

Bridging Social Isolation

The newsletter of the Bridgend Centre in Bollington



Flaming June really lived up to its name this year with unseasonably hot temperatures on numerous days in the month. With more heatwaves forecast in July, we have an article on cheap and easy hints and tips to keep cool in the heat that may be helpful to you.

As ever, there was a lot of changes at the Bridgend Centre this month, with a new floor downstairs courtesy of the National Lottery and lots of new activities and groups springing up in our programme.

Inside this month's edition of Bridging Social Isolation, we have details of these pieces of news and more. So we do hope you enjoy reading it!

Bridgend Centre

104 Palmerston Street
Bollington, SK10 5PW

Email: info@bridgendcentre.org.uk

Tel: 01625 576311

www.bridgendcentre.org.uk

Registered Charity no: 1123287
We are a Charitable Incorporated
Organisation (CIO)

Centre Opening Hours

Monday to Friday 10am to 4pm

Saturday 10am to 3pm



Sue Brocklehurst

We are very sad to announce the peaceful passing of former Bridgend Trustee Susan (Sue) Brocklehurst at East Cheshire Hospice on 18th June 2026.

Sue was a Trustee of our charity for seven years from 2017 to 2024 and only stepped down from the role when she became ill in July 2024. Sue brought a wealth of skills and experience to the role of Trustee, having worked in business and as a business coach for the Prince's Trust for many years. However, she was always very modest, bringing a much appreciated kindness and gentleness to our workplace.

Sue loved to travel and was always planning another trip to somewhere far-flung and exciting. She was the much-loved sister of Peter and his wife Beverley and a dearly loved Aunt and Great-Aunt. She was very supportive of the work we do and will be much missed by us all.



Lisa Cox



Bridgend Trustee Lisa Cox stepped down in June, after ten years in the role. Lisa brought a wealth of experience to the Bridgend Centre, having worked at AstraZeneca as a Project Manager for many years. She is particularly good at getting people together and facilitated many meetings for us, including an away day in Wincle in 2024.

Lisa is a keen photographer and you will have seen her lovely framed shots of the local area for sale in the souvenir section of the Bridgend shop.

We would like to thank Lisa for all the hard work she has dedicated to the role of Trustee for the Bridgend Centre and wish her all the best for the future.

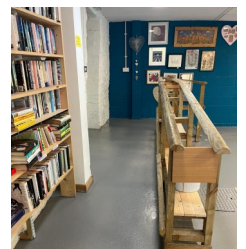
New flooring at the Bridgend Centre

We are really pleased with the new hard-wearing flooring in the Bridgend shop, kitchen and reception area, which was funded by the last of the grant from the National Lottery Community Fund for our building renovations. It has really helped to make these areas lighter and brighter.

Renovating the Bridgend Centre feels a bit like painting the Forth Road Bridge at times. No sooner than a piece of work is completed, it shows off another area that needs some attention! However we can pause briefly to enjoy this work and all the other work we have invested in the building in the past eight years since we purchased it. The shop and rear rooms were rebuilt in 2020, together with the installation of a new flat roof. The National Lottery grant we were awarded in 2024 funded renovations of the stone roof at the front of the building and the first floor rooms.

Huge thanks goes to the National Lottery Community Fund for supporting our Centre and to everyone who purchases a Lottery ticket, the money really does go to some wonderful causes. Thanks also goes to Bollington Town Council for facilitating the funding for the work carried out in 2020.

Further funding allowing, we will be carrying out other works in the future, so watch this space!



Supporting the Bridgend Centre

The Bridgend Centre is a small, independent charity and is reliant on the generosity of the public to keep its doors open six days per week, helping those who need it. There are lots of ways that people can support us financially in order to allow us to continue our work.

We have a choice of two fundraising lotteries that as well as giving you the opportunity to win great cash prizes, generate a regular income for us. In our 'Win Big' Lottery, once we have 100 members, each one would have 1 in 100 chance of winning £1,000 every month!

The 'Members Lottery' is £3 per entry and there will be a first prize of 40% of the pot and a second prize of 10% of the pot. Again, we have a target of 100 people signing up.

If you like walking in the great outdoors, another great way to support us is the annual Bridgend Charity Ramble on Sunday 16th August. Setting off from the Bridgend Centre, after coffee and cake of course, there will be a choice of two walks led by some of our excellent Bridgend walk leaders. This year we will be heading off in the direction of Harrop Valley, with the longer walk (7.5 miles) going to Sponds Hill and the shorter one (5.5 miles) remaining on the lower slopes. Both will finish at the Bridgend Centre and we will then enjoy a lovely lunch provided by the new proprietors at Bollington Kitchen and Café.

For more information and to purchase your ticket, please go to our website or click on the QR code on the posters. All proceeds go to the running of the Bridgend Centre.

By supporting us, you are supporting people like Arthur.

Arthur has lived in Bollington all his life. He now lives alone after his wife passed away 5 years ago. On his Doctor's advice, Arthur takes a morning walk every day in order to stay both physically and mentally active and he makes sure that his route includes a stop in at The Bridgend Centre.



He finds the routine of being able to pop in at the same time every day, 6 days a week helps to give structure to his day. He is always greeted by name and likes that we know just how he takes his tea without having to ask. He shares the time of day with other people in the drop-in café, either reminiscing about times past in Bollington or the state of the buses! Arthur has also received help and support with a range of problems from using his mobile phone to setting up online food shopping and doctors' appointments.

These seemingly little things have made a big difference to Arthur's outlook on life, he says that he is struggling less with feelings of isolation and depression and that having something regularly to get up for keeps him going.

Thank you.

Raising funds for the Bridgend Centre, which supports people in Bollington

BRIDGEND CHARITY RAMBLE

Enjoy coffee & cake then a guided hike (7.5 or 5 miles), followed by lunch from Bollington Kitchen & Cafe



SUNDAY 16TH AUGUST 2026

9:30am for a 10:00am start at the Bridgend Centre

For more information and how to purchase a ticket please go to: www.bridgendcentre.org.uk/charityramble or scan the QR code below

TICKETS £20



BRIDGEND CENTRE FUNDRAISING LOTTERIES THE CHOICE IS YOURS!



Great prizes!! Go to www.bridgendcentre.org.uk/fundraising-lotteries for more information or ask in the Centre

Members Lottery £3



Win Big Lottery £20



A trip to Jane Austen's house in Chawton

On holiday in May I had the chance to visit Jane Austen's house in Chawton, Hampshire. Remembering that we enjoyed the Bridgend visit to the Brontë parsonage a while ago, I thought people might be interested to see a little of Jane Austen's house.

Jane Austen, her sister Cassandra, their mother and Martha Lloyd, a family friend, lived there from 1809 following Mr Austen's death, which left Mrs Austen and her two daughters with a small income and nowhere to live. Jane's brother Edward who had inherited money came to the rescue and offered them the house in Chawton which had previously been occupied by his bailiff. It was described at the time as a cottage, but it's pretty big for a cottage.



They employed a cook and probably another servant, which makes it a fairly modest household by the middle class standards of the day. Martha supervised the kitchen, her recipe book has survived. Cassandra took care of the rest of the housekeeping. Mrs Austen

saw to the garden. According to her granddaughter, Mrs Austen now in her seventies "dug up her own potatoes" wearing "a green round frock like a day labourer's". This is the Mrs Austen who when younger prided herself on having aristocratic ancestry and an aristocratic nose.

And Jane's only domestic responsibility was making breakfast, which consisted of tea and toast. It seems to have been accepted that she was to have time to write, her talents were recognised by her family, and she was the only woman in the family who earned any money.

She wrote at a little round table in the corner of the dining parlour, which was an inconspicuous piece of furniture which could easily be moved out of the way.

The dining parlour had a good view of the road which could be quite busy, as the house was on a corner and traffic between Winchester and London went past their window. Jane's sister-in-law once "heard of the Chawton party looking very comfortable at breakfast, from a gentleman who was travelling by their door in a post-chaise."



The Bridgend Centre, Bollington

Volunteer drivers needed for our Community Bus!

Do you have some spare time to help the community get moving and support local people?

We are looking for people aged between 30 and 70 with category D1 on their driving license and no more than 3 penalty points to drive the Bridgend Community Bus on trips out for community groups



For more information on how to get involved please contact:
Tel: 01625 576311 or email: info@bridgendcentre.org.uk



The house is not stylish or "stately home"ish, but has a lovely light calm atmosphere about it, very different from the gloomy and troubled Brontë parsonage. If you go, book beforehand. Numbers entering are limited which helps to preserve the place. When I was there a school party arrived speaking a language I didn't recognise, and had a wonderful giggly time photographing each other in the dressing up clothes.

Then when you've seen it all you can get an excellent bacon bap in Cassandra's Tea Room just over the road.

By Shirley Kitching, Bridgend volunteer



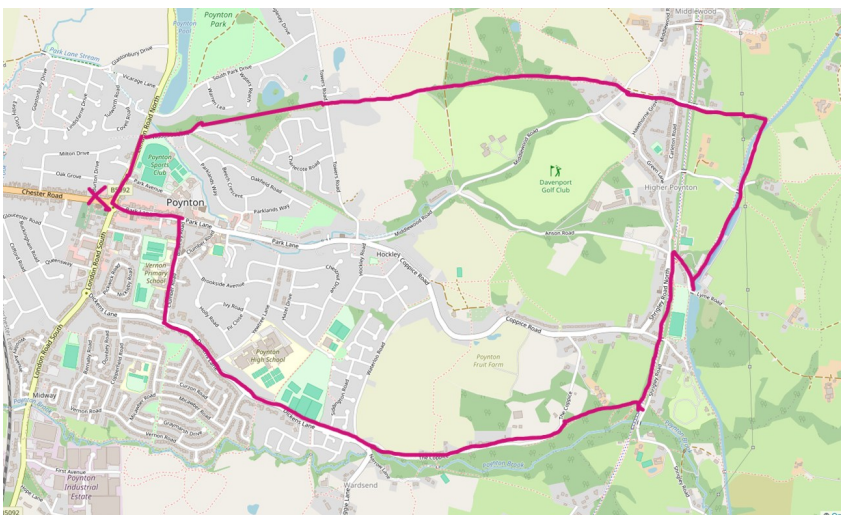
Poynton Woods walk

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 is a scenic five mile walk from Poynton town centre taking in Coppice Woods, the Middlewood Way, the Macclesfield canal and the historic Princes Incline. The route is predominantly flat and highlights include the old Higher Poynton railway station and the route of the Princes Incline once used to transport coal from local collieries to the canal (initially via a rope system and later by locomotive).



1. The walk starts from St George's church in the centre of Poynton (SK12 1NH). Built in 1858/1859 it is well worth a walk around the outside of this Grade II listed building. There is plenty of car parking around the town and there are bus stops close to the start of the walk.
2. Follow Park Lane past Poynton's shops and bars. At Waitrose, turn right onto Bulkeley Road. Walk past St Paul's church to the end of the road and at the T junction turn left onto Dickens Lane.
3. Follow Dickens Lane for three quarters of a mile, ignoring the roads on the left and right, until the pavement runs out. Be very careful of the traffic. Just past Waterloo Road and the row of white cottages, turn left next to Corner Cottage onto a track (The Coppice).
4. Follow the track gently uphill alongside Coppice Woods. After approximately one half of a mile, go through a white gate across the track and after a further 50 yards turn right onto the first obvious path into the woods. This path starts parallel to the track before meandering deeper into the woods. Stay on the path to the end of Poynton Coppice where it meets the Middlewood Way disused railway. Turn left onto the railway.
5. Walk along the Middlewood Way until you reach the old Higher Poynton station (closed in January 1970). Take the left hand platform and walk up the cobbled path (signposted Nelson Pit visitor's centre) to a road. There are refreshments here in the form of the Boar's Head pub and the Coffee Tavern café. After going through the gate onto the road turn right and immediately right again onto Lyme Road and go over the bridge.



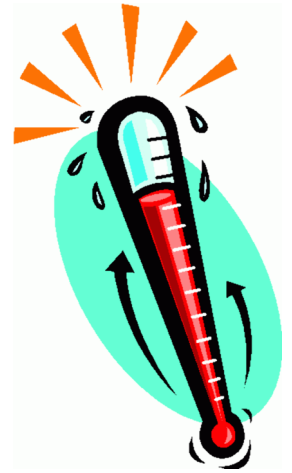
6. Walk up Lyme Road for about 150 yards and then, before crossing over the canal, go through the gap in the fence on the left hand side next to a "no parking" sign. Turn left onto the canal towpath and over the little bridge with views of the Victoria Pit Moorings. Further refreshments are available from the Trading Post on the towpath.

PTO

Advice for the hot weather

At time of writing, we are currently experiencing a drop in temperature to a more normal range for this time of year. Forecasts do predict a return of the warmer weather next week and we have put together some guidance from the NHS, Age UK and Gov UK as to how to keep safe and cool in these extreme temperatures.

- ◆ It is important to stay hydrated, whilst it's obvious that drinking plenty of fluids is advised, the foods that we eat can help to contribute. Watermelon, cucumbers, jelly, soups and gravies all help.
- ◆ Most medications are designed to be kept at temperatures of less than 25 degrees Celsius. When temperatures in the home are exceeding this, it is important to take measures to store medication in a cool place.
- ◆ People who are taking antidepressants such as Sertraline are more prone to dehydration so need to be particularly cautious.
- ◆ Running cold water over wrists and splashing the back of the neck, can be more effective than using a fan. Fans can add to dehydration, particularly if temperatures exceed 35. Putting a bowl of cold water in front of your fan can act like an air conditioner (just be cautious about electrical equipment near water.)
- ◆ Try to wear clothes with natural fibre content like cotton and linen. Polyester is less breathable and can make it harder to regulate body temperature.
- ◆ Try to avoid the outdoors between 11am and 3pm when the sun is at its most intense. If you do go out, sunhats are advised, as is suncream (Don't forget unusual places such as bald patches and the top of ears.)
- ◆ Baths and showers can help to cool down, but avoid using water that is too cold. It causes constriction of blood vessels and can make it harder to cool off.
- ◆ Try to only open windows at times where the temperature outside is lower than indoors. Be mindful of household security and try to avoid leaving ground floor level windows open over night.
- ◆ If you are concerned about someone that might be vulnerable or feel you are vulnerable yourself, make arrangements for regular check-ins.
- ◆ If you're worried that you feel dehydrated, act quickly. Symptoms can include dizziness, headache, dry mouth, or confusion. Contact a friend, family member, or medical professional.



Poynton Woods Walk continued....

7. Continue along the towpath for 750 yards, passing under bridge 14, and turn down a footpath signposted for Princes Incline and the Middlewood Way. Proceed across the bridge over the Middlewood Way and then continue straight on along Prince Road crossing a couple of junctions. On reaching a country lane (Middlewood Road), cross the road taking the footpath to the left of the Bluebell House entrance and walk into the woods.
8. Follow the Princes Incline path through the woods crossing tracks and proceeding through a number of gates (occasionally signposted Poynton village). After approximately one mile the path eventually turns into a tarmac road (Woodside Lane). Continue until you reach the main London Road. Turn left here and walk back to the church.

Recipe - Summer cooling chilled pea and ham soup

Whilst drinking plenty of fluids is a great way to stay hydrated in warm weather, we can also look to fluid-rich foods such as cucumber and melon. This chilled soup is a great way to add fluids.

Ingredients

- 1 tbsp olive oil
- 6 large spring onions, washed and sliced
- 2 cloves garlic, peeled and chopped
- 1 rasher streaky bacon, chopped
- 500ml/18fl oz vegetable stock
- 675g/1lb 8oz shelled fresh or frozen peas
- 1 round lettuce, washed and chopped
- Large handful of freshly chopped mint
- Salt
- Freshly ground white pepper

To serve

- 4 tbsp lightly thickened double cream
- Fresh mint sprigs



1. Heat the oil in a large pan. Add the spring onions, garlic, and bacon and gently cook for 5-7 minutes or until the spring onions are soft but not brown.
2. Pour in the stock and bring to the boil. Add the peas, bring back to the boil and reduce to simmering point. Stir in the lettuce and mint. Continue to cook for 2-3 minutes or until the peas are tender.
3. Blend the soup mixture in a liquidiser or hand blender until smooth. Season to taste. If using a liquidiser do not overfill your container and cool the soup mixture slightly before blending. Pour into a large bowl and allow to cool. Cover and chill for four hours or overnight.
4. To serve, spoon the soup into chilled soup bowls. Spoon a tablespoon of the cream into the soup and top with a sprig of mint before serving.

BNI runs for 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. 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 three 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>

Brain Teaser – Summer Wordsearch

b o i b q g f p z f y s s g s
k a c c m v i p d l v u l a u
h d r w e c l e d o g n a r n
g o k b n c n m b w f c d d g
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y h o t j e t p u u n w l f r
l o l l y m y l f r e t t u b
s u n h a t l s h o r t s g n

Barbecue beach birdsong butterfly flower garden holiday
hot icecream lolly picnic play pool sandals shorts
suncream sunglasses sunhat sunshine swim

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.



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