

# Bridging Social Isolation

The newsletter of the Bridgend Centre in Bollington



It feels like the Summer is starting to slip away from us slightly now, as the sunset is a little earlier each day.

Before we know it, it will be the Bollington Walking Festival once again, which in September 2026 will see its 16th annual event. With over 40 walks, the event is bigger than ever.

More information can be found on page 5 and on the walking festival website ([www.bollingtonwalkingfestival.co.uk](http://www.bollingtonwalkingfestival.co.uk)).

However, before the walking festival comes along there is still much to entertain us here in the Bridgend Centre, with new activities starting (crochet and health and wellbeing workshops) plus our annual charity walk on Sunday 16th August and our many 'business-as-usual' activities and guided walks.

## **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

Saturday 10am to 3pm



## Stockport 10k - we did it!

We did it! On Sunday 19th July a team from BNI Silk, including Bridgend Chief Officer Becky, ran the inaugural Stockport 10k from Edgeley Park. The team was made of five people from the networking group BNI Silk that Becky attends every Thursday, and was made up of Becky, Joe, Sue, Keri and Anita.

Both Becky and Anita had never run 10k distance in their lives, so it was a big challenge. Becky has run Park Runs, she is currently up to 48 and is aiming to get a T-Shirt for 50 soon, but 10k felt like a big step up.

There were thousands of people at the event and the atmosphere was lovely, with spectators lining the route, cheering us on and handing out sweets and fruit.



*After the run*

Becky was really pleased with her time of 1:09 although her legs hurt and she felt tired for a few days afterwards! She is now looking to the next challenge for 2027, perhaps a half-marathon? Anita was also really pleased with her finishing time, it was a brilliant endorsement on how far she's come on her fitness journey.

Together we raised over £800 for the Bridgend Centre and it isn't too late to sponsor our team on Just Giving. Just

search online for Just Giving BNI Silk and you should find our page.



*Before the run*



*At the start, it was very busy!*

## Bridgend is charity of choice at Waitrose

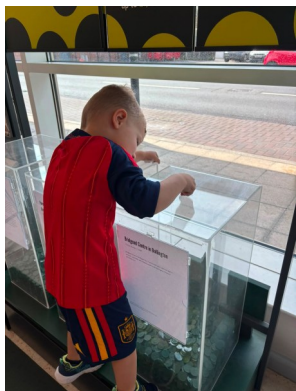
We are pleased to announce that we have been chosen as one of the three charities in Poynton Waitrose's 'Green Token' Community Matters scheme for

July to September!

If you do go shopping there during this time, please do consider choosing to put your token in our collection box.

The project with the most votes receives £1,500, while the second and third receive £1,000 and £500 respectively, so it is a huge help to our small charity.

Pictured is three-year old Harry casting his vote for the Bridgend Centre!



## Bridgend Charity Walk

Another great way to support our charity and have fun at the same time would be to join us on our 'Charity Ramble' on Sunday 16th August. For just £20, you can have a guided walk with like-minded people, followed by a lovely lunch here at the Centre in our beautiful contemplation garden by the river.

This year we will be heading up in a north easterly direction towards Sponds Hill to take in the lovely countryside up there overlooking the Harrop Valley and Cheshire Plain. We will start the event with tea or coffee and cakes baked by our supporters, so what is not to love? You can buy tickets on our website.



## Activities programme

Since we secured funding from the National Lottery Community Fund in December 2024 for the renovation of the rooms on the first floor and the roof, we have had the aims of increasing the number of activity groups we have on offer here at the Centre. Our Activities Co-ordinator Marnie Coyle has been working hard to find out what activities people would like to see and finding new facilitators to run the groups. Details of our new programme can be found below, if you have any questions about our new programme please do ask our team in the Centre.

|  |                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                          |                                                                                                                                                                                |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>                                                                      | <b>10:15-11:15</b><br><b>Walks for health</b><br>Short guided walk at a gentle pace. See leaflet or website for details of start point.                                                                                      | <b>10:30 -12:00</b><br><b>Creative Arts</b><br>Weekly creative art session focussing on skills to create art in a relaxed and friendly environment.                                                                                                                             | <b>14:00 -15:00</b><br><b>Tai Chi</b><br>Combines slow, graceful movement with deep breathing and focused mental concentration.                                                                                                                                          | <b>14:00 -15:00</b><br><b>Health and Wellbeing workshop</b><br>Last Monday of the month. A different health theme every month.                                                 |
| <b>Tuesday</b>                                                                     | <b>10:30 -12:00</b><br><b>Craft</b><br>Explore a different type of craft each week whilst making new friends in this social session. Suitable for all levels of crafter.                                                                                                                                      | <b>12:30 -13:30 from September</b><br><b>Stand Strong</b><br>Improve confidence by developing balance, co-ordination and core strength with this guided movement class.                                                                                                         | <b>19:30-21:00</b><br><b>Bridgend Book club</b><br>First Tuesday of the month. Lively literary chat about the book of the month, provided for you by the library service.                                                                                                |                                                                                             |
| <b>Wednesday</b>                                                                   | <b>10:15-13:00</b><br><b>Guided walk</b><br>Between 3 and 6 miles and varying in difficulty. See leaflet or website for details.<br><b>10:30-12.30</b><br><b>Beginners woodcraft</b><br>4 week course. Experienced craftsman teaching basic skills with manual tools. Small class size, so must be prebooked. | <b>11:30-12:45</b><br><b>Beginners Spanish</b><br><b>13:30-15:00</b><br><b>Intermediate Spanish</b><br><br>Please enquire about availability and experience level as some limitations apply. | <b>12:30 (half day trips)</b><br><b>10:00 (full day trips)</b><br><b>Shuttle to the Shops</b><br>A great trip out with friends, to a variety of locations on the Bridgend Community Bus. See leaflet or website for detail. Spaces are limited and booking is essential! | <b>14:00 –16:00</b><br><b>Mah Jong</b><br>Strategy and luck combine in this tile based game. Group consists of experienced players but they will teach new players on request. |
| <b>Thursday</b>                                                                    | <b>11:00-12:30</b><br><b>Crochet</b><br>Whether you are an experienced crocheter and want to learn a new skill, join this informal group for some craft and a cuppa. Materials can be provided if needed.                                                                                                     | <b>14:00-15:30</b><br><b>Talk and Games</b><br>A social group with lively chat, games, speakers and trips out.                                                                                                                                                                  | <b>14:00-15:30</b><br><b>Brew with the Guys</b><br>Social group for people who identify as male. Share a chat and a cuppa.                                                                                                                                               | <b>18:30– 20:00</b><br><b>Health and wellbeing workshop</b><br>Last Thursday of the month. A different health theme every month .                                              |
| <b>Friday</b>                                                                      | <b>10:30-12:00</b><br><b>Community Choir</b><br>Enjoy this lively social group, and experience the mental and physical health benefits of group singing. Maximum 20 participants on a first come first served basis.                                                                                          | <b>14:00-14:45</b><br><b>Chair Dance with Lewis</b><br>A feel good session to round off your week! Our experienced dance teacher leads the class through a session of seated movement to music. Suitable for all ability levels.                                                |                                                                                                                                                                                     |                                                                                                                                                                                |
| <b>Saturday</b>                                                                    | <b>10:00-12:00 (05.09.26-07.11.26)</b><br><b>Signalong</b><br>Sign language foundation course (10 week programme £130) A strong grounding in the basics of sign language and it's use. Book by 28.08.26 to secure your place.                                                                                 | <b>11:00-14:00</b><br><b>Social Saturday</b><br>First Saturday of every month. Make new friends in our community café . Chat and a cuppa with new friends and old.                                                                                                              | <b>Opening Hours</b><br>Monday-Friday 10:00-16:00<br>Saturday 10:00-15:00<br><br><b>Contact Us</b><br>01625 576311<br>info@bridgendcentre.org.uk<br>www.bridgendcentre.org.uk                                                                                            |                                                                                                                                                                                |

## Bridgend Buddies wanted!

We are always looking for very special people to become volunteer befrienders for the Bridgend Buddies scheme and in the last eight years we have supported over 100 vulnerable and isolated people in the Bollington community.

We are currently looking for people to support two people in Bollington:

Doris is in her 80s, lives alone and is a very keen gardener. She has a positive outlook on life and is someone whom a lot of people rely on, but she would love to have a Bridgend Buddy: someone that is there for her. Finding a female companion who is happy to take Doris out to garden centres, as well as enjoying a good natter and a brew with her would be just the tonic she needs.

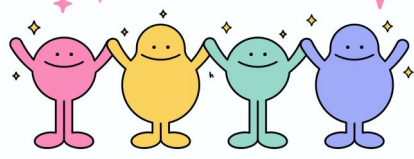
Aggie, a spirited lady in her 80s now finds herself housebound with infrequent visitors. A lover of music and art, Aggie is looking for a female companion she can get to know over a coffee in the comfort of her own home, with a view to getting out and about in the coming months, be it a walk to the end of her road or a visit to the much-missed Bridgend Centre for some retail therapy. Could you be that person who can put a twinkle back in her eyes?

Please contact Suzanne at [suzanne@bridgendcentre.org.uk](mailto:suzanne@bridgendcentre.org.uk) or pop into the Centre if you think you could help.

**BRIDGEND BUDDIES**

**We need your help!**

Just one hour of your time per week could help to improve the quality of life of a socially isolated person in Bollington.



Please speak to Suzanne for details on how you could become a buddy and help make a difference.

01625 576311 or [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

The Bridgend Centre,  
104 Palmerston Street,  
Bollington, SK10 5PW

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



## Altruistic August 2026

### SATURDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

### SUNDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

### MONDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

### TUESDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need

31 Share Action for Happiness with other people today

### WEDNESDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

31 Share Action for Happiness with other people today

### THURSDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

31 Share Action for Happiness with other people today

### FRIDAY

7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well



ACTION FOR HAPPINESS

Happier · Kinder · Together

## The 16th Bollington Walking Festival



The Bollington Walking Festival is just over a month away. The website has been loaded with a packed schedule of walks and activities and the leaflets are available at various outlets around Bollington and beyond.

The festival is now in its 16<sup>th</sup> year and continues to go from strength to strength. With almost 700 participants across the 9 days' events at last year's festival, we are hoping for another busy week sharing our love for this stunning area with walkers of all abilities.



The festival ethos is there is always 'something for everyone', and this year it promises to be exactly that, as once again we have a fantastic programme of walks and social events that cover all abilities and age groups.

Each year the team makes sure that favourites and classic local routes are included, as well as new and different ideas. This year there will be another opportunity to explore the Pott Shrigley church bell tower, adventurous walkers can join an Alan Garner themed night walk, have a go at the exciting virtual treasure hunt, 'Spunch' or commit to the every morning White Nancy Early Bird challenge!

We have included variations on walks from last year that were successful, including one organised by the East Cheshire Eye Society and a dementia friendly walk and the ever-popular sunset walks. The team have kept favourites including the library-hosted children's Bear Hunt, the honesty box walk, and the canal boat trip. This year we also have a history walk, and of course walks with built-in rewards (cake!) and walks that manage to include the local hostellers! We have even found space for a couple of running events this year for anyone feeling extra energetic.

Many of the walks are themed, but of course, what the festival is really all about is walking, so there are plenty of opportunities throughout the festival for those who just want to enjoy our beautiful local countryside with an experienced guide for confidence and the company of like-minded walkers.

Walking at any pace, in any direction for as short or long a distance as you like, we have it covered, with routes from a ¼ of a mile to 15 miles. There really is something for everyone! There are even events where no boots need lacing or waterproofs packing as we have a Mindfulness Session, a talk by the Kinder Mountain Rescue Team, a cinema night at 'Flix in the Stix' and the ever-popular fundraising pub quizzes which not only are a fun way to test your general knowledge, they help secure the future of the festival. The support from the local landlords and landladies is very much appreciated.



## Bollington Walking Festival continued...

For updates on all the events and walks, check the website:

[www.bollingtonwalkingfestival.co.uk](http://www.bollingtonwalkingfestival.co.uk). Any walks that need booking on, will have a 'B' symbol. For more details, contact the hub of the whole operation, the Bridgend Centre, on 01625 576311, [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

As ever, the festival relies on the contributions of the volunteers who organise and lead the walks. In addition to the organisations already mentioned, we are grateful to the East Cheshire Ramblers, the East Cheshire Outdoor Group (ECOG), Bollington Walkers are Welcome and the Cheshire East Rangers. We never have enough space to mention everyone, so a full list of the organisations that help provide support and funding to allow the festival to go ahead can be found on



the website.

Finally, the contribution of the Bridgend Centre is vital to the success of the festival, in planning, leading and hosting walks. They run regular walks and of course you are welcome to visit the Centre for any of the myriad of activities which take place there. All info on their walks and activities can be found on the website.

*Jo Maitland - Bollington Walking Festival Team*



## Big thank you to the Oliver Trust

We would like to say a big Thank You to the Oliver Trust for their grant to support our Shuttle to the Shops service and our Buddies service. The Oliver Trust provides small grants to support residents of Bollington who are experiencing problems with their physical or mental health. Edmund Lomas Oliver founded the Oliver Sick Nursing Trust (now known as The Oliver Trust) in 1926, 'for the benefit of the sick and poor of Bollington', using the income from £500 of War Stock and £500 of shares in the Manchester Ship Canal. Assistance was also given to service men and women who had returned from the war, together with regular donations to the British Legion. In present times the philosophy of aiming to improve physical or mental well-being through practical means remains the same. Over the last few years grants have been given towards the purchase of a variety of items such as a washing machine, a vacuum cleaner, school clothing and a reclining chair for a person with mobility issues.

If you, or someone you know, needs help from the Oliver Trust, they can be contacted via email at;

[Olivertrustbollington@gmail.com](mailto:Olivertrustbollington@gmail.com)

**BRIDGEND CENTRE**  
**FUNDRAISING LOTTERIES**  
**THE CHOICE IS YOURS!**

Great prizes!! Go to  
[www.bridgendcentre.org.uk/fundraising-lotteries](http://www.bridgendcentre.org.uk/fundraising-lotteries)  
for more information or ask in the Centre

**Members Lottery £3**

**Win Big Lottery £20**

## Recipe - Shakshuka ( and frozen yoghurt for afters!)

### Ingredients

3 tbsp olive oil  
2 large onions, thinly sliced  
4 peppers, preferably mixed colours, cut into long slices  
4 garlic cloves, finely chopped  
½ tsp cumin seeds  
½ tsp caraway seeds  
½ tsp cayenne pepper  
1 tbsp tomato or red pepper purée  
2 x 400g tins tomatoes  
1 small bunch fresh coriander, roughly chopped  
1 small bunch fresh parsley, roughly chopped  
8 free-range eggs  
85g/3oz feta, crumbled  
8 tbsp thick natural yoghurt or labneh  
salt and freshly ground black pepper

Heat the olive oil in a large, lidded frying pan or sauté pan (use the widest pan you have). Add the onions and peppers and season with salt and pepper. Cook on a medium heat until just softened.

Add the garlic and cook for a further 2 minutes. Sprinkle in the cumin and caraway seeds and the cayenne pepper.

Stir in the tomato or red pepper purée and cook for a couple more minutes until the oil in the paste starts to separate. Add the tomatoes with a splash of water. Simmer for 10 minutes, uncovered, until the volume of liquid has reduced a little. Taste after 5 minutes and add a little sugar if you think the tomatoes need it. Keep an eye on the texture – you don't want it runny, but it mustn't get too dry, either. It should have a saucy consistency, add another splash of water if necessary. Stir in the herbs.

Make 8 small wells in the sauce. Break an egg into a cup and drop carefully into a well, repeat with the remaining eggs. Cover and cook for 5–8 more minutes or until the whites are just set and the yolks are still runny.

Sprinkle over the crumbled feta. Serve with yoghurt or labneh on the side.



### Strawberry Frozen Yoghurt



125g/4½oz caster sugar  
½ vanilla pod  
2 strips lemon zest  
500g/1lb 2oz ripe strawberries, hulled, roughly chopped  
500g/1lb 2oz full-fat Greek-style yoghurt  
4 tbsp crème fraîche

Put the sugar, vanilla pod, lemon zest and 200ml/7fl oz water into a small saucepan and slowly bring to the boil, stirring occasionally, until the sugar has dissolved. Simmer gently for 4–5 minutes until slightly thickened. Remove from the heat and leave to cool.

Put the strawberries in a food processor or blender and whizz until smooth. Pour the purée into a bowl, add the yoghurt and crème fraîche and mix until smooth. Strain the sugar syrup into the mixture and whisk to combine.

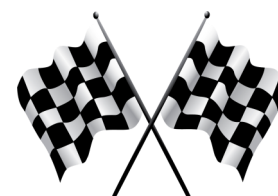
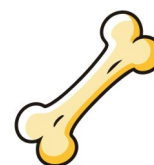
Churn in an ice cream machine according to the manufacturer's instructions, transfer to an airtight container and freeze.

Alternatively, pour into a freezer-proof container with a lid and freeze for about 2 hours. Remove from the freezer and whisk or blend the mixture until smooth. Return to the freezer for a further hour then whisk again. Repeat after another hour then return to the freezer.

Transfer the frozen yoghurt to the fridge to soften for 20 minutes before serving.

## Brain Teaser - General Knowledge Quiz

1. After which Queen was the Australian State of Queensland named?
2. In which US city was the TV sit-com "Frasier" set?
3. How many events feature in the athletic event The Heptathlon?
4. "Take Five" was the most famous piece by which jazz combo?
5. In which year did Britain's only General Strike take place?
6. What is the meaning of the nautical term Avast?
7. Aquamarine, Navy and Denim are all shades of which colour?
8. Which North African country lies between Morocco and Tunisia?
9. What are the two main ingredients of Bubble and Squeak?
10. What was the first name of Napoleon Bonaparte's first wife?
11. Who wrote the popular novel "The Railway Children"?
12. In which city do the football team Ajax play their home matches?
13. In law what do the initials QC represent?
14. Which country left the EC in 1985?
15. Who played the role of Clarice Starling in the movie "The Silence of the Lambs"?
16. Where in the human body is the Cuboid Bone?
17. What was the title of The Beatles first album?
18. What is the official language of Haiti?
19. Which Welsh actor has played Tony Blair, David Frost and Brian Clough in movies?
20. Which Father and Son were both Formula 1 World Champions?



- |                  |                        |                          |                   |                    |                            |
|------------------|------------------------|--------------------------|-------------------|--------------------|----------------------------|
| 1. Jodie Foster. | 15. The foot.          | 17. Please, Please Me.   | 18. French.       | 19. Michael Sheen. | 20. Graham and Damon Hill. |
| 2. Seattle.      | 3. Seven.              | 4. Dave Brubeck Quartet. | 5. 1926.          | 6. Stop.           | 7. Blue.                   |
| 8. Algeria.      | 9. Cabbage and Potato. | 10. Josephine.           | 11. Edith Nesbit. | 12. Amsterdam.     | 13. Queen's Counsel.       |
|                  |                        |                          |                   |                    | 14. Greenland.             |

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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Registered charity 1123287.

We are a Charitable Incorporated Organisation (CIO)