

BRIDGEND COMMUNITY NEWS

Bridging
Social
Isolation
No 69



Photo by Emily Huzzard

Welcome to Edition 69 of Bridging Social Isolation! We have another busy edition for you with lots of information and advice, we would like to thank all those who contribute articles for the newsletter. If you have anything you would like to share then just drop us a line to info@bridgendcentre.org.uk.

With a chilly January drawing to a close we are all looking forward to the Spring. The nights are already getting lighter and we have noticed its not fully dark now when we close our doors at Bridgend. Winter does have its beauty though and we have shared some breath-taking local pictures on Page 3 so you don't need to brave the cold to appreciate our stunning surroundings! We hope you enjoy the edition.

Busy Bridgend!

As well as our drop-in community café and charity shop, the Bridgend Centre also has many group activities on offer that are aimed at being inclusive for everyone in our community.

Our walks go out every Wednesday all year round and we offer a rich and varied selection of different routes to make the most of the beautiful countryside where we live. Our dedicated team of volunteer walk leaders are full of local information to inform walkers about our local heritage whilst out on walks.



If indoor pursuits are more your cup of tea, we have a diverse selection of activities. Staff member, Anna Barker, draws on her experience as a teacher and artist to lead or Art and craft sessions; offering everything from wood whittling to textiles. She also brings her musical talents to our Community choir on a Friday morning.

For those interested in games, we offer Bridge and Mah Jong groups for mixed abilities. Group leader Jim is always on hand to instruct Bridge players from beginners to those looking to hone their game.

For those who are looking for online activities, we have Spanish classes and a creative writing group with experienced leaders to help you learn new skills.

On Thursday afternoons, Maxine runs our Talk and Games session. This is a friendly, informal group for people to have a chat about a wide range of subjects, reminisce about times past and share life experiences. She will also be organising day trips out with the use of Rainow Community bus to take people for a change of scene. Trips are affordably priced and suitable for people who need to take things at a leisurely pace. We will keep you updated on trip details and how you can get involved.

All of our groups are run within Covid secure guidelines in order to keep participants as safe as we can in the current climate. For details of any of our groups, contact us at the centre and we will fill you in on how to get involved. Our full timetable of activities is available on our website. www.bridgendcentre.org.uk.

Down on the Farm

The BBC are now showing a new series called Kelvin's Big Farming Adventure. The series follows the Strictly Come Dancing and Emmerdale Star as he embarks on a new lifestyle as a farmer right here on our doorstep.

The 120 acre farm is situated just down the road in Wincle so much of the countryside will look quite familiar!

The TV star and his wife and 2 children have moved from their home in Oldham to start a new life in a more rural setting. Despite many years playing a farmer on the soap Emmerdale, Kelvin is on a massive learning curve as he is a self confessed total novice when it

comes to the farming world. The six part series follows Kelvin and his family as they attempt to learn on their feet. It airs on Monday evenings at 8.30 pm and is available to catch up on BBC I-player.



Bridgend Centre presents... 

Vintage Bric-a-Brac Bazaar

Browse our vast collection of vintage bargains
and raise funds for our fabulous local charity at
the same time

Saturday 11th February to Saturday 18th February 2022
Monday to Friday 10—4 and Saturdays 10—1
In the Education Room at the Bridgend Centre
FREE ENTRY

The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW
01625 576311 www.bridgendcentre.org.uk Charity no: 1123287

Red sky in the morning

There were some absolutely amazing red skies to be seen in the Bollington area last week, both in the morning and the evenings, and some very talented people managed to capture them with their cameras. Thank you to everyone who allowed us to reproduce their photos here.



Oak Bank reservoir from Shrigley Road by Ingrid Alcalde Garcia



Adam Rees



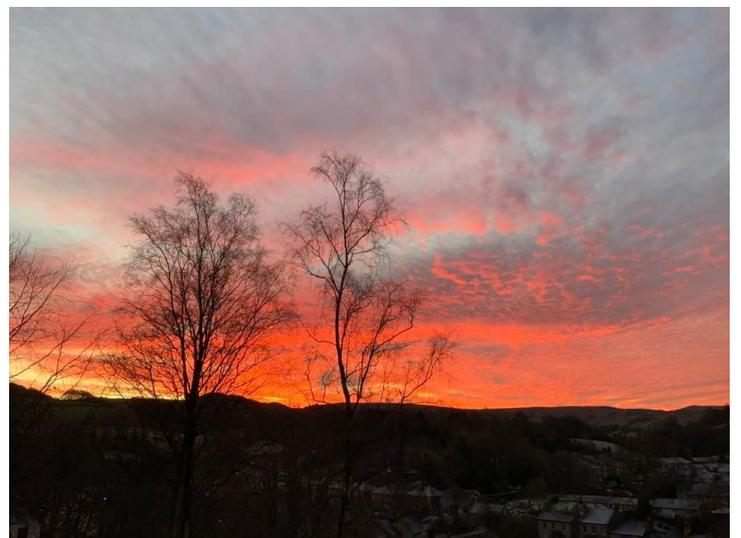
Adam Rees



Geoff Cloughton



Adam Rees



Tim Boddington

This is the time of year when many people reflect on the last twelve months and think about bad habits they would like to change. This is usually in relation to diet and exercise but is no different in relation to keeping ourselves safe from fraud and doorstep crime. Age UK Cheshire East has written this helpful article on six habits some people fall into that leave them vulnerable to potential scammers.



Age UK Cheshire East can support you if you have been a victim of a scam on 01625 612958 or enquiries@ageukce.org.



Bad Habit #1—having the same password for lots of accounts

It seems we need a username and password for everything now—if we're talking to organisations over the phone or accounts online. It seems easier to have the same password for lots of accounts, as it saves having to think of new ones, and it is easy to remember. But if you can remember it, so can a scammer.

New Habit #1—have strong, separate passwords

The first two passwords in the photo are the 1st and 4th most popular in the world! Choose strong, different passwords for your accounts. Get Safe Online recommend choosing 3 random words e.g. BoxCupRadio. Adding letters and keyboard characters make it stronger again. Avoid using children's or pets' names, football clubs, birthdays or parts of addresses.

Bad Habit #2—being too polite or trusting

Many of us look for the good in people. Its also in our nature to believe someone is who they say they are. These are lovely attributes to have. Unfortunately this means that we are too polite to say 'No' when someone phones us with an offer, or we believe everything a stranger tells us.

New Habit #2—practice stranger danger

As children we are taught not to talk to strangers. Its no different as we get older. Its okay to be cautious when a stranger contacts you out of the blue. This may be on the phone, by email, chatting online or a doorstep caller. In Cheshire East we have recently had people contacted by criminals pretending to be from banks, so it pays to be alert.

Bad Habit #3—sharing too much information

Criminals are very sophisticated in getting us to share information with them. This can be anything from asking you to complete a survey to win a prize, to telling you lots about them when chatting online to entice you to respond with the same information about yourself. They can then use this information to go on and commit fraud.

New Habit #3—only share what you need to

Don't assume that because someone knows something about you (e.g. your name, address and who you bank with) that it is ok to give them more information. They may be guessing or have got it from public records.



Bad Habit #4—responding immediately

Whenever we get a call, text, email, post or knock at the door, we're tempted to respond very quickly. This can be so we don't appear rude, we don't want to miss out or we're being asked to act immediately. Criminals know this and play on it.



New Habit #4—breathe and wait a second

The 'Take Five to Stop Fraud' campaign talks about taking a moment to stop and think before parting with your money or information. This pause is useful to calm yourself and think rationally, giving you time to remember to make certain checks. Genuine organisations will not mind anyone 'taking five'.

Bad Habit #5—believing offers too good to be true

We may be tempted by a product or an investment as it appears to be endorsed by a celebrity we admire or believe knows about the offer. Unfortunately criminals use celebrity photos and fake quotes in their adverts. Celebrities abused in this way include Martin Lewis (Money Saving Expert) and the tennis player, Andy Murray.

New Habit #5—don't believe everything you see or hear

Never take a celebrity endorsement on face value—be it on radio, TV, online or in a magazine. Always do your research for making investments. Check any investment company with the Financial Conducts Authority. When spending your money, go by the quality of the product, not by someone who liked it.

Bad Habit #6—not reporting scams

There's lots of reasons why people don't report scams—we think someone else will, we don't think it's worth it (nothing will get done) or we're not sure where to report it to. If we have been scammed, we may feel embarrassed to report it. Reporting scams is the only way others can be alerted to them, investigations can be made and victims get the support they need.

New Habit #6—report, report, report

Reporting scam emails over the past two years has helped remove more than 70,000 scams across 130,000 websites. Here's how to report scams:

Phone calls—report to Action Fraud on 0300 123 2040; **Emails**—forward emails to report@phishing.gov.uk

Texts—forward texts to 7726; **Doorstep**—call the Police on 101 or contact Citizen's Advice on 0808 223 1133.



A triolet by Summer Phillips (Bridgend Creative Writing teacher)

I stand here by the candle
Protected from the dark
And the thump of fathers sandal as
I stand here by the candle
Then I set the house aflame
It will be quite the scandal
I stand here by the candle
Protected from the dark



Co-op Local Community Fund

Many of us are used to popping to Co-op for a few bits of shopping, but did you know that your shopping trip can help us at Bridgend to support our community? Every time Co-op members buy selected Co-op branded products and services, 2p for every pound spent goes back to you to spend in store and they give the same amount to your nominated community cause. The team in store can help you to become a member of Co-op and it only costs a one time payment of £1. In addition to money back to yourself and your cause, you also receive offers and coupons based on the sort of things you like to buy. Once you become a member you just need to select Bridgend as your community charity.



WANTED



WOODCRAFT TEACHER

TO TEACH WOODCRAFT
CLASSES TO PEOPLE IN THE
COMMUNITY AT THE BRIDGEND
CENTRE, BOLLINGTON

For more information on this opportunity, please
email info@bridgendcentre.org.uk

Roadworks Update

Roadworks in the village are certainly a hot topic in Bollington currently. In the last week, there has been an announcement of a road closure to Flash Lane on Wednesday 9th February for a period of 5 days, this is to carry out jetting works. The alternative route will be via The silk road and Bollington Road. Pedestrian access will be maintained and vehicular access will be maintained for residents and emergency vehicles where possible.

The Council have also issued a report following a meeting with Cheshire East Highways about residents' concerns over the works at the bottom of Grimshaw Lane. 3 way traffic lights will remain in place until 16th March (weather dependent on completion by that date)

That section of the road will be closed 19th-27th February and again from 2nd-17th April.

The full report can be found on the Town Council website.

Your donations matter to Bridgend

We welcome donations of any kind, large or small, and you may be surprised to learn that the Bridgend Centre and the range of wonderful services we deliver would not survive without public support.

If you would like to help us, one of the most valuable ways you can do this is by giving to us regularly, as this provides us with a reliable income.

Here's how your support helps:

- A £10 donation helps us to be there, listen and provide space to talk to someone in their time of need
- A £20 donation contributes to one activity session, for example Creative Writing
- £50 funds the training for one volunteer walk leader which enables people to get active, improve their health, meet people and socialise in the great outdoors

If you would like to make a regular or one-off donation to the Centre, please visit our website at www.bridgendcentre.org.uk/donate or call in to the Centre.

Your money makes a real difference to Bridgend and our local community.

THANK YOU



"Until you experience the uniqueness of Bridgend, you can never fully understand how it helps people. It gives folk a purpose, a place to just be themselves"

Lucy

Recipe—Slow Cooker Beef Goulash



Ingredients

- 3 tbsp olive oil
- 2kg braising or stewing steak, cut into chunks
- 2 large onions, finely chopped
- 4 mixed peppers, cut into 4cm chunks
- 3 garlic cloves, crushed
- 2 tbsp flour
- 2 tsp caraway seeds
- 2 tsp hot smoked paprika
- 1 tbsp sweet smoked paprika, plus extra to serve
- 4 tbsp tomato purée
- 4 large tomatoes cut into small chunks
- 400-500ml beef stock
- 300ml soured cream
- Small bunch of parsley, chopped

Heat the slow cooker to low and heat 2 tbsp oil in a deep frying pan over a medium heat. Season and sear the beef in batches until brown on all sides. Transfer to a plate.

Put the remaining oil in the pan and fry the onions for 10 mins until lightly golden. Add the peppers and garlic, and fry for another 5-10 mins, then stir in the flour and all of the spices. Cook for 2 mins more, then stir in the tomato purée, tomatoes and 400ml beef stock. Season well. Bring the mixture to a simmer, then tip into the slow cooker with the seared beef. Add the remaining stock, if needed, to cover the meat completely. Cover and cook for 6-7 hrs until the beef is tender and the sauce has thickened slightly.

Season to taste, then swirl the soured cream and most of the parsley through the stew. Scatter over the remaining parsley and some sweet smoked paprika, then serve with small roasted potatoes or brown rice, if you like.

Brain Teaser—General Knowledge Quiz

1. What is called “ The old lady of Threadneedle Street”?
2. In which war was the Battle of Balaclava?
3. Scrooge is a character in which story by Charles Dickens?
4. What is the next prime number after 71?
5. Which bestselling author also wrote as Mary Westmacott?
6. Which is England’s largest National Park?
7. How many hearts does Dr Who have?
8. What colour is carmine?
9. Which grow upwards, stalactites or Stalagmites?
10. What blocks the sun’s ultraviolet rays?
11. How many legs does and insect have?
12. Which famous riding school is in Vienna?
13. Who did New Zealand beat in the 2011 Rugby World Cup?
14. The island of Zanzibar is part of which country?



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.

**iam**
COMPLETE DIGITAL PRINT SOLUTIONS
I AM Print Ltd

Bridgend Centre, 104 Palmerston Street,
Bollington, Cheshire. SK10 5PW

Email: info@bridgendcentre.org.uk
www.bridgendcentre.org.uk

Registered charity number 1123287

 **Bridgend Centre**
at the  of our community