

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 70**



Photo by Lisa Cox

Welcome to Edition 70 of Bridging Social Isolation. We can't believe that there have been 70 editions since we started this publication in March 2020. While the pandemic certainly isn't over, it feels like it has moved into a different phase now and our lives feel more like they did before.

The Centre is definitely back to a more lively and busy place as restrictions are relaxed and there are lots of comings and goings with people stopping in for drinks, chats with old friends and new or to take part in the many wonderful activities we have on offer.

We have an exciting new activity on the horizon with an 'Introduction to Woodcraft' class starting on Wednesdays on 23rd March. Places are very limited so please do drop us a line if you would like to take part at info@bridgendcentre.org.uk.

Wellington Road Closure and changes to bus services

You will have noticed the roadworks that have been present for the last few weeks at the junction of Grimshaw Lane and Henshall Road/Wellington Road while work is carried out on the development of the road and pavement in preparation for the new Tesco store in the old Bayleaf building. This is scheduled to last until 11th March.



In addition to these roadworks, the road will be completely closed here between 19th and 23rd February (with the option to extend this to 27th February) plus fifteen days from 2nd to 17th April.

As the road will be completely closed during this time, the bus services will be affected and will run as follows:

392 from Macclesfield to Stockport

Run by Little Gem - 0161 523 1155

The service to Stockport will loop round the estate at South West Avenue, back to the Cock and Pheasant, then Flash Lane and A523 to Adlington, Brookledge Lane and back on route.

10 from Macclesfield to Bollington

Run by Arriva - 0344 800 4411, then option 2, option 2, option 4

The service will terminate at South West Avenue.

There will be no bus services to either Kerridge or the top end of Bollington

All of these details will be subject to change, so to keep abreast of updates please go to the Cheshire East website www.cheshireeast.gov.uk/highways_and_roads/roadworks/latest-roadworks.aspx. You will be directed to the One Network website, which has a map that details any upcoming roadworks or road closures. Please direct any enquiries to Cheshire East Council through their website, by telephone on 0300 123 5020 or by post at Highways, Floor 6, Delamere House, Delamere Street, Crewe, CW1 2LL.



Big thanks to Helen from Bollington Town Council for providing us with this information.

A new Deputy Mayor

Congratulations to Cllr Helen Ellwood, who was voted in as Deputy Mayor for the ensuing year 2022/23 at our Full Council meeting last night. She will take office in May.

Many of you will know Helen from her role running the Poachers Inn on Ingersley Road together with her husband Rob and she was elected as a Bollington Town Councillor last year.

The position of Deputy Mayor is primarily a role in support of the Mayor. Attending functions and events if the Mayor is unable to attend. The role also deputises in meetings for the Mayor and is sometimes required to step in as Chair. The year in office as Deputy provides useful preparation for their year after as Mayor.



Bridgend Vintage Bric-aBrac Bazaar

This week (12th to 19th February) sees the return of the famous Bridgend Vintage events. It has been 27 months since the last such event, so we are super excited to see its return. We are doing things a bit differently this time as instead of a one-day event, we are holding a week-long event to minimise crowds in the Centre and maximise valuable income for Bridgend. We do hope we see you over the coming week and that you find your perfect, irresistible bargains!



Bollington's Bestseller Helen Birchill

Bridgend regular and Bollington resident Helen Birchill recently self-published her first novel and it is for sale on Amazon. We received our first copy as a donation into the Bridgend charity shop this week, the true sign of a successful book.

Written over five years on her i-phone, this story was a labour of love as it is a memoir of her mother Freda's life. The book is called 'Eight' because the number eight had a key influence on Freda's life; she was born on the 8th of October, she met her husband Len on 18th September and her first son was also born on 18th September. Unfortunately not all the number eights were associated with good fortune. Diagnosed with lung cancer on 8th March 2015, she passed away on 8th September that same year.



Born in Mottram-Longdendale, Helen is a secondary school History teacher and attends the Creative Writing group at Bollington library. She previously only created humorous poetry and this is her first novel. You can buy your own copy on Amazon or maybe in the Bridgend Centre any more copies are donated. We are reading this copy ourselves first!

We are Rootstock

We have new neighbours! Some of you may have noticed an exciting new shop appear in the ground floor of Mother Nature Sanctuary last week. Sustainable shop 'We are Rootstock' have moved from Adlington Road to 104 Palmerston Street and we are very pleased to welcome them.

Run by Sophie and Meg, 'We are Rootstock' was born in 2020 out of the environmental health crisis, with the aim of reconnecting everyone to sustainable living. The aim is to promote awareness of living a 'good' life, grounded firmly in the belief that living well alongside others as a community and within a healthy environment can benefit us all.



Unfortunately, choosing to live "eco-friendly" can be more expensive, labour intensive, inconvenient and somewhat confusing! Rootstock's mission to counteract this is Accessibility, Affordability and Making being Sustainable the Everyday Choice. They sell eco-friendly household items for the kitchen, bathroom and outdoors; refill products including food, toiletries and household products and environmentally friendly items for the pantry.

The shop is a bright and welcoming space but also if you can't make it down, you can order online and with free shipping over £15 it is super convenient. The website is www.wearerootstock.co.uk. The shop is open 10am to 5pm Tuesday to Friday and 10am to 3pm on Saturdays.

We are Rootstock also have a great blog, which has some really interesting reads on sustainability and how to make eco-friendly choices as a consumer.

We are Rootstock's ethos of shopping that doesn't destroy the planet is very much in line with Bridgend's and we would like to welcome them to our 'block' and wish them every success for their new venture.

Art Exhibition at Bollington Leisure Centre

Did you know that the Leisure Centre in Bollington regularly hosts exhibitions of artwork by artists local to the Macclesfield area?

Currently on exhibition is work by local artist, sculptor and greenwood carver, Anna Barker. Anna is a community worker here at the Bridgend centre where she runs our very own Bridgend Art Club. The work Anna has included in her current exhibition demonstrates her skill in a variety of media with inspiration drawn from the local area as well as coastal North Wales. She teaches, exhibits and sells her work locally as well as further afield.



Anna's exhibition can be viewed until Wednesday 23rd February when, after a short break, the Leisure Centre will host artwork created by another local artist.

Free admission, viewing times: week days 6:30am—8pm, weekends 8am—4pm

A history of Valentine's Day

We have all heard of Valentine's Day and we know that it is on 14th February but how many of you know the story behind this date?

Valentine's Day is also called Saint Valentine's Day or the Feast of Saint Valentine and it is celebrated annually. It originated as a Christian feast to honour one or two early Christian martyrs named Saint Valentine and there are many martyrdom stories which include the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted by the Romans in the third century and there was also a Saint Valentine who resorted the sight of a blind daughter of one of jailers.

In the 14th and 15th centuries the day became associated with romantic love likened to 'lovebirds' in early spring and in the 18th century it grew into an occasion where couples expressed their love for each other with flowers, confectionery and by sending greetings cards, known as 'valentines'. There are folklore tales of a jailer's daughter who wrote a letter signed 'Your Valentine' as a farewell before his execution and it is said that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry.

Since the 19th century, mass produced greeting cards replaced handwritten cards and some countries hold Church services. In Italy Saint Valentine Keys are given to lovers 'as a romantic symbol and an invitation to unlock the giver's heart. They are also given to children to ward off Saint Valentine's Malady, which is epilepsy.

Valentine's Day has become a cultural, religious, and commercial celebration of romance and love in many regions of the world. Valentine's Day symbols that are used today include heart shaped outlines, doves, and the figure of the winged cupid.

Saint Valentine's Day is not a public holiday in any country although it is an official feast day in the Anglican Communion and the Lutheran Church. February 14th is a date fixed by the Western Christian Church, but many parts of the Eastern Orthodox Church also celebrate Saint Valentine's Day on July 6th in honour of a Roman presbyter Saint Valentine and on July 30th in honour of Hieromartyr Valentine, the Bishop of Terni.

As Whitney Houston said 'learning to love yourself if the greatest gift of all', so to all of our readers...Happy Valentine's Day, with love

Maxine Lomas



A hint of Spring

Its been a long, dark winter so it is lovely to see these photographs of the first signs of Spring, the Snowdrops. Bridgend Trustee Lisa Cox took these photos at Rode Hall, near Congleton, which is famous in these parts for its annual display of the pretty flowers.



The new word craze Wordle

You may have heard of the new craze sweeping the planet, Wordle. An incredibly simple game of letters and words, the aim of the game is to identify a five letter word and you have six goes to get it right. Every time you enter a five letter word into the grid, the game tells you if each letter is in the word in the right place (square goes green), in the word in the wrong place (square goes yellow), or not in the word at all.

There is a different word every day and people have taken to sharing their own performance with their friends on social media or through messaging apps such as WhatsApp. The game is free of charge and it is hard to have avoided talk about the game in recent weeks.

G	U	E	S	S
W	H	I	C	H
C	R	A	Z	E
J	O	I	N	S
T	I	M	E	S
G	A	M	E	S

Word of Wordle spread far and wide, with even a substantial segment being included on Radio 2, with Richard Osman explaining in great detail the tactics he uses to improve his performance and the statistical chances of guessing correctly on the first go.

Created by software engineer Josh Wardle, Wordle hit the news last week when it was purchased by the New York Times for a seven figure sum. It will become part of the paper's games section in a bid to increase the number of subscriptions to the publication. The paper has pledged that Wordle will be free to use initially.

Wordle has also been the subject of some controversy when it has used the American version of words, such as 'humor', which has really thrown people off the scent when trying to solve the puzzle. As the puzzle is American in origin (the creator is Welsh but based in the US), we suppose we shouldn't be 'humorless' about it, although the website has a co.uk domain so the jury is still out.

It is a great game and fun to share with your friends, so we recommend you make the most of it while it is still free of charge! <https://www.powerlanguage.co.uk/wordle/>

No prior woodworking experience necessary
All welcome!



Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
23rd March—13th April
(4 weeks)
£20 for 4 week course
Places limited



Introduction to Woodcraft

- Learn basic woodworking skills
- Make your own small set of hanging shelves
- Make friends in a safe space

Contact Rebecca
01625 576311
info@bridgendcentre.org.uk
to book your place



High Street, Bollington in monochrome by David Steeden

Lamb and mint sauce all in one pot

This is a simple and easy recipe for a Lamb All in One Pot. Just use a larger dish and additional ingredients for more people and you may have to adjust the cooking time.

Ingredients for 2 people

2 lamb steaks

1 large leek, sliced (an onion cut into rings can be used as an alternative)

1 large carrot, cut in half and sliced lengthways

1 large parsnip, cut in half and sliced lengthways

A handful of garden peas

2 potatoes, sliced in rounds

Rapeseed oil (or oil of your choice)

Mint Sauce

Method

Preheat oven 190 degrees C (Gas Mark 5)

Put the lamb steaks close together in the bottom of a casserole dish and cover with the sliced leeks. Drizzle a little oil over the top.

Put some oil in a bowl and coat the carrots and parsnips with oil.

Layer the carrots across the top of the leeks and then layer the parsnips across the top of the carrots.

Coat the potato rounds in oil and place them slightly

overlapping each other on top of the parsnips.

Leave the dish uncovered and put in the pre heated oven on the top shelf for 40 minutes. Check after 20 minutes as you may need to turn the dish round to brown the potatoes more evenly.

After 40 minutes remove the dish and cover with a lid or foil before returning to the oven for another 20 minutes.

Then take the dish out of the oven, remove the cover and drizzle 2 or 3 teaspoons of mint sauce over the potatoes. Put the cover back on the dish and return to the oven for another 10 minutes.

Allow a little more time to cook if needed but it should now be ready to remove from the oven.

Use a fish slice to scoop up each piece of lamb with layered vegetables. Don't worry if it doesn't all come out together, any remaining vegetables can be arranged on the plate. There may be a little juice in the dish which can be drizzled on top.

Serve with additional mint sauce if required.



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

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

Here is a 'Love'ly quiz for you



1. What day does Valentine's Day fall on this year?
2. The Bridgend Centre logo has a symbol of love, what is it?
3. Who is the Roman Goddess of love?
4. What colour is most associated with love?
5. According to Hallmark, approximately how many Valentine's Day cards are sold around Valentine's Day in the UK....

125 million, 145 million or 165 million?

6. What flower is the symbol of love?
7. What are the sweets called that have hearts on them?
8. How many chambers are there in the heart?
9. Which National Charity raises money to research heart conditions?
10. The Bridgend Centre is the heart of what?
11. Which 1960's group sang Love Me Do?
12. Friday's child is what?
13. What Shakespeare play starts with the line 'If music be the food of love, play on'?
14. In 1977 what did Bonnie Tyler sing about?
15. What was the TV Series set in the 1960's in the Yorkshire countryside which was based on the Constable books by Nicholas Rhea?



Answers to last week's quiz

- | | | |
|----------------------|--------------------|--------------|
| 1. Bank of England | 7. Two | School |
| 2. Crimean War | 8. Red | 13. France |
| 3. A Christmas Carol | 9. Stalagmites | 14. Tanzania |
| 4. 73 | 10. Ozone | 15. Tigger |
| 5. Agatha Christie | 11. Six | 16. 27 |
| 6. Lake District | 12. Spanish Riding | |

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 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)

