

## BRIDGING SOCIAL ISOLATION



*Styperson Pool by Tracy Mills*

Welcome to the October 2025 edition of Bridging Social Isolation, the monthly newsletter for the Bridgend Centre. Inside there is lots of news from the Centre and wider Bollington community, plus the usual information, activities and recipes.

It definitely feels like Autumn is approaching now, with darker evenings and a bit of a chill in the air. We can warm the cockles of your heart with a hot drink, a friendly welcome and a bargain or two so we hope to see you at the Centre soon.

We also have a number of fundraising activities to look forward to over the next few months, including a pub quiz at the Bollington Brewery Tap, Bridgend Bingo and the very popular Christmas Cracker event at the end of November.

## £35,000 for 35 years - look how far we've come!

2025 marks 35 years of the Bridgend Centre and earlier in the year we launched our £35,000 for 35 campaign to help raise funds for our Drop-in Support Service in order to ensure the Centre is here in the heart of Bollington for many more years to come.

So far we have raised an amazing £11,794 towards this target, through a range of different fundraising, including individual donations, cake and table top sales. We are really blown away by this support, so THANK YOU so much to everyone who supports us in a range of different ways.



A sense of community and support has always been part of the Bridgend ethos, as demonstrated in this photograph of our Drop-in Kitchen Cafe we have dug up from 20 years ago. As you can see from the raffle table, fundraising together in the community has always been part of our DNA!

The Bridgend Centre supports people of all ages, from all walks of life.

For example, **Archie** is a pupil at Eden School which provides bespoke education for pupils with autism, ADHD, and/or social, emotional or mental health needs. Archie was struggling to find somewhere to have a work experience placement until his Mum Lynndsey contacted us to ask if he could work here. Archie has now volunteered here for three weeks, staying for longer and longer each time. We recently received an email from his Mum saying "Archie has enjoyed today, I'm so proud of him, he's stayed the longest time to date today. You are all so incredibly kind".

**Sandra**, a Bridgend regular, has good days and bad days with regard to her mental health. Loneliness, her poor mental health and bad days were a cycle she was keen to break. As a volunteer 'Bridgend Buddy' herself, Sandra was fully versed with the scheme and the benefits companionship can bring to both the buddy and volunteer. However Sandra felt that having a buddy herself would be beneficial. Therefore, we recently established a new partnership and Sandra is positively beaming. She cannot speak highly enough of how this has positively impacted her life and given her a sense of purpose.

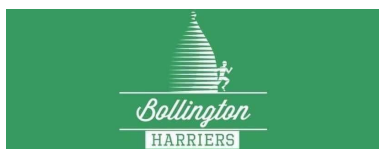
**Help us to close the gap - to donate to our campaign, please go to our website [www.bridgendcentre.org.uk/donate](http://www.bridgendcentre.org.uk/donate)**

## Huge thanks to the Bollington Harriers

A huge thank you goes to the Bollington Harriers, who chose to donate £500 from their surplus funds to the Bridgend Centre this year.

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.

We really appreciate the recognition of our work in the community and support from this wonderful local running club.



## A wonderful week of walking - the 15<sup>th</sup> Bollington Walking Festival was the best yet!

The festival took place from 6th to 14th of September and our boots and coats have now been hung up for the year. But before we say goodbye to the 2025 festival, we have been gathering feedback and looking at the numbers for this year.

Once again, we managed to schedule a full 9 days of over 40 walks and activities, maintaining and strengthening our partnerships with local walking groups and organisations who lead and host walks for the festival. Walks ranged from half a mile to over 20 miles, from low level terrain to high peaks and everything in between.

During the week we recorded 691 attendees on walks, this is a much bigger number than previous years and represents almost a 70% rise on 2024's numbers.

The weather was mostly kind to us during the week, and we enjoyed some wonderful views from several of the higher routes. 'Walkers are Welcome' hosted a series of 3 attempts to see a sunset during the week and achieved some incredible images on the first go.

As always, we are grateful to the individuals, organisations and groups who lead walks and activities for us. As a volunteer-led event the festival couldn't happen without their support. We also need to thank our hosts the Bridgend Centre who provide all the festival support, the walks hub and the amazing post-walk cake and refreshments for walks that finish there.

Each year we like to try some new activities and this year we welcomed Spunch to the lineup, this super event saw 180+ attendees walking and running around Bollington collecting digital orienteering points. It was great to see the town buzzing with activity and much fun was had by the participants. We are hoping that it will now remain part of the festival schedule for future years.

It wouldn't be the Bollington Walking Festival without some gastronomic delights, and we had plenty of choice this year with stops at cafes, trips to brewery tap rooms and pubs, the infamous chip butty night walk and some excursions that were all about the cakes. There was the popular Honesty Box walk again and this year we added some cultural trips with walks featuring local artists and galleries, tours of two local churches and a trip up a bell tower.

The team will be starting to plan afresh for next year in early 2026 and we want to hear from you. Did you attend a walk? Please tell us what you loved or didn't love. Is there a reason you didn't/couldn't join us? Our feedback form is on our website and paper versions are in the Bridgend Centre.



Thank you again to everyone who participated, we can't wait to do it all again next year. Remember to register for updates on our mailing list, go to



## Breast cancer - my story

In October 2023, I decided to go to my GP about a change in my left breast that had been worrying me for a while. It started as a patch of skin feeling hard rather than a lump and to be honest, I didn't give it much thought for a long time, which is something I came to regret later on. However in the October, my breast started to be very painful and I noticed a round ball-shape lump in a different part of the breast.

I went to the GP, thinking she would say it was nothing, but she agreed that she could feel something. She referred me straightaway to the breast clinic at Macclesfield hospital.

I attended an appointment at the breast clinic for a number of hours where I underwent a number of tests including mammograms, ultrasounds, biopsies and examinations. The Doctors said they weren't sure what the mass was. I have fibrous breasts, which means cancer can be more likely and more difficult to spot on ultrasounds and mammograms. I therefore had to wait for the result of the tests, which took three weeks.

After this three week period I went back to the clinic for my results. When I went into the room, there were five people sat round, all looking at me, so I knew it wasn't going to be good news.



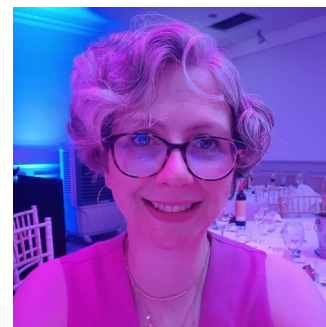
I was told that I had ER+ breast cancer, which means the cancer is fed by oestrogen. I would need to have emergency surgery to remove the cancer, followed by five months of chemotherapy, the purpose of which is to try and eliminate any rogue cancer cells floating around my body. I was in a total state of shock that I think I am only starting to come out of now, cancer shouldn't happen to me! I felt very uncertain and scared about the future. I had always assumed I would live to be an old lady, so it was a huge shock to realise this wouldn't necessarily be the case.

I underwent the surgery and treatment and have now come out the other side, although I have to take preventative medication for the next ten years. I am so grateful to the NHS for all the treatment and support I received. I also found the Breast Cancer Now charity very helpful indeed and I went on a 'Moving Forward' course at the end of my treatment. They also teamed me up with a Buddy through their programme called 'Someone Like Me'. Jen provided me with the most wonderful support and I am forever grateful to her for getting me through it with my sanity mainly intact.

I wish I had gone to the Doctor earlier when I first noticed the change in consistency of my breast as it could have improved my treatment and potential long-term outcomes, but I can't turn back the clock so have to put that to bed in my mind. The effects of having cancer haven't all been bad, many of my personal relationships have improved a lot as I value the wonderful people in my life more. I think I am much more laidback now (although maybe not everyone would agree!) and I have a much better sense of perspective when I start to get stressed about things. I am also braver; when I need to make a decision on whether to do something, I think back to the Becky sat in a chemo suite, unsure about what her future looked like. I ask her what I should do and she always says "just go for it, you have to make the most of every moment".

In April 2025 I started running, and in July, I did a Race for Life with four special friends and my niece. We raised over £3,000 for Cancer Research UK, which is constantly working towards improving cancer outcomes and treatment for everyone.

**Becky - Bridgend Centre Chief Officer**



## Most common breast cancer symptoms



A new lump or thickening in your breast or armpit



Fluid from the nipple when not pregnant or breastfeeding



A change in size, shape or feel of your breast



Changes in the position of the nipple



Puckering, dimpling, a rash or redness on the breast



October is Breast Cancer Awareness month and a number of charities related to breast cancer use this opportunity to raise the profile of the disease and raise funds for their causes. The Bridgend Centre was recently awarded funding from the Cheshire and Merseyside Cancer Alliance to provide information about cancer to people in our community and to work to improve early detection rates.



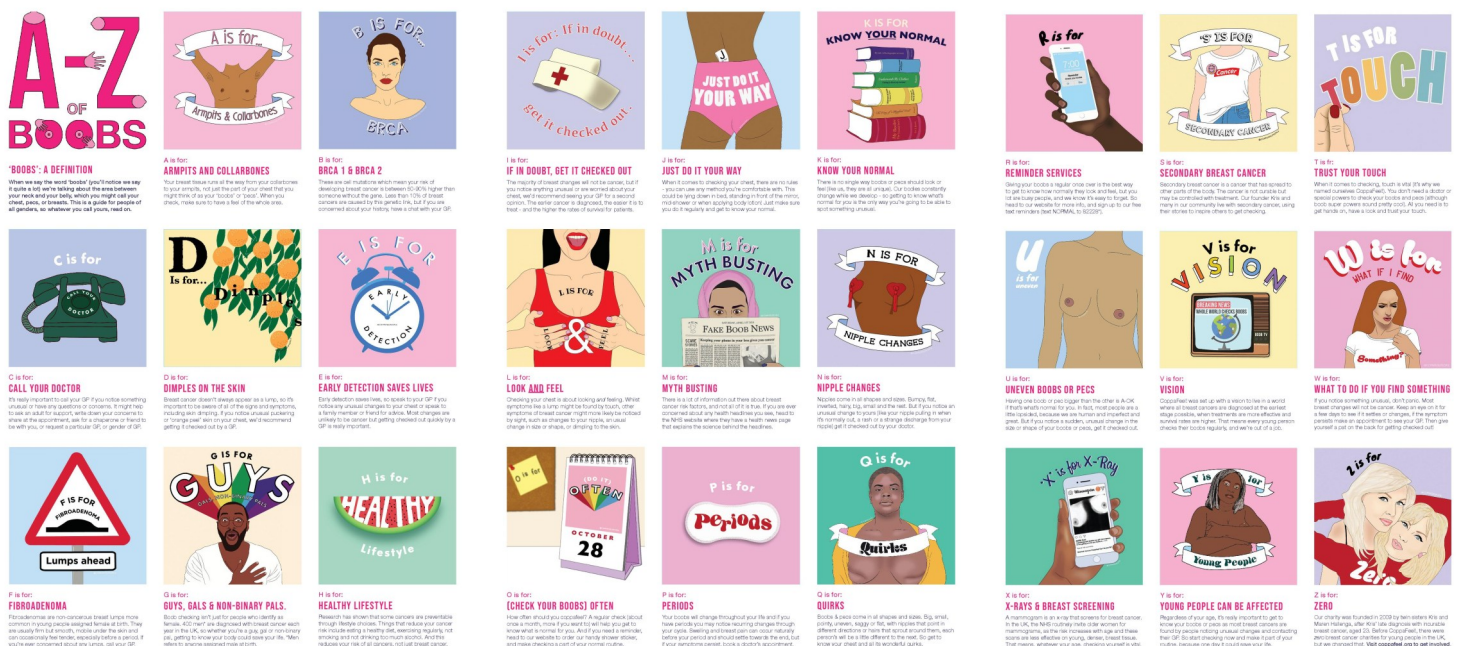
Being **breast aware** means knowing what your breasts and chest are normally like, which makes it easier to spot any changes. There is no right or wrong way to do this, but it is good to know what is normal for you. You know your body best, if you notice something unusual, tell your doctor about it.

Breast screening is for people who don't have any symptoms. It aims to find breast cancers at an early stage when treatment is more likely to be successful. If you are aged 50-70 and registered as female with the GP, you will be sent an invitation in the post. If you aren't invited for screening but think you should be, speak to your GP or Gender Identity Clinic. It is your choice whether to attend breast screening. Even if you've been screened and no matter what your age, tell your Doctor if you notice anything unusual.

- Keep a healthy weight
- Cut back on alcohol - alcohol increases the risk of seven types of cancer, including breast cancer. The less you drink, the lower your risk
- Exercise regularly - the recommended amount is at least five sessions of 30 minutes every week
- Most breast cancers aren't from inherited genes, but if a close relative has it your risk may be higher. Talk to your GP if you are worried

You can get further information and resources from the Cancer Research, Breast Cancer Now and Coppafeel websites.

It is worth remembering that men can also develop breast cancer, so it is important for everyone to check their chest and pecs area regularly.



## New Town and Planning

The construction of three new towns have recently been announced by the government. Twelve sites across the country have been touted, one of which is at Adlington and would stretch from Bollington in the south, Prestbury in the west and Adlington in the north. The development would consist of between 14,000 and 20,000 homes on predominantly green belt land just to the north of Bollington.

It is important that residents are made aware of these plans so that they are aware of any potential impact and have their voices heard when required. We will keep you up-to-date on any information that is released and any consultations that are announced.



Adlington fields

In other development news, Cheshire Peaks and Plains are preparing to submit a full planning application for a housing development on Crossfield Road and Kent Avenue for older people and families. The proposals include a mix of bungalows, an accessible apartment block, and family homes - designed to meet a range of local housing needs. The latest updates can be found at [peaksplains.org/crossfield](https://peaksplains.org/crossfield)



Fields to the east of the Middlewood Way that will be affected by the potential new town



PEAKS & PLAINS  
Bowker Sadler

Crossfield Road & Kent Avenue: Proposed Scheme for Consultation  
Streetscene Elevations

**BRIDGEND BINGO**

**THURSDAY 13TH NOVEMBER 2025**

**AT THE VICEROY 6PM**

**TICKETS £20**

FABULOUS RAFFLE ON THE NIGHT  
ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course meal. Purchase your tickets at the Bridgend Centre or on our website.  
[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)  
Charity number 1123287

 **Bridgend Centre**  
at the  of our community

**THE BRIDGEND CHRISTMAS CRACKER**

A CORUNUCOPIA OF CHRISTMAS  
REFRESHMENTS, DECORATIONS, BRIC-A-BRIC  
AND CLOTHING PLUS A SANTA'S GROTTO!

**SATURDAY 29TH NOVEMBER 2025**  
**2PM - 4PM**

**BRIDGEND CENTRE**  
**104 PALMERSTON STREET, BOLLINGTON,**

MEETING SANTA £4. CONTACT US TO BOOK  
01625 576311 OR [INFO@BRIDGENDCENTRE.ORG.UK](mailto:INFO@BRIDGENDCENTRE.ORG.UK)

## Recipes - Apples, apples everywhere

It is that time of year when the apples ripen and are bountiful. We seem to have had a bumper harvest this year, as the Bridgend Centre is full of apples that people have brought in to share because they have so many!

If you are struggling to think of what to do with them, here are a couple of recipes brought us by two of our visitors to get you going.



### Apple Crumble

#### Ingredients

Stew as many apples as you like with  
2 tablespoons of sugar  
5oz self raising flour  
3oz margarine  
3oz sugar  
2.5 oz rolled oats

#### Method

Crumble margarine and flour and then stir in the sugar and oats. Put the stewed apples in a baking tin or pyrex dish and cover with the crumble mixture. Bake at 180°C for 35 minutes or until golden.

### Apple Cake

#### Ingredients

Two eating apples  
225g butter  
225g sugar  
225g self raising flour  
1 teaspoon baking powder  
4 large eggs

#### Method

Grate the apples. Whisk up butter and sugar, then add the eggs. Fold in the flour and baking powder, then the apples.  
Put in a buttered loaf tin. Bake in the oven at 190°C for 45 minutes or until skewer comes out clean.



Optimistic October 2025

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|--|---|---|---|---|---|
|   |  | 1 Write down three things you can look forward to this month          | 2 Find something to be optimistic about (even if it's a difficult time) | 3 Take a small step towards a goal that really matters to you             | 4 Start your day with the most important thing on your to-do list     | 5 Be a realistic optimist. See life as it is, but focus on what's good        |
| 6 Remind yourself that things can change for the better     | 7 Look for the good in people around you today                           | 8 Make some progress on a project or task you have been avoiding      | 9 Share an important goal with someone you trust                        | 10 Take time to reflect on what you have accomplished recently            | 11 Avoid blaming yourself or others. Find a helpful way forward       | 12 Look out for positive news and reasons to be cheerful today                |
| 13 Ask for help to overcome an obstacle you are facing      | 14 Do something constructive to improve a difficult situation            | 15 Thank yourself for achieving the things you often take for granted | 16 Put down your to-do list and do something fun or uplifting           | 17 Take a small step towards a positive change you want to see in society | 18 Set hopeful but realistic goals for the days ahead                 | 19 Identify one of your positive qualities that will be helpful in the future |
| 20 Find joy in tackling a task you've put off for some time | 21 Let go of the expectations of others and focus on what matters to you | 22 Share a hopeful quote, picture or video with a friend or colleague | 23 Recognise that you have a choice about what to prioritise            | 24 Write down three specific things that have gone well recently          | 25 You can't do everything! What are your three priorities right now? | 26 Find a new perspective on a problem you face                               |
|   | 27 Be kind to yourself today. Remember, progress takes time              | 28 Ask yourself, will this still matter a year from now?              | 29 Plan a fun or exciting activity to look forward to                   | 30 Identify three things that give you hope for the future                | 31 Set a goal that brings a sense of purpose for the coming month     |   |

ACTION FOR HAPPINESS

Happier · Kinder · Together

## Janus Words - words with two opposite meanings

**Dust** - To remove dust (I dusted the shelves) / To sprinkle with dust (I dusted the cake with sugar)

**Sanction** - Official permission (The project received government sanction) / A penalty (They faced sanctions for violations)

**Oversight** - Supervision (The project was under her oversight) / Mistake (That was an unfortunate oversight)

**Left** - Remaining (Only one slice left)/Departed (She left the building)

**Seed** - To plant seeds (They seeded the field)/To remove seeds (She seeded the watermelon)

**Weather** - To withstand (The ship weathered the storm)/To be worn (The rock was weathered by the storm)

**Cleave** - To split apart (The axe cleaved the wood)/To cling to (She cleaved to her values)

**Clip** - To attach (He clipped the papers together)/To cut off (She clipped the coupon)

**Fast** - Moving quickly (He runs fast) /Fixed firmly (The boat was held fast)

**Bound** - Heading toward (She is bound for New York)/ Tied up (His hands were bound)

**Screen** - To show (The movie was screened at the theatre)/To hide (Tall trees screened the house)

**Dusting** - Adding fine powder (a dusting of sugar)/ Removing dust (A quick dusting of the furniture)

**Stone** - To throw stones at (They stoned the wall)/To removed stones from (She stoned the cherries)

**Off** - Deactivated (Turn the light off)/Starting (The race went off at 9am)

**Out** - Visible (The stars are out tonight)/Not visible (The light was out)

**Trimmed** - Decorated (Trimmed with gold)/Reduced (Trimmed the budget)

**Finished** - Completed (The painting was finished)/ Destroyed (After the scandal, he was finished)

**Consult** - To give advice (she consults companies)/To seek advice (He consulted his lawyer)



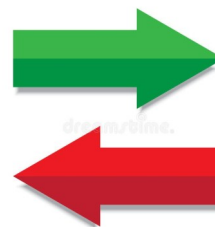
  
**WALK WITH THE GUYS**  
A male-focussed walking group  
starting from the Bridgend Centre in  
Bollington  
Sundays at 10:30am



Sunday 17<sup>th</sup> August - Ingersley Vale & Rainow  
4.5 miles, moderately easy with some ascent  
Sunday 21<sup>st</sup> September - White Nancy and the Saddle of Kerridge  
3 miles, moderate difficulty rating with a couple of steep sections  
Sunday 19<sup>th</sup> 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](http://www.bridgendcentre.org.uk) - [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)



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

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