

BRIDGING SOCIAL ISOLATION

Edition



Welcome to Edition 100 of 'Bridging Social Isolation'. We can't believe we have produced 100 of these publications and a short history of how it all began is inside. Now we are in August 2023, a lot of water has passed under the bridge and thank goodness things are so much different now to that strange time in 2020 when we started this newsletter.

As we move forward our society faces many more challenges, however things feel much easier when we do face them together as a community. The Bridgend Centre is a place that helps people feel part of something bigger than themselves, contribute to the community and be supported. It is a catalyst for positive change for the future and we as a team of staff, volunteers and supporters all work hard to try to ensure that it will be here for more many more years (and newsletters) to come. Find out on page 3 how you can support us with this mission.

Shuttle to the Shops

July saw the start of our latest exciting project; Shuttle to the Shops. Starting on 5th July, the fortnightly service visits shopping complexes in the local area on a rotational basis. The first stop was Macclesfield Barracks Mill and Lyme Green, followed by Poynton on 19th July and Handforth Dean and Stanley Green on 2nd August.

This service is available to anyone and costs £4 per trip.

You can catch the bus at the following points:

1:30pm Cotton Tree roundabout

1:35pm Bridgend Centre

1:45pm Hawthorn Road

1:50pm Bollington Cross, Princess Drive



The first Shuttle to the Shops trip to Macclesfield

The return time will depend on the shopping destination and traffic conditions but we aim to be back in Bollington no later than 5pm. The bus will drop people off at the stops listed above (Bollington Cross, Hawthorn Road, Bridgend Centre and Cotton Tree) and will not be able to go to other destinations.

You will need to register the first time you use the service (form included). Places will be limited so you will need to reserve your place on the bus every time you wish to travel. We prefer you to pay beforehand in order to reserve your place. We take card if paying at the Bridgend Centre and it will be cash only on the bus. Unfortunately, if you cancel or change the date you travel with less than 48 hours' notice we cannot offer you a refund.

For more information and details on how to register please telephone the Bridgend Centre on 01625 576311 or email info@bridgendcentre.org.uk

The destinations we are travelling to are listed below. For those that have two destinations, you must pick which one you would like to go to on the day of travel.

Wed 16th August - Macclesfield Lyme Green & Barracks Mill (new retail park; has Aldi, M&S and B&M Bargains)

Wed 30th August - Poynton

Wed 20th September - Handforth Dean & Stanley Green

Wed 27th September - Macclesfield Lyme Green & Barracks Mill (new retail park; has Aldi, M&S and B&M Bargains)

Please note that space on the bus may be limited so please be aware when buying your shopping. Huge thanks goes to Cheshire Community Foundation for funding this service. We hope you enjoy using it!

A brew with the guys

It was another Bridgend first in July when our male-focused social group went on a trip to Teggs Nose country park. The weather was kind to the group as they took a stroll around the beauty spot above Macclesfield.

This is a friendly, informal group to meet new people in a relaxed environment. We are currently planning lots of speakers, activities and outings, including one to Jodrell Bank on 17th August 2023. If you would like to be involved, please do contact us for more information or pop in on a Thursday afternoon 2:00pm to 3:30pm and have a chat with David, the group facilitator.



100 editions of Bridging Social Isolation

Welcome to Edition 100 of 'Bridging Social Isolation'. We can't believe we have produced 100 of these publications and you may be wondering where it all began.

It all started in late March 2020 with the first Covid lockdown. The main Bridgend Centre building had been closed since Christmas 2019 in order to carry out the renovations to the shop area and have a new flat roof installed over the rear of the building. While we ran our services at the Rec during that time, our shop had been closed and we were excitedly preparing to re-open. However a new virus called Coronavirus was approaching over the horizon and we were forced to stay closed for safety reasons.



We had to think of a way of continuing to connect people in the community of Bollington, whilst remaining closed, and we decided to run our activities virtually online and also create a weekly newsletter to provide news, updates, information and activities in readable form. The newsletter was an instant hit as people enjoyed reading about what others in the community were doing in lockdown and enjoyed poetry, art, stories and photos of beautiful local scenes of the area, plus much more every week.

Ever since then we have regularly produced a newsletter, at first on a weekly basis, then fortnightly and now monthly. When the Centre re-opened, the acute need for the newsletter faded, but people still loved to hear news of Bridgend, the Bollington area and read interesting articles on current topics and look at lovely photos and artwork, so we

decided that it should continue.

The newsletter is mainly produced by Becky Lea, Centre Manager and Kerry Langstaff, Deputy Centre Manager, but many other people contribute and we love to get input from other people to make it far more interesting and diverse than we ever could! Big thanks also must go to dedicated volunteer Peta and Karen who hand deliver paper copies of the newsletter every month to people in our community who may find it difficult to get out and about.

Could you support us?

The Bridgend Centre changes lives for the better. We are a charity and rely on the generosity of people like you in order survive. Without donations we could not be such a positive place for our community.

You can support us by:

- * Donating online by making a single or monthly donation through our website: www.bridgendcentre.org.uk/donate or by pressing the 'donate' button.
- * Bobbing into the Centre and we will help you make a donation by cash or cheque.
- Alternatively you could take part in a fundraising event. If you are doing a challenging activity such as a marathon, why not choose the Bridgend Centre as your worthy cause at the same time and raise funds for us? The easiest way to do this is through Just Giving but please do contact us if you have other ideas

Thank you



How to change the world a little bit at a time

There is a lot of press coverage at the moment about global warming, climate change, and extreme weather that it would be easy to feel despondent. When the issue is so huge it is tempting to think that there is nothing we can do. But consumer power and our voices can make a change, whether it be big or small. Here are some ideas of what you can do now to reduce your carbon footprint and your impact on the planet.



1. Get a green pension

According to 'Make my money matter', if you still have pension pots, making your pension investments green is 21 times more effective than giving up flying, becoming a vegetarian and changing energy provider combined. The money in your pension pot is actively being invested in shares and it is likely that some of that money is financing the use of fossil fuels, unless you actively choose 'green' investments. Talk to a financial advisor or your pension provider for more information on what your funds are invested in and how to change to greener investments.

2. Get a green bank account

Green banks are transparent about what they invest in and openly state that they do not fund companies that have a negative impact on people or the planet. You can choose ethical banking options if you want to know that your money goes towards renewable energy and positive social impact projects. You can find out information on how ethical your bank account is on the website www.youethicalmoney.org.

3. Eat less meat

Food production is responsible for one quarter of all greenhouse gas emissions. A large chunk of this comes from food waste and another big part is from rearing livestock and fisheries. This is due to a number of factors, including the emission of methane into the atmosphere and deforestation to rear animals. You do not necessarily need to become vegetarian or vegan, but even reducing the amount of meat or dairy products you consume will help. Beef is the biggest carbon emitter with 25kg CO₂e per 100g of protein they provide, followed by Lamb and Mutton with 20kg Co₂e and Cheese in third place with 9kg CO₂e. Chicken and Pork have a much lower carbon impact.

4. Reduce food waste

As well as wasting money, wasting food costs the earth in terms of the greenhouse gases it emits as it decomposes, often in landfill. 8-10% of the world's greenhouse gas emissions are down to food waste. Here's a few simple steps to try and reduce it:

- Check your fridge before you go shopping
- Batch cook to use up waste and create a few lunches. Store in the fridge or freezer in air tight containers
- Use weekly meal plans before you go shopping to ensure you don't buy things you don't need
- Measure your food portions so that you don't cook too much
- Label and date your leftovers
- Check shop labels. 'Use by' relates to food safety, whereas 'best before' relates to quality. You can eat food after its best before date if you think it's still fresh, but you shouldn't eat food after its use by date.

For more information, go to www.energysavingtrust.org.uk

We are Rootstock

Another way to have a positive impact on the environment is to shop locally and sustainably and what better way than by shopping at 'We are Rootstock' in Bollington. Formerly based next door to Bridgend in Mother Nature Sanctuary, it has moved to the former florist on Palmerston Street and re-opened last week.

Selling a range of organic, fresh fruit and vegetables, items for the pantry and local makers' wares, this fabulous refill shop is sure to be a hit on the Bollington shopping scene.

The shop sells items like washing up liquid, detergent, shampoo and food items such as pasta, lentils, nuts and baking items. Take empty containers to fill and weigh all the items before going to the till, which also reduces plastic waste.



Bollington Walking Festival - 9th to 17th September 2023

The 13th Bollington Walking Festival 2023 will be taking place between 9th and 17th September. There are 38 walks on the programme, and there really is one for everyone – for example a children's Bear Hunt, Mayor's Boundary Walk, Nordic walking taster session, a walk with a canal boat and even one along a by-pass. Lengths range from half a mile to twenty seven miles, so there's something to suit all needs and abilities. We also have a smart new logo, which we are thrilled with.



Why not explore the history of the place where you live with Bollington Civic Society, or visit the pubs in nearby town of Buxton with the Bollington Real Ale Ramblers? You could explore some of the plane wrecks of the Peak District or have some cake in Prestbury and burn off the calories on the way back. New for this year we have a walk along the Gritstone Trail to Macclesfield, a walk bagging nearby Ethels (hills over 2,000 ft in height in the Peak District) and a walk exploring the valuable wildlife habitat of nearby Danes Moss.

We also have a number of social occasions for you to get involved with and meet the walking festival organising team, volunteers and fellow walkers in a fun environment, including the opening festivities at the Cotton Tree on Friday 8th September and a pub quiz at the Poacher's pub on Sunday 10th, the proceeds from which all go to the Bridgend Centre.



You'll be sure to find some appealing walks in the programme for the 13th Walking Festival – generously supported yet again by Bollington Town Council. Thank you so much to all the organisations who will be running walks for us and the volunteers who give up their time to ensure it happens.

For up to date information, check the website, www.bollingtonwalkingfestival.co.uk, before the Festival opens or contact the hub of the whole operation, the Bridgend Centre, on 01625 576311, www.bridgendcentre.org.uk.

Bridgend Bake-off

We are really excited about latest fundraising event for our charity. On Saturday 23rd September we will hold the competition to end all competitions – The Bridgend Bake-Off! With three prestigious judges from local life, the heat will be on to prove that you are the best baker in Bollington! For everyone else it will be a case of eating the results and deciding for yourselves which is the best creation.

There will be five hotly contested categories to enter, it costs £5 to do so. For everyone else, your only job is to eat the results and decide for yourselves which is the best bake. Tickets are £7.50 (non-alcoholic fizz included) or £10 (alcoholic fizz included). Children's tickets are £3.

You can purchase your tickets online by going to our website www.bridgendcentre.org.uk, go to our calendar and find the event on 23rd September. Or you can purchase tickets in the Centre.

A vertical poster for the Bridgend Bake-off. The background is light orange with illustrations of various baked goods like cakes, scones, and breads, along with kitchen tools like a whisk and a rolling pin. The text is in a mix of red and black fonts.

Prestigious judges! Prizes! Tea! Cake!

BRIDGEND BAKE-OFF

at Bollington Arts Centre

On Saturday 23rd September

Baking entries to be submitted by 12:30pm
Afternoon tea starts at 2:00pm

£5 to enter competition (includes afternoon tea)

Afternoon tea tickets £7.50
Bubbly (alcoholic) afternoon tea £10.00
Children £3

Go to www.bridgendcentre.org.uk to buy your ticket or go to the Bridgend Centre

*Raising funds for the Bridgend Centre
Registered charity number 1123287*

A vertical poster for the Bridgend Bake-off categories. The background is light orange with illustrations of various baked goods like cakes, scones, and breads, along with kitchen tools like a whisk and a rolling pin. The text is in a mix of red and black fonts.

BRIDGEND BAKE-OFF

Categories

1. Celebration cakes
2. Tea loaves & large cakes
3. Cupcakes, muffins, scones and biscuits
4. Specialist (Vegan, gluten-free, dairy free and/or anything else you fancy!)
5. Young bakers (under 12)

Bridgend Work Experience

If you have been down to Bridgend recently you may have noticed some young people hard at work. In July we provided a taste of the working world for a student from Tytherington High School for a week. Bridgend is an excellent place for students due to the variation of work and the opportunities to learn more about how the Charitable sector works. No two days are ever the same!

In addition to work experience, we have recently said goodbye to two young gentlemen who have just completed their voluntary work hours with us as part of their Duke of Edinburgh award. One who got up every Saturday morning to help in the shop and another who came after a long day at school once a week.

Our Saturday slot for Duke of Edinburgh volunteering is full from September, but we do have an after school slot still available. Contact Kerry@bridgendcentre.org.uk if you want to volunteer.

Recipes—Redcurrants Galore!

A bumper harvest of redcurrants may have left you wondering how to use them all up. Here are a couple of options if you can't face making any more jam!



Redcurrant and raspberry cobbler

Heat oven to 190C/170C fan/gas 5. If the redcurrants are still on their stalks, run each stalk through the tines of a fork to release them. If you have the time and inclination, pinch the little end stalks off – this will make them nicer to eat.

Put the redcurrants and raspberries into a 1-litre baking dish, add the orange juice and shake over most of the sugar. Taste a raspberry first to gauge whether you will need all the sugar or not.

200g redcurrant
500g raspberries
juice 1 orange
2-4 TBSP CASTER SUGAR

FOR THE COBBLER

85g cold butter, cubed
200g self-raising flour
100g soft brown sugar
150ml full-fat milk
2 tbsp demerara sugar
crème fraîche or ice cream, to serve

To make the cobbler, whizz the butter, flour, soft brown sugar and a pinch of salt to fine breadcrumbs in a food processor. Mix in the butter-milk or milk to make a very soft, spoonable dough.

Dollop the dough over the fruit in blobs and sprinkle with demerara. Bake for 55 mins or until the top is golden and cooked through and the berries bubbling.



Redcurrant Sorbet

450g redcurrant, plus extra for decoration
2 tbsp elderflower cordial
140g golden caster sugar



Remove redcurrants from stems, wash and put in a pan with 2 tbsp water. Bring to the boil, lower the heat, cover and simmer for 5 mins until softened. Push through a sieve to make a purée. Stir in the elderflower cordial and set to one side to cool.

Put the caster sugar in a pan with 300ml/½pt water and leave over a low heat for 5 mins until the sugar dissolves. Raise heat and boil for 10 mins.

Tip redcurrant mixture into syrup and mix. Return to the boil, turn down and simmer for 2 mins. Cool, pour into a container and freeze for 3-4 hrs until frozen. Scoop into glasses and top with redcurrants.

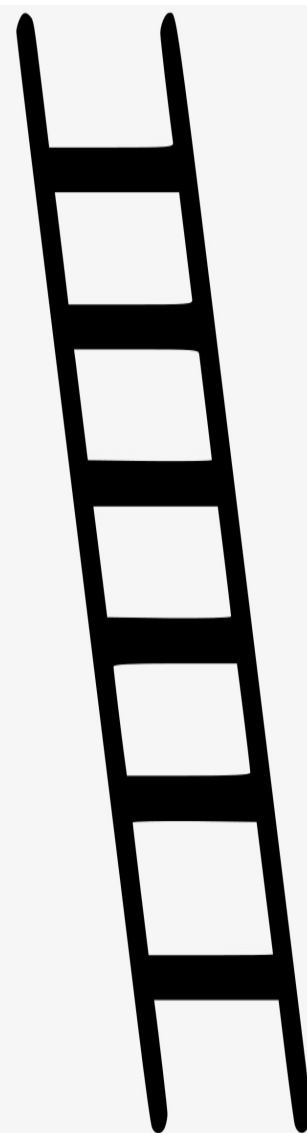
Brain teaser—Word Ladder

A game where you begin with one word and then create a sequence of words by changing just one letter from the previous word at a time. Each word in the sequence should be a proper English word.

For example, if you want to create a word ladder from TEA -> POT , try TEA->PEA->PET->POT.



STARTING WORD	ENDING WORD
COLD	WARM
WHEAT	BREAD
CROSS	RIVER
STONE	MONEY
LOST	HERE
SAIL	RUIN
TEA	POT
WOLF	GOWN
SIDE	WALK



Thank you to our sponsors and supporters

A huge 'thank you' to Linda West for funding this edition of our newsletter. We greatly appreciate it!

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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Registered charity 1123287 We are a
Charitable Incorporated Organisation (CIO)

