

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation**

No.55



What a busy few weeks we have had both here at Bridgend and out in the wider world! Football fever is sweeping the nation and there seems to be a lot of singing about things coming home. Wimbledon is also in full swing and even if you aren't a tennis fan, it's a great excuse for Strawberries and Cream with a cheeky Pimms!

It's been eventful politically in the last few weeks too and at time of going to press, we are awaiting news from Government about how restrictions will change again going forward. Once we hear the news we will work out how that impacts us at Bridgend and update you all, rest assured we will work our hardest to keep our service users and team as safe as possible no matter what.

The Bridgend "Super Team" have been busy fundraising for the centre too. We undertook a somewhat damp hill walk on Sunday 4th and you can see the looming clouds that opened on us in the picture above! We have an article on page 3 with more details from our adventure.

The route we walked is the route of our Nostalgia race and it isn't too late to join in the fun by walking or running this year's virtual Nostalgia race. Full details of how to take part can be found on our website www.Bridgendcentre.org.uk. If that is a bit physically challenging but you would still like to show your support by sponsoring us, you can do so at www.justgiving.com/fundraising/bridgendsuperteam. Many thanks to all who have so far!

Keep Bolly Tidy



Dean Valley

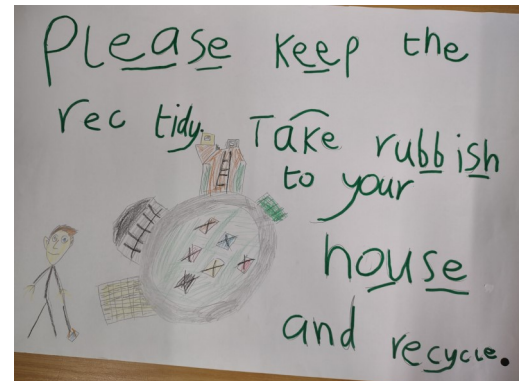
We love these fabulous artworks that have been produced by the children of Bollington for the 'Friends of the Rec'.

Our lovely Rec has been used more than ever during the pandemic and the purpose of these to remind us all to take our litter home with us when we use the Rec and leave it as beautiful and clean as we found it.

We are sure that these bright and colourful creations will keep us on the straight and narrow.



Bollington Cross Primary School



Bollington Cross Primary School



New Town Clerk—Julie Mason

After many years of service, Town Clerk David Naylor has retired from the post. Julie Mason takes over the reins and has been kind enough to tell us a bit about herself below. Welcome Julie!

I started my career in J Sainsbury PLC as a trainee manager and reached, after several management posts in and around Staffordshire and Manchester, deputy store manager before starting a family. My most successful achievement is my three children, Richard 21, Matthew 19 and Isabelle 14. As we all know there is no rule book and they come with lots of challenges but being a mother has made me the person I am today. After a short career break I began a life in Local Government with three Parish Councils in 2009. I took my Cilca qualifications and moved between several other councils but always stayed with Cranage and Somerford. Recently I applied for the position of Bollington Town Council Clerk and am so pleased to have been accepted.

I am really looking forward to working in Bollington and meeting my new team. I hope to continue the work what has been achieved by the Council and listening to other directives from the electorate.

Julie Mason



Hill Race Super heroes! - Fundraising News

On Sunday 4th of July the Bridgend Superteam took to the hills to raise money towards this year's running costs for the Centre. This is money that will pay for heating, lighting and keeping the building safe and is very much needed following the challenging 18 months the Centre has had. The team was comprised of staff, trustees and volunteers and we were certainly a colourful sight in our superhero costumes against the grey backdrop of the sky!

The route we walked is one of our Nostalgia trails (route number 5 'Digging through the past' which is available on our website or in leaflet form in the centre should you wish to have a go yourself or just see exactly where we got to!) It is the trail that is the route of our annual Nostalgia Race, which for the last 2 years we have had to run virtually.

I think it's fair to say it was a walk of two halves, each with their own unique challenges. The first half of the walk involves the majority of the uphill work and as we set out, the weather was humid but dry. After the hardest part of the climb, we were met by Anna B and Maxine in the support car for a refreshment stop. After a much needed refuel, we began our last bit of ascent to our marker on Bakestonedale Moor, at which point, our challenge became the weather! To say that we all got a little bit wet is somewhat of an understatement! Thankfully it wasn't cold so it didn't dampen our spirits too much!



We battled on through intermittent showers and splashing through rivers of rainwater that thoroughly invaded even the toughest of walking boots and waterproofs, with much laughter and chat in typical Bridgend style. From the canal section onwards, the weather decided to be a little kinder to us and as we entered the home straight, the sun even shone a to dry us out a little.

We would like to give a big Thank You to everyone involved and to all those who have donated so far. At time of going to press, we have raised £1320 and we are so grateful to everyone for their support.

If you would like to sponsor us you can do so on our website or through our just giving page. www.justgiving.com/fundraising/bridgendsuperteam

If you want to get involved in the virtual race, you have until 11.07.21, see our website for more details and to enter.



The Bridgend Super Team weren't the only ones to travel the Nostalgia Hill Race route this Sunday. Bollington Harrier Andrew Dixon also ran it to raise funds for the Centre. Thank you for your support Andrew!

Quiet Revolution on The Rec— by Jim Hoyle

Bollington Cricket Club's First XI are having their best season in years – approaching the half-way stage of the season they are top of Cheshire County Cricket League Division 1 – the top two teams join the elite in the Premier division next season. They are also through to the quarter-final of the Cheshire Cup. In fact they have only lost one game (the first one) all season.



Come and join the campaign – home matches, with 50 overs a side, take place with a 12pm start on the following Saturdays: 17 July, 31 July, 28 August and 11 September. Also, why not come to the President's Day on Sunday 29 August to raise money for charity and enjoy a barbecue?

For more information visit the Bollington Cricket Club facebook page, check out <https://bollington.play-cricket.com/home> or download the free Play-Cricket Live app.

On the lookout for wild flowers—Part 4 by Juanita Bullough and Jim Hoyle



Biting stonecrop

We've now seen a darts maximum of flowers – 'one hundred and eighty!' – but we're still continuing to see beautiful specimens coming out. We're starting to see rock plants such as biting stonecrop and the aromatic wild thyme in bloom.

However you don't have to go far afield to see different varieties – on one day in June we saw 17 flowers, including herb bennet and nipplewort, on the pavements of Palmerston Street alone. 'Herb bennet' is a corruption of the Latin *Herba benedicta*, or 'blessed herb' – it was once believed that it had the power to ward off evil spirits and venomous beasts, and was carried as an amulet. It's also known as St Benedict's herb, as legend has it that a monk presented St Benedict with a goblet of poisoned wine, but when the saint blessed it, the poison flew out, shattering the glass and exposing the monk's crime.

We also saw another bee orchid on the grass verge of the Silk Road (near the Flash Lane roundabout) to add to our Poynton sightings (see last issue) – next stop, Bollington?

Now the real difficulty begins for amateur flower spotters – docks, thistles and umbellifers are coming into flower – but which ones are they?

Juanita and Jim



Wild thyme

To sleep, perchance to dream? By Jim Kennelly

When we relax, close our eyes and drift towards deep sleep, we experience the state of dreaming. This often occurs an hour or so after sleep begins, but it is not a totally relaxed state – measured brain electrical activity increases and our eyes flicker under closed eyelids. This is termed rapid eye movement or REM sleep. Persons woken at this point recall their dreams better than at other periods of sleep, or when they wake naturally. It appears that most, but not all, dreaming occurs during REM. We cycle through episodes of non-REM and REM sleep repeatedly at approximately 90-minute intervals several times during a sleep session.

We and other mammals need sleep, for reasons we are yet to understand. It cannot be simply for rest; we can relax and rest while awake. However, both sleep and dream deprivation are injurious to health. Do we sleep because we need to dream? Dreams possibly organise our thoughts, memories and emotions during sleep and this process informs our future actions. Disrupting REM sleep in experimental settings diminished subjects' ability to learn and memorise new information.

Dreams are, well, dreamy. Images in your dreams differ significantly from your experience of the world whilst you are awake, possibly because different areas of the brain are more active during sleep compared with the waking brain. Colours are muted, time and objects fuzzy; people fly or float, there are strange juxtapositions. In short, dreams are surreal. Oftentimes the dreamer will accommodate such incongruities, only finding them odd on awakening, if the dream is remembered.

We don't always accept the oddities of dreamscapes; sometimes we recognise that it is a dream and either go along for the ride or manipulate the events of the dream. Personally, I rarely have nightmares; my dreams are so weird that they cannot pass for real life and so be frightening – if something unpleasant develops, I can change the scene, like flicking TV channels, or say "Enough of this – Wake Up!". Psychologists term this awareness Lucid Dreaming. Ironically, for a few, Lucid Dreams might be followed by False Awakenings – realistic dreams in which people apparently conduct their normal waking activities, unaware they are asleep. One lady reported that, when young, she apparently got up, washed, dressed, had breakfast then went to school for a full day's lessons and returned home. Only then she woke up, to discover she was in bed and it was still early morning.

When struggling with a problem, the tumbling of thoughts, ideas and images during dreams sometimes identifies a solution. The 19th Century German chemist Kekulé was working on the chemical structure of Benzene. He fell asleep (some say on a horse-drawn London Omnibus) and saw fantastic glowing images of snakes, twisting and wriggling, until one grabbed its tail in its mouth. He recalled the image and inferred that the carbon atoms in Benzene must be arranged in a circle, so initiating the aromatic hydrocarbon branch of chemistry. You don't even need to dream yourself; a researcher working on Rhesus disease in pregnancy outlined the problem to his wife (also a doctor). During the night, his good lady sleepily muttered a counter-intuitive treatment. The researcher initially dismissed the idea, then thought it through and developed the now standard anti-D treatment of Rhesus negative mothers of Rhesus positive babies. This saved the lives of millions of new-born babies since the 1960s.

Dream motifs pepper our everyday conversation and song lyrics: That's unlikely (dream on, in your dreams); Aspirations (man of my dreams, a dream job); Well-wishing (may all your dreams come true); Disgust (what a nightmare!).

Dreams have tremendous cultural heft. Australian Aboriginal myths refer to creation of the world as the Dream time or the Dreaming. In Shakespeare's *Midsummer Night's Dream*, inexplicable events occur, caused by magical beings meddling in the affairs of mortals; time is warped and the impossible is natural. If the audience baulks at anything depicted, they should "remember it as nothing more than a dream". Vivid dream imagery gave us Alice in Wonderland, Bosch's views of heaven and hell, Goya's black paintings of his nightmares and Salvador Dali's surrealist elephants on stilt legs. Coleridge claimed he dreamed the entire text of his poem *Kublai Khan* during a single night, although that might have been the opium talking!



Salvador Dali 1937 "The Metamorphosis of Narcissus". Dali called his surreal paintings "Hand Painted Dream Photographs"

Continued on Page 6.....

An amazing find

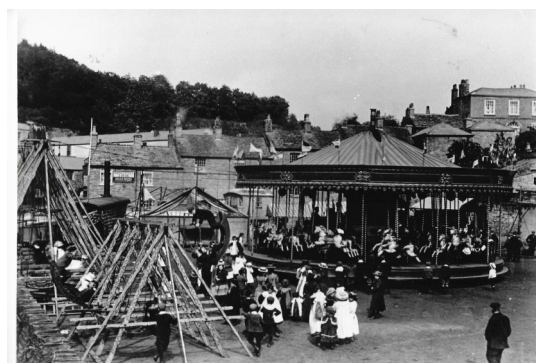
There was an amazing find this week in one of our donations at the Bridgend Centre, some old photographs of Bollington. They are credited to the Bollington Photo Archive and the Civic Society. They are fascinating glimpses into the past in Bollington. Thank you to all our donors who constantly provide the Centre with such fascinating and wonderful items!



Can you see Bridgend in this photo?



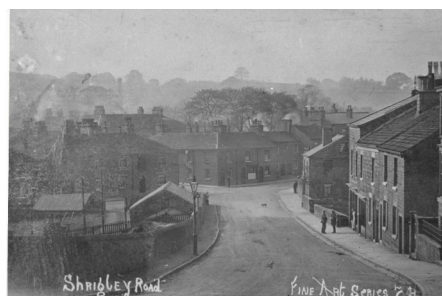
The wonderful view down Beeston



The fair comes to Pool Bank



The bottom of Grimshaw Lane



To sleep, perchance to dream. Continued.....

Hopes, fears and their possible outcomes play out in dreams. Dreams resembling events which came to pass were scored as prophetic visions. Of course, dreams not matching subsequent events are forgotten. In the Bible, Joseph decoded Pharaoh's dreams as a prediction of years of bumper crops followed by a prolonged famine and was rewarded with the plum job of supervisor of Ancient Egypt's strategic food supplies. Dreams featuring deities or the deceased were considered portals to the supernatural. Dreams were taken extremely seriously; Dr Paracelsus in the 16th Century: "The interpretation of dreams is a great art... Dreams must be heeded and accepted, for a great many of them come true". However, dreams are within our skulls, whatever is in there we generated ourselves. Some British people frequently dream about the Queen, but they don't wake thinking that they contacted her during the night. Dreams were increasingly written off as insignificant, the random sparking of a tired mind in a sleeping body. Sigmund Freud, however, interpreted dreams as the subconscious mind signalling in symbols. Freud's theory of the subconscious has not stood the test of time, but his observation that dreams reflect the dreamer's mental state is valid and useful.

Others are seriously underwhelmed by the import of dreams – "He was a dreamer, a thinker, a speculative philosopher... or, as his wife would have it, an idiot" (Douglas Adams). "Only in our dreams are we free. The rest of the time we need wages" (Terry Pratchett). Still, some of the romance persists. We put cute dream catchers over our babies' cribs in the hope of restful sleep for the child and, by extension, the parents.

Dreams have always been with us, are fascinating, somehow important, but we still don't understand their necessity and purpose. Perhaps this is a problem we should sleep on? **Jim Kennelly—Bridgend Creative Writing Group**

Eating in Season

Eating seasonally means to eat foods that are naturally ready to harvest at the same time of year that you are eating them. We've gotten used to having whatever food we want at any time of the year.

Mangoes in winter? No problem. Blackberries in spring? Easy. The problem is that getting out-of-season produce to the UK means flying it in from overseas, or employing agriculturally-intensive farming methods such as using pesticides and fertilisers to force them to grow year-round or growing them in energy intensive heated greenhouses. Food that travels far is also often wrapped in a lot of plastic packaging to avoid it being damaged in transit.



So, eating locally produced seasonal food is not only more tasty and healthy (the nutrients and flavours have fully developed so they're sweet, crunchy and the best they can be) but better for our environment too. We've also often found it more affordable, as it hasn't had to be imported, and is more readily available during that month. Buying directly from a farm shop or a veg box scheme can be a handy way to help you munch month by month.

Now we have entered the month of July, here is a selection of what's in season this month.

artichoke, aubergine, basil, beetroot, blackcurrants, blueberries, broad beans, broccoli, carrots, chillies, cherries, chives, coriander, courgettes, dill, elderflower, fennel, french beans, garlic, gooseberries, mangetout, mint, new potatoes, onions, peas, radishes, rocket, rosemary, runner beans, sage, shallots, spinach, spring onions, strawberries, tarragon, thyme, tomatoes, turnips, watercress, wild nettles

Seasonal Recipe— Berry Ice-Cream

Easy homemade ice cream is a real treat. You don't need an ice cream maker for this recipe, you only need a bowl, a whisk and a tub to freeze it in.



Ingredients

½ unwaxed lemon, finely grated zest and juice

450g/1lb mixture of berries (e.g. strawberries, raspberries, blackcurrants, blackberries)

397g tin condensed milk

600ml/1 pint whipping cream

Method

1. Put the lemon zest and juice in a large bowl, making sure you remove any pips. Add the berries and mash into a purée using a potato masher. Pour in the condensed milk.
2. In a separate large bowl, pour in the cream and whisk using an electric hand whisk or balloon whisk, until soft peaks form and curl over a little when you lift the whisk out of the mixture. Make sure you don't whisk past this point.
3. Pour the fruit purée into the cream and carefully mix together using a big spoon, until the mixture is all the same colour.
4. Spoon the mixture into a large tub and cover with a lid or cling film. Freeze for at least 4 hours, or overnight.

Mind Game— Picture riddles

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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.



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