

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
No.54**



Photo by Lisa Cox

Well it has been a fabulous June so far! It has made up for the rather cold and wet May we had, fingers crossed the nice weather continues for a bit longer.

Welcome to Edition Number 54 of 'Bridging Social Isolation'. We had rather hoped to be opening the Centre up a bit more on 21st June, but with Coronavirus cases on the up again and the government postponing any further relaxing of restrictions until 19th July, we felt it would not be right to relax anything further at this stage.

However you can still come to see us, have refreshments on the veranda, talk to a community worker, maybe go for a walk or enjoy a mooch in the shop. We are always here if you need someone to talk to or signposting to further help. We hope to see you at Bridgend very soon.

Items from the Bridgend Charity Shop

We absolutely love these two vintage tops/blouses donated to the Bridgend charity shop. They are made of a velvet and sheer fabric and are in lovely deep colours.

The labels indicate they were made in Bollington! It says A. Maggi, Adelphi Fashion Studio,

Bollington. The telephone number would suggest that they date from before 1995 when the area code for Macclesfield and Bollington was 0625.



Do you recognise the label? Do you know any more about 'a.maggi' or Adephi Fashion Studios? Do drop us a line if you know any more about them.

Great Bollington Scarecrow Show

The results are in and Sergio A-Scarecrow was voted Bollington's favourite in the Great Bollington Scarecrow Show. Congratulations to Sergio's creators, Harry and Alistair Kershaw and Vicki Cook, you obviously caught the eye of the people of Bollington.

Our Town Mayor (and Bridgend Trustee) Johanna Maitland, was out and about last weekend visiting the scarecrows and decided that they were all so good that everyone deserved a certificate and a prize. Well done and thank you to everyone who took part, you will be receiving your prizes next week.

Here are the rest of the fantastic creations which were on display!

The Donbavands showing their green credentials with Betty the Beekeeper.

The Lord is my Shepherd by the members of St Oswald's Church putting in a real team effort. Andrew Foden's horse and jockey Missed the Fence but hit the spot with his comic scarecrow.

Bob Ross and his joy of Painting was Just A Happy Little Accident.

The Jenkins family's Green Witch, complete with flower pot cauldron and cat, put us in the mood for an early Hallowe'en.



Small Charities week 14th—18th June

This week has been an awareness week that is close to our hearts here at Bridgend, Small Charity Week. The campaign was first created in 2010 to raise awareness of small charities and help to raise their profile.

The week is organised as a series of activities and initiatives to support and raise awareness of the hundreds and thousands of small charities that, every day, make a huge difference to vulnerable communities right across the UK and the rest of the world.

The objectives of Small Charity Week are to:

- Celebrate the contribution that small charities make to communities throughout the UK and across the world
- Improve the knowledge, representation and sustainability of small charities
- Highlight the work of the small charity sector to the broadest possible audience
- Encourage public giving
- Work with the small charity sector to develop political engagement at a national and local level



As a small local charity, we massively appreciate your support in whatever you can, whether that is using our charity shop, donating your items or money or even volunteering. In these difficult times, small charities have never been more important or under so much pressure. When you are there for us, we can be there for the vulnerable and isolated within our community. Thank you.

Hot! Hot! Hot! - Self Care in the Sunshine

What glorious sunshine we have been having in recent weeks. All the better for outdoor meet ups and some much needed vitamin D! Whilst it is glorious, it can be a little uncomfortable for some so we have gone hunting for ideas to help you keep your cool in the heat.

Drink lots and lots of water, hydration is key when your body is trying to maintain a comfortable temperature. Contrary to popular belief, while iced water is your safest bet in cooling you down, things like pop or squash will also help. Any liquid is better than no liquid (that being said, alcohol and caffeine can have a diuretic effect so be careful!)

Freeze or refrigerate your bedsheets. Once you try this trick, you'll wonder why you haven't thought of it before. Place your bedsheets in your fridge or freezer for a half an hour before you sleep, and you'll never have trouble falling asleep because of the heat again.

Also consider investing in soft gel packs that you can place underneath your sheets, or tucked between your legs (wrapped in a tea towel).

Your pressure points are your secret key to happiness! Applying a little ice pack or a bottle filled with iced water will help you cool down immediately.

These pressure points are: Ankles, behind the knees, wrists, elbow bends, neck, temples.

Weird but true: spicy foods actually help you cool down. Spicy food increases your blood circulation, which in turn gets you sweaty. And, as we discussed before, sweating cools you down when the sweat cools down.

Don't forget to re-apply sunscreen regularly and also apply after-sun, your skin will thank you in the long term!



Wonderful wild flowers

Thank you to Lilli Hardebeck for sending us these dandelion themed pieces

Hello, I'm a dandelion. A lot of people call me a weed but I'm a friend and come to help you! When you see me, remember that I'm the ONLY one who wants and can grow in that particular spot. Because:

- Either the soil is too compact / hard / stomped and I want to loosen it for you with my roots.
- Or there is too little calcium in the soil - don't worry, I will replenish that for you with the dying of my leaves.
- Or the soil is too acidic.

But I will also improve that for you if you give me the chance. Or a mixture of the above reasons, of course. I'm here because your soil needs my help so best you let me grow without disturbing me! When everything is fixed, I will disappear again, I promise! . Are you trying to remove me prematurely with my root? However meticulous you are, I will return 2x as strong! Just until your soil is improved.

You can even tell by my growth at which stage my help is at. If my leaves are flat on the ground then I'm far from ready but if they all reach up then I'm already a long way on my way. Something completely different is that I am one of the first bloomers in spring so I will announce spring / summer for you.

During the day when it's hot, I open my flowers but in the evening when it cools off I close them again quickly. In fact, if it's not hot enough during the day I won't open them at all! My flowers are the first food for insects after hibernation and unlike most other plants, I have pollen AND nectar, not merely one OR the other! And I am generous with them! My flowers are even delicious for you people by the way, did you know? I used to be called "honey (or gold) of the poor" because my flowers are so sweet in e.g. jam, sauce or salad! The internet is full of recipes - check them out. But wait until the end of May or later before you start picking and even then, don't pick everything yet! The biodiversity and bees will be very grateful! And lastly, do you see me standing but instead of yellow petals I have a dandelion clock of fluff? Then make a wish..... and blow hard..... I'll try to make your wish come true! Your friend, the dandelion!

Adapted from Paula Kok - De Boer

Although dandelions are vilified by the "lawn care" industry as weeds, they are the first food in the Spring of our disappearing bees and a mainstay of bouquets picked by children for their mothers. Dandelions also are an important source of food for some birds...finches, for example, disappear from feeders when dandelions go to seed. Dandelions are a sign of a safe, nontoxic lawn for your family, wildlife, and pets. Long live Dandelions.

Joan Olive



On the Lookout for Wildflowers Part 3



Bogbean

The flower search continues! We have now seen over 160 varieties, the most dramatic recently being the bee orchid, bogbean and orange hawkweed – the first in Poynton, at Jacksons' Brickworks Nature Reserve and the second on the Middlewood Way, near Poynton Coppice. The third of these can be seen across the road from the Bollington Medical Centre – it's surprising what you can find on your doorstep! However, don't neglect the common – beautiful meadow buttercups are everywhere, but also look out for the goldilocks buttercup, which has different leaves from a meadow buttercup.

Juanita and Jim



Bee Orchid



Orange Hawkweed



Goldilocks Buttercup

Bollington Nostalgia Virtual Race



Bollington Nostalgia Virtual Race 2021



Whether you are looking to start running or are a Nostalgia Race veteran, the 2021 event is for you. Get your running shoes on and get training!

All you need to do is:

- Sign up through our website
- At any point between 26 June and 11 July, record your **10km** run on a GPS app (such as Strava, Runkeeper, Garmin etc) or take a picture of your treadmill stats and send it into us

For more information and to sign up go to <https://bridgendcentre.org.uk/bollington-nostalgia-race/>

Registered Charity No. 1123287
bridgendcentre.org.uk

Don't forget the Bollington Nostalgia Virtual Race is coming up in a week or so to raise funds for our wonderful Centre. This is your opportunity to stretch your legs and support the Bridgend.

You don't even have to run it if you feel that might be a bit much, you could perhaps just walk it on your own or with friends.

There are a range of wonderful prizes from Patagonia, Red Willow Brewery, Indian Goat, Running Bear, Belfields, Bollington Convenience Store, Pappas, the Village Florist, The Green, The Lime Tree, Number 74 and Chadwicks! Wow that is a list and a half!

For more information and to sign up, please

go to <https://bridgendcentre.org.uk/bollington-nostalgia-race/>

Recipe—Orange and Rhubarb Meringue Pie

Make the most of the season's delicious rhubarb with this fabulous dessert for Spring. You could always make with no pastry to make it a little bit healthier!

Pre-heat the oven to gas mark 5, 375°F (190°C), and pre-heat the baking sheet as well.

Ingredients

For the meringue

3 large egg whites
175g golden castor sugar

For the Filling

700g of Rhubarb
Grated zest and juice of 3 oranges
75g golden caster sugar
3 large egg yolks
3 tablespoons cornflour

For the pastry

40g softened butter
40g softened pure lard, cut into chunks
175g plain flour
Or buy some pre-made pastry!

Method

Begin by making the pastry: rub the fats into the flour and add enough cold water to make a smooth dough that leaves the bowl clean.

Then wrap it in a polythene bag and leave it in the fridge for 30 minutes to rest and become more elastic.

Meanwhile, wash and trim the rhubarb and cut it into chunks, place in a shallow baking dish and sprinkle in the grated orange zest, followed by the sugar.

Take the pastry from the fridge, roll it out to a round on a lightly floured surface (giving it quarter-turns as you do so) and use it to line the tin, pressing it up a little way above the edge of the tin. Next, prick the base all over with a fork and use some of the egg yolks to paint all over the base and sides to provide a seal. Put the tin on the pre-heated baking sheet on a high shelf in the oven and place the rhubarb on the lowest shelf.

The pastry should take about 20-25 minutes to brown and crisp, and the rhubarb about 25-30 minutes to become soft. Then remove them from the oven.



While you're waiting for that, you can pour the orange juice into a small saucepan. Use a little of it to mix the cornflour to a smooth paste in a bowl, then bring the rest up to simmering point. Next, pour the hot orange juice on to the cornflour mixture and pour the whole lot back into the saucepan. Whisk over the heat with a small balloon whisk till it becomes very thick indeed, then remove it from the heat. Now strain the cooked rhubarb over a bowl, then add the rhubarb juices and the remaining egg yolks to the cornflour mixture and, still whisking, bring it up to the boil again. Remove from the heat, tip the strained rhubarb into the bowl and stir the cornflour mixture into it.

Now, for the meringue, put the egg whites into a large, roomy, clean bowl and, using an electric hand whisk, beat them until they reach the stage where, when you lift the whisk, little peaks stand up and just slightly turn over, you can watch how to do this in our Cookery School Video on this page. Next, beat the sugar in, 1 tablespoon at a time, whisking well after each addition. Pour the rhubarb mixture into the pastry shell, then spoon the meringue mixture over, making sure that it covers the edges of the pastry with no gaps. Then just pile it on, 'normal', high or very high. Place the pie on the centre shelf of the oven, at the same temperature as before, and bake it for 25 minutes or until the outside of the meringue is golden. Remove it from the oven and leave for about 2 hours before serving.

Writing from the Bridgend Creative Writing Group

The Bridgend Creative Writing group takes place on a Tuesday morning over Zoom. They have a lot of fun exploring ideas and produce some brilliant work. If you are interested in taking part, please do drop us a line for more information or go to the Calendar on our website to book your place. Tickets are £4. Here are some examples of their work.

Robert

So pleased you're enjoying your Creative Writing Course. One piece of advice – avoid using clichés at all cost. They betray a lack of original thought and can remove sparkle and charm from an article at a stroke. Personally I would not touch them with a barge pole, in fact they are like a red rag to a bull to me! Clichés can make the freshest of ideas seem as old as the hills. Avoid them like the plague and reap the reward by enjoying the freedom to write interesting pieces without a care in the world.

All Best

Gwen

Bob Langstaff

The Ship That Never Was by Sandy Milsom

In stinking hold most cruelly kept,
They sailed from England's strand
Transported thus for petty theft
To harsh Van Diemen's Land.

Through Hell's Gate sailed the convict
band
What dreadful beasts did they hear
roar?
As wild winds buffeted the cursed land
Dismal their fate on Van Diemen's
shore.

To Sarah Island way in the west
They came far from all they knew,
To crippling labour they were pressed,
To build mighty ships, the pines to hew.

They felt great hunger and fierce pain
Here they would bleed and weep and
die
Confined in cells some would remain
To escape this hell, most would try.

While fitting out a brig one day,
Some prisoners conjured up a plan,
To steal the ship and sail away,
The vessel they would gladly man.

The Frederick, newly rigged and
trimmed

Was launched in eighteen thirty three
When ten of Sarah Island's convict band
Seized the ship that would make them
free.

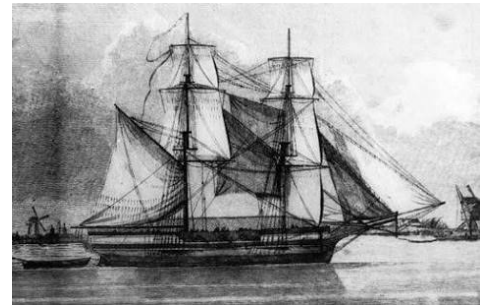
Through gates of hell once more they
sailed,
Towards the setting sun they set their
sights
'Gainst wind and tides they prevailed
And reached almost to Chile's mountain
heights.

Short of the coast they abandoned ship
And rowed to shore in the vessel's
whaler
To local people they did plead and
Asked them to help a shipwrecked
sailor.

They lived in peace for many a day
Some men found wives and they did
marry
Some left for other foreign shores.
Some did regret that they did tarry

King George's power reached far and
wide

As far as Chile's alien strand
Four men were captured by the crown
The leaders of the convict band.



Back to Van Diemen's Land they went
To face a trail and death was certain
Their luck did seem to be all spent
They could not escape the final curtain.

Cunning as a fox was convict Jim
A thief he could never be
The ship was never registered
A floating bundle of wood said he.

The Judge said there was no evidence
That the vessel was ever made
It saved them from the gallows
But a penance must be made.

To Norfolk Island they were sent
To spend the rest of their days because
They sailed across the seas
In the ship that never was.

Trees Word Search

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

Alder	Pine
Apple	Poplar
Ash	Redwood
Aspen	Sequoia
Birch	Spruce
Buckthorn	Sweetgum
Cedar	Sycamore
Cherry	Walnut
Chestnut	Willow
Chinkapin	Yew
Cottonwood	
Cypress	
Dogwood	
Elm	
Fir	
Hawthorn	
Hazel	
Larch	
Maple	
Oak	

Answers to last week's British Birds and languages quizzes

British Birds

1. Shag
2. Osprey
3. Greater Spotted Woodpecker
4. Grey Wagtail
5. Eider
6. Hoopoe
7. Wren

Languages

1. Swahili
2. Hindi
3. Hungarian
4. Spanish
5. German

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



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www.bridgendcentre.org.uk

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

