

BRIDGEND COMMUNITY NEWS



Photo by Karen Farrow

Wishing you a wonderful Easter from the Bridgend team! We hope you have a relaxing and enjoyable weekend and that the weather stays nice so you can make the most of the great outdoors in and around Bollington.

The Bridgend shop re-opens on Monday 12th April, which is very exciting. Don't forget if you have any donations you wish to give, please do make an appointment on our website at www.bridgendcentre.org.uk/charity-shop

Don't forget if you would like to contribute to this newsletter in some way, please do bob us an email at info@bridgendcentre.org.uk.

Update from Middlewood Partnership on the Covid-19 Vaccination Programme

We are pleased to report that we have now given first vaccinations to **11,043** of our Middlewood population and now we are moving into the next phase of our vaccination programme, with the first of our 2nd vaccination clinics happening this week on Thursday 31st of March. Once again can we please ask you all to be patient with our systems and processes for recalling you for your 2nd vaccination. Understandably, we know people are keen to have their 2nd vaccination as soon as possible.



Please can we ask that you do not contact us regarding 2nd vaccinations as we are being inundated for requests which impacts on our ability to deal with other requests.

Please be assured that you will be invited, in plenty of time, and that there will be a 2nd vaccination available for everyone who has received their 1st vaccination at Middlewood.

Below are the dates for future clinics. If you fall in these cohorts please do not ring us to book. We will contact you as soon as we have released the clinics. If you contact us before we release the clinics then unfortunately we will not be able to book you in. Please be aware that you may not hear from us until 5-7 days before the clinic date.

- **1st April: Pfizer** for patients that had vaccines on the 15th/16th January
- **7th/8th/9th April: Pfizer** for patients that had vaccines on the 19th/20th and 22nd/23rd January
- **13th April: Astra Zeneca** for any remaining first doses (falling within current cohorts) and second doses for patients that had vaccines on the 26th January
- **20th April: Astra Zeneca** for patients that had vaccines on the 5th/6th February

Please note, Patients that had Astra Zeneca for their first dose CANNOT attend a Pfizer clinic and vice versa.

Thank you for your understanding at this very busy time.

Middlewood Partnership—30th March 2021

Update on Mill Lane, Ingersley

You may remember from an article in one of our newsletters a few months ago, that a campaign had been launched regarding the fence that was built along Mill Lane that was not in keeping with the area and was encroaching into the lane.

On Monday 28th March, the fence was taken down and a mixed woodland hedge has been planted on the correct boundary, with a section of stone wall to be built shortly.



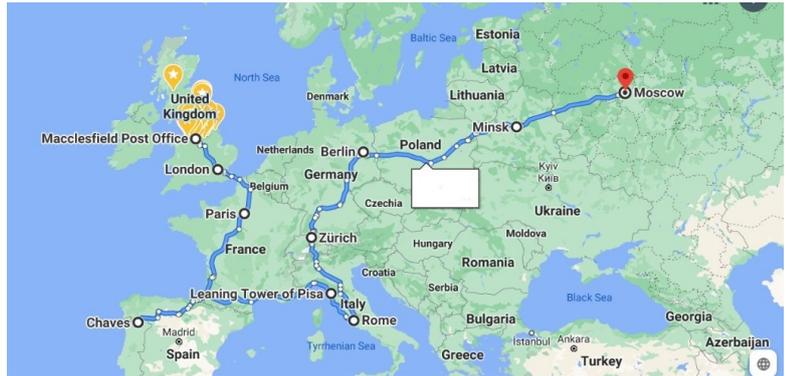
A big thank you to those who raised this with Cheshire East Planning department and everyone who gave evidence to the fact that this was a right of way and had been used by the community for many years.

One You Cheshire East Virtual Walking Group—by Kerry Langstaff

When lockdown 3 was announced at the beginning of January, I decided to try to use the time at home to improve my overall health and fitness. I joined the One You Cheshire East Move More programme. This is a free 12 week programme that is open to anyone wanting to improve their fitness (they also run smoking cessation groups, fall prevention, weight loss and pregnancy support groups too.)

A varied selection of online exercises classes and check-ins from your dedicated support coach are there to encourage even the most out of practice exercisers! In addition to this, in March they launched the virtual walking group challenge to encourage group members to get out and walk in their local area whilst raising money for charity.

Obviously because of lockdown restrictions people have been encouraged to take their daily exercise close to home, the challenge was to find out how far out of Cheshire East we could go virtually. Each week, group participants logged our kilometres walked that week which were all added together to give our weekly total. We had group targets to hit and with each milestone we achieved, we earned more money for charity which was kindly donated by Reed Wellbeing. We may not have been able to physically go anywhere abroad but over the past month we have collectively walked from the post office in Macclesfield, had a trip on the London eye, devoured the French cheese in Paris, soaked up the sun in Portugal, admired the beautiful boats in Monaco, took some selfies at the leaning tower of Pisa, booked a history tour in Rome, took a Lindt chocolate tasting tour in Zurich, enjoyed a responsible beer in Berlin, explored the beautiful city of Warsaw, visited historical buildings in Minsk, and finally finished with a Russian feast in Moscow! We managed 8419km in one month!



We were asked to nominate small local charities to receive the money raised and I am really pleased to say that the Bridgend Centre was one of two charities that were chosen to receive the funds raised. The £175 is gratefully received and I was proud to have done my little bit to help.

The virtual walking group will be starting a new challenge on the 5th of April and we are all interested to see what the Move More team come up with next to keep us all active. If you want to join in with the One You Cheshire East groups, why not log on to their website and contact them for more details of how they can help you, I am certainly glad that I did.

Kerry Langstaff

Discovery Centre Re-opening— Volunteers required



Bollington Civic Society is the driving force behind the Discovery Centre, which was created to share the story of Bollington. There you will find a wealth of historical photographs and information about the history of our town and its people. Whether you are interested in our many mills or characters of times past, the discovery centre can help you find out more about our rich history. Our friends at the Discovery Centre are looking for volunteers and below they tell us a little more about how you can get involved.

With the lifting of some of the lockdown restrictions the Discovery Centre is looking forward to welcoming visitors again from Wednesday 14th April. As most Bollington residents will know the centre is located in Clarence Mill, just a few steps along from Cafe Waterside. The Discovery Centre is enjoyed by both locals and visitors to the town and could not operate without a loyal band of volunteers. The Centre is now short of the number of volunteers needed to open 3 days a week as it has done for the last 15 years. Volunteers open up the centre, greet visitors and take payments for the merchandise on sale. They are asked to do 1 session of 2.5 hours per month on Saturdays, Sundays or Wednesday afternoons. All volunteers are given an introductory session and are accompanied by an experienced volunteer for the first session or two.

If you, or if you know anyone who would be interested in finding out more please contact Chris Kettlety, kettlety@btinternet.com. Thank you.



Walk to the Nab

What better way to spend a day over the Easter break than a walk up the Nab (or 'Nab Head') to soak up the views?

The Nab has been significant from prehistoric times for on the top are the remains of a circular barrow, scheduled as an ancient monument, where some local chief of suitable eminence was buried.

Much later, in the 1870s when the Ordnance Survey was setting up points for triangulation and measurement of distances for its first large scale maps, this point was chosen for one of its 'Trig Points' and appeared on many popular maps in the mid twentieth century.

In 1978 the paths were closed by the landowners but in the 90s the Ramblers Association and Bollington Town Council were able to find enough historical evidence and 44 witness testimonies who testified to their enjoyment of the paths for many years before 1978. Cheshire County Council's Rights of Way Committee agreed to make the modification order to restore the paths to the definitive map. In 1996 the Department of the Environment Inspector made the order to put the public paths back in full use again.

To get there today, walk up Cocksheadhey Road (off Shrigley Road) and there are two paths leading off from the top of this road. The most commonly used is the path past Cocksheadhey Farm. The path is well signposted and although it is one way and you will have to return the same way, it is well worth the rather steep climb.



Photo by Caroline Tetherington



A group from the Bridgend visit the Nab a couple of years ago



Map of the Nab surveyed for Ordnance survey in 1871

Recipe—Easter Biscuits

Easter Biscuits originated in West Country, some traditional recipes from Somerset region used cinnamon flavoured cassia oil that was thought to had been used to embalm Christ's body. These light biscuits are a lovely alternative to all that chocolate!

Ingredients

75g (3 oz) Butter, 75g (3oz) Golden Caster Sugar, 1 egg separated, 1/4 tsp ground cinnamon, 50g (2oz) currants, 15g (1/2 oz) mixed peel, 175g (6oz) plain flour, 3 tablespoons of milk

Method

Preheat the oven to 180°C (160°C fan)/350°F/gas mark 4.

Beat 75g (3oz) softened butter with 75g (3oz) caster sugar together until light and fluffy, then beat in 1 egg yolk. Add a pinch of mixed spice, 50g (2oz) currants and 15g (½oz) mixed peel and mix to combine, then beat in 3tbsp milk. Add 175g (6oz) plain flour and mix to a stiff dough. Roll out the dough to 6mm (¼in) thick then use a 7cm (3in) round cookie cutter cut out biscuits and transfer to a baking sheet. Gather up the trimmings, roll and repeat.

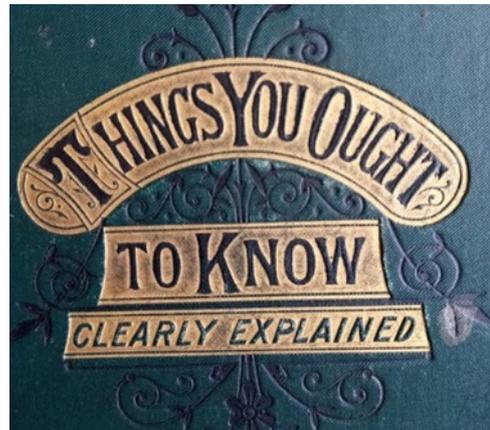
Lightly beat the egg white and brush the surface of the biscuits with the egg white, then sprinkle with a little granulated sugar. Bake for 15 – 18 minutes until pale golden. The biscuits will keep in a tin for up to two weeks.



Life Advice from the past

Bridgend volunteer Shirley Kitching reviews two more books from her bookshelves

These days, if you want a bit of information, you can look things up on the internet, find out all you want to know and some things you didn't want to know, with a certain amount of misinformation thrown in as a bonus. But in the days when this was not available people often had some handy reference books, such as these.

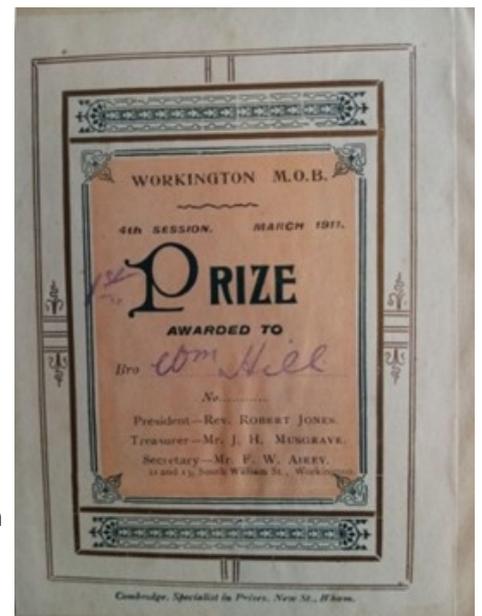


"Things you ought to know clearly explained" was published around 1880.

It tells me that there is a planet called Vulcan between the sun and Mercury (though there is "considerable doubt and uncertainty".) They didn't know about Pluto though, and Einstein later disproved the Vulcan theory. The most recent Factories Act meant that no child could be employed for more than six and a half hours a day, and the most recent Married Women's Property Act allowed a married woman to keep her own earnings, but not necessarily any property she brought with her when she married.

Diseases of parrots are covered, and the art of rat catching. Opium (legally available) is recommended for all sorts of things, though spiders' web pills are beneficial in cases of ague and as a sedative. And did you know that the day before Shrove Tuesday is called Collop Monday, and that you should have the permission of your local authority to sound a steam whistle?

If you want something a little more up to date, "Consult me for all you want to know" was published around 1902. My copy was given as a prize to Brother William Hill by the Workington MOB in 1911. Who would they be? A trade union, or some sort of order?



It is mostly a mixture of recipes and dodgy home remedies for some alarming health conditions, with the odd bit of legal advice, and the rules of cricket and skittles. Sadly it has no illustrations, but some very pretty endpapers, and everything is in alphabetical order from Abdominal Ruptures to Yorkshire Pudding, with the (updated) Married Women's Property Act in between Marmalade and Marrow pudding.

We read that nightmares can be fatal. Opium is still recommended for various medical problems, "but do not let the patient sleep for 12 hours, for if he do, he may wake no more." There are instructions for making your own fireworks, and tar water is said to be good for clearing the lungs. Healthy exercise is recommended, "Even a lady with stout walking boots, a large thick cloak and an umbrella may defy bad weather". It tells you how you can tell if your milk has been adulterated by chalk. There are recipes for eel pie, horse ointment, a bug poison made of tar, and Aunt Nelly's pudding.

Left: A lady's walking outfit, 1901.

Shirley Kitching

Exploring Isolation

Week 9—Robert Falcon Scott continued. The *Terra Nova* expedition. Antarctica. 1910-1913



Ian Walker continues his account of arguably the greatest explorer of them all, Scott

Life at Cape Evans settled into winter routine. By the end of April, the sun had set for the last time. Scientific observations were continued and Midwinter Day, on June 23, was celebrated with a feast. Four days later, the Winter Journey began. Vividly described in Cherry-Garrard's book 'The Worst Journey in the World', this was an expedition within an expedition, to collect emperor penguin eggs for scientific study. Three men set off in the middle of winter, when the emperor penguin colony at Cape Crozier would be incubating their eggs. Edward Wilson, Henry "Birdie" Bowers and Apsley Cherry-Garrard trekked out and back some 65 miles in temperature averaging -50°C . Their journey took five weeks and they returned emaciated, with frost bite to most of their extremities – and three penguin eggs. Wilson and Bowers were to go with Scott to the South Pole.

The Southern Journey began at the end of October 1911. They left the hut in groups, taking extra supplies to be cached along the way. First away were the motor sledges, to tow heavy loads 200 miles south. The motors lasted just 50 miles, and the supplies were man-hauled the rest of the way. Not an auspicious start.

The main body left Cape Evans on 1 November. Pony sledges, dog sledges and men. Passing One Ton Depot, they made their way over the Ross Ice Shelf, heading towards the Beardmore Glacier and their route up onto the Antarctic Plateau. They caught up with the advanced depot laying party after three weeks, where Scott's plan was to send the dogs back. However, progress had been so slow that he decided the dogs should continue.

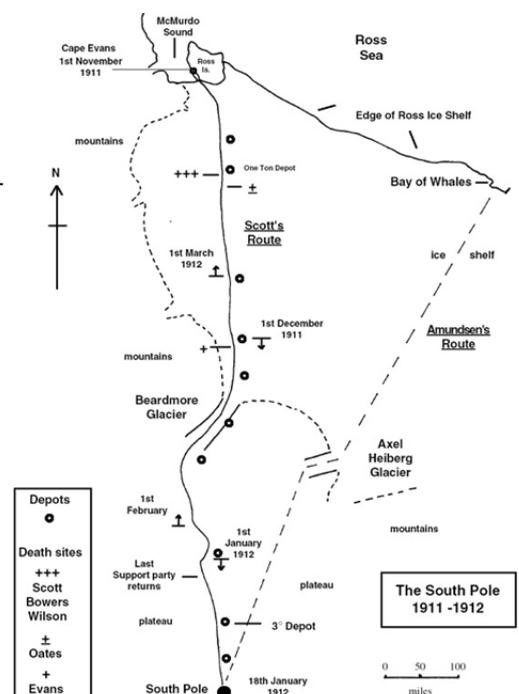
In stages, the support groups headed back to Ross Island. By 4 December they had reached the gateway to the Beardmore Glacier. That night a blizzard blew up, stranding them for four days. The pony feed was almost all gone and the beasts themselves were exhausted. Scott ordered them shot – the camp became known as Shambles Camp. The dogs were sent back on 12 December, and from then on it was man-hauling.

Three sledges, each with a team of four, ascended the Beardmore. The great uphill pull was hampered by continuing bad weather with crevasses thrown in for good measure. The slow progress meant they were, literally, eating into their future rations. The weakest four turned back on 21 December. The remaining eight went on, celebrating Christmas Day with a feast.

Many have argued that Scott's next decision was the most damaging. He made the final choice of the Polar party from among the eight remaining. It had always been planned that there should be four men in this final group, but Scott decided to add Bowers. The tents were four-man and rations were made up in packs for four. A fifth man crowded the accommodation and added complexity to everyday living. Nevertheless, Bowers was a great asset in the journey to come.

The Polar Party was Scott, Wilson, Oates, PO Edgar Evan and Bowers. It was now 3 January 1912 and still over 150 miles to the Pole. On they went over the Polar Plateau, for twelve days.

Then, on Tuesday 16 January: "the worst has happened, or nearly the worst" wrote Scott in his diary. Bowers had seen a black spec in the distance. As they drew closer, they found "a black flag tied to a sledge bearer; nearby the remains of a camp; sledge tracks and ski tracks going and coming and the clear trace of dogs' paws – many dogs. This told us the whole story. The Norwegians have forestalled us and are first at the Pole." **Continued on page 6**



Exploring Isolation

Week 9—Robert Falcon Scott contined. The *Terra Nova* expedition. Antarctica. 1910-1913

The following day, they themselves arrived at the Pole. The feeling of despondency was overwhelming. “Great God! This is an awful place and terrible enough for us to have laboured to it without the reward of priority.” Amundsen had left a note for Scott, asking him to forward a letter to King Haakon. “We built a cairn and put up our poor slighted Union Jack.”



Amundsen had arrived at the South Pole on 14 December 1911, a month before Scott’s party. A group of five travelled light, using dogs, and had but one objective in mind, to reach the Pole. Scott was still in two minds – half wanting the Pole, half wedded to the scientific work being done. Back in October, just before they set out, he had written, “I don’t know what to think of Amundsen’s chances. If he gets to the Pole, it must be before we do, as he is bound to travel fast with dogs and pretty certain to start early. On this account I decided at an early date to act exactly as I should have done had he not existed. Any attempt to race must have wrecked my plan, besides which it doesn’t appear the sort of thing one is out here for. After all, it is the work that counts, not the applause that follows.”

The return journey from the Pole was the stuff of nightmares for Scott and his men. Initially they made good progress, but their physical condition was deteriorating fast. Evans was a particular cause of concern, but Oates had a frozen foot and Wilson was snow blind. On 4 February, Scott and Evans fell into a crevasse. Evans was concussed, and became “rather dull and incapable”. They reached the top of the Beardmore Glacier on 7 February and began their perilous descent, becoming mired in crevasse fields and finding the route through only with difficulty. Despite their problems, they still stopped to collect geological samples, weighing some 35lbs, which were added to the load they were pulling on the sledge. Their supplies were running low and finding the next depot weighed on their minds. Evans’ condition was becoming increasingly concerning. On 17 February they camped early. Evans was slower and slower, and acting erratically. He fell way behind and when they got back to him, “found his clothing disarranged, hands uncovered and a wild look in his eye.” He was comatose by the time they got him to the tent, and died quietly that night.

Scott’s notes about Evans may appear callous. “It is a terrible thing to lose a companion in this way, but calm reflection shows that there could not have been a better ending to the terrible anxieties of the past week. Discussion of the situation at lunch yesterday shows us what a desperate pass we were in with a sick man on our hands at such a distance from home.”

All the while they had been following their outward tracks, wherever possible. Now back on the ice barrier, they hoped to pick up some time, but conditions made some days better than others. They reached their next depot on 24 February. The extra food was welcome, but they discovered that the oil for their cooking stoves was severely depleted. Later, the conclusion was that the stoppers on the tins had perished in the extremes of temperature and much of the oil had

evaporated. With the lower than expected temperatures, this was to become an ever-increasing problem, both for cooking and for melting snow for drinking water.



By the beginning of March, their worries were crystallising. They reached the Middle Barrier depot on 2nd and found the fuel situation the same. Second, Oates’ frostbite was becoming extreme. And third, the weather took a turn for the worse. The next depot was 71 miles away.

Continued next week....

Easter Themed Wordsearch

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



- Basket
- Bonnet
- Bunny
- Candy
- Chicks
- Chocolate
- Daffodil
- Decorate
- Ducks



- Dye
- Easter
- Egg Hunt
- Eggs
- Family
- Flowers
- Grass
- Happy
- Jellybeans

- Lily
- Parade
- Peeps
- Rabbit
- Spring
- Sunday
- Tradition
- Tulips



Solution to last week

I	A	F	C	E	D	G	B	H
H	E	D	F	G	B	I	A	C
G	B	C	A	I	H	F	E	D
E	G	H	D	C	I	A	F	B
F	I	A	H	B	G	D	C	E
C	D	B	E	F	A	H	I	G
A	H	E	I	D	C	B	G	F
B	F	I	G	H	E	C	D	A
D	C	G	B	A	F	E	H	I

E	G	A	H	C	B	D	I	F
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C	B	H	D	I	F	A	E	G
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G	F	B	A	D	C	I	H	E
A	H	I	C	G	E	B	F	D
B	C	G	I	F	D	E	A	H
F	E	D	B	H	A	G	C	I

Thank you to our sponsors and supporters

I am Print printed the paper copies 'at cost', which are delivered to the homes of isolated and vulnerable people in Bollington. An anonymous donor sponsored the printing of this edition.



Thank you so much to both supporters, it means the world.

Bridgend Centre, 104 Palmerston Street,
 Bollington, Cheshire. SK10 5PW

Email: info@bridgendcentre.org.uk
www.bridgendcentre.org.uk

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