

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation
Edition 50



Photograph by Angela Stagg

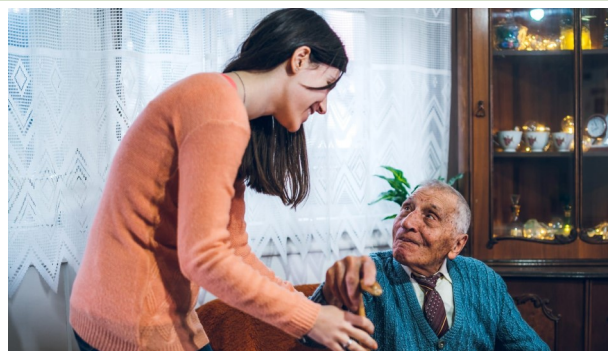
Welcome to Edition 50 of Bridging Social Isolation. The Bridgend has once again been a hive of activity as we welcome both shoppers and charity shop donors back in healthy numbers! It is really lovely to see so many familiar faces once again and also to welcome back some of our wonderful team of volunteers. It feels very much like a beautiful Spring after a long cold winter in more ways than one!

If you have spent the last few months having a good clear out, we have donation slots available on our website for you to re-home your unwanted items. Should you wish to join us on our Wednesday walks, you can book your place on our website www.bridgendcentre.org.uk. Our next edition will be in two weeks time. If you would like to contribute articles or ideas to the newsletter, we would love to hear from you!

Cheshire East Carers Forum - Cheshire East Council needs you!

Carers of all ages play a very significant and important role within the communities of Cheshire East and estimates indicate that in Cheshire East, there are approximately 42,000 Carers.

There are many definitions to describe Carers and the caring role. Carers Trust defines a Carer as “anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.” (Carers Trust: <http://www.carers.org/role-carer>).



Under the Children and Families Act 2014, a young carer is defined as:

A person under 18 who provides, or intends to provide, care for another person. The concept of 'care' includes practical or emotional support, and 'another person' means anyone within the same family, be they adult or child

Young Adult Carers are young people aged between 16 and 25 who are caring for another child or young person, or an adult.

Our coproduction guide sets out how we will work together as equal partners to improve, develop and deliver services towards a common goal for all of our children, young people, families and adults. Our guide has been coproduced together with children, young people, families and adults living in Cheshire East. You can find this on our website at <https://www.cheshireeast.gov.uk/livewell/local-offer-for-children-with-sen-and-disabilities/send-developments/together-in-cheshire-east/together-in-cheshire-east.aspx>

The Cheshire East Carers Forum aims to be a voice to inform service providers of the needs of carers and their families

With the delivery of health and social care services focussing on how they achieve integrated ways of delivering services, it is more important than ever to have a clear offer and vision for carers' services, which builds on the aspirations and statutory framework of The Care Act (2014) and Under Children and families Act 2014.

The Cheshire East Carers Forum will facilitate two-way communication between carers and services used by all carers and their families in Cheshire East. The forum will work to provide feedback on services, offer constructive challenge to current services and input into decision making and planning for future service provision.

If you are interested in being part of the Cheshire East Carers forum, please contact Jill Stenton – Senior Commissioning Manager

Jill.stenton@cheshireeast.gov.uk



Beginners Spanish Conversation Group

Would you like to learn Spanish with a native speaker in a friendly and relaxed environment?



Mondays 9:15am—10:15am

Starting on the 10th May 2021

On Zoom. £4.

To book and pay, click on the event on the Bridgend Calendar

A Helping Hand at the Vaccination Centre during lockdown

Bridgend Community Worker Jane tells us about her experiences as a volunteer at a Covid Vaccination Centre

I was very lucky, during the time I was 'furloughed' from the Bridgend Centre to be able to offer my voluntary services to the vaccination programme being run in the area by The Middlewood Partnership. The vaccination centre is located in Poynton in the Civic Centre – a large hall usually hired out (in normal times) for social purposes. The first wave of the vaccination programme of course commenced in January and brought in patients from all surrounding areas – including our lovely Bollington.



I had volunteered to do 'marshalling duties' in the car park and on the entrance to the centre. The aim of this was of course to greet and direct people where to go, maintain 'orderliness', social distance, manage the queues if necessary and offer reassurance and help to the many individuals who had not been outdoors for the past year due to the necessity of having to shield during the pandemic. It was clear that some people had lost confidence, lost mobility and were really missing social contact – so for many it was a much loved day out of the house and a chance to see the world again.

However it was plain to see the excitement – and it really was excitement – that having a first vaccine brought. For many it just seemed like the light at the end of the tunnel and a way forward out of the pandemic and to a more normal life again. One lovely mature gentleman who was due to celebrate a significant 90th birthday the next day said "That's the best birthday present I have ever had!" I have to tell you that it was just one of the many times that I had tears in my eyes as I was truly touched by the appreciation shown by many (but not all – that's another tale!). There were even people who popped back having nipped into Waitrose – they were armed with biscuits and treats for the vaccination teams. It was truly lovely to see such unexpected gestures. And beyond that, so many made a real effort to thank and congratulate us on behalf of vaccination team and the whole experience. The team indoors were thrilled to know that their well-oiled vaccine machine was appreciated.

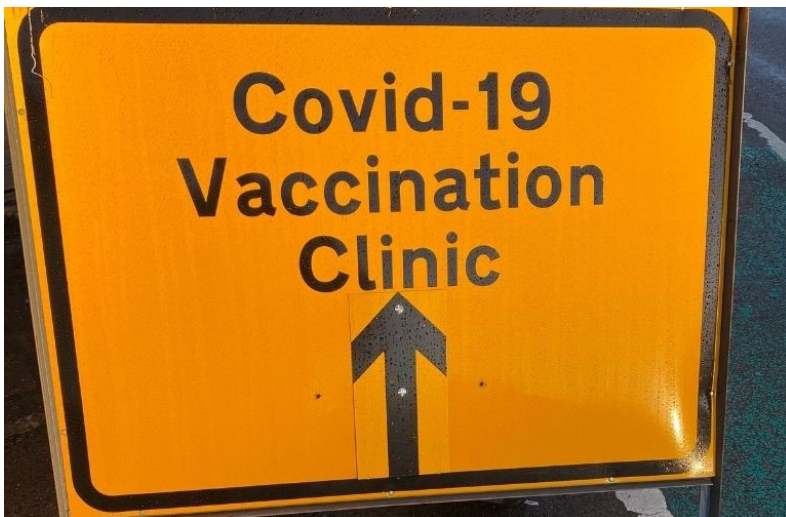
And yes it was cold! We worked outdoors in snow, wind, rain, hailstones and just about everything our lovely climate could bring in January and February. Even our multiple layers of clothing and Hi -Vis jackets didn't keep out the biting cold of 4 + hours outdoors. I think we all went home literally to defrost!

In recent weeks, as people are now receiving their second vaccination, there is an atmosphere of huge relief. People have literally skipped out, smiling, laughing and feeling a whole lot safer to step out into the world again. Thank goodness the UK and particularly our local teams have made this possible. I don't think any of us thought that our lives would still be affected for such a long period of time. And of course, the weather has improved – so as we see glimmers of spring sunshine, we are all able to see hope ahead.

I have been able to reflect on this ongoing experience, I am still in awe of how so many individuals – volunteers , doctors , nurses , volunteers, vaccinators etc have been able to come together in huge teams , having never worked together - and work so efficiently , so pleasantly , so hard , so diligently to achieve a common goal which will help us all . It has been, and still is, a truly amazing community effort.

It has also brought home to me the pleasure of volunteering. I have met some lovely people, had the opportunity to chat and laugh with so many, and of course I hope that I have cheered up some individuals who I know from Poynton and the Bridgend Centre, when I just about recognised them as they attended the vaccine centre , despite their long hair and mask-covered faces . Also being able to help people who don't have any family support as they ventured out is very grounding. It makes you realise that a little kindness really does go a long way – and we all have that opportunity in our daily lives.

We have a way to go yet and whilst I know we all have differing opinions on what has happened over the past year, I feel proud to have been able to help in a miniscule way.



Exploring Isolation

Week 11—"End Note"

For an astonishing 10 editions, Bridgend volunteer Ian Walker has kept us entertained and informed with his wonderful account of polar explorers. We have enjoyed reading it so much and certainly learnt a lot! A massive thank you must go to Ian for providing this material for our newsletter. This week, Ian summarises the account and his thoughts on each of the four explorers. He reflects on how our isolation today can be reminiscent of theirs in some ways but can also be incredibly different.



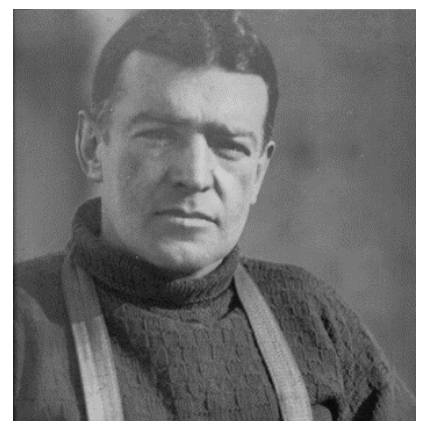
At the turn of the 20th century, the Polar regions were, and remain to this day, commercial and geo-political battlegrounds. There are untold mineral reserves hidden away in the ice and back then there was land to be claimed for the Empire. The Antarctic is now protected by the 1959 Antarctic Treaty, preserving the whole of the region south of 60° for peaceful and scientific ends. The Arctic has no such treaty.

My four Polar explorers were hard men, prepared to push themselves to the limit, to reach the ends of the Earth. They were also men of their time, an age of nation building and empire building – “I claim this land for Queen and country”. They each left their words behind them, either as books written after their expeditions were over or, in the case of Scott, his posthumously edited journals.

Nansen writes in the most matter-of-fact manner. His achievements are down to planning and fortitude, and leave little to luck or providence. I have felt the wind knifing through a 21st century polar jacket at Ny-Ålesund on Svalbard, and can but wonder at the hardiness of Nansen and his companion. His expedition raised him to the status of a national hero in Norway. He was an advocate of Norway's independence from Sweden, represented Norway in London for three years and was awarded the Nobel Peace Prize for his work on displaced people after the First World War. Of my four, Nansen arguably achieved most in his lifetime.

Mawson was a stranger to me until I read Riffenburgh's account of his *Aurora* expedition. His is perhaps the most harrowing tale of disaster, stemming from an accident over a crevasse. His strength of mind in overcoming what must have seemed overwhelming problems is extraordinary. In 'The Home of the Blizzard' he writes of his inspirations during this time - his fiancé, Paquita, who he married on his return to Australia, his desire to get his records back to the expedition base and, on almost every page, Providence. He read the Funeral Service over his friend's grave, despite his own frailties. His *Aurora* expedition overlapped Scott and *Terra Nova*. Frank Wild, leading the western party from *Aurora*, experienced the same appalling weather that so damaged Scott's Polar party. How those times were inter-twined.

Shackleton is the most appealing of my heroes. I have sailed across Drake's Passage in the comfort of a 250-berth cruise ship, I've seen Elephant Island and have stood next to the James Caird in Greenwich – I stand in awe of the achievement of Shackleton and his men. His contemporaries had him off pat: “For scientific discovery give me Scott; for speed and efficiency of travel give me Amundsen; but when disaster strikes and all hope is gone, get down on your knees and pray for Shackleton.” He found it difficult to settle after *Endurance*. He tried several unsuccessful business ventures and died heavily in debt. He died as he'd lived, trying to mount another Antarctic expedition. Many of his old *Endurance* crew signed on, despite still being owed for their part in that expedition. Then, when the expedition landed in Rio de Janeiro, he suffered a heart attack. Despite this warning, they sailed on to South Georgia, where he had another attack. He died early in the morning of 5 January 1922 and is buried in the Grytviken cemetery. In 2011, Frank Wild's ashes were interred along side Shackleton's grave.



Continued on page 5

Exploring Isolation

Week 11—Robert Falcon Scott continued. The *Terra Nova* expedition. Antarctica. 1910-1913

The most moving story of all is Scott's. I have stood in front of the display case in the British Library, looking at the original final page of Scott's notebook and reading his last words – only then does one begin to appreciate what it's like to be truly alone. The hardships he faced were no more nor less than the others. He was beset by worse luck than others and, some would argue, made some poor decisions, for which he paid with his life and those of his companions. To read his journals is to share that final tragic journey. His concerns were always for the others, despite his Royal Navy "officers and men" outward approach. That he had the resilience to write the letters he left in the tent, and that final entry in his journal, sends shivers up my spine.



What at bottom sustained these men? When one reads back through the accounts, especially of the Antarctic expeditions, there is a constant reference to Providence. And then there is Shackleton with his two companions who, on their final crossing of South Georgia, were each convinced that, at times, there was a fourth person with them.

The last of the great explorers – the likes of Sir Edmund Hilary, Sir Ranulph Fiennes, Reinhold Messner – found their own unique challenges in an ever-more explored world. Now, much exploration is done for the camera. Bear Grylls, Ben Fogle, Paul Rose, Levison Wood – all well known on the small screen. Explorers in our modern world are in constant touch with their support teams – and, should they need it, rescue. The world is a smaller place. We are less and less alone on this crowded planet.

And so I settle back into my comfortable lock-down, with my wife and my cats, my television and phone, my eMail and daily postal delivery. I'm nowhere near isolated, but in touch with friends all over. Thank goodness for friendship – we're never really alone.

Ian Walker. Kerridge—July 2020

Bollington Blooming Marvellous



Every morning I start out on the school run with a frustrating right hand turn out of Kingsway on to Bollington Road. Though in the last few weeks this journey has been made much brighter and more cheerful by the brilliant pop of colour from the array of daffodils at the Millennium Cross .



This is far from the only site around the village of these cheerful yellow springtime blooms. The Bollington Town Council planted thousands of bulbs along visible routes throughout the village back in November and the fruits of that labour are raising a smile for many. Thankfully they didn't have to plant all those bulbs by hand and instead were machine planted by this clever contraption!

You will find more on Oven house Lane and at the top of Palmerston Street. I hope they brighten your day too!

Kerry Langstaff



Bridgend Creative Writers present...A dribble of Drabbles....

A drabble is a short work of precisely one hundred words in length. The purpose of the drabble is brevity, testing the author's ability to express interesting and meaningful ideas in a confined space. Our Tuesday morning creative writing group had a go and here are some of the results! We hope you enjoy them!

Truth

A man once went in search of truth. After many years wandering he found it. Truth was an old hag, ugly beyond imagination, living in a hovel in a hidden wood. They lived and spoke together for many years and he was happy. One day he said to Truth 'I wish to return home'. Truth, who was older and even more wizened, said 'I know. Go with my blessing but you must carry my message to those who have reviled me and forgotten my very name. 'What is your message?' the man said. 'Tell them I am young and beautiful'.

(Bob Langstaff)

A Sweet Re-telling

I always return to mark this day. And always it is the same. The light diminishes. Stolen by thieves. That's their game – pinching the sun. The trees lose their wonder, replaced by a phantom menace. Directions develop mischievous ways, and the birds lose their voices. Familiar places wander off to other realms. Even my human form questions itself. Surely I'd find my way better as a bear, a fox, a weasel... The cabin is close. I can smell it. Senses change in the dead of night. I let myself in. The fire is burning. The soup pot simmers.

(Summer Phillips)

Silver Mining

My 17-year-old self, sprawled on the floor, back propped against the sofa watching telly. Mum enters and sits on the sofa. She looks down "Och, Jings you've grey hairs on your heid". "Please don't talk like that Mother" "Whyfor no?" "Because you're Irish, not Scottish". What I actually, respectfully, said was: "Take some water with it, Mother". Enraged, Mum tore a hank of hair from my scalp and, nested in the russet waves, were two white hairs. From that day to this, each new hair emerged snowy white. So never diss your mother, it shows in your grizzled hairline.

(Jim Kennelly)

Hervey Bay

I was somewhere on cloud nine. Having had a mind -blowing experience, the stuff of my childhood dreams. Travelling down from Cairns to Sydney, we were following the route of the humpback whales on their migration to the Southern Ocean. So far, whale watching trips had been dogged by bad weather. It was our last chance before we turned away from the ocean. Luck was with us, good calm weather, a boat going out with space and an exhibitionist pod, breaching twisting and diving under the boat, so close you could almost touch them. I cried.

(Sandy Milsom)



Seasonal Recipe—Golden Onion and Spring Vegetable Pilaf



You can stir cooked prawns or chicken into this pilaf if you want to change it up. Just add with the spinach and peas, and make sure everything is piping hot

INGREDIENTS

- onions 2 large
- butter 50g
- fine green beans 100g, halved
- garlic 2 cloves, crushed
- cumin seeds 1 tsp
- ground coriander 1 tsp
- cardamom 6 pods, squashed
- ground turmeric 1 tsp
- bay leaf 1 (optional)
- basmati rice 250g
- vegetable stock 450ml
- frozen peas 100g, defrosted
- spinach 100g, chopped

METHOD

Peel the onions and discard the first tougher outer layer. Halve and slice as thinly as possible

Heat the butter in a large, deep, lidded frying pan. Add the onion with a good pinch of salt and cook over a medium heat, stirring, until really golden and caramelised. This can take up to 30 minutes, so be patient. It should be soft enough that you are able to squash a piece of onion between your fingers.

Stir in the green beans and garlic, and cook for 2 minutes then stir in the spices and bay leaf, if using, and cook for 1 minute.

Add the rice and stir until coated in all the spices. Stir in the stock, put on a lid and cook on a low heat for 15 minutes, stirring in the peas and spinach for the final 3 minutes.

Walks Return!

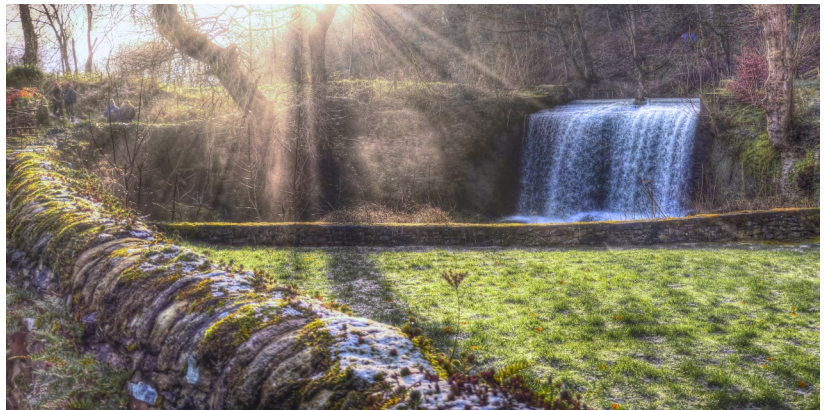
There is no denying that we live amongst some beautiful countryside in the country and we were so pleased to see the return of our ever-popular guided walks on a Wednesday morning on 12th April.

We have been very lucky with the weather and all our walkers have been able to leave the waterproofs at home so far!

Our first walk was a wander to Higher Hurdsfield and back and this week we took to the Highways and secret byways around Rainow and Oakenbank.

Due to current restrictions, we are having to keep numbers limited and places on walks need to be booked in advance on our website. To keep everyone as safe as we can, our fabulous team of walk leaders have been testing to make sure they are covid negative before we go.

It has been so lovely to welcome back some of our regular walkers and catch up with how everyone has kept busy through the last few months. We look forward to welcoming more over the next few weeks. We have some lovely walks coming up, including the beautiful Bluebell walk in Harrop Wood. So lace up your boots and book your spot. See you soon!



Ingersley Waterfall by Terry Heathcote



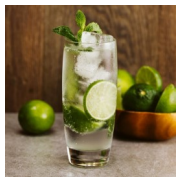
Mind Game— Food and Drink Quiz

1. Which MasterChef presenter was formerly a green grocer?
2. Which three sauces make up Prawn Cocktail Sauce?
3. If you are diagnosed with Coeliac disease, which protein are you unable to eat?
4. What is James Bond's favourite tippie?
5. What is the most consumed manufactured drink in the world?
6. What type of pasta has a name meaning "little worms"?
7. From which type of flower does a vanilla pod come?
8. Which bakery launched a sell-out vegan sausage roll in January 2019
9. What is the most expensive spice in the world by weight ?
10. Which country is the origin of the cocktail Mojito?



Food Anagrams with clues

1. **Sugared ambulances** - (A cylindrical meat product) (10,7)
2. **to ritual ale** - (french vegetable dish)
3. **drab glacier** - (anathema to Peter Kay)
4. **hot toe inhaled** - (classic English dish)
5. **abstracting hop area** - a favourite for Italians
6. **ape snack** - Simply flour, eggs and milk
7. **toot her chaplains** - originates in this northern county
8. **needlessly each wee** - made famous by Wallace and Gromit



Answers from last week to Joye and Malcolm's Quiz

- | | | |
|------------------------|---------------------------------------|---------------|
| 1. The Brothers' Grimm | 9. Blue | miles |
| 2. 260 | 10. A Bloom | 16. Bob Dylan |
| 3. Blue Whales | 11. Hippopotamus | 17. 1431 |
| 4. Three-toed sloth | 12. The Milky Way | 18. Mandarin |
| 5. A star | 13. Hummingbird | 19. Greece |
| 6. Eight | 14. Spencer Perceval May 1812 | 20. Bern |
| 7. The Bible | 15. False. The Gottard Base Tunnel, | |
| 8. Bulgaria | Switzerland is 4 miles longer at 35.5 | |

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.



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Registered charity number 1123287

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