

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 44**



Photo by Alice Gregory

An exciting edition this week as we publish the Bridgend 'Roadmap to Recovery' out of lockdown, which is on page 2. We hope this shows a clear path back to normal life and we are certainly looking forward to the days when we can open our doors again!

In the meantime, we will still be producing this newsletter every week and we do need your contributions to keep it lively and fresh, so please feel free to send us any of your creations to info@bridgendcentre.org.uk

Re-opening of Bridgend—Roadmap to recovery

We are pleased to announce the 'Bridgend Roadmap to Recovery' that we hope to follow as national lockdown restrictions ease over the coming months.

This shows the various stages of Bridgend re-opening that are in line with the government's own roadmap to restrictions easing. We will release our plans for Stage Four nearer the time, when the situation becomes clearer. At that stage we hope to start to include face-to-face indoor activities, dependent on the national situation and risk assessments at that time.

At Stage two (12th April) the same covid-secure measures will be in place as before this lockdown. This is to protect people's health and wellbeing. These include maintaining social distancing, limiting numbers in the shop, a one-way system, masks etc.

On top of that we will be implementing regular 'Lateral Flow Testing' for our staff and volunteers to add another level of safety.

If you have any questions or queries about this, please do drop us a line at info@bridgendcentre.org.uk.



The Bridgend 'Roadmap' to Recovery—2021

Step Two—No earlier than 12 April



Charity Shop re-opens

Social Distancing measures in place, masks worn, limited numbers

Donations by appointment



Walks re-start

Booking required

Limited numbers

Step Three—At least 5 weeks after Step Two, no earlier than 17 May



Drinks on the veranda in limited sized small groups

Table service only



1:1 face-to-face support, information and/or advice available with a community worker

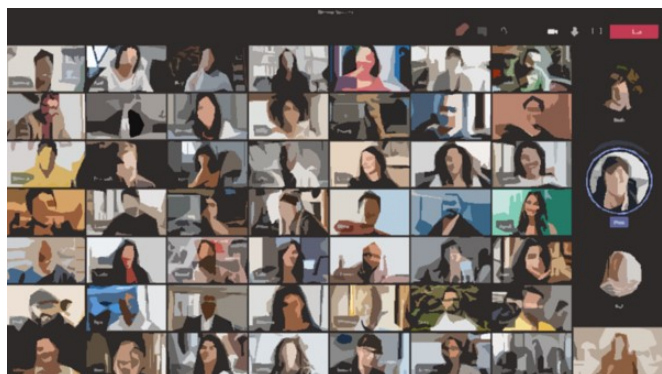


Increase numbers on walks, if it safe to do so

Social distancing still required

Step Four—At least 5 weeks after Step Three no earlier than 21 June. Information to follow over the next few weeks

Bollington Town Council Assembly



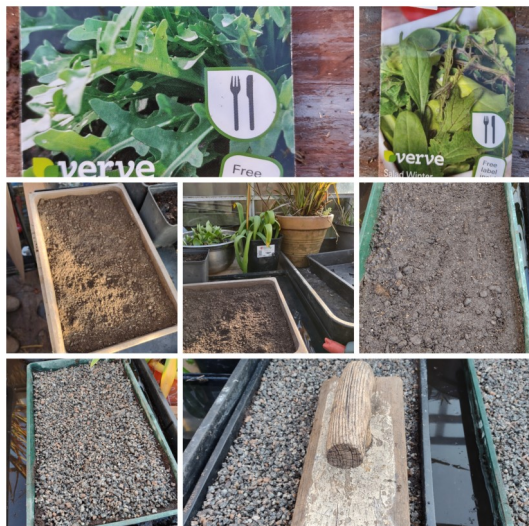
The Bollington Town Assembly will take place online next Tuesday, 9th March at 7.30pm. You can view the agenda, the annual report summary presentation, find out how to attend the Assembly or submit a question for the Councillors here <https://www.bollington-tc.gov.uk/town-assembly-tuesday-9th-march>

People without internet can dial in on their phone at a local rate. Please register to attend by emailing enquiries@bollington-tc.gov.uk or you can call 01625

572985. They will send out joining instructions nearer the time.

The Town Council would love you to get involved and have your say, so please do get involved.

Down at the patch



As the sun had come out so beautifully last weekend, I decided to sow some seeds for my new vegetable project. A very generous neighbour has allowed me to have a patch of earth in their allotment and over the winter I have built a frame for it using some old pieces of wood and filled it with top soil.

Now I decided to prepare for the day in a few weeks time when I can plant these out in the patch. Today I opted for Rocket, mixed Salad Leaves and Sprouts and carrots. The Rocket and Mixed Salad leaves will stay in trays in the greenhouse or in the garden but the sprouts will go in the ground at the allotment patch, together with onion and potato sets, which I also started in the greenhouse this weekend.

To plant the seeds I:

- Filled a seed tray with seeding compost and placed it in a tray of water to ensure it was fully waterlogged
- Once the soil had gone dark with the moisture, I sparingly sprinkled the seeds onto the top of the compost. It is important not to sow them too thickly
- Then I covered the tray with gravel and pushed it down with a wooden tool (pictured)
- I have labelled each tray with what is in them so I don't get confused about what is in each one!

When the Rocket and Salad leave plants get bigger I will replant then in bigger trays so they have more space. The sprouts will be transferred to the allotment patch when the weather is warmer and we are guaranteed not to have any more frosts.

It will be exciting to get my first home-grown salad leaves to eat! **Becky Lea**



Recipe—Mac and Greens

Some pasta has been replaced with hearty veg in this mac 'n' greens recipe for a lighter, more nutritious bake that will still hit the spot when you're craving comfort food! Using semi-skimmed milk and olive oil in the roux reduces the levels of saturated fat, too.

Ingredients—feeds 4

225g macaroni; 200g green beans trimmed and halved; 250g cauliflower, cut into small florets; 3 tablespoon Olive Oil; 50g plain flour; 600ml semi-skimmed milk; 125g extra mature cheddar; 2 tablespoon wholegrain mustard; 100g frozen peas; 50g Kale.

Method

1. Preheat oven to 180°C (160°C fan) mark 4. Boil a large pan of salted water. Tip in pasta and cook for 5min, add green beans and continue cooking for 2min more, then tip in cauliflower, bring back to boil for a final 2min, until just cooked and still crunchy. Drain.
2. Heat 2 1/2tbsp olive oil in a large pan and whisk in the flour. Cook for 2min, then take off the heat. Gradually add the milk, whisking until smooth between each addition. Return to the heat for 10min, stirring until thick and smooth. Stir in 100g cheese and the mustard. Season.
3. Add pasta, cooked vegetables and peas to the sauce, stir well. Spoon into 4 mini ovenproof baking dishes or a 1.7 litre ovenproof baking dish. Toss the kale with remaining oil and cheese and scatter over the pasta. Cook in the oven for 15-20min for individual portions, or for 20-25min if making it in one dish, until bubbling and golden.



Bollington in Pictures—Spring is in the air!

What a beautiful weekend we had to round off February. We asked you to share your pictures taken out and about in the sunshine and they are truly Spring-tastic! Thank you so much for sharing and we hope you enjoy these as much as Bob the dog loves walks by the canal in the sunshine!



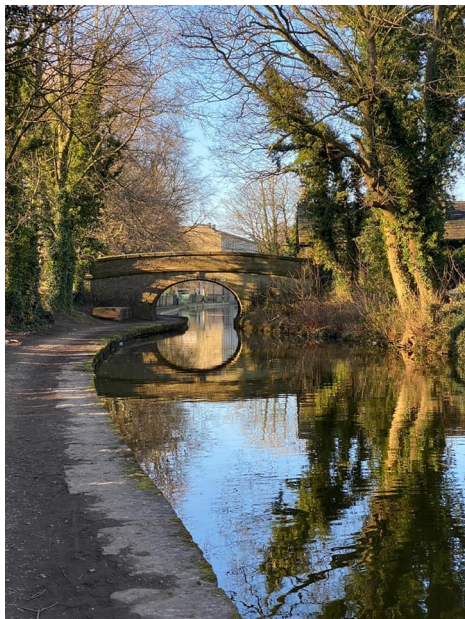
Bob loving the sun—Loz Jay



By Angela Stagg



Crocuses by Anna Barker



By Elizabeth Wood



Sun on the water by Nicola Davie Norton



Canal boat in the sun by Jacky Timms



Reflections by Rachel Underhill



Shadows by Natalie Corbett



Nancy in the sun by Sue Scully



Sheep in the sun by Sue Jenkins



By Karen Ridyard



*Colourful canal by Vesta
Charleshouse*



Bridge by Sammie Whalley



By Samantha Birchenhall



Signs by Betsie Dixon

Panoramic view by Annie James



Marvellous March!

After a long , cold winter we are finally heading towards Spring and hopefully brighter days ahead in more ways than one! This week we turned the corner into March. The third month of the year, March was named for the Roman god of war. Traditionally, this was the time of the year to resume military campaigns that had been interrupted by the winter. By the end of March we will have an average of 2 hours a day more sunlight, tipping the balance into more light than dark in a 24 hour period.

There are lots of days of interest during March. March 8th (aside from being back to school day!) is International Women's Day, which is a day that not only celebrates the achievements of women but brings attention to ongoing struggles for equality round the world. March 14th is Mother's Day, don't forget to spoil her rotten as far as restrictions allow! Raise a glass of Guinness on Wednesday 17th in honour of St Patricks Day. Comic Relief occurs on the 19th of March this year, raising lots of money for those in need both in the UK and overseas whilst bringing some much needed laughter to everyone. The 20th is the official first day of Spring, something we have all looked forward to after our hibernation over winter. Don't forget that the clocks go forward by an hour on Sunday the 28th for the start of daylight savings!

Exploring Isolation

Week 5—Ernest Shackleton. The *Endurance* expedition. Antarctica. 1914-1916



Ian Walker continues his epic tale of explorers who experienced isolation in the pursuit of adventure and discovery. This week, we start the story of Ernest Shackleton.

Sir Ernest Henry Shackleton was an Antarctic veteran. He'd been with Scott on the 1901 *Discovery* expedition. Then he'd gone south in 1907 in *Nimrod*, with Mawson, the so called Farthest South expedition. The South Pole had been reached by Amundsen three years earlier. Now Shackleton conceived of an expedition to cross the entire Antarctic continent.

His plan was to start the journey in the Weddell Sea, with a party travelling in the ship *Endurance*. They would make for the familiar ground of the Ross Sea, via the South Pole, picking up supplies later in the journey from depots laid by a second group using Mawson's old ship *Aurora*, based at Ross Island. It didn't work out quite as he'd hoped.

***Aurora* - The Ross Sea Party**

The *Aurora* party did its bit, with only the usual polar hiccups, eventually losing their ship together with most of their essential supplies, ten of their 14 sledge dogs and three of their number.

Using Mawson's ship, *Aurora* they landed at Scott's *Terra Nova* base on Ross Island in January 1915. By the end of March, a party of six had hauled part of the stores for Shackleton's depots up onto the polar plateau, at the terrible loss of nine of their 14 sledge dogs. Winter was setting in. Then, on the night of May 7, in the midst of an Antarctic storm of tremendous violence, the *Aurora* was stripped from her moorings and driven out to sea, frozen into an ice sheet. There was nothing the crew on board could do. Ten men were left ashore. What's more, most of their personal sledging equipment and supplies, needed for laying the depots the following summer, were still on board.

Despite this, with stores and equipment scavenged from three old expedition huts, two of Scott's and one of Shackleton's, the depots were laid. The conditions, the second hand, worn out equipment and, perhaps most importantly, the loss of so many of the dogs in the previous season, made the round trip of 830 miles near impossible. Of the six men who made the journey, one died of scurvy. Two only made it back through the efforts of their three companions and the four remaining dogs, hauling them on the sledges for mile after mile to Scott's *Discovery* hut. Then these two were lost in a blizzard, crossing still too thin sea ice, attempting to reach the other four men at the *Terra Nova* hut.

All told, the depot laying party had been out on the snow and ice for over 200 days, from September 1915 to March 1916. Compare this to Scott's journey to the South pole of 150 days, when his party perished, and their achievements can be seen in context.

Of course, the ordeal was not yet over. The next winter was beginning and no news of the *Aurora*. The seven remaining men had to sit it out, augmenting their diet with seal meat, also a defence against scurvy and a source of fuel. It was not until 10 January 1917 that they were finally relieved by *Aurora*, refitted and with Shackleton, fresh from his own adventures on *Endurance*, on board.

Yet all this effort was overshadowed by Shackleton's own party on *Endurance*, who became the stuff of legend.



Laughs in Lockdown

Who'd have thought it? Laughing and fun in Lockdown? But it's true, there are funnies, if you look for them.....



For a group of friends, who are ladies of a certain age and go on holiday together, you will understand that lockdown has been a bit of a blow. Plans, bookings, anticipation of fun and games all came to a sudden halt. Like everyone, we have had to adapt, but technology, and a sense of humour have come to the rescue

Now Zoom has become second nature to us and each week, we meet virtually, and after the jokes about weekend activities, we embark on a challenge. The challenges are from different people, discussed by all, and rules agreed.



The first was to make and show an origami animal. This caused consternation amongst the participants but the following week was a revelation! My effort at a Scottie dog paled into insignificance when compared to: a hare, a tortoise and the winner, a standing giraffe. Voting was "Strictly" style!



Next, came Limericks. You know: "There was a young lady from ..." The rhyming pattern is AA,BB, A. Well, the limericks flowed and we all howled with laughter. Have a go, once you get started it is hard to stop!

There was a young cook from Hudds
Who made extravagant puds
When she baked a spotted dick
People said she was taking the mick
She washed up and made lots of suds

Then we had to find and show five items from indoors, which began with P. The scoring was: 3 points for a unique item, 2 points for an item shared with just one other competitor, and 1 point for items shared by more than that. We all thought we would be winners with the items we had but can you predict what happened? Everyone had different items so we were all winners! There were 42 different items...

Applauded entries were: a potty, a plastic praying mantis, a pentagon and a narcissi, which the group member said was a "pseudo daffodil!" ha ha!

So, we hope we have persuaded you to find a laugh in lockdown, laughter is the best medicine, after all

Jane Knott



ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & 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 just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	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 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p>			

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together



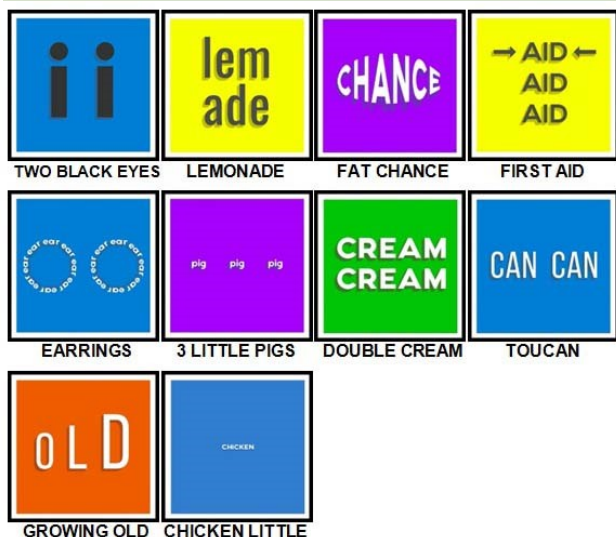
We love this new painting by staff member Anna Barker, Lockdown locked in; Ice on the Cut

Mindgame—30 questions and answers

1	Which is the only country that shares a border with
2	What stone does an engagement ring usually contain?
3	In which musical would you hear the song 'Supercalifragilisticexpialidocious'?
4	Which US state is known as the 'Sunshine State'?
5	What did Cinderella lose at the ball?
6	What team has won the world cup in football more
7	'Bertie Bassett' was used in the advertising of which
8	What according to Lady Macbeth would not sweeten
9	What is 11 X 12?
10	From which British sitcom did the phrase 'lovely

- 11 What was the name of Queen Elizabeth when she married the Duke of York in 1923?
- 12 In English folklore, what was the name of Robin Hood's chaplain?
- 13 Which insect's bite can spread malaria?
- 14 In cockney rhyming slang, what does 'apples and pears' mean?
- 15 What is the square root of 100?
- 16 What kind of music did Louis Armstrong and Duke Ellington play?
- 17 Whose birthday is celebrated throughout the world on January 25th?
- 18 What natural structure in central Australia is known by Aboriginies as 'Uluru'?
- 19 What two things do bees collect?
- 20 What is the only substance capable of cutting a diamond?

Answers to last week's Dingbats



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. David Hasler sponsored the printing of this edition. Thank you so much to both supporters, 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)

