

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation**

No.51



Photograph by Terry Heathcote

Welcome to edition 51 of Bridging Social Isolation! Life continues on apace and we have left April behind, May is here and hopefully it brings further steps on the road to normality. Bridgend is a hive of activity, with shop donations coming in thick and fast, shoppers coming in for a browse and volunteers and staff happily welcoming them back.

It truly is lovely to see all your faces again and it feels great to have the centre in use again. Our online classes continue and we have a new beginners class for Spanish starting soon (details on page 2) We have had lovely feedback about the Drabbles created by the Creative writing group so we have included a few more in this edition for you to enjoy.

We are looking forward to 17th May when the Centre will see more changes with our veranda re-opening for drinks! See page 7 for more details. And don't forget, if you would like to join us on the walks you can book your slot at www.bridgendcentre.org.uk. You can also book slots to donate your preloved items to us on the website too.

Step Three of the Bridgend Roadmap to Recovery on 17th May

With the success of the UK vaccination programme and Lateral Flow Testing procedures we have in place at Bridgend, we are excited to be all set for the next step on the Bridgend 'Roadmap' to Recovery on 17th May.

The main change taking place at the Centre will be that you will be able to enjoy a traditional Bridgend Cuppa on our wonderful veranda. In order to maintain social distancing, tables will be set out to fit two people at each. If you are in a group of more than two people you would need to sit on separate tables due to the limited space available. There will be a time limit of one hour for each table, but of course if we aren't busy you will be able to stay for longer.

To book your slot, please telephone, email or message us on Facebook.



You can also turn up on the day, but this will be subject to availability.

Also, if you want a chat or a gossip, our community workers are around during our opening hours. We do look forward to seeing you all again for a brew after so long.

Walks

The Bridgend walking group had a lovely walk this Wednesday on the traditional annual trip to Harrop Wood to see the bluebells. The beautiful purple mists aren't quite at their peak but they are putting on a very good show. In a week or two they will be at full bloom.

In order for us to be compliant with UK law and Covid guidelines, we are still required to limit the number of people in our walking groups. This is to keep everyone safe and ensures they have as an enjoyable and worry-free time as possible. To make this work we have a booking system on our website to ensure the places are fairly allocated. To book your place on a future walk, please go to www.bridgendcentre.org.uk and click on our calendar. If you require any assistance with booking, please do give us a call and we will talk you through it or do it over the phone for you.



We will be continuing with this system for the next few weeks and will review in time for Step Four of the 'Roadmap to recovery' on 21st June in line with government guidelines and levels of Covid cases at that time. Thank you for your support and understanding during these unusual times.



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



The Donkey Sanctuary—Georgia McCormick



My name is Georgia McCormick and I am a Senior Donkey Welfare Adviser for The Donkey Sanctuary. The Donkey Sanctuary's international headquarters is based in Sidmouth, Devon but I work from home in the Midlands, looking after a team of Donkey Welfare Advisers in the north of England. We work within the Welfare Department for The Donkey Sanctuary and I will give you a brief insight into some of the day-to-day work we do.

The Donkey Sanctuary is the world's largest equine welfare charity. Our vision is a world where donkeys and mules live free from suffering and their contribution to humanity is fully valued. We run 10 sanctuaries around the UK and Europe, giving lifelong care to more than 7,000 donkeys and mules. Our donkey hospital treats sick donkeys and trains vets both nationwide and worldwide. Our donkey-facilitated learning programme helps vulnerable children and adults develop life skills by connecting with donkeys on an emotional and physical level. Worldwide, the charity operates programmes for animals working in agriculture, industry and

transportation, and those used in the production of meat and skin.

I started working for The Donkey Sanctuary in 2018 and before long welcomed two donkeys into my home – well into a field near my home! Billy (grey) and Big Ben (black) pictured below had been beach donkeys. In 2017, along with 27 other donkeys, they were removed from their home in Blackpool as part of an RSPCA led investigation, in collaboration with The Donkey Sanctuary, the police and Blackpool Council.

Billy and Big Ben have a quiet life now and are regularly taken for walks around our village; they have attracted lots of admirers who have been visiting them during lockdown.



The Donkey Sanctuary's Welfare team have a varied role. Pre Covid-19 we spent a lot of our time out in the community, engaging with people and donkeys.

Since lockdown, we have been offering support virtually where appropriate, but we have still been responding to urgent donkey welfare concerns and the rehoming of donkeys has also continued, through our Rehoming scheme. There are currently 2,325 donkeys and mules living with Donkey Guardians around the UK and Europe. The Rehoming Scheme helps to free up vital space in our sanctuaries for donkeys who require more specialist care.

Donkey Guardians are very special people that have rehomed two or more of our donkeys. We provide training and support for new Guardians with our free donkey care courses that are held in venues around the UK.

Donkeys must be rehomed in pairs (or more) as they do not cope well on their own. They thrive in company of their own kind. Prospective Guardians must have at least an acre of land and be prepared to build a shelter and hardstanding. Donkeys need shelter at all times due to their desert origins (they do not tolerate the wind and rain well)

Donkey sanctuary cont....

and their feet must have access to hard ground to keep them healthy and strong. It's such a rewarding part of the job seeing donkeys go to their new home. Our job can be difficult and sad at times, often we're the first people to investigate poor donkey welfare or provide advice and help to people who can no longer care for their donkeys due to a change of circumstances. Sometimes we are able to offer a solution through seeking advice from our expert teams at our headquarters. We have a behaviour team who can provide guidance on all aspects of behaviour through to a research department who can supply advice on nutrition and land management. Our aim is keep donkeys in their home where the owner and donkeys are happy but we do sometimes have donkeys relinquished into our care if that is the best solution for the animal.



We are very passionate about what we do and who could blame us, donkeys seem to have a universal appeal due to their gentle and kind natures and not to mention those fabulous ears! If you would like to know more about The Donkey Sanctuary, please visit www.thedonkeysanctuary.org.uk

Get Crafty!

Since Woolley first arrived at the Sanctuary, he and his adorable knitted donkey friends have been growing in popularity every year. They are knitted by supporters and then sold in our visitors' centre to raise funds to support the charity. Please follow this link to find out more. www.thedonkeysanctuary.org.uk/support-us/get-involved/get-crafty

Can you help?



Food Bank

The Bridgend Centre is now a collection point for the SilkLife Food Bank in Macclesfield

The SilkLife Food Bank work in partnership with local frontline agencies which provide emergency food support to people and families who would otherwise go hungry

Please leave items on the stand next to the till to be collected

Examples of food etc most commonly requested:

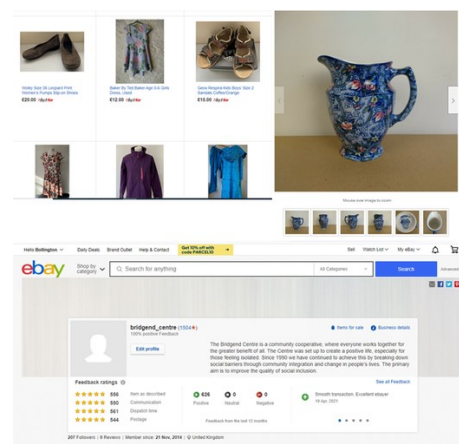
UHT Milk	Tea	Coffee	Sugar
Toiletries	Toilet Rolls	Shampoo	
Sweets	Biscuits	Jars of Jam	Christmas Pudding
Tinned goods for example			
Tomatoes	Veg	Potato	Rice
Pudding	Hot Dogs	Custard	
Savoury Pies	Cooked Meat	Pasta	Sauce
Instant Mash	Microwave Rice	Dried Pasta	

(nothing containing alcohol please)

Thank you

Project is run by Gaynor and Sue. The Bridgend Centre acts only as a drop-off point.
Alternative drop-off point - The Men's Den Barbers Shop on High Street.

Fancy doing some volunteer work in a safe and supportive environment? Have anything from a couple of hours to a day a week going spare? Know your way around a smart phone, laptop or digital camera?



If the answers are 'yes' it sounds like you might want to join our team of Ebay volunteers! For more information, send us a PM, email info@bridgendcentre.org.uk or give us a call on 01625 576311.

On the lookout for wildflowers by Juanita and Jim

Once again we have started our wild flower odyssey, after spotting 232 different varieties last year. We are hoping to improve on this number in 2021, as last year we didn't start until the end of March, so we have the months of January, February and March to add this time. We already have 50; January, 2; February, 4; March, 13; and April, 31, so increasing gradually!

The beautiful yellow flowers you can see carpeting the woods everywhere at the moment are those of the Lesser Celandine. Soon you will be able to spot the tiny magenta flowers of Herb Robert, with its pungent-smelling leaves.

Please let us know what you have seen on your walks (jhoyle2015@gmail.com) and we will update you later on any interesting sightings.

The most striking flower we have seen so far this year is yellow archangel (see photo).

from left: Lesser Celandine, Yellow Archangel, Herb Robert



Here comes May!

After a beautiful sunny April we have finally turned the corner into May, officially the last month of Spring and gateway to the summertime.

By the end of May we will have gained an extra 1hr 26 minutes of sunlight in the day, more opportunities to soak up that much needed vitamin D! The month is bookended by bank holidays which serves well to ease people back into work in a more gentle manner and give us more opportunities to socialise now that restrictions are starting to lift. Speaking of which, mid-May sees the next big easing of restrictions to allow indoor leisure activities and socialising (very much welcomed by many with the inclement weather so far this month!)



Photograph by Terry Heathcote

Other things that we can look forward to this month.....

May 1st– 31st National Walking Month. Why not use this as an excuse to get out in the fresh air and try one of our walking trails or book in on a guided walk?

May 8th– World Fair Trade Day. Do your bit to fight against economic crisis, poverty, gender inequality and climate change by buying fairtrade products (Co-op do a great range.)

May 10th-16th Mental Health Awareness Week. One that is very close to our hearts at Bridgend and more important than ever after the challenges of the last 12 months. If you feel you need someone to talk to don't forget that our dedicated team of community workers at Bridgend are here to help.

Creative Writing Group—Delightful Drabbles

A drabble is a short work of precisely one hundred words in length. The purpose of the drabble is brevity, testing the author's ability to express interesting and meaningful ideas in a confined space. Our Tuesday morning creative writing group had a go and here are some more of the results! We hope you enjoy them!

The Letter

I left the letter in the study. Tonight my husband was late. He went to her on a Tuesday. Not tonight. He came home early and went into the study. He must have read the letter. My heartfelt outpourings, my fear of the bursts of fury, the humiliation of all those young women. My lack of self-esteem. My unhappiness. 'Mummy, where are you?' They were back, I had to face him. 'Darling, we're home. ' No Mum tonight. 'The letter,' I started. 'Creative writing tomorrow? I hope no-one thinks it's autobiographical, 'he chuckled.
(Sandy Milsom)

No Thank You

The frog stared at his unwebbed hands as he walked, not hopped, along the street. His feet constrained in containers called shoes. The hair on his head distractingly warm. He had never believed in fairy tales, what with being a frog and all. But in this metamorphosised human form, the history of such tales abounded in his mind. The maiden responsible for his transformation, had decided it wouldn't work out after all, for which the frog was indebtedly grateful. As he stepped off the concrete, onto the soft grass, enchanted by the call of water, he emitted a delightful ribbit.
(Summer Phillips)

Missing Out on the Duke

It worked every time at the 'Bug Hut', his local cinema. When it was an 'A' film you asked an adult to take you in and they did. But when the greatest jazz outfit on the planet was playing just up the road nobody wanted to know. A ragged-arsed fourteen year old jazz freak was never getting into Belle Vue. His streets would wait for Lonnie Donegan, Connie Francis and Perry Como. Clutching his two half-crowns he watched the crowds streaming from the dark into the neon and told himself that his cheeks were wet from the damp October mist.
(Bob Langstaff)

The Tigress

The tigress was hungry. She had given birth and needed a kill to feed her hungry cubs. At the edge of the forest stood a Sambar stag. The tigress gave chase, desperate need powering her muscular body. The sambar was close, she leapt at his neck, held him in a vicelike grip. Silently they were frozen in time. A parakeet squawked, a langar screeched a warning. The sambar heaved and shrugged her away. She lunged again. He twisted leaving his belly vulnerable. With a burst of adrenaline he escaped. Forced into the river, exhausted but safe. Just for that day.
(Sandy Milsom)

How to Write a Drabble

According to Wikipedia a Drabble is not a cross between Draughts and Scrabble but a work of fiction told in precisely one hundred words. The writer will need a beginning that grabs the reader's interest, a short but meaningful narrative and, preferably, a smart ending. The key to a Drabble is *brevity*. I suppose it could be said that an advert for thermal socks is meaningful, even interesting, but perhaps only to people with cold feet. Then again, whilst socks might seem inconsequential the advert could have meaning on both overt and subliminal levels. If, for example, you were to
(Bob Langstaff)

Recipe—Creamy Roasted Cauliflower Soup

INGREDIENTS

- 1 large head cauliflower (about 2 pounds), cut into bite-size florets
- 3 tablespoons extra-virgin olive oil, divided
- Fine sea salt
- 1 medium red onion, chopped
- 2 cloves garlic, pressed or minced
- 4 cups (32 ounces) vegetable broth
- 2 tablespoons unsalted butter
- 1 tablespoon fresh lemon juice, or more if needed
- Scant 1/4 teaspoon ground nutmeg
- For garnish: 2 tablespoons finely chopped fresh flat-leaf parsley, chives and/or green onions

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit. If desired, line a large, rimmed baking sheet with parchment paper for easy clean up.

2. On the baking sheet, toss the cauliflower with 2 tablespoons of the olive oil until lightly and evenly coated in oil. Arrange the cauliflower in a single layer and sprinkle lightly with salt. Bake until the cauliflower is tender and caramelized on the edges, 25 to 35 minutes, tossing halfway.

3. Once the cauliflower is almost done, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until shimmering. Add the onion and 1/4 teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.

4. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth.

5. Reserve 4 of the prettiest roasted cauliflower florets for garnish. Then transfer the remaining cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Cook, stirring occasionally, for 20 minutes, to give the flavours time to meld.

6. Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Then, carefully transfer the hot soup to a blender, working in batches if necessary. (Do not fill past the maximum fill line or the soup could overflow!)

7. Add the butter and blend until smooth. Add the lemon juice and nutmeg and blend again. Add additional salt, to taste (I usually add another 1/4 to 3/4 teaspoon, depending on the broth). This soup tastes amazing once it's properly salted! You can also add a little more lemon juice, if it needs more zing. Blend again.

8. Top individual bowls of soup with 1 roasted cauliflower floret and a sprinkle of chopped parsley, green onion and/or chives. This soup keeps well in the refrigerator, covered, for about four days, or for several months in the freezer.



Beginners Spanish Conversation Group

Would you like to learn Spanish with a native speaker in a friendly and relaxed environment?



Mondays 9:15am—10:15am

Starting on the 10th May 2021

On Zoom. £4.

To book and pay, click on the event on the Bridgend Calendar

Mind Game— Classic Movies Wordsearch



CASABLANCA	STAGECOACH	THE BIG SLEEP	REAR WINDOW
SOUTH PACIFIC	KING KONG	HIGH NOON	PSYCHO
ALL ABOUT EVE	BEN-HUR	NOTORIOUS	MRS MINIVER
ROMAN HOLIDAY	CITIZEN KANE	A STAR IS BORN	THE QUIET MAN
REBECCA	THE AFRICAN QUEEN	RED RIVER	MY FAIR LADY

Answers from last week to Food and Drink Quiz

1. Mayonnaise, ketchup and Worcester Sauce
2. Gluten
3. Vodka Martini – shaken not stirred
4. Tea
5. Vermicelli
6. Orchid
7. Greggs
8. Saffron
9. Cuba
10. sidecar

Food Anagrams with clues

1. Cumberland sausage
2. Ratatouille
3. Garlic bread
4. Toad in the hole
5. Spaghetti Carbonara
6. Pancakes
7. Lancashire Hotpot
8. Wensleydale Cheese

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. An anonymous donor 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)

