

BRIDGEND COMMUNITY NEWS

Bridging Social

Isolation

No.59



Photo by Sunitha Southern

Here is Edition number 59 of Bridging Social Isolation. We hope you enjoy catching up on everything that is going on at the Bridgend Centre.

Please note, the centre will be closed for the day on Tuesday 31st of August. Re-open as normal on Wednesday 1st September.

The Car Wash will continue on the Rec on Tuesday so if your car needs a bit of a pep, do bob down to see our friendly team.

As ever we do hope you enjoy the newsletter and we would very much appreciate contributions from you for future editions. Just drop us a line at info@bridgendcentre.org.uk if you wish to do so.

The Hairy Bikers visit Bollington

There was much excitement a couple of weeks ago when TV chefs the Hairy Bikers hit town to visit the Indian Goat food truck on the Recreation Ground. Renowned chefs Si King and Dave Myers visited to sample the fantastic food served by Sunitha Southern who started the food truck nearly a year ago.

Sunitha started out Indian Goat doing pop-up events in 2018 and then had a stall at the Love Bollington market. In September 2020 Cheshire East Council started an initiative of having food trucks in local parks and commissioned contracts with businesses to do so. Sunitha applied for a contract to have a truck at the Recreation Ground and was successful.



Sunitha uses local suppliers for all her ingredients, does not use plastic and all the drinks are fair trade and organic.



Si and Dave enjoyed some of Sunitha's cooking, including a lamb kosha, kathal kosha (made from Jack Fruit), dalma and rice. Dalma is a celebratory curry from Orissa and all the recipes are cooked by Sunitha's family.

Sunitha and the Indian Goat will appear on TV in December. The food truck is open every day 10 - 4 apart from Tuesdays.



Relax on the Rec—Bank Holiday Monday 30th August

Bank Holiday Monday
30th August
11am onwards

Relax
on the Rec

Love Bollington Market
Music and Entertainment

Dog Show

Bring a Picnic

Free

Love Bollington Market at the Relax on the Rec on Bank Holiday Monday

We are #LoveBollingtonMarket. Four friends who enjoy bringing a community market to Bollington on a regular basis. We work hard behind the scenes regularly visiting different locations to bring a variety of quality stalls to Bollington. We are a not for profit organisation, which means all the money made from stall rentals is donated to local organisations and charities to help their work.

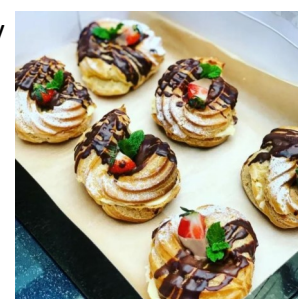
This month we were delighted to be asked to join an event arranged by Friends of Bollington REC. It's their 'Relax on the REC' event on Bank Holiday Monday from 11 am and it's free. So with the help of our fabulous traders, we were pleased to bring the market down to the Recreation Ground.

We've a great selection of stalls and although this market is slightly smaller than our usual, it's still going to be fantastic.

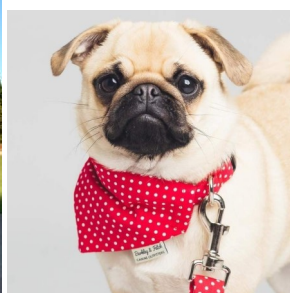
We've most things from delicious cakes from Louise Brown Bakes and Kat's Delights, artisan coffee and other beverages from our lovely coffee regular, Sarah at The Coffee Bean Dream. We've Greedy Paws dog treats and of course, #LoveBollingtonMarket regular, Barkley & Fetch Dog Outfitters. In addition to training tips and advice from your local and our resident dog trainer, Cal Thorpe from Off Leash Dog Training. We've a host of artisan makes from silk products, cushions and cards from Sandy. We've vintage homewares from Betty & Flo, handmade pottery from our resident potter, Jane from Bollipotts at The Brickworks (have you visited her new unit yet)?

We've graphic art from Shabby Shaker Designs including Sarah's ever popular White Nancy prints and cards and of course, great wood art items from Edwina at Wood Art. There's ever popular French soap from Mr French Soap, beautiful crocheted items from Scruffy Dog Creations. Hand stitched makes from Nellie's Knits and Needles and savouries, soups and quiches from Flourish Pantry. We've a fun plant selection from The Cactus Parlour, Savoury scotch eggs, lovely local honey from Happy Valley Honey and oodles more, so don't miss us, down on the REC next Monday.

Save the date after Bank Holiday Monday #LoveBollingtonMarket our next market is Sunday 10th October at Ovenhouse Farm, so see you then.



Jane, Jane, Sarah and Edwina @
LoveBollingtonMarket



Bollington Walking Festival 25th September - 3rd October

Once again, the Bollington Walking Festival team are putting together a programme of walks for the next Bollington Walking Festival. After a breather in 2020 we feel sure that the keen walkers among you will be more than ready to return to explore the wonderful countryside of Bollington and its environs! The team will be running the Festival in whatever form we can, bearing in mind any restrictions in place at the time.

We have just under 30 walks, and all the regular favourites are here – the children's Bear Hunt, the Mayor's Boundary Walk, a Nordic walking taster session, an art-themed walk and a photography walk. Lengths range from half a mile to twenty miles, so there's something for everyone!

Why not explore the history of the place where you live, or visit a local brewery? Maybe you want to get your walking confidence back? You might want to develop your creative skills in art or photography, or want to have fun with your children or grandchildren. You'll be sure to find some appealing walks in the programme for the 11th Walking Festival – generously supported yet again by Bollington Town Council. New for this year we have a 'Walkers' Picnic', exploring the pastoral landscape of Adlington and Butley Town; a walk to Marple for lunch returning along different parts of the canal towpath; a meander along the saddle of Kerridge to Rainow; and the ascent of Shining Tor.

Many of the walks are themed, including an art walk and opportunity to paint, led by a Bollington artist; a photography walk with expert tips and advice on hand; heritage walks looking at the history of Bollington; an exploration of the work of KRIV (Kerridge Ridge and Ingersley Vale conservation group); and a nature walk led by East Cheshire Rangers. There's also a canal walk led by the Canal and River Trust. But of course, what the festival is really all about is walking, so there are plenty of opportunities for those who just want to enjoy our beautiful local countryside!

If you want to walk at any pace in any direction for as short or long a distance as you like, we'll have it covered. There's a short, mindful walk organised by the Medical Centre, a variety of walks in the popular 5–7-mile category, some of 7–18 miles, and a 20-mile walk led by the Long Distance Walkers' Association. Once again we also have a specialist sensory walk organised by the East Cheshire Eye Society, and two Nordic Walking events, led by a local instructor, one for the experienced and the other for those who want an opportunity to learn the technique, at no cost. Last but by no means least, children are welcome on many of the walks, and there's a specific activity for pre-schoolers – the well-established 'Bear Hunt' led by Bollington Library staff.

For updates, check the website, www.bollingtonwalkingfestival.co.uk, before the Festival opens. For more details, contact the hub of the whole operation, the Bridgend Centre, on 01625 576311, www.bridgendcentre.org.uk.

As ever, the Festival will rely on the contributions of the volunteers who organise and lead the walks. In addition to the organisations already mentioned, we are grateful to the East Cheshire Ramblers, the Manchester and District Walking Group (MAD), the East Cheshire Outdoor Group (ECOG) and Footprints Walking Club. They would welcome your joining them before or after the festival for walks or other activities. Finally, the contribution of the Bridgend Centre is vital to the success of the Festival, in planning, leading and hosting walks. They run a regular walk every Wednesday at 10.15am of between 5 and 7 miles at a cost of £3 (booking essential) – or of course you are welcome to visit the Centre for any of the myriad of activities which take place there.

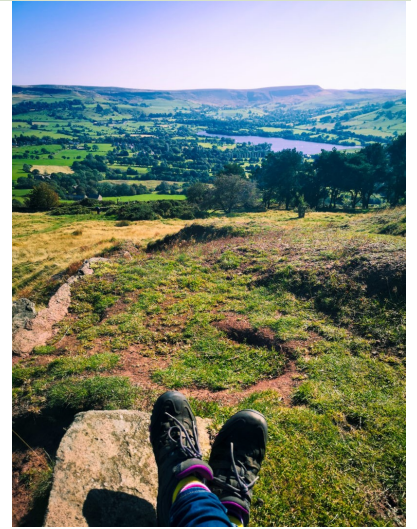


Photo by Steve Muir

Bollington Walking Festival Team

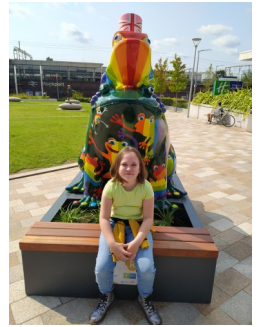
The Staycation Summer 2021 by Kerry Langstaff



YHA Boggle Hole nr Whitby

What a funny old 18 months it has been! With so much time spent at home under lockdown, people are desperate for a change of scene but with international travel still tricky, many people are opting to holiday in the UK instead. As someone that normally does this anyway, I have to say this year has been very different to the normal UK holiday and a bit of a shock to the system! In our little bubble of Bollington, we can sometimes forget just how many people there are out there and it feels like they are all heading to the seaside at once! If you are planning on a trip anywhere, be prepared for the traffic and allow an extra few hours for your journey. Fridays seem to be particularly busy so I would advise avoiding travelling then if at all possible. Many attractions are balancing a mixture of increased demand, limit numbers for covid restrictions and also reduced staffing levels in the service industry. Booking for activities is almost essential in most places which can somewhat limit your ability to be spontaneous and go with the flow.

One thing that many local councils have put in place to help entertain visitors in these circumstances are free "creature trails" Stockport has frogs, Sheffield has bears and York has cats to name but 3, team that with a picnic and you have a fun day out without costing the earth and avoiding queues etc.



There are so many fabulous places to stay in the UK, I have even noticed some Bollington tourists this year too. If you would like to share a picture of your UK 2021 staycation, why not email it to info@bridgendcentre.co.uk and we will feature them in a future edition.

Creative writing starts 7th September. New members welcome. To book your space go to the calendar on www.bridgendcentre.org.uk



Could you support the Bridgend Centre?

The Centre has been in Bollington for nearly 30 years now, delivering vital services to the whole community. So many vulnerable people depend on the Centre and Bridgend's dedicated team of staff is supported by hundreds of fantastic volunteers.

If you would like to support us, a donation, however large or small, would really help to pay our bills and allow us to support everyone who needs it. Becoming a regular donor is also a great way to support us with sustainable income.

If you would like to help, please go to our website and donate: <https://bridgendcentre.org.uk/home/donate/>

THANK YOU

Eating in Season — Plums

Plums are a really reliable fruit and reward the gardener with a good harvest of delicious plump fruit for eating straight from the tree or making into jams, pies and crumbles.

Recipe—Sticky Plum flapjack bars

Ingredients

- 450g fresh plum , halved, stoned and roughly sliced
- ½ tsp mixed spice
- 300g light muscovado sugar
- 350g butter , plus extra for greasing
- 300g rolled porridge oats (not jumbo)
- 140g plain flour
- 50g chopped walnut pieces
- 3 tbsp golden syrup

Heat oven to 200C/180C fan/gas 6. Tip the plums into a bowl. Toss with the spice, 50g of the sugar and a small pinch of salt, then set aside to macerate.

Gently melt the butter in a saucepan. In a large bowl, mix the oats, flour, walnut pieces and remaining sugar together, making sure there are no lumps of sugar, then stir in the butter and golden syrup until everything is combined into a loose flapjack mixture.

Grease a square baking tin about 20 x 20cm. Press half the oaty mix over the base of the tin, then tip over the plums and spread to make an even layer. Press the remaining oats over the plums so they are completely covered right to the sides of the tin. Bake for 45-50 mins until dark golden and starting to crisp a little around the edges. Leave to cool completely, then cut into 18 little bars. Will keep in an airtight container for 2 days or can be frozen for up to a month.



Recipe—Easy Plum Sauce

- 2-3 plums, stoned and roughly chopped
- 100ml red wine
- 1/2 star anise (optional)
- 300ml beef stock
- 2-3 dessert spoons of plum jam

1. Place a pan on a high heat with a dessert spoon of vegetable oil, when hot add in the plums and cook until coloured and slightly softened (approx 2 minutes).

2. Pour in the wine and star anise (if using) and reduce by 1/3.

3. Add in the stock and jam, mix in and simmer for 10 mins.

4. When the 10 minutes are up, set the sauce aside in a warm place until the duck is ready. If the sauce is too thin, mix a small teaspoon of corn flour with a little cold water and stir into the sauce.



Hawkmoth Caterpillars amongst the Balsam

Regular reader Alison Weston sent us these fabulous photographs of Hawkmoth Caterpillars she found while clearing Himalayan Balsam up near Wincle school. We just love their fabulous colours and shapes.



On the lookout for wild flowers: Last Words— by Jim Hoyle and Juanita Bullough

Alas, our search is nearly at an end for this season. We've seen 288 different varieties compared to our previous best of 232 – one of the few positives to come out of these strange times. Other positives have been the opportunity to retrace the Bridgend Heritage Walks (available at bridgendcentre.org.uk), reading Ian Walker's articles on explorers and isolation (see back issues) and of course, the Bridgend Newsletter itself.

Recent new sightings include large-flowered hemp-nettle, spearmint (with a delicious mint aroma) and dewberry, and just to underline the point about searching near to home, when refilling the bird feeders Juanita was thrilled to find two broad-leaved helleborines in her garden in Handforth (see photos).

We are keen next year to involve other people in the flower spotting and are contemplating a walk in spring half-term week for the children and grandchildren of Bollington, and of course any adults who may wish to come! We could follow this up with another walk in the first week of the summer school holidays to see what has been found. If you want to join us or think it's a good idea, please email jhoyle2015@gmail.com.

Thanks for reading our ramblings over these past months. **Jim and Juanita**



Broad-leaved helleborine



Dewberry



Spearmint



Large-flowered hemp-nettle

Mind Game - Doggy Logic

Four dogs and their owners live in the houses you see on the plan below. Use the clues to discover where each lives.

- 1. Bonzo and his owner live farther north than Judy and her dog
- 2. Mr Dawson lives farther west than Fifi and her owner
- 3. The person surnamed Williams lives at No 1
- 4. The dog named Sammy belongs to Jenny, whose surname isn't Williams or Brown
- 5. Joseph's dog isn't called Wolfie

	Dog	Owner	Surname
	Bonzo Fifi Sammy Wolfie	James Jenny Joseph Judy	Brown Dawson Smith Williams
No. 1			
No. 2			
No. 3			
No. 4			
Brown			
Dawson			
Smith			
Williams			
James			
Jenny			
Joseph			
Judy			

House No.	Dog	Owner	Surname

Answers to last week's Guess the Link quiz

- A) Breakfast

1) English

2) Continental Airlines

3) Serial Killer

4) Porridge
- B) British Monarchs

1) Elizabeth Taylor

2) George

3) Edward Lear

4) Henry
- C) Months with 30 days

1) April

2) June Brown

3) Black September

4) November

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 I Am Print, it means the world.



Bridgend Centre, 104 Palmerston Street,
Bollington, Cheshire. SK10 5PW
Email: info@bridgendcentre.org.uk
www.bridgendcentre.org.uk
Registered charity number 1123287
We are a Charitable Incorporated Organisation (CIO)

