

Bridging Social Isolation

The newsletter of the Bridgend Centre in Bollington



Photo by Fiona May

It is September, the schools are back and it feels like a new term here at the Bridgend Centre. We have a new timetable of activities, which includes all our old favourites, plus new and exciting classes such as Yoga, Stand Strong and Crochet.

We also have a number of events scheduled into the calendar this Autumn, which are also detailed inside.

The Bollington Walking Festival starts tomorrow (5th September), in which the Bridgend Centre plays a crucial role. Many of the walks start from here and we also have a 'Walkers Café' for you to enjoy a post-walk cuppa and a slice of cake. Please do check out the website www.bollingtonwalkingfestival.co.uk or pick up a leaflet to find out what is going on.

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



Bridgend Activity programme - September 2026 onwards

Monday	10:15 - 11:15 Walks for health Short guided walk at a gentle pace. See leaflet or website for details of start point. 	10:30 - 12:00 Creative Arts Weekly creative art session focussing on skills to create art in a relaxed and friendly environment.	14:00 - 15:00 Tai Chi Combines slow, graceful movement with deep breathing and focused mental concentration.	14:00 - 15:00 Health and Wellbeing workshop Last Monday of the month. A different health theme every month.
Tuesday	10:30 - 12:00 Craft Explore a different type of craft each week whilst making new friends in this social session. Suitable for all levels of crafter.	12:30 - 13:30 Stand Strong (from Sept) Improve confidence by developing balance, co-ordination and core strength with this guided movement class.	2:00 - 3:00 Art Enjoy your love of art in this peer-led Group. 	19:30 - 21:00 Bridgend Book club First Tuesday of the month. Lively literary chat about the book of the month, provided for you by the library service.
Wednesday	10:15 - 13:00 Guided walks Between 3 and 6 miles and varying in difficulty. See leaflet or website for details. 10:30 - 12:30 Beginner's woodcraft 4 week course. Experienced craftsman teaching basic skills with manual tools. Small class size, so must be pre-booked.	10:30 - 11:30 Beginner's Spanish 12:00 - 13:00 Intermediate Spanish 13:30-15:00 Advanced Spanish Please enquire about availability and experience level as some limitations apply. 	10:05 (full day trips) 12:30 (half day trips) Shuttle to the Shops 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! 	14:00 - 16:00 Mah Jong Strategy and luck combine in this tile based game. Group consists of experienced players but they will teach new players on request.
Thursday	11:00 - 12:30 Crochet Whether you are an experienced crocheter or want to learn a new skill, join this informal group for some crochet and a cuppa. Materials can be provided if needed. 10.30-11.15 am Yoga Beginner's Yoga with Helen Laxmi. A fantastic way to build flexibility, increase strength, and lower stress.	14:00 - 15:30 Talk and Games A social group with lively chat, games, speakers and trips out.	14:00 - 15:30 Brew with the Guys Social group for people who identify as male. Share a chat and a cuppa.	18:30 - 20:00 Health and wellbeing workshop Last Thursday of the month. A different health theme every month.
Friday	10:30 - 12:00 Community Choir 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.	14:00 - 14:45 Chair Dance with Lewis 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.	 The Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW Opening Hours Monday - Friday 10:00 - 16:00 Saturday 10:00 - 15:00 Contact 01625 576311 info@bridgendcentre.org.uk www.bridgendcentre.org.uk	
Saturday	10:00 - 12:00 Upcoming courses Check with a member of staff for the next round of upcoming courses and ensure to book to secure your place!	11:00 - 14:00 Social Saturday First Saturday of every month. Make new friends in our community café. Chat and a cuppa with new friends and old.		

Upcoming events at the Bridgend Centre

eBay clearance sale - Saturday 26th September

This is a great opportunity to see for yourself the fabulous stock we have on our online eBay shop. For one day only we are offering you 20% off the ticket price!

The sale will be taking place on the first floor of the Bridgend Centre in order to showcase our newly renovated rooms. Also displayed in both rooms are unique pieces of artwork from the Bollington art group, which is also available to purchase on the day.

Access to the rooms is via the metal staircase on the exterior of our building, so if you have any mobility issues, please let one of our team know and we will show you what is listed in the shop on a laptop and bring anything down that you wish to look at.



Vintage Fair - Saturday 7th to Saturday 14th November

One of our most popular events, November sees the return of our Vintage Fair. We save vintage and antique items of interest throughout the year for this event and we usually have one in Spring and Autumn.

This time entry will be free-of-charge and it will also be open 10am until 4pm on all seven days. It will be taking place in our 'White Nancy' room on the ground floor.

Why not join us for a browse, a bargain and a brew afterwards?

The Bridgend Christmas Cracker - Saturday 28th November

This perennial favourite event provides an opportunity to grab a Christmas bargain from our collection of festive-themed items, including toys, clothes, decorations, kitchen items, books and much more!

We also have a Santa's Grotto for the kids, which includes a gift from the big man himself. Booking is required for the grotto.

This really is a lovely seasonal event and we hope to see you there.



DONATIONS WELCOME

Thank you for thinking of the Bridgend Centre

We accept donations

Monday to Saturday

10am - 4pm

Please only donate when we are open.

We only take up to 4 bags or boxes at any one time.

We welcome good-quality, saleable donations that are:

- ♥ Clean, fresh and odour-free
- ♥ In good, saleable condition
- ♥ Suitable for someone else to wear or use
- ♥ Something you would be happy to buy yourself



WE ACCEPT

-  Clothing (adults and children)
-  Shoes and accessories
-  Bags and handbags
-  Bric-a-brac and homeware
-  Kitchenware
-  Household linens
-  Haberdashery and craft supplies
-  Unused, still packaged duvets and pillows
-  Toys
-  Books, DVDs and CDs



WE DO NOT ACCEPT

-  More than 4 bags or boxes at any one time
-  Car seats
-  Helmets
-  Used duvets and pillows
-  Faulty items and clothes (we don't have the facility to fix things)
-  Sharp knives or cooking implements
-  Large items such furniture and bikes
-  Wired in electrical items, such as light fittings

Thank you for supporting the Bridgend Centre

Together we can make a real difference

Keep charities alive whilst donating responsibly

Charity shops have been hitting the headlines recently, with an article in the Spectator magazine that was less than complimentary of the entire industry and predicts the end of charity shops in their current form.

We wholeheartedly disagree with this viewpoint. Charity shops enable charities to carry out vital work in communities and enable good causes, many of which are not funded by governments or paid for by the tax payer, to carry on their work. This income is unrestricted and allows charities to invest in their infrastructure and become more resilient. They also play a huge role in ensuring waste is reused and not sent to landfill.



The Bridgend Centre is no different in this. Our charity shop brings in roughly 50% of our income and provides a strong base from which we can remain at the heart of the community. We hugely appreciate grants from various funders, but these are often ring-fenced for certain projects and do not pay for our core costs, such as utilities, insurance and building maintenance. Trading income from our charity shop provides this, therefore making us more resilient to shifting funding landscapes.

In fact across the country, footfall in charity shops remains very strong and here at the Bridgend Centre our shop is busier than ever. While online selling is now very popular, bricks and mortar selling remains the most popular way to shop for second hand goods. As we see with our eBay store, online platforms complement physical charity shops, not replace them. Charity shops as an industry are the UK's biggest facilitator of reuse. Without them, waste going to landfill or incineration would be double what it is now. (source: Charity Retail Association 2026.)

'Second Hand September' was started by Oxfam in 2019 and is a month-long campaign to promote buying pre-loved items before new.

We hugely appreciate the donations we receive to our shop, we really couldn't do it without you. So thank you for everything you give us.

We would like to politely ask that if you have an item to dispose of that you consider whether it would be suitable for resale or recycling. Ask yourself whether you would buy it yourself. Our bills for disposing of waste are increasing as the number of items we cannot sell rises every year. In order for us to sell them, items need to be clean, fresh and odour-free and in good working order. If they are not, they would be more suitable to go in your bin or taken to the tip. We would truly appreciate if you can consider this when planning on dropping-off items to us.

There are alternative places you can take items that would not be fit for resale, for example Curry's and B&Q will take used and unwanted technology to recycle free-of-charge, regardless of where you purchased them. Such as electrical items, batteries, light bulbs and fluorescent tubes.

We do recycle around 50% of what we dispose of by selling it to a recycling merchant. They recycle clothes, textiles, shoes, bags, belts, toys, books, CDs and DVDs but they can only take items of a reasonable quality which means that we still have to throw away a further significant amount of waste in the rubbish bin.



Thank you so much for the support you give us as a community. Together we can be responsible for our the items we don't want or need any more, and how it is disposed of, in order to protect the planet as best we can.

Hobbies for all

As the long hot days of summer pass and we are able to do more than just lie in front of the fan with an ice-lolly, people turn back to their hobbies. Our staff team were discussing what we like to do outside of work and why.

Becky—When she's not at the helm of the good ship Bridgend, Becky can either be found at the allotment, walking in the countryside or going to gigs. She particularly loves walking because not only is it good for your health, but the peace and quiet is so rejuvenating. If you want to try a walking group, the Bridgend offers a gentle walk on a Monday or a slightly more advanced walk on a Wednesday.

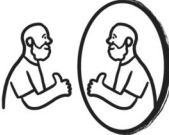
Kerry—Knitting and crochet are the order of the day here, though if she's really honest, she probably should list buying wool as her actual hobby! She finds that the combination of creativity and repetitive action make for a great way to switch off from a busy day. If you would like to try crochet, there is a class on Thursday morning at Bridgend.

Marnie—The newest member of our team is a keen artist. She finds the variety of different mediums available in art allow you to tailor your activity to suit your mood. If you want to get in touch with your inner artist, why not try her Creative Art class on a Monday morning?

Maxine—Maxine is well known for her love of music and is a keen Ukulele player. She really enjoys the social aspect of everyone joining in together. If you are a music lover, our community choir on a Friday morning is a great way to make some new friends whilst enjoying a sing-song.

Whatever your interests, picking up a new hobby is a great way to stay mentally and physically active. There are all sorts of activities to try at Bridgend so why not pop down and try something new?

Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	
7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one
14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories
21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans
 28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Recipe-Budget friendly cottage pie (and cheat's banana ice-cream for pud!)

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 1 garlic clove, crushed
- 250g/9oz beef mince
- 1 x 410g/14½oz tin baked beans
- 1 x 400g/14oz tin tomatoes
- 400ml/14fl oz stock, made from stock cube (ideally beef but chicken or vegetable is fine)
- 900g/2lb potatoes, chopped into equal size pieces
- 100ml/3½fl oz milk
- 50g/1¾oz butter
- salt and black pepper



1. Preheat the oven to 200C/400F/Gas 6.
2. Heat a large saucepan over a medium heat and add the oil. Once hot, fry the onions and carrots gently with a pinch of salt for 6-7 minutes, or until the onions are translucent but not browned. Add the garlic and cook for another two minutes.
3. Add the mince and stir to mix. Cook for 5-6 minutes or until all the raw meat has turned brown. Add the baked beans, tomatoes and stock. Simmer the mixture for 30-40 minutes without a lid to allow the mix to reduce and thicken a little.
4. Once cooked, pour into a medium sized baking dish about 21x27cm/8x11in. Taste and add salt and pepper as necessary. Leave to cool and then chill in the fridge for 20 minutes - this will prevent the mashed potato sinking into it too much.
5. Meanwhile boil the potatoes in a saucepan of salted boiling water for 15 minutes until tender. Remove and drain, leaving to steam dry in the colander for 3-4 minutes.
6. Heat the milk and butter together in the pan you used to cook the potatoes, until the butter is melted. Once the potatoes are dried a little, place back into the saucepan and mash with a potato masher until smooth, mixing well with the butter and milk. Taste and add salt and pepper to taste.
7. Layer the mashed potato on top of the meat base in the baking dish and bake in the preheated oven to 25-30 minutes, or until bubbling and the potato top is golden-brown.

Ingredients

- 2 large, ripe but firm bananas

1. Line a baking tray with baking paper. Peel and slice the bananas into 1cm/½in pieces. Place in a single layer on the tray and freeze for 4–6 hours until solid, or overnight. (If not using immediately, transfer to a lidded container and return to the freezer for up to a month before using.)
2. To make the ice cream, tip the frozen bananas into a sturdy food processor. Blend on the pulse setting until the bananas become finely chopped, then whizz into a very thick, creamy purée. The ice cream should form a soft ball.

Brain teaser— Wordsearch

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

Learning Style

Classwork

Homework

Whiteout

Eraser

Subtraction

Addition

Fraction

Score

Study guide

Goals

Graduation

Essay

Science

Geometry

Algebra

Circumference

Area

Test

Answer

Pencil

Calendar

Adjectives

Verb

Signature

Wrong

Correct

Sentence

Word problem

Division

Calculator

Language

Reading

Math

English

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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