

# BRIDGING SOCIAL ISOLATION



*Photo by Ed Baron*

Welcome to edition No. 80 of Bridging Social Isolation.

Life at Bridgend continues to be busy and we are so pleased to see so many people enjoying the centre, whether they are attending a group, shopping or stopping for a brew and a chat.

We are very much looking forward to our fundraising walk at the end of the month, details of which can be found on page 3, we really look forward to seeing as many of you as possible there, it promises to be a fantastic event.



Bollington Medical Centre Patient Participation Forum



Bollington Medical Centre

Would you like to be involved in supporting Bollington Medical Centre (BMC) and shaping the work it does? The Patients Participation Forum (PPF) meets four times a year with doctors and representatives of the Medical Centre to discuss all matters concerning both patients and medical staff, and to generally support BMC. The Chairs, plus a PPF member from each of the four Forums within the Middlewood Partnership, also meet approximately four times a year when matters forwarded are discussed, resolved or actioned as necessary.

This is a really important role to influence how health services are delivered in Bollington so a great opportunity to have your say.

If you would like to be involved, or would like an informal discussion about becoming involved, please contact either Brian Leighton, the Chair of BMC PPF, [brian.leighton@yahoo.co.uk](mailto:brian.leighton@yahoo.co.uk) ; or Linda Pickup on Reception at Bollington Medical Centre.



Well Dressing Festival Begins



The Bollington Well Dressing festival was opened by the Mayor on Saturday 2nd of July. There was a lovely dance performance by the children of Dean Valley Community Primary school and the sun even came out for the event. The Well dressings can be found opposite the Cock and Pheasant, at Clarence Mill, in the Memorial Gardens and in Pool Bank Car Park.

The festival ends on Sunday the 10th. Refreshments are available at Pool Bank and the money raised goes towards funding next year’s festival. The theme for this year is ‘The Queen’s Platinum Jubilee’ and we think you will agree that the petallers have all done a fantastic job to produce such intricate designs.



Time to Talk

**Time to talk**

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?

Call in at one of the drop-in sessions at a venue in Bollington, Disley or Poynton for friendly, professional advice from your local health team.

Find out about dementia services, finances, therapies, diet and social groups, etc.

There’s no need to book, just turn up. For more details see overleaf.



**Time to talk 2022**

Mon 6 <sup>th</sup> June	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 29 <sup>th</sup> June	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Fri 8 <sup>th</sup> July	Bridgend Centre, Bollington, SK10 5PW	1pm—2.30pm
Wed 27 <sup>th</sup> July	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Mon 1 <sup>st</sup> August	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 24 <sup>th</sup> August	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Fri 9 <sup>th</sup> September	Bridgend Centre, Bollington, SK10 5PW	1pm—2.30pm
Wed 21 <sup>st</sup> September	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Mon 3 <sup>rd</sup> October	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 19 <sup>th</sup> October	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Fri 11 <sup>th</sup> November	Bridgend Centre, Bollington, SK10 5PW	1pm—2.30pm
Wed 30 <sup>th</sup> November	Poynton Civic Hall, SK12 1RB	1pm—2.30pm
Mon 5 <sup>th</sup> December	Disley Library, SK12 2BB	10.30am—12.00 noon
Wed 14 <sup>th</sup> December	Poynton Civic Hall, SK12 1RB	1pm—2.30pm

The Bridgend Centre are really pleased to be involved with the ‘Time to Talk’ initiative that started in Poynton recently.

These drop-in sessions allow people with dementia and/or their carers space to talk with a range of health professionals in a relaxed and confidential environment.

The first session at Bridgend is Friday 8th July at 1pm but they will be taking place every two months at the Centre. There is no need to book.

## Fundraising walk - Sunday 31st July

This year we would like you to consider putting on your walking boots for our Fundraising Ramble and Roast in July as we run a sponsored walk for the first time.

The route follows our wonderful Heritage Trail 5 (Digging up the Past), which travels 6.5 miles, taking in Bakestonedale moor, lovely fields and lanes of Pott Shrigley, the Macclesfield canal and returning through Styperson Woods and Long Lane.

As well as raising vital funds for our Centre it will also be a great opportunity for you to get out walking with friends (and make new ones), enjoy the lovely countryside around Bollington and enjoy refreshments at the Holly Bush at the end who are very generously supporting this event.

We wish to take this opportunity to thank everyone for all the huge support that has been shown for the Hill Race in the past, it was truly a wonderful fundraising event for the Bridgend for 17 years and we have hugely enjoyed hosting it. Now we are very excited to see it in its new incarnation as a walk and we hope that many people in the community get involved.

To sign up or get more information, go to our website: [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

## Fundraising Ramble & Roast

in support of the



Help us to help vulnerable people in your community by walking our Nostalgia Hill Race route. Enjoy the lovely countryside around Bollington, relax with a smashing hot roast sandwich at the Holly Bush and raise funds for the Bridgend Centre at the same time!



**Sunday 31st July at 10:30am**

£10 per head (adults) & children £5 or raise sponsorship through Just Giving. Enjoy a 10km/6.5 mile challenging route in the hills above Bollington. Finish with a hot beef sandwich with gravy (or vegan equivalent) and a drink at the Holly Bush included in the price. For more information and to sign up, please go to:

[www.bridgendcentre.org.uk/fundraising-ramble-and-roast/](http://www.bridgendcentre.org.uk/fundraising-ramble-and-roast/)



Generously supported by the Holly Bush

Registered charity number 1123287

## Jump Back Up July 2022

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

8 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together





## Mary and Roger Bywater's Open Garden—16th– 17th July

'Bollington Open Gardens', the intended opening of several gardens to raise funds for next year's Bollington Festival, has recently been cancelled. But keen gardeners Mary and Roger Bywater have decided that as the hard work was already done, it seemed a shame not to open their garden to the public as planned.

They are not formally charging for entry but instead encouraging people to make a donation to East Cheshire Hospice.

The garden will be open from 2pm—5pm on the 16th and 17th July at 60 Henshall Road, Bollington, SK10 5DN. Unfortunately the garden is not wheelchair accessible and entry is at own risk.

Mary is a familiar face to many as she was the longest serving member of our volunteering team, sorting the books.

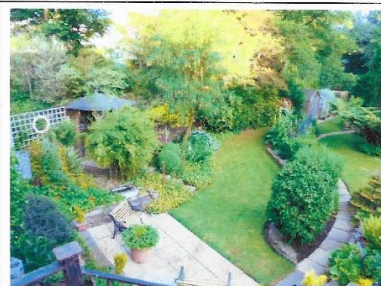
She has provided us a sneak peak with some photos. We hope you enjoy your visit if you decide to go.



What we started with in 1991.



From the corner arbour.



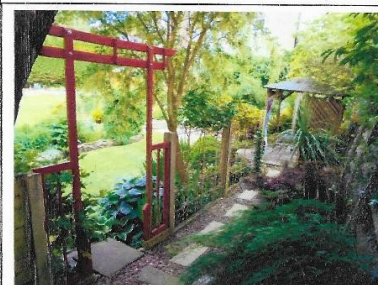
Across to the Japanese tea house.



Stone seats by the carp pond.



Always hungry.



Japanese corner.

## Shaping mental health care for the future



**FREE**

Tea, coffee and refreshments available

Join us to create mental health services that go beyond symptoms and illnesses, that work together to promote all-around wellbeing and see the whole person rather than a diagnosis.

We want your views to check we're on the right track to improving mental health care for everyone.

### WHEN?

Tuesday 5 July 10.00AM - Ellesmere Port Civic Hall, Ellesmere Port

Tuesday 7 July 6.00PM - ONLINE EVENT

Tuesday 12 July 1.00PM - Tranmere Rovers Football Club, Birkenhead

Friday 15 July 1.00PM - Macclesfield Town Hall, Macclesfield

Book your place by scanning the QR code or log on to:  
[www.cwp.nhs.uk/communitymentalhealth](http://www.cwp.nhs.uk/communitymentalhealth)



SCAN ME

## Fancy That!

Lauren Walsh has shared with us her fabulous dressing up costume, put together with items bought from the Bridgend charity shop. She dressed up as famous LGBTQ icon Frida Kahlo as part of a historical figures day at the school where she works. Frida Kahlo was a Mexican painter best known for her brilliantly coloured self-portraits. We think Lauren looks fabulous!





## Books, Books, Books!

In our last edition, we talked about how beneficial reading is for our well-being. Following on from that we have book reviews for you of two novels that we sourced from the fabulous Bridgend book-shop.

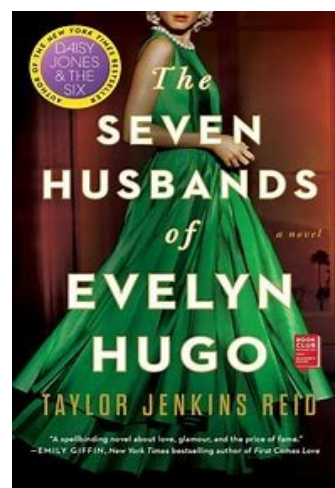
We at Bridgend have long been known as a hidden gem for finding books at an affordable price. The majority of our fiction books are 10p and non-fiction 20p and books fly out of the door almost faster than they are donated! One of the positive outcomes of lockdown was an increase in the number of people reading books and that seems to have continued post-covid.

As we covered in our last edition, there are many benefits to our mental and physical health of reading a book for at least 30 minutes per day, so the fact we can purchase them so cheaply at Bridgend is a hugely positive thing.

Due to recent inflationary pressures, apparently around 30 percent of new books are now at least a pound more expensive than the cover price due to an increase in the costs of production and shipping. Therefore it is worth checking before you purchase if you go shopping for new books.

The environmental cost of producing books can be huge. The newspaper and book publishing industries consume 153 billion gallons of water each year, with each book consuming an average of two kilowatt hours of fossil fuels and approximately 7.5 kilograms of carbon dioxide. If a book reaches the landfill, its decomposition generates double the global warming emissions and toxic impacts on local water systems as its manufactured.

Therefore there are many benefits to buying a second-hand book or two, both for your own health and the health of the planet.



### The seven husbands of Evelyn Hugo by Taylor Jenkins Reid

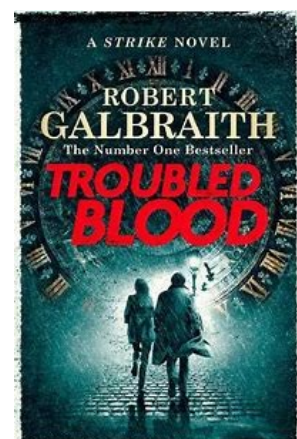
This book was our book club read for June and I was thrilled when I saw it on the shelves at Bridgend. It is the story of the life of the glamorous movie star from the height of the

Hollywood golden years. Despite her having seven husbands, all is not quite what it seems, and Evelyn spends her life hiding who the true love of her life is. This is a rattling good yarn which is very easy to read and I had finished it in two days which is very unusual for me. It also has a serious message about the right to be free to love whoever you choose.

### Troubled Blood by Robert Galbraith

Robert Galbraith is the pseudonym of JK Rowling and like Harry Potter, this book doesn't disappoint with its twists and turns. This book is fourth in the 'Cormoran Strike' series, which follows the private detective and his sidekick Robin. The mystery at the heart of the book is intriguing but there is also lots of detail about Strike and Robin's private lives and the 'will they, won't they' element that has been present since the first instalment. It is a very long book and the details in terms of the case of the disappearing woman are very dense and sometimes difficult to follow. However it is a very rewarding read and I

wanted to finish it to find out what happened. This series has been made into a TV series and I can't wait to see this one on the telly when it comes on!



*This month, the Cheshire East Age UK scam awareness Update talks about courier fraud.*

**Courier fraud** is when people are tricked into handing over money or valuables to criminals posing as couriers.

Recent police data shows 3,625 people were victims of courier fraud last year, with losses totalling more than £15.2 million.

**Here are 4 common types of courier fraud to be aware of:**

**Bank card expiry:** Fraudsters claim to be from your bank and say your card is no longer valid, so they need to collect it. They ask for the PIN and then send a "courier" to collect the card before using it to commit fraud.

**Buying expensive items:** Criminals pretend to be police officers. They ask for help with an undercover operation, asking you to buy items like watches, jewellery and gold (for which you'll get your money back). Once the item is bought, it's handed over to the fraudster, never to be seen again.

**Counterfeit cash/bank investigation:** Someone claiming to be from the police or bank persuades a victim to help with a banking corruption investigation. The victim is told to withdraw a large amount of money. They are told to lie to the bank about why they need the money. The cash is picked up later by a courier to "check for fingerprints or to identify counterfeit bank notes".

**Computer takeover:** Here, a fraudster telephones you, impersonating your internet service provider. They say that there's been an issue with your internet connection, so you're due compensation. The victim is persuaded to download a remote access software, giving the criminals access to their computers. The fraudster then tells the victim they have been paid too much compensation and tells them to withdraw cash to pay the money back, which is collected by a courier.

**In Cheshire last year,** almost £173,000 was lost to courier fraud, with victims losing almost £2,000 more than the national average. Our Scams Awareness and Aftercare Project has supported victims of courier fraud in Cheshire East to get back on their feet, as they lose their confidence as well as their money.

So, here's our top tips to avoid becoming a victim of this type of fraud:

If you have been approached by a courier fraudster, or if you have been a victim of courier fraud, **report it** to Action Fraud on 0300 123 2040 or at [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

If you have revealed your bank details or handed your card to a courier, **call your bank** straight away to cancel your card.



**Typically,** the fraudsters contact their victims, often by phone, claiming to be a police officer or a member of staff from a victim's bank. They often pressure people into making quick decisions to assist with a fictitious investigation.



Courier fraud usually starts with an unexpected 'phone call.

**REMEMBER: It's okay to hang up if you don't recognise who's calling.**

The criminals typically pose as a bank official, police officer or a computer or utility engineer.

**REMEMBER: Check with the genuine organisation whether they called you by phoning them on a number you already have for them.**

Courier fraudsters may suggest you hang up the phone to ring the organisation to confirm their identity. But they can hold the line open and pretend to be from the genuine company, to provide false confirmation.

**REMEMBER: Call the genuine organisation from a different phone, call a friend to check the line is clear, or wait a few minutes.**

The criminals usually ask you to buy expensive items, withdraw cash or provide a bank card for collection from a courier.

**REMEMBER: The Police and banks will NEVER ask you to do this.**

Fraudsters will instruct victims not to tell any family or friends about what they are doing. They will ask you to lie to the bank or shop.

**REMEMBER: This is financial abuse. As with any abuse, NEVER keep it a secret. Tell your bank or contact the police immediately.**

The criminals will make arrangements for a courier to meet the victim and collect the item they have purchased.

**REMEMBER: Banks and the Police will not ask you to do this.**



## Seasonal Recipes—Strawberries

*We are officially in strawberry season so we have hunted for some new ways to use these versatile treats.*



### Strawberry, Feta and Thyme tart

#### Ingredients

- 100g crème fraîche
- 3 thyme sprigs, leaves picked, plus extra to serve
- 100g vegetarian feta , crumbled
- 1/2 garlic clove , crushed
- 1/2 lemon , zested
- pinch chilli flakes
- 1 sheet ready rolled puff pastry (about 320g)

- 200g strawberries , sliced
- rocket salad , to serve (optional)

#### Method

Heat the oven to 200C/180C fan/gas 6, and put a baking sheet in the oven to warm up.

Mash the crème fraîche, thyme, feta, garlic, lemon, chilli and some seasoning in a bowl with a fork until fairly smooth.

Unravel the pastry onto a piece of baking parchment and score a 1cm border around the edge with a sharp knife. Spread the crème fraîche mixture onto the tart, smoothing over up to the border edges. Scatter the strawberry slices over and bake for 25 mins until golden and puffed up. Scatter over more thyme leaves and serve with a rocket salad.

### Strawberry Ice-lollies

#### Ingredients

- 300ml/10½fl oz yoghurt
- 125g/4oz strawberries, hulled
- 50g/2oz caster sugar

#### Method

Place the yoghurt, strawberries and sugar into a food processor and blend until smooth.

Pour into ice lolly moulds. Place into the freezer overnight and serve when frozen.



### Strawberry Lassi

#### Ingredients

- 400g/14oz ripe strawberries, hulled
- 240ml/8½fl oz good-quality plain yoghurt
- 2 tbsp sugar, or to taste (optional)

#### Method

Put the strawberries and yoghurt in a blender and blend until frothy and smooth. Taste and add a little sugar, if desired.

## Brainteaser— Food and Drink Anagrams

*Can you work out the items from the anagrams and clues?*

**Sugared ambulances** - (A cylindrical meat product)

**Pinch his fads** - (a British staple)

**A legal title** - (Italian)

**Or bet noel** - (confection)

**to ritual ale** - french vegetable dish

**hot toe inhaled** - classic English dish

**apè snack** - Simply flour, eggs and milk

**needlessly each wee** - made famous by Wallace and Gromit

**No handy car** - (a wine variety)

**Fleeces so bare** - (a meat stew)

**ma soak us** - staple dish in Greece

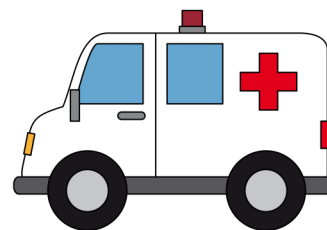
**toot her chaplains** - originates in this northern county

**abstracting hop area** - a favourite for Italians

**drab glacier** - anathema to Peter Kay

**Mean trowel** - (refreshing)

**Seems not** - (dessert)



## 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. Thank you so much to I Am Print, it means the world.



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[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

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