Edition 139 - Friday 5th November 2026

Bridging Social Isolation

The newsletter of the Bridgend Centre in Bollington



November is here and with it some misty mornings, chilly starts and beautiful golden colours in the landscape. We enjoyed some lovely views along the Middlewood Way and Macclesfield Canal on our Walk for Health on Monday this week. We are so fortunate to be based in such a picturesque area!

We hope you enjoy this month's edition of Bridging Social Isolation, which includes news from the Bridgend Centre and information on upcoming events up to the end of the year.

We hope to see you in the Centre very soon for a cuppa and a catch-up.

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



Big Give Christmas Challenge - Help us tackle loneliness this winter

We are pleased to announce that for the third year running, the Bridgend Centre has been selected to take part in the Big Give Christmas Challenge! This is a huge opportunity for our community to come together to raise funds for the Bridgend Centre.



The Big Give Christmas Challenge is taking place between midday Tuesday 1st December and midday Tuesday 8th December so please do pencil it in your diary. More information on how you can give will be coming soon!

Upcoming events at the Bridgend Centre

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?

Scam Awareness - Wednesday 18th November at 11am

An interesting talk to give you the knowledge and tools to stay ahead of scams online. Delivered by Andrew Wells of Age UK.

Health and wellbeing workshop

New member of staff Marnie brings with her a wealth of knowledge and experience of the health and wellbeing industry and her monthly workshops are not to be missed. In November she will be talking about the power of chakras and the role they play in your wellbeing.

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.



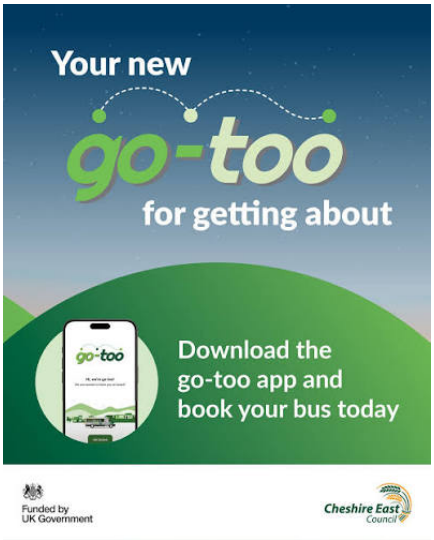
Bridgend Christmas Party - Tuesday 22nd December

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

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 walking leaflet or on our website.

Where will you ‘go-too’?



Cheshire East Council’s new flexible transport service ‘go-too’ is an on-demand bus

Whether you're shopping, have an appointment, plans with friends or making a transport connection, go-too provides flexible, on-demand travel across Cheshire East.

- Monday to Friday: 9.30am-2.30pm & 4.30pm-9pm
- Saturday: 9am-6pm
- Book by app or phone
- No fixed routes

Single journeys are £4.00 for anyone over 16, £2.00 for children and it is free for concessionary ticket holders.

The service operates over 4 zones with virtual stops for people who do not have any conventional bus services in their areas. Wheelchairs can be accomoated with prior assessment.

You can download the go-too app on your mobile device or call the booking line at 0300 123 5103 (available Monday to Friday, 9:00 AM to 5:00 PM). To find out more, search 'go-too' via the Cheshire East Council website

Decaf by default



Is your morning ‘pick-me-up’ causing unforeseen side effects? Some recent NHS studies have found that caffeine consumption is detrimental to patient safety and wellbeing. Caffeine is a stimulant that increases activity in your brain and nervous system, causing bladder symptoms and mood changes, which can increase falls in hospitals and care settings.

In most hospitals and care settings, patients have historically been given a caffeinated drink as default when offered one. This means they could potentially be given 8-10 cups of caffeinated drinks every day.

In 2019 NICE (National Institue for Health and Care Excellence) recommended that care providers reduce the amount of caffeine being offered to patients and that they be offered decaffeinated drinks as ‘default’. Following that, many hospitals and care settings introduced ‘decaf by default’ and as a result it was found that falls reduced by 30% as a result. Also it was observed that patients were calmer, sleep improved and agitation levels fell.

While we are not advocating removing caffeine from your routine altogether, it may be worth considering how much you are consuming on a daily baisis and whether it would be worth reducing the amount in order to reap some potential health benefits.



Here at Bridgend, the kettle is always on in the cafe and we offer a range of hot drinks, including decaffeinated and herbal versions.



Support for people affected by dementia



Are you living with dementia or memory problems or are you caring for someone who is? Would you like some support and advice? BDP Time to Talk sessions could be for you.

These informal drop-in sessions are run by health and social care professionals and provide a unique opportunity to talk through the situation you face in a relaxed environment. Find out about dementia services, finances, therapies and social groups, plus much more.

They are delivered across the BDP Care Community (Bollington, Disley and Poynton), covered by the Middlewood GP Practice Partnership and take place at Poynton Civic Hall, Disley Community Centre, the Bridgend Centre and in Tytherington (venue to be confirmed).

The 2027 dates for these sessions at the Bridgend Centre are:

* Thursday 11th February 2:00pm to 3:30pm

Bollington Dementia Friendly Support Group meet for a cuppa and a chat every Wednesday 2pm–3pm at Bollington library Warm welcome guaranteed



* Thursday 17th June 2:00pm to 3:30pm

The session in Tytherington will take place on:

* Thursday 2nd November 10:30am to 12:00 noon

For more informal support for people facing these challenges, the Bollington Dementia Friendly Support Group meet for a cuppa every Wednesday at Bollington Library between 2:00pm and 3:30pm. They are a small friendly group of people who all have lived exprience of dementia either personally or as a carer. There is no need to join anything, no commitment, you can just bob in for 5mins or stay a while longer.



Autumn vistas on the Bridgend Walk for Health

The Bridgend Walk for Health today (9th November) started from Adlington Road Car Park. There were some tinges of overnight fog remaining when we set off at 10:15am, but the sun started to burn it off, creating some lovely vistas to capture with a camera.

The route took us up from the car park up to the former railway line, the Middlewood Way. We walked along this lovely track to a little bit further on than Whiteley Green, before taking a footpath next to Higher Doles Farm back to Holehouse Lane. We then found Macclesfield Canal and returned to Bollington, where some walkers stopped for a refreshing coffee at Cafe Waterside.

Our Walks for Health take place every Monday and are an easy-paced walk of up to two miles in length, starting at various locations around the Bollington area.







Bridgend Centre
Activity Programme

	Morning	Afternoon	Evening
Monday	**10:15 - 11:15** **Walks for Health** Short guided walk at a gentle pace. See Walks for Health leaflet or website for details of start point. **10:30 - 12:00** **Creative Arts** Session focussing on skills to create art in a relaxed environment.	**14:00 - 15:00** **Tai Chi with Sue** Combines slow, graceful movement with deep breathing and concentration. **14:00 - 15:00** **Health and Wellbeing Workshop** A different theme every month on the last Monday of the month.	
Tuesday	**10:30 - 12:00** **Craft** Explore a different type of craft each week whilst making new friends. Suitable for all levels of ability.	**12:30 - 13:30** **Stand Strong** Improve confidence by developing balance, co-ordination and sore strength. **14:00 - 15:30** **Art** Enjoy your love of art with this peer-led group.	**18:00 - 19:00** **Tai Chi with Debbie** Powerful low-impact exercise which can have a positive impact on flexibility, balance and mental wellbeing. **19:30 - 21:00** **Bridgend Book Club** First Tuesday of every month Lively chat about the book of the month, provided by Cheshire libraries.
Wednesday	**10:15 - 13:00** **Guided Walk** Between 3 and 6 miles and varying difficulty. See Guided Walks leaflet or website for details. **10:30 - 12:30** **Beginner's Woodcraft - 4 week courses** Experienced craftsman teaching basic skills with manual tools. Pre-booking essential. **10:30 - 11:30** **Beginner's Spanish** Please enquire about availability and experience level as some limitations apply.	**12:00 - 13:00** **Intermediate Spanish** Please enquire about availability and experience level as some limitations apply. **13:30 - 15:00** **Advanced Spanish** Please enquire about availability and experience level as some limitations apply. **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 ones. 	**Shuttle to the Shops** A great trip out with friends to a variety of locations on the Bridgend Community Bus. Every fortnight. Some trips are all day (departing in the morning) and some are just for the afternoon. See the Shuttle to the Shops leaflet or website for details. Booking essential! 
Thursday	**11:00 - 12:00** **Crochet** Join this informal group for some crochet and a cuppa. Suitable for new or experienced crocheters. Materials provided if needed. **10:30 - 11:15** **Yoga with Helen** Beginner's Yoga. A fantastic way to build flexibility and stregnth and reduce 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** A different theme every month on the last Thursday of the month. 
Friday	**10:30 - 12:00** **Community Choir** Enjoy this lively social group and experience the mental and physical health benefits of group singing. Max. 20 participants on a first come first served basis.	**14:00 - 14:45** **Chair Dancing 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 abilities.	**The Bridgend Centre** **104 Palmerston Street** **Bollington, SK10 5PW** **Opening Hours** **Monday to Saturday 10:00 - 16:00** **Contact** **01625 576311** **info@bridgendcentre.org.uk** **www.bridgendcentre.org.uk**
Saturday	**11:00 - 12:00** **Social Saturday** First Saturday of every month. Make new friends in our community cafe. Chat and a cuppa with new friends and old.		

Focus on volunteers



Rob Nicholson has volunteered for the Bridgend Centre in a number of roles for over 10 years. His primary role has been to use many years of professional experience to provide us with IT support.

As well as the day-to-day support and problem solving, he has helped us with developing our long-term IT strategy, including developing an in–house CRM database, moving our systems to cloud-based services and implementing a web-based telephone system. Rob has also helped us develop our business continuity plans and to ensure that our systems and website remain secure in an ever-changing world of teachnology.

Rob is great at finding good-value IT interventions that improve the organisation's efficiency and effectiveness.

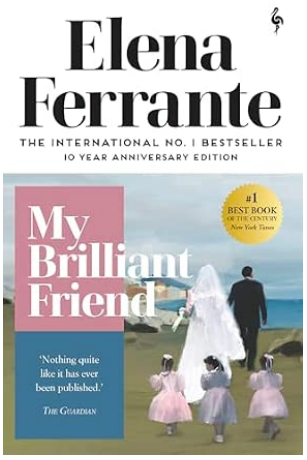


Rob is a keen walker and regularly leads walks for the Bridgend Centre. He also plays an instrumental role in the organsation of the Bollington Walking Festival. Rob also enjoys real ale and exploring local hostellries and beer festivals.

Huge thanks to Rob for donating his expertise to the Bridgend week-in week-out, it ensures that our systems remain safe and at the cutting edge of technological advances.

Bridgend Book Club - My Brilliant Friend

This month Bridgend Book Club discussed the novel 'My Brilliant Friend' by Elena Ferrante.



Elenda Ferrante is the pen-name of an Italian novelist whose true identity is not publicly known. Though heralded as the most important Italian novelist of her generation, she has kept her identity secret since the publication of her first novel in 1992. In 2013 Ferrante said 'books, once they are written, have no need for their authors', which is perhaps why she decided to remain anonymous.

Ferrante's four 'Neopolitan Novels' revolve around the lives of two perceptive and intelligent girls, Elena and Lila, from a poor neighbourhood in Naples who try to create lives for themselves within a violent and stifling culture. There is a huge cast of characters in the book, many of whom join the narrative for a while, then leave again. My Brilliant Friend is the first book in the series.

The book is very detailed and several of the book club participants said they needed to concentrate to read it, it certainly is not a light or easy read. The two girls had an intense and complex friendship and much of the text was foccused on the inner workings of their emotional lives.

The Book Club discussed the various themes of the book, some of which are difficult and shocking. We covered topics such as the misogyny of the time and the fact that the girls were very much trapped in their small, self-contained neighbourhood in working class Naples. One of their key goals as young women was escape. Violence was very much normalilsed in that society at that time, with Lila being thrown through a window by her Father being treated as an occurrence not worthy of comment by observers.

My Brilliant Friend has been adapted for television and can be watched on Now TV (a subscrption channel).

The next book to be read by the Bridgend Book Club is 'Lessons in Chemisty' by Bonnie Garmus and we will be meeting on 1st December at 7:30pm to discuss it. As it will be the start of the festive period, we will be meeting at the Cotton Tree for a festive drink.

Cauliflowers galore!

Cauliflower cheese soup



Ingredients (serves 4)

2 tbsp olive oil

1 onion, diced

2 garlic cloves, crushed

Large head of cauliflower (cut into chunks)

50-100ml whole milk or cream

2 sprigs of thyme

1 bay leaf

1 large potato (cut into chunks)

700ml chicken or vegetable stock

200g strong cheddar cheese (grated)

1. Fry the onion and garlic in olive oil in a large saucepan until soft, stirring often
2. Add in the cauliflower, potato, stock, milk (or cream), thyme, bayleaf and seasoning and bring it to the boil.
3. Reduce the heat and leave it to simmer for 30 minutes until the cauliflower and potatoes are soft.
4. Remove the sprigs of thyme and bay leaf and blitz it with a stick blender until smooth.
5. Add the cheese and salt and pepper to taste. You could add a bit of mustard if you would like that.

Buffalo cauliflower wings

Ingredients (serves 4)

1 tbsp smoked paprika

0.5 tbsp ground cumin

1 tsp garlic powder

100g plain flour

200ml wholefat milk

Large head of cauliflower (cut into chunks)

80g hot sauce (siracha or chilli)

1.5 tbsp maple syrup

11 tbsp butter

Celery sticks

For the ranch dip

100g greek yoghurt

3 tbsp mayonaise

2 tbsp chopped chives

1-2 tbsp milk

1. Heat the oven to 220C/200 Fan/gas 7 and line a baking tray with baking parchment.
2. Mix together the paprika, cumin, garlic powder, flour and 0.5 tspn salt in a large bowl.
3. Make a well in the centre and whisk in the milk. Tip in the cauliflower and toss to coat.
4. Spread out the cauliflower on the baking tray and cook for 20-25 minutes, turning halfway through, until crisp at the edges.
5. Warm the hot sauce, maple syrup and butter in a small pan over a low heat for 2-3 minutes. Literally brush over the cauliflower and put back in the oven for 8-10 minutes.
6. For the ranch dip, whisk together the yoghurt, mayo, chives, milk and a pinch of salt in a bowl. Serve the with the cauliflower alongside some celery sticks for dipping.



Brainteaser— October wordsearch

Can you name these common flowers?



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