

BRIDGEND COMMUNITY NEWS

Bridging Social

Isolation

No.60



Photo by John Bailey

The focus is very much on cycling this week. The Tour of Britain passed through the area this week, which caused great excitement and also the Bollington Bike Fest is coming up very soon. In addition, we have an article about the fantastic new bike racks that have been installed near the co-op thanks to Transition Bollington. Look out for more appearing soon!

Once again we have a great opportunity for local businesses and individuals who may like to sponsor this newsletter. More details are on page 2.

Enjoy the newsletter and as ever we always much appreciate contributions from you for future editions, it keeps things interesting and varied. Just drop us a line at info@bridgendcentre.org.uk if you wish to send us anything you'd like us to include.

Bridgend vases blossom

Residents of Mount Hall Care Home on Flash Lane enjoyed some bargains from the Bridgend shop last week when they used some vintage vases purchased for their Blossom club.

We are so please to see them being put to such good use and being repurposed in such a positive way.

Its great to see items given to us by our generous donors having the double bonus of raising funds for our Centre and bringing so much enjoyment to new people.



Could you sponsor an edition of Bridging Social Isolation for £45?

Lockdown may be over but our Bridging Social Isolation newsletter continues on a fortnightly basis going out to hundreds of people in the Bollington area. It is available digitally on our website and those lovely people at I am Print produce 125 copies which are hand-distributed to people in the area who may not find it so easy to get out and about.

Once again we are looking for individuals or businesses who might wish to sponsor an edition or two. It would cost £64.26 and in return we would offer advertising space or an article about your local business.

This would help us to ensure that we continue with this vital publication to connect our community and reach those people who might not ordinarily be able to get to us in person for a variety of reasons.

If you would like to sponsor us, please do get in touch via email at info@bridgendcentre.org.uk; send us a message on Facebook or press Donate on our website www.bridgendcentre.org.uk. Thank you.



"I have read every edition of your newsletter. Informative and interesting too"



"Your newsletter is making a difference to people's lives"

Karen 'tries' very hard for Bridgend

Inspirational Bridgend regular Karen Waters is carrying out the remarkable feat of completing a sprint triathlon in order to raise funds for the Bridgend Centre and East Cheshire Hospice. She has completed ten triathlons in the past, the last one being when she was 60. Now she is 65, she is feeling grateful to be feeling so fit and healthy and so has decided to do another one!

Karen says:

"I am doing the North West Sprint Triathlon on Sep. 19th 2021. This comprises a 500m swim in the outdoor brine swimming pool at Nantwich, followed by a 21k cycle through Cheshire countryside, and then by a 5k run (4x 1.25k) round a grassy course in Barony park. I chose this event because of good experiences on it previously, and I wanted to give it another "Tri" now I am 65!



I became interested in Sprint triathlons, 13 years ago, when I picked up a leaflet advertising the Tatton triathlons. The swim part was in the big lake at Tatton park and that was what initially attracted me, I found the prospect exciting. I'd been a keen swimmer as a child, had always been confident on a bike and had done a little jogging, so thought "Let's do this". One of my friends offered to train with me, and fast forward 8 years and we'd both completed 10 sprint triathlons, the final ones being aged 60! It was a conscious decision to do 10 up to and including being 60, as a way of ensuring staying fit! Tatton park declined to hold triathlons after 2012 so 5 were completed from Nantwich.

This July I reached 65 and as that milestone approached I started to think about the possibility of doing another sprint triathlon. Although I'd run more over the last five years, I hadn't done much cycling or swimming; so the training would take some time and effort. Being retired, I had the time and was prepared to make the effort, especially to raise money for the Bridgend Centre and East Cheshire Hospice".

We think that this feat is hugely inspirational and we are so grateful to Karen for choosing Bridgend as her allocated charity as well as East Cheshire Hospice. If you would like to support her you can sponsor her on Just Giving by following this link: <https://www.justgiving.com/fundraising/karen-waters3>



Sunday 12th of September sees the 10th Anniversary of Bikefest. The event is organised by Macclesfield and District Lions in order to raise funds for local charities. The event attracts 200-300 riders each year and is comprised of 3 different rides that people can choose based on what suits them best. There is the 20 is plenty (20K) ride, the Bolly Bash (75k) and the Grimshaw Grueller (116km) and afterwards there is a BBQ and bar for some well earned refreshments. Last year the event took place virtually and they raised £3000 for local charities. This year they are hoping to raise even more. For more information and to register to take part, visit their website at www.bollingtonbikefest.com. We wish them all the best of luck and happy pedalling!

Bollington Walking Festival 25th September - 3rd October

At the date of publication it is now only 15 days until the start of the Walking Festival. After a break of two years, we are very excited to see it back and hope that many people enjoy the wide array of walks on offer. Here are some of the events on offer during the ten day period. A few of the events require booking, to do so please go to www.bollingtonwalkingfestival.co.uk to check out details and book if required. There is also more detail on the website about the walks, gradings, booking and prices.

Working Up a Thirst to Macclesfield

Led by beer enthusiasts the Bollington Real Ale Ramblers, you will be taken on a circuitous route to Macclesfield from Bollington through the beautiful hills and valleys.

They hope to finish at the RedWillow brewery in Macclesfield, if not a it will be a few pub visits in the town.



They will return to Bollington late afternoon in the Rainow village bus.

There are still a few places left and booking is required.



A Pootle around Prestbury

A bit of a departure from the norm here with a walk departing from outside the Community Centre

on Ovenhouse Lane. Starting from Bollington Cross gives us the opportunity to do a walk to Prestbury in a relaxed distance.

This pleasant walk will include fields, a golf course and Prestbury churchyard. Please note that we will be

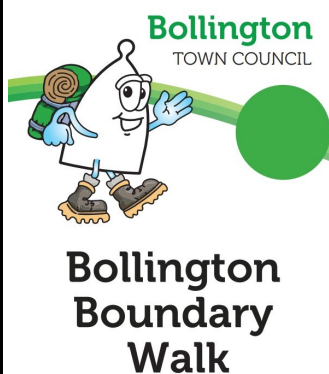
crossing the busy Silk Road at one point so care will need to be taken.

Booking not required. Organised by the Bridgend Centre. 4.5 miles



Mayor's Boundary Walk

Bollington Mayor Jo Maitland will lead us around the traditional boundary of Bollington. Enjoy 8.5 miles of Bollington's finest countryside, waterways and industrial heritage in the form of an old rail track.



We will be stopping at the Windmill pub at Whiteley Green for a drink and to eat your picnic if you wish. We are sure that you will enjoy the fabulous beer garden there.

Booking not required.

En Plein Air

Bridgend staff member and talented artist Anna Barker will take you on a short walk to a picturesque spot where we'll have around two hours to sketch some of the buildings and lovely views of Bollington.

Basic materials will be provided, but you're welcome to bring your own. You might also like to bring a lightweight camping chair. If the weather proves inclement it will be an indoor sketching session. Booking required.

Organised by Bridgend Centre.



Drawing by David Steedon of Mill Cottages, High St

Brilliant Bank Holiday with Relax on The Rec



What a fantastic community event we enjoyed on Bank Holiday Monday courtesy of a team effort between Friends of the Rec, Love Bollington Market and Bollington Veterinary Centre. There was a wagtastic dog show and some very enthusiastic attempts at the agility course! There was a wide selection of interesting bits to buy on the market and the food sold out really quickly, not surprisingly as it all looked delicious! Lots of families enjoyed a picnic and an ice-cream whilst listening to live music from Bollington brass band and Neil Shaw-Hulme. Thanks to everyone involved for such a lovely day.

Have Your Say— Grimshaw Lane Tesco/Bayleaf Development

The developer of the new Tesco/Bayleaf site has applied to change the planning conditions for the site. In the original proposal they had stated that there would be 3 courtesy crossings, one at Barrows, one by the cheese shop and one across Grimshaw lane. The developer wishes to omit the Grimshaw lane crossing. Many local residents are extremely concerned about the safety implications for pedestrians at this already busy intersection. Last weekend, a team of volunteers manned a stall outside the co-op to inform people about the proposed changes and raise awareness of the potential dangers. They also helped people to raise their concerns to the correct authorities in an appropriate manner.



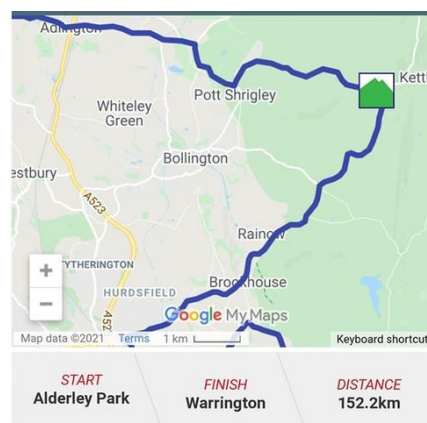
Councillor Ken Edwards speaking on Bollington Facebook urged residents

“What can you do? Check the Cheshire East Planning website for Plans 21/3893M. The maps there do not show the courtesy crossing promised across the Grimshaw Lane junction and send in an objection. How? On the right hand side of the front page click on comment on a planning application. Please remember to stick to the safety issues no matter how annoyed and upset you may feel.”

Tour of Britain



In the afternoon of Thursday 9th of September, just before the torrential rains came, people in Pott Shrigley were treated to the sight of the Tour of Britain passing through. It was part of Stage 5 of the Tour of Britain which starts at Alderley Park and finishes in Warrington.



It certainly was an impressive sight with motorbikes at the front, all the riders and followed by their many support cars. The children of Pott Shrigley school were particularly excited to see them all going whizzing by in the blink of an eye!

Eating in Season—Blackberry and Apple Pie

FOR THE PASTRY

225g cold unsalted butter , chopped into small pieces
350g plain flour
50g icing sugar
1 large egg yolk (save the white for brushing the pastry)

FOR THE FILLING

900g Bramley apple (about 4) peeled, cored, quartered and thinly sliced
140g golden caster sugar , plus extra for sprinkling
1 tbsp fine polenta or ground almonds
1 tbsp cornflour or plain flour, plus extra for dusting
1 ½ tsp ground cinnamon
200g blackberries , halved if very large
egg white , for brushing (reserved from making the pastry)
cream or ice cream, to serve



Step 1 Put the butter and flour in a food processor with 1/4 tsp salt and blend until the mixture resembles damp breadcrumbs. Or do this by rubbing the butter and flour together in a big bowl with your fingertips. Add the sugar and briefly whizz again or stir to combine.

Step 2 Whisk the egg yolk with 2 tbsp cold water, and drizzle over the flour mixture. Use the pulse button to blend the mixture once more, keep going until it starts to form larger clumps. If the mixture seems too dry, add a little more water a tsp or 2 at a time, but no more than 3 tsp in total.

Step 3 Tip out onto a work surface and briefly knead the dough to bring it together into a smooth ball. Avoid overworking or it will become tough. Flatten the dough into a puck shape and wrap well in cling film. Chill for at least 30 mins, or for up to 2 days, or freeze for 2 months.

Step 4 Next, make the filling. Put the apples and half the sugar in a large bowl, then stir together until the apples are well coated. Set aside for 30 mins to macerate.

Step 5 Remove the pastry dough from the fridge and divide into 2 pieces, one slightly larger than the other. Re-wrap the smaller piece of dough and set aside. Divide the larger piece of dough into the number of pies you'd like to make, or leave whole for a large one. On a lightly floured surface, roll out the dough to the thickness of a 50p piece, or until large enough to line the base of your pie plate or tin, with a little pastry overhanging. Roll the dough over your rolling pin, lift onto your plate or tins, then press it well into the corners. Scatter the polenta or almonds over the base.

Step 6 Drain any juice from the apples, then toss through the remaining sugar, cornflour and cinnamon. Layer the apples and blackberries in the lined dish, creating a dome effect in the centre. Heat oven to 190C/170C fan/gas 5 and place a baking sheet on the middle shelf.

Step 7 Now choose how you'd like to decorate the top of the pie. Once covered, whisk the reserved egg white and brush over the pastry. Scatter with extra sugar, then put the pie on the baking sheet. Bake for 25-30 mins for mini pies, 35-40 mins for medium pies, or 45 mins for a large pie, until the pastry is golden and crisp and the juices are bubbling. Cool for 10 mins before serving with cream or ice cream.

Bollington's Bike Racks

The Tour of Britain and Bollington's own Bikefest are very much in the spotlight at this time of year, however one Bollington resident with a long-term interest in the functionality of cycling as an eco-friendly, healthy and sustainable means of 'getting around' has decided to take action to encourage others to get pedalling. John Peak tells his story here:

We have a motorway running through Bollington – not for cars, thank goodness, but for people and also for people riding bikes – The Middlewood Way, and not a smelly engine in sight.

I have always been a fan of cycling having spent 16 years commuting along the Middlewood Way (I had a neighbour who did the same distance in a car, he grew overweight and constantly complained about the traffic) so I would like to encourage more people to use this route and form of transport; it helps to keep you healthy and it is a more sustainable option – not much thought is given to that in our fast modern way of life.

I am a member of Transition Bollington and action group 'Mad about Power' [MAP] which is all about sustainable energy and power, including modes of transport and how we get around. We discussed how to help people to use the Middlewood Way more and the subject of bike racks came up during a conversation about cycling, so I volunteered to look into how we could improve on what there is.

Well, one query was, "If you use your bike where can you park it?" – cars are very well catered for around Bollington [some say too well catered for!] but there are obvious gaps in bike parking for everyday use. The first location that sprang to mind was on the Middlewood Way section above the Co-op Store in Bollington.

So, I got to work on a design to link with the town and the White Nancy outline is the obvious shape. The next problem was the bending of the pipe but a hydraulic jack [yes, out of a car!] and a big beam with a chain on each end solved that. The cherry on top is a standard fencing post top, so I added some welding into the mix and hey presto! bike racks were born. To stop rust it is necessary to galvanize, so with a trip to the 'hot dip' in Stoke you have the finished item.

Ed the Ranger (*Ed Pilkington, Cheshire East Ranger*) had agreed to help install the two racks above the Co-op in our 'most in need' location. He and a team of volunteers set to work at the appointed time and the installation was completed in blur of shovels and postcrete. Many thanks go to Ed and his team for this.

Now I am pleased whenever I go past and see the bike racks being used that this is my small contribution to Bollington's sustainable motorway.

There are more bike racks ready and we need to agree on locations for them, and welcome thoughts on where they should be installed.

If you would like to join the Community Conversation around the location of bike racks, please email maptransitionbollington@gmail.com

Transition Bollington is one of over 300 initiatives across the UK and many more worldwide that bring folk together for social change & environmental justice to build stronger futures for their community; they have a Facebook group, Instagram feed and website, and hold a regular monthly get together.



John Peak—September 2021

Sudoku 17

5					9			2
6	2	4					8	1
			1				5	
3		1					2	
			5	8				7
		7			4			
	9				6		3	
		6		9				
				3	2		1	

Sudoku 18

		6	4		7	2		
		7		2				
4						5		8
			7					1
5				8			3	
		3			6	9		
			2		4	3	1	
		5	1					6
3	4		9					

Sudoku 19

4		9			5			8
				8		9		
6				1			4	2
			4			6		
5		7				1		
	2						7	
7								5
1	3			6	9			
		4	5		7			6

Sudoku 20

4			5		6			
			9		2	6		
		5		8	3			
	7	9					3	
		8				7		1
5			2	9		8		
	1				8	5		
			7		9		1	
3				6				2

Answers to last week's Doggy Logic puzzle

No.1—Bonzo—Joseph—Williams

No.2—Sammy—Jenny—Smith

No.3—Wolfie—James—Dawson

No.4—Fifi—Judy—Brown

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.



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