

Bridging Social Isolation

The newsletter of the Bridgend Centre in Bollington



Photo by Tracy Mills

Welcome to the October edition of Bridging Social Isolation, the newsletter of the Bridgend Centre.

It is another packed edition, with lots of news and articles about what is going on at the Centre. We have a number of events in the period up to Christmas, including a special visit from the Macclesfield Repair Cafe on Saturday 24th October.

If you have any items that may be able to get a new lease of life with just a bit of fixing, why not pop down and meet the team? They will be able to tell you if something can be fixed. More information can be found on page 2.

Bridgend Centre

104, Palmerston Street
Bollington SK10 5PW
email info@bridgendcentre.org.uk
Tel: 01625 576311
www.bridgendcentre.org.uk

Registered Charity no: 1123287
A Charitable Incorporated Organisation

Centre Opening Hours

Monday to Friday 10am to 4pm
Saturday 10am to 4pm



Upcoming events at the Bridgend Centre

Repair Cafe Macclesfield comes to Bridgend Centre - Saturday 24th October

We are very excited that the wonderful Repair Cafe Macclesfield is coming to the Bridgend Centre for a one-off event on Saturday 24th October. A range of friendly volunteers will be here to provide guidance on whether your item(s) are repairable and will fix them if possible.

The team will be here from 10:00 until 3:00pm, but in order to increase the chance that it is fixed on the day, please do come early. Details of what can be fixed can be found in the poster.

Bridgend Bingo - Thursday 12th November

A regular favourite in the Bridgend calendar, Bridgend Bingo returns for another year. The ticket price includes a three-course meal and bingo. There will also be a raffle with brilliant prizes. Please go to our website to book.

Vintage Fair - Saturday 7th to Saturday 14th November

November sees the return of one of our most popular events, the 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.

The event will take place in our 'White Nancy' room on the ground floor, entry will be free-of-charge and it will be open 10am until 4pm. Why not join us for a browse, a bargain and a brew in our kitchen cafe afterwards?



Repair Cafe Macclesfield

Broken? Don't throw it away. Bring it to the Repair Café!

Friendly help from skilled local volunteers to repair everyday items and give them a longer life.

What we can help repair

- Textiles & clothing
- Household electricals
- Mechanical items
- Wooden items
- Toys
- Bicycles

Not sure if we can fix it? Bring it along and ask!

We're coming to the
Bridgend Centre
104 Palmerston St
Bollington, SK10 5PW

Saturday 24th October
10am - 2pm

Why come along?

- ✓ Save money
- ✓ Reduce waste
- ✓ Learn repair skills
- ✓ Support a more sustainable community

Find out more
maccrepaircafe
repaircafe.macc@gmail.com
www.maccrepaircafe.com



BRIDGEND BINGO

THURSDAY 12TH NOVEMBER 2026

AT THE VICEROY - 6PM

TICKETS £25

FABULOUS RAFFLE ON THE NIGHT
ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course buffet meal.
Purchase your tickets at the Bridgend Centre or on our website. www.bridgendcentre.org.uk
Charity number 1123287

Bridgend Centre
at the heart of our community

The Bridgend Christmas Cracker - Saturday 28th November

This perennial favourite provides an opportunity to grab a Christmas bargain from our collection of festive-themed items. It will include 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 required). This really is a lovely seasonal event and we hope to see you there.

Bridgend Christmas Party - Monday 22nd December

The annual Bridgend Christmas Party will once again take place at the Civic Hall on Tuesday 22nd December. It will follow the usual format of buffet, music and grand Christmas Prize Draw, to raise funds for our charity.

Saturday walks

In October and November, we have two guided walks at the weekend, which will be exploring areas that are a bit different to normal.

On Saturday 17th October, Rachel will be walking from Bollington to Disley on the Gritstone Trail. Return will be under your own steam or via public transport. On Saturday 7th November, Fiona will be leading a walk into Lyme Park starting from Nelson Pit Car Park. You will be able to get to Nelson Pit either by bus or by your own transport. More details can be found in our walk leaflet or on our website.



THE BRIDGEND CHRISTMAS CRACKER

A CORNUCOPIA OF CHRISTMAS REFRESHMENTS, DECORATIONS, BRIC-A-BRAC AND CLOTHING PLUS A SANTA'S GROTTO!

SATURDAY 28TH NOVEMBER 2026
10:00AM - 4:00PM FREE ENTRY

BRIDGEND CENTRE
104 PALMERSTON STREET, BOLLINGTON

SANTA'S GROTTO
OPEN 10:30AM - 12:30PM AND 1:30PM - 3:30PM.
£5. CONTACT US TO BOOK YOUR SLOT
01625 576311 OR info@bridgendcentre.org.uk



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 7th to Saturday 14th November 2026
10am to 4pm every day

Bridgend Centre, Bollington
Free entry!

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 1123287

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

Focus on volunteers

Wednesday afternoons in the Bridgend shop sees the 'dream team', Anne Johnson and Anne Windsor volunteering for us.

Anne Johnson has been volunteering for us since she retired in 2018 and loves opening bags, sorting stock and pricing and labelling items to go out on display in the shop.

Anne Windsor has joined us more recently but has already specialised in sorting the many thousands of books we receive every week. She particularly enjoys scanning the books to see if bookselling website 'World of Books' would like to buy them. The remainder go out on the shelves for our customers to buy at the usual price of 20p per books (unless otherwise priced). Most weeks two lots of books get sent off to 'World of Books', raising approximately £400 per month for our charity.



Anne Johnson says of her volunteering here at Bridgend, "I love coming here every week. Every day is different and you never know what weird and wonderful things you will find that have been donated to the shop. The people are so friendly and interesting too. I couldn't imagine my life without it".

Anne Windsor says "it is such fun here, I have learnt lots about books and reading and it is so interesting to see which items have value". Anne also used to be a landscape gardener and has really helped us by volunteering her time to tidy up the verandas and front plants areas and replant them.

Huge thanks go to the Annes and the 100+ other volunteers who make Bridgend the vibrant and thriving place it is.

Benefits of traditional artforms

A recent review detailed in the Guardian (24th August 2026) found that traditional Chinese artforms such as Tai Chi have significant physical and mental health benefits, improving muscular skeletal function, bone mineral density, mental health and sleep quality.

Sue Turner has been running a Tai Chi class on a Monday afternoon at the Bridgend Centre for a number of years which has proven very popular. Usually based in the White Nancy room on the ground floor, when it is fine weather, the group goes into the local parks to take advantage of the fresh air and sounds of nature.

Now, a new Tai Chi class is starting on a Tuesday evening at 7:30pm in the Middlewood room on the first floor. This class will be run by Debbie McCall. Debbie is an experienced instructor of the Kam Lau School and teaches Tai Chi styles such as Chen (the oldest) and Yang. Debbie has studied with a number of Tai Chi Gradmasters and the classes will also include Qigong exercises to help relax the mind and bring tranquility.

Tai Chi is not the only ancient artform we have here at the Bridgend. We also have Yoga classes on a Thursday morning, with Helen Laxmi. Yoga's origins are from India over 5,000 years ago and it has similar benefits to Tai Chi, in that it strengthens both body and mind by combining physical exercises with breathing exercises and mediation.

Mah Jong, which is a tile-based game for 2-4 players dating back to China in the 19th century, evolving from earlier card games. Mah Jong games are made up of sets of 144 tiles and games can take several hours. Our long-standing group has been based at Bridgend on a Wednesday afternoon for many years and welcomes new members.



*Tai Chi on a Monday afternoon with Sue -
Photo by Tracy Mills*

Menopause support and wellbeing in Bollington

The Bridgend Centre is pleased to be playing a key role in helping to establish a monthly 'Menopause Support and Wellbeing' session right here in Bollington.

This came about as part of Bridgend Chief Officer's work for the BDP (Bollington, Disley and Poynton) Care Community and is in partnership with Bollington Town Council, Middlewood Partnership and Bollington Health and Leisure.



The sessions will take place on the first Thursday of every month at 6:00pm at Bollington Leisure Centre and will include different guest speakers on all things menopause and a free 'Female Strength and Conditioning' class every month.

The first session took place on Thursday 1st October and the guest speaker was Elissa Dobson, who did a talk called 'Who Am I Now? Menopause, midlife and making sense of it all'. It's a subject close to Elissa's heart as she left her career in her mid-40s without realising that what she was going through was perimenopause, and she knows on a first-hand basis how lonely and confusing that stage can feel. Photographed with Elissa are Lynn Barry, (Social Prescriber for Bollington), Lisa Joslin (BDP Care Community Manager), Clare Johnson (Local Area Co-ordinator) and Becky Lea (Chief Officer of the Bridgend Centre). Huge thanks to Bollington Health and Leisure for accomodating the event and providing the strength training class. The next session will take place on Thursday 5th November.

Optimistic October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list
5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward
12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead
19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?
26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month	

ACTION FOR HAPPINESS

Happier · Kinder · Together

Cancer screening: it could save your life

Cancer can affect anyone but finding it early can make a real difference. Screening is offered to people who may feel completely well and have no symptoms. Its purpose is to identify early changes or signs of cancer when treatment can often be more effective.

There are three national NHS cancer screening programmes:

Bowel cancer screening is offered to adults aged 50-74 every two years. This screening is called a FIT test and looks for traces of blood in your poo. A screening kit will be posted to you so you can complete it at home and return it in the post. You can continue to be screened every two years if you're aged 75 or over, but you need to call the bowel cancer screening helpline on 0800 707 6060 and ask for the test.

Breast screening (mammogram) is offered to women aged 50-70 every three years and aims to detect breast cancer at an early stage, before it can be felt or noticed. If you are aged 71 or over, you will not automatically be invited for breast screening. However, you do have the right to free screening every three years if you ask. Just contact your local breast screening unit to make an appointment. Visit www.nhs.uk to look up details of your local unit.

Cervical screening which used to be called a smear test, is a test to check the health of the cervix and help prevent cervical cancer. All women aged 25 to 64 are invited for cervical screening every 5 years. Everyone with a cervix should be offered screening. A small sample of cells will be taken from the cervix. The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called high risk types of HPV. If these types of HPV are found, the sample is checked for any changes in the cells of your cervix. These can be treated to help prevent cervical cancer.

Lung Cancer Screening will begin in Cheshire East early 2027. People who are aged 55 - 74, who have ever smoked will be invited for their screening.

If you receive a screening invitation, please don't put it to one side and forget about it. Take a few minutes to read the information and arrange your appointment or complete the test. If you have concerns or questions, speak to your GP or healthcare professional.

If you notice something that is unusual for you, don't wait for a screening invitation. Symptoms such as an unexplained lump, unusual bleeding, a persistent change in bowel habits, unexplained weight loss, or a cough that does not go away after three weeks should be discussed with your GP.

Screening is about looking after yourself and those you care about. Please take up your invitation when it arrives.



For more information, scan or visit
cr.uk.org/spotcancerearly



Together we are
beating cancer

Cancer Research UK is a registered charity in England and Wales (1089484), Scotland (SC040608), the Isle of Man (1023) and Jersey (247) 02028



October is breast cancer awareness month



October is Breast Cancer Awareness month, so do take this opportunity to check your chest for any unusual signs and symptoms.

Remember, breast cancer can affect both men and women, so it is important for everyone to check their chest and pecs regularly.

Coppafeel is a great charity that raises awareness of the importance of regularly checking your chest. Go to www.coppafeel.org for more information.

Thank you to Coppafeel for allowing us to use this fab poster by artist Erin Williams.



Seasonal merchandise at the Bridgend Centre

Seasons change and here at Bridgend, that is no different. We have a range of seasonal items for sale in our charity shop such as Halloween merchandise, 'back-to-school' items and baking utensils. What better way to buy items that are for transient, seasonal events than second-hand? Doing it this way is cheaper and more sustainable for the environment.

In our shop at the moment, we have:

- * Halloween merchandise, including fancy dress outfits, decorations and household items
- * School stationery items, including pens, pencils, pencil cases and notebooks
- * Recipe books for warming soups and stews
- * Kitchenware, including casserole dishes and baking trays
- * Cosy knits and boots



Supporting the Bridgend Centre



The sun shone on the Spinners Arms' annual football event, 'Jumpers 4 Goalposts' on Sunday at Bollington Recreation Ground. This year the chosen charities were the Bridgend Centre and Bollington in Bloom.

A Bridgend contingent cheered on the players, which included a number of local people and even some famous faces, Charlie from the Blossoms and Brian

McClair of Manchester United in the 90s fame!

After the game, everyone went to the Spinners, where a prize auction and raffle took place to raise funds for the two excellent causes. In total, £6,600 was raised for the two charities, which is a phenomenal amount of money. Huge thanks to everyone who took part and supported both causes.

If you couldn't make it and would like to support the Bridgend Centre, you can do so without spending a penny by signing up to [easyfundraising.com](https://www.easyfundraising.com). Hundreds of retailers have signed up and everytime you purchase something online through the easyfundraising website, Bridgend Centre will receive a % donation. To do this, just sign up to easyfundraising and select the Bridgend Centre as your chosen charity.

You could also sign up to our monthly members lottery. Tickets are just £3 per month and buying one or more gives you a great chance to win, whilst supporting us at the same time. The more people who join, the bigger the prizes and the more money goes to the Bridgend to change lives in Bollington.

To sign up, go our website or click on the QR Code on this poster.



Maxine and Marnie with BTC Mayor Dickie Fletcher at the Jumpers for Goalposts event


**You spend,
retailers donate**

Sign up to easyfundraising
and see your favourite
retailers donate to

Bridgend Centre

whenever you shop with them

Sign up and get started



BRIDGEND CENTRE
FUNDRAISING LOTTERY

Help us raise funds for our charity supporting people in Bollington
Great prizes every month!!
www.bridgendcentre.org.uk/fundraising-lotteries for more
information or ask in the Centre

£3

Registered charity: 1123287

Pumpkins galore!

Creamy Pumpkin Pasta

Ingredients (serves 4)

2 tbsp olive oil
1 onion, diced
2 garlic cloves, crushed
500g pumpkin or squash (peeled and cut into cubes)
50-100ml whole milk
2 tbsp tomato puree
2 tbsp mascarpone
350g pasta



1. Heat the oil in a large flameproof casserole dish or frying pan over a medium heat. Fry the onion until softened. Add the garlic and fry for one minute more. Remove from heat.
2. At the same time, cook the pumpkin or squash in a pan of boiling water for 10-15 minutes under tender. Drain the pan and tip into a blender (or use a hand-bender). Pour in 50ml milk and the onions and garlic mix, and blend until completely smooth. Gradually add more milk until the mixture is thick. Tip into a frying pan with the tomato puree and mascarpone, and bring to a simmer over a low heat.
3. Cook the pasta following the pack instructions. Drain, reserving a cupful of the cooking water. Toss the pasta with the pumpkin sauce, parmesan and 50-100ml of the reserved water to loosen.

Pumpkin muffins



Ingredients

225g plain flour
2 tsp baking powder
1 tbsp ground cinnamon
100g caster sugar
50g light brown sugar
200g pumpkin puree (from a tin or homemade)
2 large eggs
125g salted butter



Method

1. Heat the oven to 200C/180C fan/gas mark 6.
2. Line a 12-hole muffin tin with muffin cases.
3. Mix the flour, baking powder, cinnamon, and both sugars together in a large bowl.
4. Whisk the pumpkin puree and eggs together in a jug, then add the dry ingredients with the melted butter. Whisk them all together until just combined.
5. Bake for 15 minutes until golden and risen. Allow to cool completely on a wire rack.

Brain teaser— October wordsearch

Name: _____ Date: _____



ACROSS

2. Flying mammals often associated with Halloween
5. Outfits worn to dress up as someone or something else
8. Tenth month of the year
9. Figure placed in a field to frighten away birds
14. Popular fall sport played with an oval-shaped ball
15. Colorful parts of trees that flutter to the ground in autumn
18. Fall outing that usually involves riding on a wagon
19. Season that comes between summer and winter
20. Halloween phrase children say when asking for candy
22. Hard-shelled fall fruits often used as fall decorations
23. Orange fall fruits often carved into jack-o'-lanterns
24. Fall tradition that welcomes former students back to a school

DOWN

1. Slightly scary or mysterious
3. Warm piece of clothing worn over the upper body
4. Nuts that grow on oak trees
6. Fall drink traditionally made from apples
7. October 31 holiday known for costumes and trick-or-treating
10. A little cold, like many October mornings
11. Tart red berries harvested during the fall

12. Gathering crops when they are ready
13. Place where fruit trees such as apple trees are grown
14. Thin coating of ice that can form on cold mornings
16. Large outdoor fire used for warmth or celebration
17. Seasonal journey made by many birds and other animals

21. Crisp fruits often picked at orchards in the fall

ACORNS, APPLES, AUTUMN, BATS, BON-FIRE, CHILLY, CIDER, COSTUMES, CRAN-BERRIES, FOOTBALL, FROST, GOURDS, HALLOWEEN, HARVEST, HAYRIDE, HOME-COMING, LEAVES, MIGRATION, OCTOBER, ORCHARD, PUMPKINS, SCARECROW, SPOOKY, SWEATER, TRICK OR TREAT

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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