



# BRIDGEND COMMUNITY NEWS

## Foreword

I am very excited about this, the first edition of Bridgend Community News. It'll be a great way for everyone to hear about the valuable work we do, any new projects, and general gossip from the Centre. In future editions we plan to include updates on the various groups and activities that go on at Bridgend so if you would like to contribute by writing an article or update, please do let the editorial team know. I do hope you enjoy reading it.

**Rebecca Lea, Centre Manager**



## Bollington Walking Festival—23rd September—1st October

We have just completed the eighth Bollington Walking Festival. The Bridgend Centre acts as the information and social hub for this annual event and organises almost half of all the walks. New events for this year included a walk that starts with a coach ride to either the Cat and Fiddle or Buxton, a free introduction to Nordic Walking and a walk starting with a ride on the service bus to Lyme Park.

We are very grateful to the organisations and all the individual volunteers who lead walks on behalf of Bridgend during the Festival, including the Cheshire East Rangers and the Marple Ramblers.

The home-made cakes baked by our very generous volunteers are always well received by tired walkers during the week in our popular Walkers' cafe.

The combined efforts of many volunteers helping in so many different ways created a fun-packed week at Bridgend and a very successful fund-raising event to boot!

## Bridgend Activity Calendar

### Monday

10.30 Mindfulness  
13.00 Jewellery Making  
14.00 Talk and Games

### Tuesday

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

### Wednesday

10.30 Guided Walk  
14.00 Mah Jong  
14.15 Creative writing (fortnightly)

### Thursday

10.15 Yoga (£5)  
11.00 Reading Circle

### Friday

10.30 Community Choir (£4)

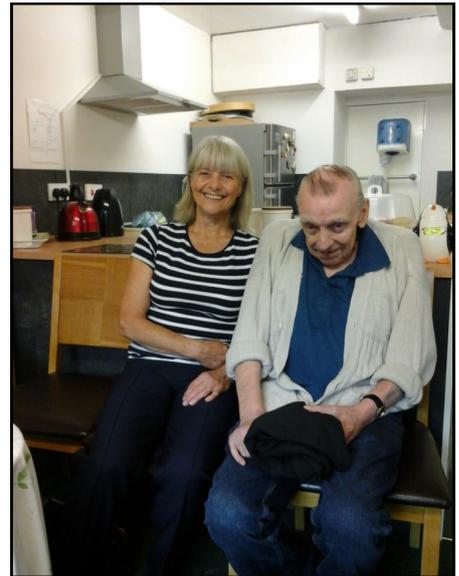
## Bridgend Buddies

Bridgend Buddies is a new project based upon the fundamental principle of the Bridgend Centre to reach out to people in the community by providing non-judgemental support. The Bridgend Centre offers support to a wide range of people however, the majority visit the Centre. The idea behind Bridgend buddies was to offer support to those who are unable to leave their homes.

In addition to our Community Workers the Bridgend has a fantastic team of volunteers. We knew that the concept of Bridgend Buddies would be very appealing to them so in March we began to recruit potential Buddies. It was vital that our special recruits were able to provide one to one support to individuals who had become socially isolated as a result of their personal circumstances. The role requires complete sensitivity and dedication as our idea was to help to form relationships that would involve the Buddy visiting the individual they were paired with on a fortnightly or sometimes weekly basis.

We wanted to empower the individual to feel confident to make decisions about activities they want to enjoy or pursue. The aim being to establish a positive and beneficial relationship to improve self-confidence so that the individual feels they can continue to do so without being accompanied by their Bridgend Buddy.

We are incredibly proud of the project and we are delighted to report that since the project started we have made six matches. We provide constant support to all of those involved in the project and we closely monitor the development of the relationships which enables us to show the benefits. The feedback received so far is incredibly positive and we have found that the participants have learnt from each other.



*One of our fabulous volunteer buddies, Chris, with Kenneth*

## Competition Corner



Guess the item!

Can you correctly guess what the mystery item from our Reminiscence Room is? Email your answer to [Info@bridgendcentre.org.uk](mailto:Info@bridgendcentre.org.uk) and one correct entry will be selected at random to receive a £10 voucher to spend in our shop.

Closing date is 30th November 2017

Good Luck!

## 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, 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.

## Focus on a Bridgend group - Reading Circle - Thursdays 11am



Reading Circle is an Adults continued learning group for lovers of literature. So much more than a standard book group, they meet weekly to discuss a different aspect of literature each week in a 4 weekly cycle.

- Week 1 - Discussion around that month's chosen book.
- Week 2 - Poetry
- Week 3 - Reading around the group from a book of interest
- Week 4—Articles, Projects and Non-Fiction.

So if you are a lover of literature, why not come along and join this friendly group?

## Focus on a Staff Member—Anna Hatley

Anna is a Community support worker at Bridgend and has been a member of the team since March 2012.

She is known for her warm and friendly personality and individual style.

Outside of work, Anna is a busy mum to two little boys.

*What do you love about working at Bridgend?*

*"I love that every day is different. I have particularly enjoyed running the Bridgend Buddies project and extending the support we give here out to the wider community."*



## Focus on a Volunteer—Mary Bywater



Mary has been a volunteer at the Bridgend for more than 10 years. She volunteers for 2 full days a week and takes care of the very busy book department.

Outside of her volunteering duties she is a keen Scottish Country dancer and also enjoys taking care of her garden.

*What do you enjoy about volunteering at Bridgend?*

*"I love the atmosphere here and being part of a great team. I really enjoy making new people feel welcome here as well as meeting up with old friends."*

Thank you Mary for your hard work and long service.

## Meet our staff



Rebecca Lea  
Centre Manager



Jane Hoyland-McGill  
Community Worker



Tricia Hodgkiss  
Community Worker



Robert Davies  
Finance Officer



Anna Hatley  
Community Worker



Diana Storey  
Charity Shop (Saturdays)



Kerry Langstaff  
Community Worker

## 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.ok/donate](http://www.bridgendcentre.org.ok/donate)

Or call 01625 576311 and ask for Rebecca Lea, Centre Manager.

Thank you.

## Bridgend Centre Contact Details

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