

## BRIDGEND COMMUNITY NEWS

Bridging Social  
Isolation  
No.72



*Picture by Miranda Swift*

Welcome to Edition 72 of Bridging Social Isolation.

There is no escaping the fact that world events are currently very concerning, it feels slightly like we were surfacing from the worst of the Pandemic only to be thrown straight into war all over the news. It can certainly be a difficult balance to keep ourselves informed with the news without becoming immersed in it.

With all this in mind, we have been discussing ways that we cope in times like these and have decided to dedicate this edition to relaxation and calm.

We have a fantastic double page spread of beautiful local photographs from people in the community. We are truly blessed to live in such a picturesque place!

If you have any articles, pictures or ideas that you would like to share with us, please drop us a line to [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) or pop in to the centre to fill us in over a cuppa.



“Bollington Town Council will promote the social, environmental and economic health of the town and contribute to a sustainable and inclusive community in an honest, open and responsive manner”

The town Council have published details on their website of how they will achieve this vision for our Town. It is a comprehensive document that covers a wide range of topics that concern the local community. One thing that really comes across is that the council want to work in an inclusive and transparent manner to serve the community and welcome feedback and ideas from the people that they serve.

Working with the community they plan to encourage local businesses and tourism to improve the economic health of the town. There is also focus on affordable local housing and provision of more allotments.

Equally important though is the environmental health of the town and plans relating to travel, litter collection, our homes, energy supplies, shopping habits and recycling, are all in place. Not to mention plans for Bollington in Bloom which add to the natural beauty locally.

In terms of social health, the plan covers working relationships with the local emergency services such as the PCSO, in addition to maintaining and developing the Emergency Resilience Plan to ensure effective responses to crises the Town faces from floods to other disasters.

There is a real focus on community events too and supporting the excellent range of local organisations and charities within Bollington. It is reassuring to see such a comprehensive plan in place to enable our fantastic home to flourish and grow in a way that benefits us all.

### Relaxing with the paintbrush -Jane McGill Hoyland

There have been many occasions over the past few years when each of us have needed to find something which helps us to relax and chill out.

One of the activities that I find particularly de-stressing is to get out the old paintbrush and do some 'shabby chic' painting of furniture, garden ornaments – and in fact just about anything that stands still.

I often use the grey and cream colours of chalk paint – sometimes combining them to give different effects for house furniture. Occasionally I will stray to a duck egg or blue colour if the item is intended for a room where that colour scheme fits.



It's so easy just to switch off, listen to music or just enjoy the peace of silence. And the pleasure in this sort of painting is that it doesn't require a great deal of preparation work – or skill!



As I am not renowned for patience, this hobby is perfect for me. The paint dries quickly – so second coats can be added in a matter of hours and a finished item is achievable within a short space of time.

As I can't rely on the weather being warm enough to always do these projects in glorious sunshine, I have now set up an area in my garage where I can dip in and out, as time permits – or when I just want head space for relaxing with this fun hobby. Oh yes – and it saves a fortune too whilst recycling old furniture. All in all- a winner on many levels.

I would strongly suggest that you give it a try – you may be pleasantly surprised – and relaxed.



## International Women's Day

Tuesday the 8th of March was International Women's Day. International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women.

Origins in women's suffrage have evolved into a day of celebration and advancement of women's rights. The first official International Women's day was in 1975 when it was officially recognised by the UN but it actually originated in 1908 following a 15,000 people strong march in New York advocating for better working conditions for women and for voting rights. The march was commemorated the following year in America and then in 1911, Switzerland, Denmark, Germany and Austria joining the occasion. In 1910 it was suggested at the International Conference of Working Women in Copenhagen that the event should be celebrated globally. Since then, the 8th of March has been marked as International Women's Day.



The theme for the International Women's Day 2022 was announced by UN Women in December: "Gender equality today for a sustainable tomorrow." A key mission this year is to advance gender equality in the time of the climate crisis through women's leadership. Many people have been posting on social media with the hashtag #BreaktheBias, designed to focus on breaking the stereotypes surrounding gender.

Some people may ask why we still need a day like this but according to the World Economic Forum, gender equality is still approximately a century away so this remains an issue now and for generations to come.

On the International Women's Day website, organisers said: "Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable and inclusive.

"Together we can forge women's equality. Collectively we can all #BreakTheBias."

Strong Women, may we be them, know them, raise them.

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

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## Relaxing Bollington

***With all the horrible things going on in the world at the moment, we thought it would be a good idea to celebrate the beauty and peace of this lovely area we live in. We asked the people of Bollington for photos that represented this and we were overwhelmed! Here are just a few and thank you to everyone who submitted one. We have so many that we will include some more next week.***



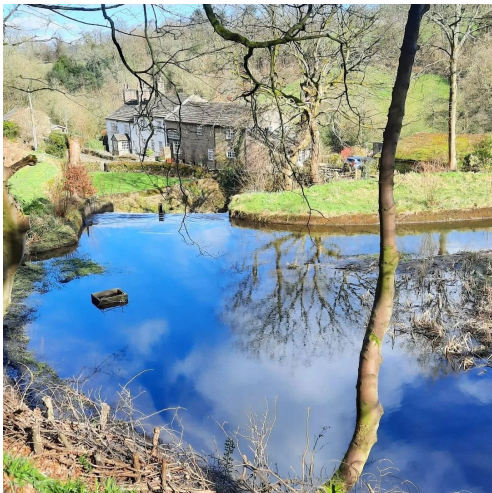
*Kay Stevenson*



*Liv Jackson*



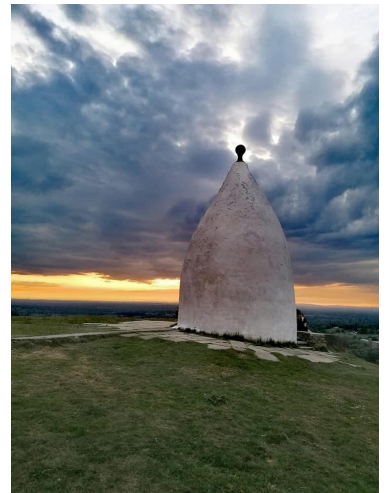
*Bob Cooper*



*Sarah Leah-Daniels*



*June Jackson*



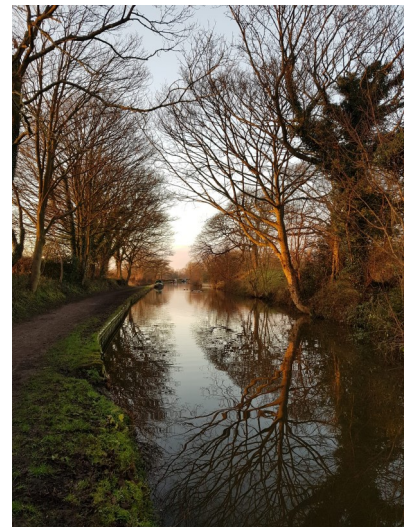
*John Stewart*



*Liv Jackson*



*Shannon Hazlehurst*



*Julia Latham*



## Relaxing Bollington continued...



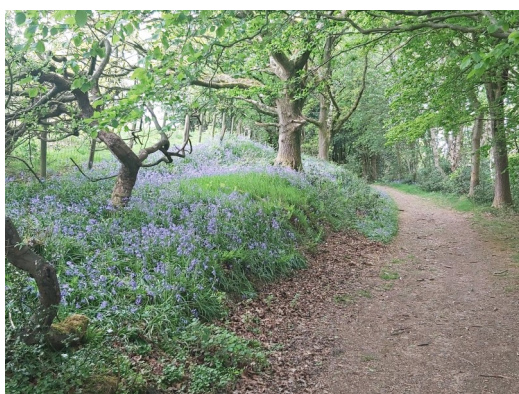
*John Stewart*



*June Jackson*



*Abbey White*



*Jonty Bateman*



*Kay Goodwin*



*Sarah Burrows*



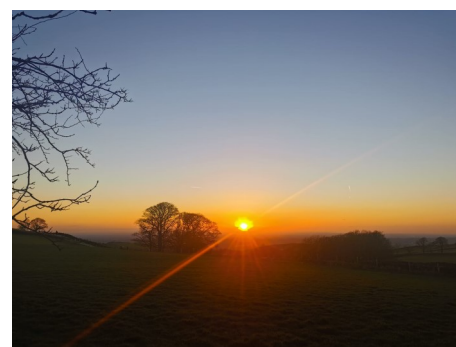
*Helen Sheldon*



*Carolyn Thompson*



*Chelsea Miller*



*Abbey Mills*



## Time to relax

***We all have times when the world feels too much and we feel a bit stressed and anxious about things. So how do members of the Bridgend staff team chill out when they need to?***

“Fresh air, cake and tea and for me it has to be a binge watch of Coronation Street, its my absolute favourite soap and even though there is usually lots of arguing I just love falling into the drama of the cobbled streets and forgetting about everything.....see you in the Rovers! “ **Anna Hatley Deputy Manager**

“What so I do to escape the world?

When the world seems in a bad way and it makes me feel helpless the first thing I do is limit time spent on the television and other sources that I see or hear reports on. Not watching or listening doesn't stop the stuff going on but I don't need to be reminded of it every half hour through the day.

And with that time I don't do just one thing. Today it might be that I read some of my bedtime book a bit earlier, tomorrow it might be that sort through old photos in front of some easy watching – I'm nearly up to date with The Great Pottery Throwdown. And recently I've been doing jigsaws, the last 1000 piece one tested my eyes and my geography as it was an old map of the world. From the Bridgend Centre of course – thank you if you donated it! If I feel the need to stretch I look up Yoga with Sarah Beth on the internet and choose a 15 or 20 minute stretch or flexibility session and inevitably wonder why I don't do it more often.

Sometimes you can't concentrate on one thing for too long and that's totally okay.” **Avril –Ebay Co-ordinator”**



“When I play my ukulele and sing along this takes my mind off everything else. Songs I particularly like lift my spirits and makes me feel happy, even when I play a duff chord sometimes! “ **Maxine—Community Worker**



“Singing makes me happy so it's lovely to be running our choir here at the Bridgend Centre. However, if I'm on my own and feeling anxious or a bit down it can be hard to drum up the energy or inclination. On such occasions I love to get out my axe and do a bit of greenwood carving, especially with friends. Luckily for me one of my greenwood carving buddies has a large shed in his garden, which he opens up for us to join him at our weekly “Splinter Club”. When you're using a razor sharp axe or knife you have to concentrate so hard that there is no time to dwell on the sad and scary things happening in the world. Just a short break for a cuppa then we're back to carving again.” **Anna Barker—Community Worker**

“Relaxing time for me involves hanging out with my girls and my daft furry cat. I like to have friends round for a chat over a brew. I love to cook and all the better with music playing, it turns into a kitchen disco quite often. I also knit and crochet which is almost as much fun as buying the wool!” **Kerry—Community Worker**

“I love spending time on my allotment. As soon as I get there I feel calmer as I hear the birds sing and feel the wind on my face. I like being a bit nearer to the natural world than my normal days takes me and seeing plants germinate and grow throughout the reminds me of the miracle of nature. It reminds me that we humans can't control everything and there are positive, powerful forces at work in the world” **Becky—Centre Manager**



## Recipe—Comforting Creamy Fish and Leek Pie

### FOR THE FISH PIE MIX

- 100g butter
- 3 leeks, thinly sliced
- ¼ tsp ground nutmeg
- 1½ tbsp wholegrain mustard
- 100ml dry white wine or dry vermouth
- 200ml double cream
- ½ small bunch chives, chopped
- ½ lemon, zested and juiced
- 125g skinless smoked haddock, cut into large chunks
- 125g skinless salmon, cut into large chunks
- 125g raw king prawns



Heat the oven to 200C/180C fan/gas 6. Prick each potato a few times with a knife (to prevent them from bursting) and bake on a baking tray for 1 hr-1 hr 30 mins or until soft when pressed. Cut the potatoes in half and scoop out the flesh into a bowl and mash it with a fork or ricer. Save the skins for another day. While the potato is still hot, mix in the cream and milk to make a smooth mash, season and set aside.

While the potatoes are baking, make the fish pie mix. Put a **large** frying pan on a medium heat. Melt the butter and cook the leeks slowly for 10 mins until they are sweet and tender, then season and add the nutmeg. Stir in the mustard, then pour in the wine and reduce until there is almost no wine left. Pour in the cream and simmer for about 10 mins until reduced by half. Remove from the heat, and add the chives along with the lemon juice and zest. Taste for seasoning.

Stir the haddock, salmon and prawns into the creamed leeks and transfer to a medium baking dish, then top with the mashed potato, smooth over to cover the fish, and scatter over the cheeses. Bake for 25-30 mins until the cheese has turned golden brown.

### FOR THE MASH TOPPING

- 1½ kg Maris Piper potatoes, unpeeled
- 200ml double cream
- 50ml milk
- 50g grated cheddar
- 50g grated parmesan

## 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](http://www.bridgendcentre.org.uk/donate) or call in to the Centre.

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

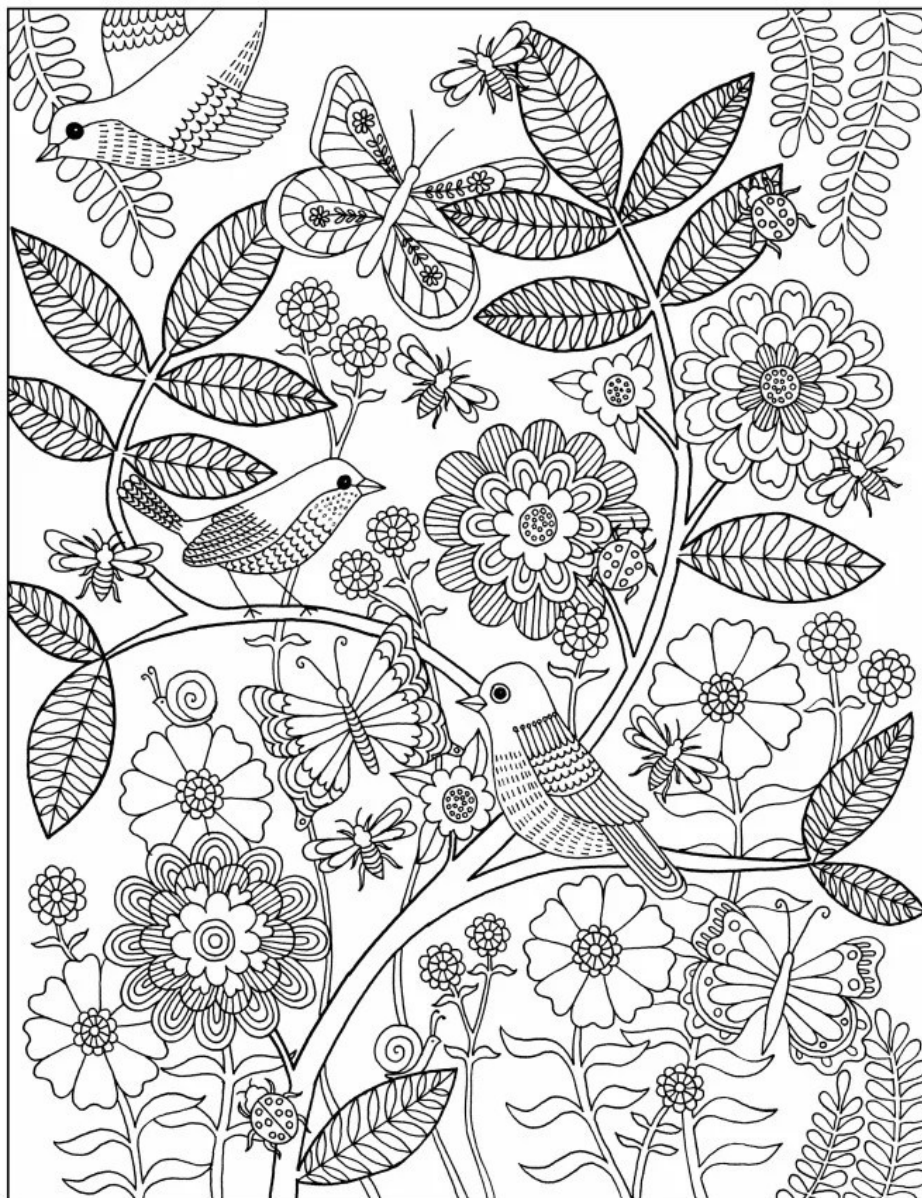
THANK YOU



"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





### Answers to last week's quiz

From left to right: Three of diamonds, six of spades, four of hearts, five of clubs.

It had to do with the number of toppings on each English muffin. If you looked closely, you'll have noticed that English muffin number six has three different toppings: an olive, a slice of ham, and a slice of cheese. All of the other muffins only had two different toppings.

### Thank you to our sponsors and supporters

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at the  of our community