

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
No.61**



Photo by Georgie Holly

What a busy fortnight it has been at the centre with the return of on-site group activities and preparations for the upcoming walking festival! It has been great to welcome back so many familiar faces to Bridgend and we have shared some of the with you on page 2.

We have lots of information and local news for you in this edition.

If you have any ideas or articles that you would like to share with us, why not drop us an email to info@bridgendcentre.org.uk?

Bridgend a Hive of activity!

We are really pleased to share the latest developments on our roadmap back to our usual services. It has been fantastic to see familiar faces from our organised activities return to the centre. It is a tricky balance to strike between getting back on track and still keeping our service users safe, as unfortunately covid is still more prevalent than any of us would like. We are keeping group numbers smaller to enable social distancing where possible and keeping our rooms well ventilated. Reduced numbers does mean that there may be waiting lists for certain activities but please don't hesitate to contact the team if there are activities that you are interested in joining. That said, numbers on our organised walks are no longer limited and walkers can just come along on the day without needing to book in advance. We are taking things slowly and will continually review our processes based on government guidelines and feedback from group members. Welcome back all!



Mah Jong Group



Hola! To the Spanish Group



Choir come back

Car Wash At the Rec



At Bollington Recreation Ground, off Adlington Road

£4 per car

Every Tuesday 10am — 2.30pm

Starting Tuesday 27th July 2021

All proceeds go to The Bridgend Centre and Bollington Recreation Ground

Enquiries 01625 576311 or info@bridgendcentre.org.uk



Wonderful Wednesday walks



Return of the Civic Parade

Sunday 12th of September saw Bollington Brass Band leading out the first Civic Parade since 2019. Bollington Mayor Jo Maitland was joined by previous Mayors of Bollington and those from other local parishes in addition to local councillors. The service that followed had to have limited numbers due to Covid restrictions but was also broadcast online for those who could not attend and can be found on the town council website (www.bollington-tc.gov.uk)

The focus of the service was the Mayor's chosen theme for her year in office of Inclusivity, Equality and Community. Speakers included the Mayor's Youth Consort, Erin Vincent, David Rutley MP, Denise Hartley-Dickens, Chair of Macclesfield Pride, and the new vicar of Bollington, Reverend Nancy Goodrich.

Participants were asked to make a citizens pledge based on ways to contribute to positive changes be they on a local or global level.

As one of the Mayor's chosen charities this year, we are grateful for the financial donations that were collected following the service.



Car Parking Triumph



Car parking and good news are two things that we do not often associate with each other in Bollington, however this week we are pleased to report some positive news. There had been a proposal that all Cheshire East owned car parks would no longer be free and that charges would be introduced. This could have been disastrous for our own Pool Bank car park which serves local businesses and residents alike. Thankfully, Councillors Helen Ellwood and James Nicholas put forward the views of the local community at the Highways and Transport meeting at Macclesfield Town Hall and are pleased to report that the committee voted against the proposals.

Wonderful Woodcraft for Time Out Group

The Bridgend woodcraft team make beautiful bespoke wooden items in our on-site workshop. Last week, we welcomed a group from Time Out Group to the centre to collect their handmade planters for their gardening project. Time Out is a fun and friendly social group for adults with learning difficulties and/or Autism living in Cheshire East and surrounding areas. The aim of the group is to provide fun activities for their members in a safe and supported environment in order to encourage greater independence. Their gardening project is just one of the activities on offer from the varied program of events, from pizza nights to arts and crafts sessions. We were delighted to be able to support the project and the visit to our centre was enjoyed by all. Happy Planting!



Post Office Account Changes to Benefit payments



The Department for Work and Pensions has made the decision not to renew their contract with the Post Office Card Account meaning that users of this service will no longer be able to receive their benefit payments into this account.

The DWP and HMRC will be writing to people that this affects in order to advise them what their options are and advise people not to ignore these letters as it could disrupt their payments.

If these changes affect you, you must have acted on this information before November 2021.

The DWP are encouraging use of another bank or building society account if you have one or opening one if you don't.

Help save your Buses—391/392

The 391/392 service runs between Stockport and Macclesfield and runs through Bollington on the way. Poynton Town Council are appealing to residents of Poynton and Bollington to make as much use of this service as possible as they fear that low usage will lead to service reduction or removal altogether by Cheshire East Council. Cheshire East are currently in the bottom 5 local authorities in terms of the amount of residents using the buses. The worry is that if residents don't use the bus they will lose it and that could be devastating for people that rely on this service to keep them out and about. Copies of the timetable can be downloaded from the Poynton Town Council website or obtained from Poynton Civic Hall.



World Alzheimer's Awareness Month

September is World Alzheimer's Month which is a global opportunity to raise awareness around, educate, encourage support of and demystify dementia. The theme for this year's awareness month is "Know Dementia, Know Alzheimer's" and there is a real focus on educating people to recognise the early indicators of dementia.

In the UK more than 1 million people are living with Dementia and world wide at least 44 million people are dealing with this life changing disease. Alzheimer's disease is the most common type of dementia. Whilst there are currently no treatments to stop the progression of Alzheimer's, there are medications to treat dementia symptoms. Since the 1990s, dementia research has provided a much deeper understanding of the effects of Alzheimer's on the brain and ongoing research aims to help prevent, treat and hopefully cure this debilitating disease.

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warning signs of dementia

- 1**  **Memory Loss**
- 2**  **Difficulty performing familiar tasks**
- 3**  **Problems with language**
- 4**  **Disorientation to time and place**
- 5**  **Poor or decreased judgement**
- 6**  **Problems keeping track of things**
- 7**  **Misplacing things**
- 8**  **Changes in mood and behaviour**
- 9**  **Trouble with images and spatial relationships**
- 10**  **Withdrawal from work or social activities**

 @AlzDisInt
 Alzheimer's Disease International

**Dementia is not a part of normal ageing.
Talk to a doctor or contact the
Alzheimer association in your country.**


**Alzheimer's Disease
International**
The global voice on dementia

Age UK Article—Working together to beat the scammers



Age UK Cheshire East are working in partnership with Cheshire East Council Trading Standards to empower older people to spot, avoid and report scams, and offer support to those who have been a victim of a scam.

A scam is a deceptive scheme or trick used to cheat someone out of something, especially money. All scams are a crime, and they don't just happen online. Scammers will try to persuade us to part with our money or personal information by phone, text, email, online and on our doorstep.

Unfortunately, fraudsters use events to steal people's money or personal details. This includes the pandemic, holiday season, end of tax year, low interest rates and many more.

Recent scams include texts and emails pretending to be from delivery companies, asking for payment for delivery, or to click a link to have a parcel redelivered. A current phone scam threatens arrest, pretending that your National Insurance number has been used illegally. The fraudsters are also sending emails and texts pretending to be from the NHS inviting people to apply for their COVID passport.

However, help is at hand. To keep safe, here are some warning signs to look out for. It could be a scam if:

- ⚠️ You are **contacted out of the blue** and asked for personal or bank details.
- ⚠️ The person is **acting with authority**. For example, say they are a police officer, from your bank, from a computer company etc.
- ⚠️ They **ask you to act quickly** e.g. transfer money from your account, log onto your computer, press 1 to prevent arrest etc.
- ⚠️ They say the offer is **exclusively for you**, or to **keep the conversation secret**.
- ⚠️ An offer sounds too good to be true...it usually is!

We can always take a few minutes to think and then talk to a trusted friend; and remember - don't be afraid to say No!

Locally, the Age UK Cheshire East Scams Awareness and Aftercare Project, funded by the National Lottery Community Fund and Garfield Weston Foundation, offers local older residents a free monthly scams awareness update bulletin emailed to their inbox, scams awareness sessions for older people's groups, and support for older people who have been scammed to get back on their feet. To access any of these services, or for more information about the project, head to the [Age UK Cheshire East website](#) or contact Sally Wilson at sally.wilson@ageukce.org or on 01625 612958 / 07932 999902.



Eating in Season—Cauliflower cheese soup

Ingredients

- knob of butter
- 1 large onion, finely chopped
- 1 large cauliflower (about 900g/2lb), leaves trimmed and cut into florets
- 1 potato, peeled and cut into chunks
- 700ml vegetable stock (from a cube is fine)
- 400ml milk
- 100g mature cheddar, diced

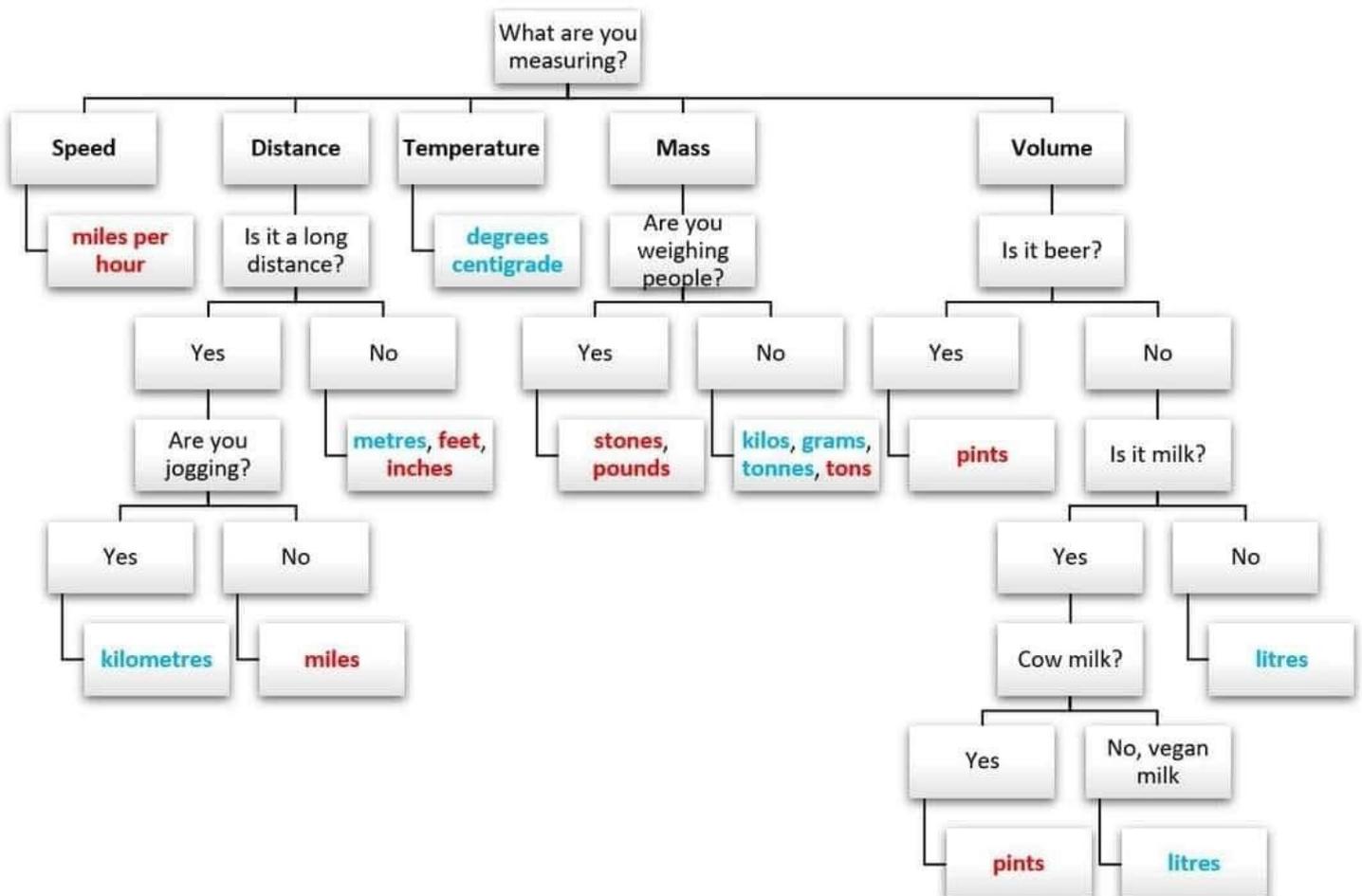


Heat the butter in a large saucepan. Tip in the onion and cook until softened, about 5 mins, stirring often. Add the cauliflower, potato, stock, milk and seasoning. Bring to the boil, then reduce the heat and leave to simmer for about 30 mins until the cauliflower is soft and the potato almost collapsing.

Whizz in a food processor or crush with a potato masher until you get a creamy, thick soup. Top up with more milk to thin a little if serving in mugs. You can make ahead up to 2 days in advance, cool, cover and leave in the fridge until needed, or freeze for up to 1 month. When ready to serve, warm through, ladle into mugs or bowls, top with the cheese pieces, then stir through before eating.

A little light relief!

How to measure like a Brit



U 1960s Music Trivia

1. What are the opening lyrics for Reach Out I'll Be There?

- A. Now when you feel that you can't go on
- B. I'll be there when you need me
- C. I can't ever go on
- D. None of the above

2. The song It Takes Two was a duet between Marvin Gaye and

- A. Diana Ross
- B. Tammie Terrell
- C. Kim Weston
- D. Mary Wells

3. In what year were Elvis and Priscilla Presley married?

- A. 1965 C. 1966
- B. 1967 D. 1968

4. The Four Tops had their first number one hit in 1965, What was it ?

- A. I can't help Myself
- B. Pride and Joy
- C. Please Mt.Postman
- D. None of the above

5. Who is considered to be the "First Lady of Motown"?

- A. Diana Ross
- B. Tammie Terrell
- C. Kim Weston
- D. Mary Wells

6. Who wrote the hit song My Girl ?

- A. Marvin Gaye
- B. Berry Gordy
- C. Smokey Robinson
- D. Jimmy Ruffin

7. Which famous 1960s musician had a brother with The Temptations ?

- A. Marvin Gaye
- B. Berry Gordy
- C. Smokey Robinson
- D. Jimmy Ruffin

8. What was the original name for the Supremes ?

- A. The Baby Loves
- B. The Primates
- C. The Supremes
- D. The Motown Girls

9. Gary Moore was a member of which band

- A. The Troggs
- B. Fleetwood Mac
- C. Daltonics
- D. None of the above

10. The song Wishin' end Hopin was a back in the 1960s. Who sang it ?

- A. Gary Moore
- B. Diana Ross
- C. Marvin gaye
- D. Dusty Springfield

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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