

## BRIDGING SOCIAL ISOLATION



It is really starting to feel like Spring is in the air now. The sun is shining more and the daylight is lasting a bit longer, which has really lifted our spirits. It is truly amazing the difference can make to your mood.

It is also a season of new beginnings here at the Bridgend Centre, with new programmes for ‘Shuttle to the Shops’ and our guided walks on Mondays and Wednesdays, which are some of the best ways to get out into the sunshine and get some vitamin D!

We are also pleased to announce that we hit our target in our ‘£35,000 for 35 years’ campaign, which is fantastic news for our charity. Huge thanks to everyone who donated and ensured that our Centre remains open in our community for another year. Fundraising for small charities such as us is constant and look out for future exciting fundraising initiatives we have planned.

## £35,000 for 35 years campaign

We have great news to announce, in February the Bridgend Centre met its £35,000 for 35 years fundraising campaign target! A HUGE thank you to everyone who supported this campaign, from donating to sharing on social media, following our newsletters and sharing our mission.

This money has ensured that this year we have been able to continue to open our doors six days a week to support everyone in Bollington who needs it, particularly those who are vulnerable or isolated.

Fundraising for small charities such as us is constant and we are always working to maintain income to meet the costs of running our organisation. It costs around £680 per day to run the Bridgend Centre.

Over the next few weeks and months, we will let you know about events to continue to raise money for our Centre, such as the upcoming eBay clearance sale on 14th March and our ever-popular Vintage Fair on 25th April. We are also planning the launch of a new lottery soon.

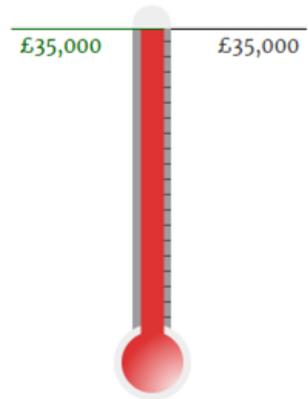
In the meantime, any gift, no matter the size, will continue to help us. Here's what your donation could make happen at Bridgend Centre:

A gift of £20 would fund an hour of one-to-one support for a vulnerable person

A gift of £50 would fund a 'Shuttle to the shops' trip for 7 people

A gift of £250 would fund a Buddying partnership for a year

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



To donate, please go to our website [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk) and click on the 'donate' button.

Thanks to supporters like you, we're able to share stories of brighter days, like Paul's:

*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 people and socialise. When he is feeling down, he talks to our Community Workers. About six months ago Paul started attending our male-focussed 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 for a brew and a catch-up and going out for trips out with the group. Paul says "it keeps me sane this place".*

Paul's story is one of many of the people in our community who, for 35 years, have found companionship and meaning at Bridgend Centre.

Please give a gift today to support more people like Paul and remind them they aren't forgotten.

A huge thank you goes to our supporters from the staff team, volunteers and most importantly, from our service users.

Thank you for being part of our journey and being part of our wonderful community.

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](mailto:info@bridgendcentre.org.uk)



**Wed 1st April - Leek (afternoon)**

**Wed 15th April - Cheshire Oaks (full day)**

**Wed 29th April - Buxton (afternoon)**

**Wed 13th May - Trentham Shopping Village (full day)**

**Wed 27th May - Handforth Dean (afternoon)**

**Wed 10th June - Chester (full Day)**

**Wed 24th June - Broadstone Mill in Stockport (afternoon)**

## Project Bridgend - new phase begins

Construction has now been completed on the first floor of the Bridgend Centre following us receiving funding from the National Lottery Community fund to renovate the space and replace the stone roof above. The rooms really are a fantastic addition to the Centre and we are thrilled.

In January we held a competition to name all four meeting rooms in the Centre, because we wanted names that links them all together to create a cohesive theme throughout. The names that the Bridgend Trustees agreed upon were an amalgamation of three people's suggestions. They are:



Middlewood Room, First Floor

Large room on ground floor (formerly know as the Education Room)	White Nancy
Small room on the ground floor (formerly know as the Library)	Kerridge
Large Meeting room upstairs	Middlewood
Small meeting room upstairs	Waulkmill

Huge thanks to our winners, Joanna Turner, Samantha Turner and Jessica Cox.

If you would like to have a nosy at the rooms, we are holding an Open Day on Saturday 14th March. This will be on the same day as our eBay clearance event, which will be taking place downstairs in the White Nancy room. Between 10:00am and 3:00pm we will be opening our doors for you to come and have a look round and maybe meet the Bollington Mayor, the Bridgend Trustees and the Architect who designed and led the project.

This event coincides with the National Lottery Open Week (7-14 March), which is a nationwide scheme designed to showcase projects funded by the National Lottery and thank players for their support. There are a huge range of projects locally that were funded by the Lottery and there are some great deals during this period, including free entry to most National Trust properties such as Hare Hill Gardens and Lyme Park, £1 entry to RHS

Bridgewater and half-price entry to the Buxton Crescent Experience. For more details on the offers available, go to [www.lotterygoodcauses.org.uk/open-week/offers](http://www.lotterygoodcauses.org.uk/open-week/offers).

Why not combine a walk from Bollington to Lyme Park with a tour, making the most of the free entry? It is between six and ten miles from Bollington to Lyme Park and return, depending on the route you take. Some of the routes are hillier than others, with the classic route over Sponds Hill and past the Bowstones allowing wonderful views over the Cheshire Plain to Manchester and the Wirral.

A vibrant red and yellow poster for an eBay clearance sale. The text reads: 'THE BRIDGEND CENTRE', 'EBAY CLEARANCE SALE!!', 'SATURDAY 14TH MARCH 2026 FROM 10AM TO 3PM', '20% OFF THE TICKET PRICE OF ALL ITEMS!', 'A CHANCE TO BROWSE OUR EBAY STOCK IN THE COMFORT OF THE BRIDGEND CENTRE!', 'GRAB A BARGAIN WITHOUT HAVING TO PAY POSTAGE!', 'PLUS! See our newly renovated first floor in an open day of the rooms!'. At the bottom, it provides the address: 'The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW' and the registered charity number: '1123287'.



## Project Bridgend - new activities

The overall aim of Project Bridgend funding was to increase the Centre's range of services and activities available to the community and the demographics of the people who use them.

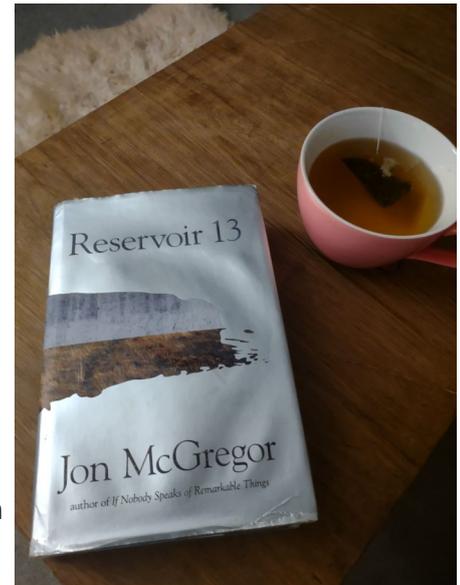
This process started in earnest this week with the first evening Bridgend Book Club on Tuesday at 7:30pm. It was a really positive session in which we discussed the kind of books we all like to read and what we fancied reading as part of this Book Club. Cheshire East Library Service will be supplying 12 copies of the book for the group every month and the first one we received was 'Reservoir 13' by Jon McGregor. The task given to the group was to read it by the next Book Club session on 7th April, when the group will then discuss the novel, facilitated by pre-set questions designed to promote discussion.

Reading a story for half an hour a day can bring big benefits to your body and brain - from reducing stress and helping stave off depression, to strengthening your social skills and even helping you live longer! So if you would like to join our group for the next session, you don't have to read this book, but if you do, it will help you to get involved in the discussion. The Book Club will run on the first Tuesday of each month at 7:30pm and you can just turn up!

Another evening activity starting in March is 'Social Knitwork', a knitting and crochet group, open to all abilities. The group will take place twice a month, on the second and fourth Tuesday of each month at 7:00pm. Again, this will be on the first floor of the Centre. The plan for the first session is to confer with the group so we can decide what to include in sessions, whether to take a knit and natter approach or to undertake crochet-alongs, learn new techniques, group projects, swap shops etc, etc. Whatever we decide, it will definitely be full of tea and woolly adventures.

As with reading, crafting such as knitting and crochet can have huge mental and physical health benefits

(crocheting burns between 80 and 150 calories an hour!) as well as the obvious plus of having a wonderful hand-made item to use at the end of it. Both are very much seen as individual, slightly introverted hobbies but there is real joy in a shared interest, comparing notes and experiences with a range of people. Bringing people of different age groups together is very much in keeping with the aims for our fantastic new



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.

**Saturday 25<sup>th</sup> April to Saturday 2<sup>nd</sup> May 2026**  
Saturdays 10am to 3pm and Monday to Friday 10am to 4pm

**Bridgend Centre, Bollington**  
£2 entry fee on Saturday 25<sup>th</sup> April  
Free entry on all other days

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

BRIDGEND CENTRE  
104 PALMERSTON STREET  
BOLLINGTON, CHESHIRE, SK10 5PW  
01625 576311  
WWW.BRIDGENDCENTRE.ORG.UK  
CHARITY NUMBER 1125287

**FIND HIDDEN TREASURES!**  
Bridgend Centre  
at the heart of our community

**SOCIAL KNITWORK  
KNITTING AND  
CROCHET  
CLUB**

Open to all abilities including beginners.  
Facilitated by Kerry - share tips, patterns, work in progress, new techniques and a love of all things woolly in an informal setting. £5, includes refreshments.

📅 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month  
🕒 7pm  
📍 Upstairs @ Bridgend Centre

We can provide basic equipment to beginners wanting to try a new skill.

Bridgend Centre  
at the heart of our community

## World Book Day

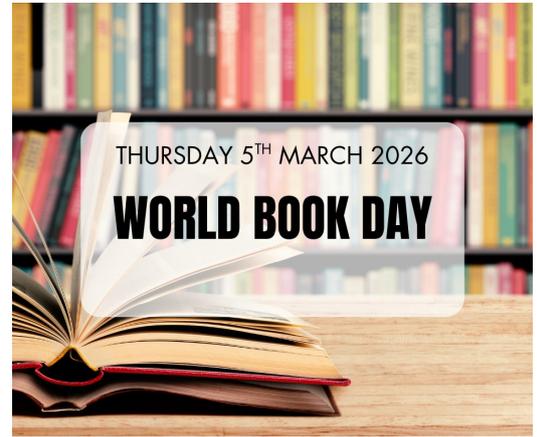
Thursday 5th March was World Book Day. On World Book Day, every child in full-time education in the UK and Ireland is provided with a voucher to be spent on books and the event was first celebrated in the United Kingdom in 1998.

World Book Day is a great opportunity to celebrate books and encourage reading with children and adults alike. According to research by the World Book Day charity, only 1 in 3 children reports that they like reading. Young people are more likely to engage with reading if they see it as a fun thing to do and also if the adults in their lives role-model a love of books.

The Bridgend Centre charity shop sells a huge range of second-hand books for children and adults alike in every genre; non-fiction, classics, biographies and novels. You name it, we stock it! With prices starting at 20p, it really is an accessible way to get a good read and purchasing from us also supports us as an independent charity delivering services to the Bollington community. We are certainly popular with several volunteers from local schools and nurseries who often visit to stock the shelves of their libraries in a budget-friendly manner.

The Bridgend charity shop is also a great cost-effective source of clothes, textiles and accessories to use to create fancy dress outfits for the day.

Got books you no longer need? We're a perfect drop-off point as they will go to very good homes as well as raising income for us at the same time. Thank you.



A vibrant, stylized illustration of a bookshelf. The shelves are filled with books of various colors and sizes, some with titles like 'Summer', 'Four', 'The Zoo', and 'Cats'. There are also potted plants, including a cactus and a succulent. The text is arranged in a central, bold font. At the bottom, there is a logo for 'Bridgend Centre at the heart of our community' with a heart icon.

A poster for a Manchester Museum Trip. The background is a light, textured grey. At the top right, there is a circular inset showing a museum gallery with people. The main text is in a large, bold, black font. Below the main text, there is a date and time. At the bottom, there is a contact box and a price tag. The logo for 'Bridgend Centre at the heart of our community' is at the bottom right.

## Toolkit for turbulent times

There is no denying that switching on the evening news or opening the newspaper is difficult to face in the current climate. It can all feel quite depressing, overwhelming and like the world is completely out of control. When it feels like this, it is important to focus on the things that are actually in our control. Self-care is often the first thing to slip when things feel overwhelming, ironically when we really need it most. At Bridgend, we pride ourselves on enabling people to invest in themselves and our community, whether that's coming for a cup of tea and a chat; going to a class or even volunteering. There are some fantastic resources available in our local community, many of which will be at the Health and Wellbeing event at Bollington Arts Centre on Saturday 11th April. Why not pop down and see what's on offer?

With Spring just around the corner and the promise of more daylight and potentially even a hint of warm weather, we are once again reminded of the benefits of the beautiful countryside in which we live. Even if it is tricky to get out of the house, opening the windows for a literal change of air, does the power of good. We offer a range of guided walks for different abilities for anyone that wants to come and join us, details can be found in our leaflets in the Centre and on our website.

In every edition of the newsletter, we share the Campaign for Happiness's Calendar for happiness. Each one contains a little something to try each day to improve your vial wellbeing. Take Care.



## Mindful March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together

## Recipes - Winner Winner Multiple Chicken Dinner!

My child brought home a list of ingredients to be purchased for "Food Technology" recently. They were making muffins and the ingredients totalled £17 for cakes you could have purchased for £2! This led to a chat about home economics lessons and how they used to teach us how to make money go further in the kitchen. With that in mind, I thought I would share the meals we managed to make this week with a large £5 chicken.

### Sunday Roast Fondue Style

A family favourite in our household. All the usual elements of a roast dinner but with a twist.



Cut each item into bite-sized pieces and serve in large sharing bowls. (i.e. a bowl of roasties, a bowl of veggies, a bowl of meat). Each person is presented with an individual pot of gravy (or bread sauce or if you are 13 years old and fussy, Ketchup).

Grab your forks and get dunking!

### Stock

Put the chicken carcass in a large pan and cover with water, add carrots, celery, garlic, thyme and whatever other bits of veggies you need to use up. Boil up and leave to simmer for at least 3 hours. Strain well. Keeps in the fridge for 5 days or freezer for up to 6 months. Great for making soups, stews and gravies.

### Easy Midweek Pasta

Cook your choice of pasta shapes, we like twists. In a separate pan, gently fry some onion, garlic and some chopped chorizo.

Add a dollop of crème fraiche, a little chicken stock, salt, pepper and thyme, a handful of grated cheese and whatever veggies you like (peas and sweetcorn work well, we have added spinach or



leeks before). Drain your pasta, and tip it in to the pan with your sauce. Mix well to coat.

### Cheats Chicken Fried Rice

Super easy work-night dinner. Put a splash of oil in a large pan. Throw in some of the left over chicken, peas and sweetcorn. Add your favourite Chinese style seasoning, I use a Chinese style salt and pepper seasoning, a dash of soy



sauce, a dash of honey and some sriracha (but you can use whatever you like). Add in one packet of instant rice for every 2 people (if you have smaller appetites), or a full pack for larger appetites. Stir to prevent sticking. Make a well in the middle of the rice and crack in one egg per person scramble the yolk and the white and when almost cooked, stir into the rest of the rice.

Once cooked, remove from the heat and stir in some chopped spring onions to serve.

### Chicken and Leek Pasties

A good one to prep in advance for lunches. Chop a leek and fry in a bit of olive oil until soft. Add leftover chicken, a couple of spoonfuls of crème fraiche and wholegrain mustard to taste. Set aside to cool. When you are ready to make the pasties, unroll a sheet of premade shortcrust pastry and use a 16cm plate to cut a circle for each pasty.

Spoon some of the filling mixture onto one side of each pastry circle, leaving a good 2cm border. Brush the edges of the pastry with a little beaten egg,



then fold over each circle to make a half-moon shape, either sealing the edges with a fork or pinching the pastry with your finger and thumb to seal and crimp. Put the pasties on the prepared baking tray, then brush the tops with a little more beaten egg and sprinkle with onion or sesame seeds. Bake for 20 minutes until golden and crisp (about 180 in my oven).



### Sweetie Pastry Parcels

Using any excess pastry from making the pasties, cut discs about the size of a digestive biscuit. Add a teaspoon of chocolate spread or strawberry jam. Use a little egg wash to seal into a parcel and pop in the oven or airfryer until golden.

## Puzzle - Crossword Blackout

We have removed all the black squares from this crossword grid and replace them with letters.

Can you black out all these surplus letters to reveal the correctly filled crossword grid pattern?

V	E	M	B	A	R	K	R	P	A	D	D	L	E	H
E	X	H	E	B	E	R	F	E	C	K	E	R	U	N
W	I	T	N	E	S	S	W	P	R	O	V	E	R	B
S	L	O	E	D	E	M	D	R	E	S	E	N	O	K
P	E	R	F	O	R	M	E	R	S	U	L	I	P	S
H	R	I	I	N	V	O	T	R	S	H	O	G	E	N
P	R	A	T	I	O	G	E	U	R	O	P	E	A	N
U	E	R	W	B	I	A	R	T	E	S	H	I	N	G
S	P	E	C	T	R	U	M	O	M	I	S	T	S	Y
H	A	T	O	Y	R	E	I	C	A	S	E	R	C	H
S	I	L	L	O	V	E	N	T	I	L	A	T	O	R
T	R	I	L	R	O	B	E	R	N	B	W	E	R	J
L	I	B	E	R	T	Y	F	A	D	V	E	R	B	S
E	N	O	G	R	E	T	R	Y	E	C	E	K	I	N
P	G	R	E	A	S	Y	D	C	R	E	D	I	T	X

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](mailto:info@bridgendcentre.org.uk)

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

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