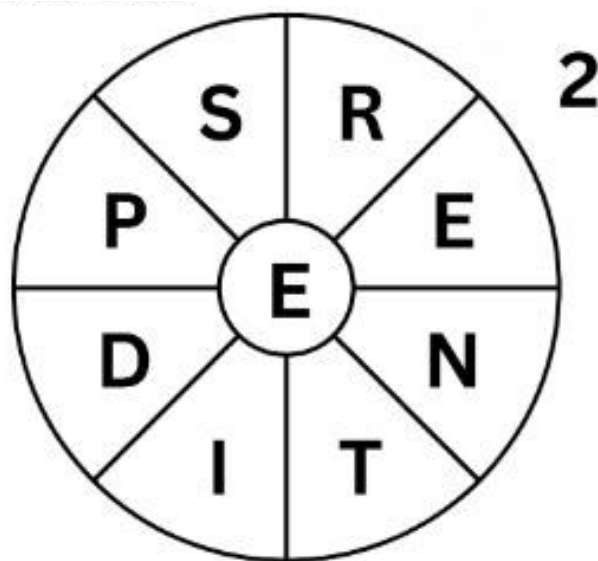
Your brain teaser this month are these two word wheels. How many words can you find using the letters in the wheel, each word must contain the letter in the centre of the circle.



The nine letter word is:

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The nine letter word is:

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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

Registered charity 1123287.

We are a Charitable Incorporated Organisation (CIO)