



BRIDGEND COMMUNITY NEWS

Foreword—Rebecca Lea, Centre Manager

Well its been a busy few months for Bridgend, with lots going on at the Centre. In the last few weeks the Bollington Walking Festival took place, as well as our AGM, which included a great performance from our ever-growing 'Bridgend Community Choir'.

As part of our Annual Report, we included a 'Social Accounting' document, which illustrates the social value we add to our community. We are really pleased with this and have included it in this newsletter for you to read.

I hope you enjoy this edition of Bridgend Community News.



Bollington Walking Festival

The last week in September saw the Bridgend Centre busy with the 9th annual Bollington Walking Festival. We were blessed with fantastic weather and the festival was a great success.

New to the festival this year were a walk that incorporated a trip on a canal boat, a walk to Whaley after being dropped off by coach and even a night-time walk along Kerridge ridge. We would like to thank all the volunteers who helped to make the festival such a success by leading walks and donating cakes. We would also like to thank the walking festival committee for all their hard work in making this a must attend event year after year . Thank You and here's to next year!

Bridgend Activity Calendar

Monday

14:00 Bridge
14.00 Talk and Games

Tuesday

10.30 Craft Club
11.30 Reading Group (once a month)
13.30 Art Club

Wednesday

10.15 Guided Walk
14.00 Mah Jong
14.15 Creative Writing (fortnightly)

Thursday

10.15 Yoga (£5. Once a month)
11.00 Reading Circle

Friday

10.30 Community Choir (£4)

Saturday

Long guided walk (once per month)

Bridgend Centre AGM—12.10.18



On Friday 12.10.18 Bridgend held our AGM and we are pleased to report it was a great success. Proceedings were opened with a performance by the Bridgend Community Choir who were in fine voice. A team from Tesco came to oversee the official opening of the Contemplation Area and the Mayor of Bollington, Jon Weston, gave a speech.

It was a great opportunity to share the successes of the last year and discuss upcoming changes here at the Bridgend. A copy of the annual report is available on our website www.bridgendcentre.org.uk and some of the highlights can be found on the next few pages.

We would like to thank everyone that came along and made it such a successful event.



Volunteers Wanted

Bridgend could not function without the continued help and support of our dedicated team of volunteers.

Thank you so much to all our volunteers for everything you do, whether it is working in the shop, managing our eBay shop, leading walks, teaching IT or one of the other varied roles we rely on volunteers for.

If you have some free time and fancy giving volunteering a go, why not join our friendly, hard-working team. Please ask one of the staff team for an application form.



How did we do?

2017-2018

Improving Health



382 people
took part in
112 walks

"Through the Bridgend walking group I have made some very good friends within the Bollington community. This has extended my social life in general and therefore my social wellbeing."



100%
Felt that their
Mental health
improved

88% of people said they do more exercise as a
direct result of coming to the Bridgend Centre

Fostering a sense of community

172 volunteers worked
5012 hours during the year



100%
Felt that they
made a
contribution to the
community at
Bridgend

"I enjoy
making things
in the wood
shop to sell"



"I have been a volunteer for about 16 years and the Bridgend is the only place I have felt my help rewarded by such a happy group that I feel comfortable at."

How did we do?

2017-2018

Tackling Isolation



18,207 people
came through
the door

97%
Felt less
isolated

"Certainly brings people
out who suffer loneliness.
A very chatty loving
centre. The volunteers
are invaluable."

100%
Made new
friends

(Bridgend
Centre)"helped
me when feeling
down. Made
lovely friends"

"Art and choir
are the highlights
of my week.
Fabulous"



21,120 cups of tea
served

Support

Bridgend Centre
helped me
enormously when I
was very
depressed"



100%
Felt more able
to deal with
their problems

82

Clients accessed
community support for
personal crisis or mental
health problems

97%
Know where
to go in
times of
crisis

100%

Agreed they
could get info or
be signposted to
the right info



"My mother has had Alzheimers'
disease for the last 6 years and the
Bridgend Centre has supported her in
various ways as her condition
progressed. She has always received a
warm, personal welcome. The Bridgend
is truly a "gem" of the Bollington
Community which makes a huge
contribution to the mental and physical
health of the local population."

Focus on a Bridgend group - Walks



Possibly Bridgend's best known group is the walking group. Walks depart from Bridgend at 10.15 every Wednesday and on the first Saturday of the month, all year round come rain or shine. The walking group is a great way to make new friends and get some exercise in the beautiful Cheshire countryside.

There is a varied program of walks so there really is something for everybody. After the walk, the walkers return to the Bridgend centre for a hot drink and a chat. Walking groups are a great way to socialise and make new friends at the same time as boosting physical health. Why not join us?

Focus on a Staff Member—Tricia Hodgskiss



Tricia is Bridgend's longest serving member of staff with more than 10 years in the team. She is known for her warm and welcoming manner and amazing ability to remember the name of everyone that walks through the door!

Outside of work, Tricia enjoys spending time with her family and is a very proud grandmother. Other interests include travel, languages and walking.

Focus on a Volunteer— Sandy Milsom



Sandy has volunteered regularly on a Saturday in the shop for a number of years in addition to supplying cakes for events.

She is also a regular member of the craft group, reading group and the community choir here at Bridgend.

Away from Bridgend she is a keen artist and is involved in many local groups in the community. Thank you for your contribution to the centre Sandy!

Meet our staff



Rebecca Lea
Centre Manager

rebecca@bridgendcentre.org.uk



Jane Hoyland-McGill
Community Worker

jane@bridgendcentre.org.uk



Tricia Hodgkiss
Community Worker

tricia@bridgendcentre.org.uk



Robert Davies

Finance Officer

robert@bridgendcentre.org.uk



Anna Hatley
Community Worker

anna@bridgendcentre.org.uk



Diana Storey

Charity Shop (Saturdays)



Kerry Langstaff
Community Worker

kerry@bridgendcentre.org.uk

Donations

We are always very grateful for any financial donations. Your donation allows us to provide continued support to the people of Bollington and surrounding areas.

If you would like to make a cash donation to the Centre please visit our web page at www.bridgendcentre.org.uk/donate or call 01625 576311 and ask for Rebecca Lea, Centre Manager.

Bridgend Centre Contact Details

Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire. SK10 5PW

Tel :01625 576311

Email: info@bridgendcentre.org.uk www.bridgendcentre.org.uk

Registered charity number 1123287

