

# Bridging Social Isolation

The newsletter of the Bridgend Centre in Bollington



Another month has flown by here at Bridgend and we continue to be busier than ever!

We were so thrilled that Bollington Well Dressers chose to make a well dressing in honour of The Bridgend Centre. It was designed by Run Walk Draw - Art by Caroline Constable and in case you missed it, we decided to make it our cover photo!

If you are a Co-op member, you can nominate us as your chosen Local Community Fund. Support from the Co-op goes towards funding our extremely popular exercise classes such as Tai Chi and Chair dancing.

We have so much news to share this month and we hope to see you at the centre soon for a cuppa and a chat.

## **Bridgend Centre**

104 Palmerston Street  
Bollington, SK10 5PW

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

Tel: 01625 576311

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

**Registered Charity no: 1123287**

We are a Charitable Incorporated Organisation (CIO)

## **Centre Opening Hours**

Monday to Friday 10am to 4pm

Saturdays 10am to 3pm



## Bridgend news

As ever, there is lots going on at the Bridgend Centre for you to enjoy.

On Monday mornings at 10:30am we have a new Creative Arts group run by new member of staff, Marnie. Enjoy art on a range of different media with this guided session.

Between 6th and 14th June, Bollington Town Council is running a 'Bollington Goes Green' week, during which time they will be holding a number of activities that aim to encourage people to come together to take action in their communities for nature and the climate. On 6th June, there will be a 'Repair Café' at the Civic Hall where volunteers will use their skills to bring broken items back to life. On 13th June, there is a 'Wild and Crafty' day, again at the Civic Hall, in which local groups will encourage crafts and making things that encourage awareness of our natural environment.

Our annual Charity Ramble, which aims to raise money for our charity will be taking place on Sunday 16th August. The route is to be determined, but it is sure to be a lovely day with tasty refreshments at the end, so please do save the date!

On 19th July, Becky and Team Silk are running the Stockport 10k (more information on page 3). It would be great if you could support us in raising money for the Bridgend Centre so we may continue to deliver vital services in the community.

In some sadder news, long-standing Bridgend Trustee Lisa Cox has made the decision to stand down from her role after ten years service for our charity. Lisa has made some great contributions to our work, including her skills to facilitate away days and focus groups. We thank Lisa for her contribution and wish her all the best for the future.

**SAVE THE DATE**  
**THE BRIDGEND CHARITY RAMBLE**  
RAISING FUNDS FOR OUR REGISTERED CHARITY IN THE HEART OF BOLLINGTON, WHICH PROUDLY SUPPORTS LOCAL PEOPLE.

SUNDAY 16TH AUGUST 2026  
Starting at the Bridgend Centre

**MORE DETAILS SOON**

Registered charity: 1123287

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at the heart of our community

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## CREATIVE ART FOR ALL

Mondays From 11<sup>th</sup> May 10.30 AM

### £5 SESSION

Bring some brushes if you have them

104 Palmerston St, Macclesfield SK10 5PW  
01625 576311  
www.bridgendcentre.org.uk  
info@bridgendcentre.org.uk

**'BOLLINGTON GOES GREEN' WEEK 2026**  
6th - 14<sup>th</sup> June 2026

**Bridgend Centre Heritage Trails**  
Celebrate Bollington goes Green week by exploring the lovely countryside in the area together with all the family

- 8 circular walks from the Bridgend Centre in the heart of Bollington
- Between 3 and 7 miles in length
- Each walk has a children's quiz to go with it
- Download walk guides and quizzes from our website or pick up copies from our Centre

[www.bridgendcentre.org.uk/heritage-trails/](http://www.bridgendcentre.org.uk/heritage-trails/)

**Bridgend Centre**  
at the heart of our community

**Pop-up Repair Café**  
Saturday 6<sup>th</sup> June 10am – 12pm  
Bollington Civic Hall

Don't bin it – get it fixed! Our volunteers apply their expertise to bringing your stuff back to life

Electricals, Lamps, Radios, Bikes, Garden tools, Textiles

This pop-up café is delivered by Macclesfield Repair Café  
2<sup>nd</sup> Saturday of every month at Macclesfield Community Centre  
www.maccrepaircafe.com

**WILD & CRAFTY**  
Saturday 13<sup>th</sup> June  
10am – 1pm  
Bollington Civic Hall

Bollington Borrowers	Badge making
Hope Press	Print making
Cheshire Wildlife Trust	Advice and information
Gardening Club	Make a seed bomb
Forest School	Tree themed activities
Tree Officer	Tree identification
And more...	<b>FREE ENTRY</b>

**THE GREAT BIG GREEN WEEK**

## Volunteers' Week 2026

Monday 1st to Sunday 7th June is National Volunteers' Week, in which we celebrate those who selflessly donate their time for the good of their community and make a real difference to people's lives.

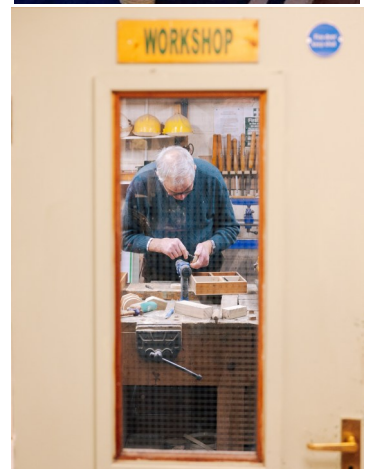
Here at the Bridgend Centre, we are reliant on volunteers to support us with delivering our range of services and activities for people in the community.

Volunteers are vital for our busy charity shop to operate, due to the sheer volume of work, we couldn't do it with paid staff alone. We also need volunteers to work as befrienders, bus drivers and walk leaders. People also give up their time in ad-hoc roles, such as IT support, writing walk descriptions for a local magazine and tidying and planting the contemplation garden on our veranda.

The benefits of volunteering to our community is huge. During the year April 2025 to March 2026, 118 people volunteered for us at least once, working for 6,243 hours, which adds £90,986 worth of value to the local economy\*.

A huge thank you goes to everyone who volunteers for us, we really couldn't do it without you!

\* Based on an approximate value of £14.43 per hour estimated by the Office for National Statistics in 2017.



## Team Silk raises money for the Bridgend

Bridgend Chief Officer attends a weekly business networking group called BNI Silk. On Sunday 19th July, a team from the group will be running the Stockport 10k to raise money for the Bridgend Centre.

Together the team is made up of Becky, Sue, Gareth, Tim, Keri and Joe and our target is to raise £1,000 towards our Drop-in Support Service, which supports those who need it six days per week. This will be a big challenge for many of our team, including Becky who

hasn't run more than 5k yet and the event is only seven weeks away! Many of you will recognise Sue as our lovely Tai Chi teacher who runs sessions at our Centre on a Monday afternoon.



We would greatly appreciate it if you are able to support us in any small way to raise funds for the Bridgend Centre and give us the motivation to actually go through with this! To donate, please go to the team's Just Giving page at <https://www.justgiving.com/page/bni-silk-bridgend>

## Rainow Village Bus becomes Bridgend Community Bus

The Trustees of the Rainow Village Bus and The Bridgend Centre (Bollington Community Association) are pleased to announce that ownership and management of The Rainow Village Bus has been transferred to The Bridgend Centre. This secures the future of this much-needed local service.

Chair of Rainow Village Bus, Tony Wilkinson explains: “The Trustees and volunteers of Rainow Village Bus are very proud of what they have built over the last 12 years, but circumstances have meant that it is impossible for us to continue. It is time to hand over the keys, and we know the bus service is in safe hands with the Bridgend Centre.”

The community bus service was established in 2014, with the new bus commissioned in 2016, to serve the residents of Rainow and surrounding areas. The hard work and determination of the volunteers to bring this service to life are truly appreciated by all who have used the service in the last 12 years.

Becky Lea, Chief Officer of the Bridgend Centre, says: “Our two charities have a similar ethos and have worked together closely for many years. Rainow Village Bus have provided transport services for Bridgend trips and Bridgend have provided volunteer drivers for the service. Huge thanks go to the Trustees of Rainow Bus for entrusting us with this valuable asset”.

Bridgend Centre Trustee, Jo Maitland adds: “This transfer feels very logical and we are honoured the Trustees of Rainow Village Bus offered us this opportunity. We are proud to carry on the excellent work started by Rainow Village Bus serving our communities with a beloved and much needed service.”

Hiring costs £35 per session (morning, afternoon or evening), plus a charge of 60p per mile. We have a number of volunteers who are happy to drive the bus, but if you have your own driver they can potentially be

accommodated. This is subject to them registering with the Bridgend Centre as a volunteer, having D1 on their driving licence and no more than 3 penalty points.

We are always looking for new volunteer drivers, so if you think you could help please contact Bev at [bev@bridgendcentre.org.uk](mailto:bev@bridgendcentre.org.uk) or by giving us a call on 01625 576311.

For more information and to book, please go to [www.bridgendcentre.org.uk/bridgend-community-bus](http://www.bridgendcentre.org.uk/bridgend-community-bus)

**Huge thanks go to the Rainow Village Bus team with entrusting us with this vital community asset and also to the volunteer drivers for being so supportive and generously donating their time.**

The new programme for the next three months of Shuttle to the Shops service, which is made possible by this bus, has now been published. Please contact us to book your place, they sell out quickly!



*Representatives of Rainow Village Bus and Bridgend Centre with Ken Butler, a key driving force behind the establishment of the community bus in Rainow.*

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)



- Sun 5th July - Leek Maker's Market (11am start)
- Wed 8th July - Cheshire Oaks (full day)
- Wed 22nd July - Altrincham (afternoon)
- Wed 5th August - Buxton (afternoon)
- Wed 19th August - Bury Market (full day)
- Wed 2nd September - Handforth Dean (afternoon)
- Wed 16th September - Stockport Town Centre (afternoon)
- Wed 30th September - Trentham Shopping Village (full Day)

## Macclesfield Forest walk

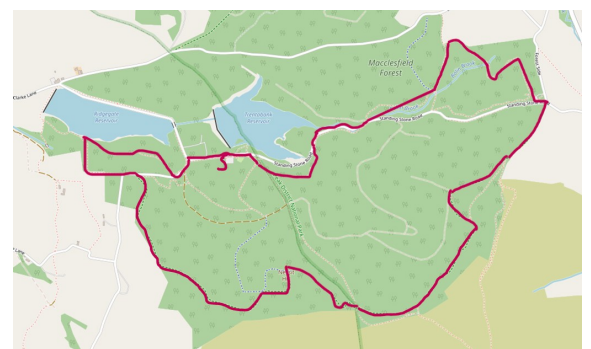
*The Bridgend Centre is renowned in the area for its guided walks and walking trails exploring the beautiful countryside in the Bollington area. We have started producing some guided walks a little further afield for Macclesfield's monthly 'Local People' magazine. This hilly five mile walk follows well maintained paths around Macclesfield Forest. Macclesfield Forest is a working*



*woodland and is the last remnant of a vast Royal Norman hunting forest. Owned by United Utilities, the forest boasts numerous serene walking trails, four reservoirs, a red deer herd and a heronry.*

*The walk starts from the Trentabank pay & display car park on Standing Stone Road (SK11 0NS). Further parking can be found on the road outside. WC facilities and an information board are available at the car park.*

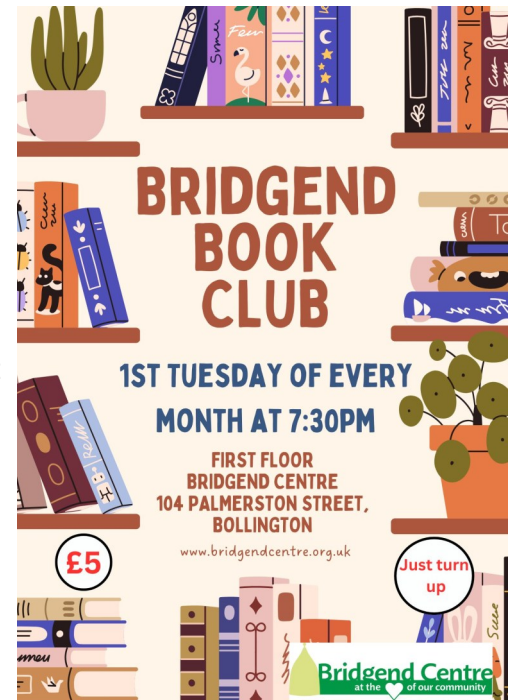
1. Turn right out of the car park and pick up the path between the road and the front of the ranger centre/ WC building heading towards the information board. Go through a gate, ignore the track on your right and keep the road on your left. After 100m turn right by the information sign. After another 100m at the split in the footpath, ignore the steep uphill path and bear left.
2. The path bends left and continues parallel to the road winding through the lower parts of the forest. Keep on the main path until it ends at the road. At the intersection with the road, cross the road onto another path. Start climbing up and follow the path as it bears right. Descend to a boardwalk and, at the pond, turn left onto a wider vehicle track (signposted Forest Chapel).
3. Go up the track to where it splits (keep an eye out for a fallen, but still live, tree on the left hand side). Take the right hand path signposted for Standing Stone.
4. Ascend through the trees via a series of steps until the path widens out into a field. Keep on the path and go through a stile into the Standing Stone car park. Exit the car park via the vehicle entrance and turn right onto the road. After 100m go straight on at the crossroads through a gate and enter a wide vehicle track with fantastic views of the Cat & Fiddle to your left and the Cheshire plain to the right (can you spot Jodrell Bank telescope?).
5. Keep to the main path descending & ascending a couple of steep dips in the path. Continue straight on past the turning to Shutlingsloe and start descending (signposted Trentabank).
6. Just before the next gate, turn left up a steep winding track signposted Forest Bridleway and continue to the grassy viewing area. This is a great place to sit on one of the viewing benches and take in the view of the Trentabank and Ridgegate reservoirs some distance below.
7. Continue along the vehicle track and descend for about a mile to the road. Turn left and follow the road for a short distance to a gate on the right hand side. Go through gate and straight on along the gravelled path. Descend steeply to reservoir level where, after taking in the views across the reservoir, you turn sharp right and pick up a path following the reservoir edge.
8. The path meets another road. Keep on the path parallel to the road for about 100m. At the road T- junction next to the dog bin, turn right and cross the road. Follow a final path alongside Standing Stone Road back to the car park.



## Bridgend Book Club

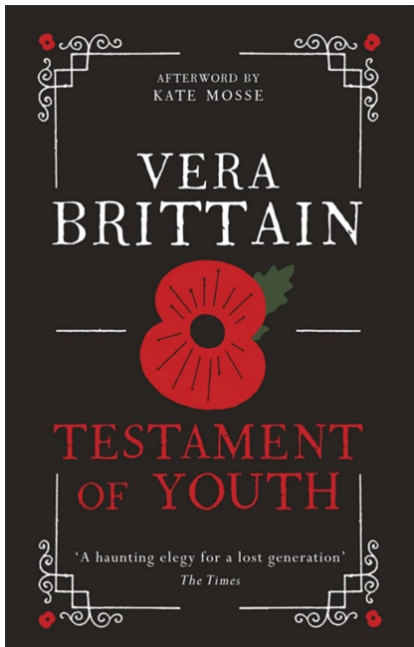
The Bridgend Book Club meets on the first Tuesday of each month at 7:30pm in the upstairs room, all are welcome and we are happy for anyone wishing to dip in and out according to the book to join us. Our last two books were Eleanor Oliphant is Completely Fine by Gail Honeyman and The Handmaid's Tale by Margaret Atwood.

Both books ensured a good discussion at our meetings with some challenging and difficult subjects to talk about. Eleanor Oliphant is Completely Fine was universally liked by most of us although some felt the author wasn't entirely realistic with her portrayal of how therapy works. The story is a harrowing tale with triggering content (no spoilers here) that draws readers along as we witness Eleanor's carefully crafted existence unravel gently through the book, with a twist towards the end that some of us had spotted and others not. We all rated the book, both the writing style and the content as one to recommend and all were disappointed the author has not written anything else.



We tackled something quite different next with The Handmaid's Tale by Margaret Atwood. As the book was written in 1985 and has been high on 'must read' lists ever since, several of the group had read the book previously but decided to read it again. Atwood presents a dystopian novel set in a near future totalitarian class-based society where women of all ages have their rights stripped and controlled to aid population growth. It is a challenging read in current political times, and the book group were all shocked that Atwood wrote it 40 years ago. A good discussion took place on many interrelated subjects from feminism to how close to reality the book is, 'could this actually happen?' we wondered especially since everything in the book has precedent somewhere in history.

Our next book is The Testament of Youth by Vera Brittain if anyone wants to join us on Tuesday July 1<sup>st</sup> for our next get together do come along.



## Thank you so much to the Poachers

Big thanks goes to the new proprietors of the Poachers Inn on Ingersley Road who hosted their Sunday night pub quiz on 17th May to raise funds for the Bridgend Centre. A Bridgend team attended the quiz and we had a great time puzzling over the main rounds, including three very difficult picture rounds!

We also held a raffle to raise money for our Centre, with some great prizes donated to us by members of the public.

Big thanks to Matt for running the quiz and to new proprietors of the pub, Katie and Chris, for their generosity in choosing Bridgend as their chosen charity on this occasion.



The Poachers Inn has recently reopened after an extended period of being closed. Katie and Chris took it over in May and offer a great range of locally sourced food, cask ales, wines and spirits which are sure to be big hit with the Bollington population!

## Recipe - Chicken and new potato Tray Bake

### Ingredients

3 tbsp olive oil  
500g new potatoes  
140g large pitted green olives  
1 lemon quartered  
8 fresh bay leaves  
6 garlic cloves unpeeled  
4 large chicken thighs  
Bag watercress or salad leaves, to serve

### Method

Heat oven to 200C/180C fan/gas 6. Pour the olive oil into a large roasting tin and add the potatoes, olives, lemon quarters, bay leaves and garlic. Toss everything together so it's coated in oil and evenly distributed. Add the chicken thighs, skin-side up, and season.

Put the roasting tin in the oven and roast for 1 hr, basting with the pan juices halfway through cooking.

After 1 hour, check that the potatoes are soft and the chicken is cooked through, then return to the oven for a final 15 mins to crisp the chicken skin.

Remove the roasting tin from the oven. Press down on the roasted garlic cloves with the back of a spoon, discard the skins, and mix the mashed garlic with the meat juices. Serve with watercress or your favourite salad leaves.



## Recipe - Slow cooker Ratatouille

### Ingredients

2 tbsp olive oil  
1 red onion sliced  
2 garlic cloves  
2 large aubergines cut into 1.5cm pieces  
3 courgettes halved and cut into 2cm pieces  
3 mixed peppers cut into 2cm pieces  
1 tbsp tomato purée  
6 large ripe tomatoes roughly chopped  
small bunch of basil roughly chopped, plus a few extra leaves to serve  
few thyme sprigs  
400g can plum tomatoes  
1 tbsp red wine vinegar  
1 tsp brown sugar  
1 tsp salt

### Method

Heat the oil in a large frying pan and fry the onion for 8 mins until translucent. Add the garlic and fry for 1 min. Turn the heat to medium-high, add the aubergines and fry for 5 mins until golden. Stir in the courgettes and peppers and fry for 5 mins more until slightly soft. Add the tomato purée, fresh tomatoes, herbs, canned tomatoes, vinegar, sugar and 1 tsp salt and bring to the boil.

Transfer to the slow cooker and cook on low for 5-6 hours or until everything is soft and the sauce has thickened. Season, scatter over some extra basil, and serve with sourdough, if you like.



# WELCOME TO THE 60'S... QUIZ

1. What safety device did Allen Breed invent in 1968?

A: Seat Belt B: Hard Hat C: Airbag

2. What movie won the Oscar for Best Picture in 1965?

A: Dr. Strangelove B: My Fair Lady C: Mary Poppins

3. What name is Not on the Top Ten Baby Names of 1960?

A: Tracey B: Susan C: Karen

4. The first VCR home video recorder was introduced by what company in 1964?

A: Sony B: LG C: Panasonic

5. Which classic science-fiction series began in 1966?

A: The Twilight Zone B: Star Trek C: Star Wars

6. In 1962, three inmates escaped from what “Inescapable” prison?

A: Alcatraz B: Fort Knox C: The Tower of London

7. Which film featured the Simon & Garfunkel 1968 No.1 hit “Mrs Robinson”?

A: “It’s Odd Couple” B: Rosemary’s Baby C: “The Graduate”

8. Who famously sang “Happy Birthday” to President John F. Kennedy in 1962?

A: Barbara Eden B: Jayne Mansfield C: Marilyn Monroe

9. Who was the first man on the moon in 1969?

A: Buzz Aldrin B: Jim Lovell C: Neil Armstrong

10. Which song gave Elvis Presley his first US No.1 of the 60's?

A: “A Big Hunk o’Love” B: “It’s Now or Never” C: “Stuck on You”

Answers 1.c 2. b 3. a 4.a 5.b6. A 7.c  
8. c 9.c 10.c

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

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