

## BRIDGEND COMMUNITY NEWS

**Bridging Social  
Isolation  
No.52**



*Photograph by Nicola Norton-Davies*

Welcome to another edition of 'Bridging Social Isolation'. Life is starting to feel much more normal now as restrictions eased further on 17th May. Things at Bridgend have moved on as well as we moved to Step Three of the 'Bridgend Roadmap' and our veranda opened for drinks and refreshments. The weather hasn't really been behind us this week but there have been a number of hardy souls who have made the most of the area.

With regards to Step Four on 21st June we are currently waiting for government guidelines as things still look a little uncertain, but we will keep you updated on any changes to our plans and activities as soon as we know them.

In the meantime, our shop is open and doing a roaring trade and we hope to see you for a brew on the veranda soon.

## Jo becomes Mayor

***Bridgend Trustee Jo Maitland was appointed as Town Mayor for the Civic Year 2021/2022 on 11th May 2021, during the first in person Annual Meeting & Mayor Making Ceremony since the start of the pandemic.***

***The meeting took place in person as the Emergency Legislation which allowed for virtual meetings to take place during the pandemic expired and was not extended by the Government. In order for social distancing measures to be observed the ceremony took place in the Civic Hall rather than the Town Hall. The event was live streamed on the internet to allow the public to watch proceedings. Jo said:***

“Having lived close to or in Bollington all my life it was a natural progression for me to stand for the council in 2019 and it has been incredibly rewarding having the opportunity to give back to our wonderful and unique community here.

My year as Deputy Mayor, working with Cllr John as Mayor, has seen the town and the world at large, go through unprecedented and uncertain times with a global pandemic. We have not been untouched by Covid-19 here in Bollington and have sadly seen losses, beloved family members no longer here and worrying times for employees and businesses alike. We have seen rising visitor numbers and our town faces both new challenges and opportunities moving forwards.



*Jo pictured with out going Mayor and new Deputy Mayor John Stewart at the Mayor making ceremony*



*Jo at her first official engagement as Mayor, a ceremony to celebrate 100 years of the Royal British Legion*

already strong town hall team. We welcome 2 new Councillors tonight, Cllr Ellwood and Cllr Snowball, freshly elected just this week, who join a committed and broad skilled existing group of Councillors and I am looking forward to us all working together for Bollington.

From my own perspective, I have some specific aims I would like to help the Council to focus on during the year ahead and on beyond. As a firm believer in true equality I am hoping as a Council we can continue to strive towards being more accessible to all. We represent all and for me it is important that every member of our community feels able to approach their Council in a way that suits them. I want us to improve communications too – and by that, I mean all forms of communication from the easy online methods such as social media to regular Councillor surgeries for face to face contact. I want to ensure that our equality, diversity and inclusion policies run through what we do like the inside of a stick of rock from events to how we write documents and letters.

I will also be undertaking a little fund raising as an aside to Charing the Council and have decided to support 2 charities both of which are dear to my heart – the superb community support charity here in Bollington, which has played such a vital role during the pandemic despite having to cease all face to face activities – the Bridgend Centre, and also a small national charity - The Pink Ribbon Foundation, supporting breast cancer initiatives throughout the UK.

Just a final word to thank my family and friends for supporting me in this role, without them cheering me from the sidelines I couldn't take this on. I am so much looking forward to what the year brings as we step forwards together out of the crisis and to new positivity.”

## Drinks on the veranda and walks

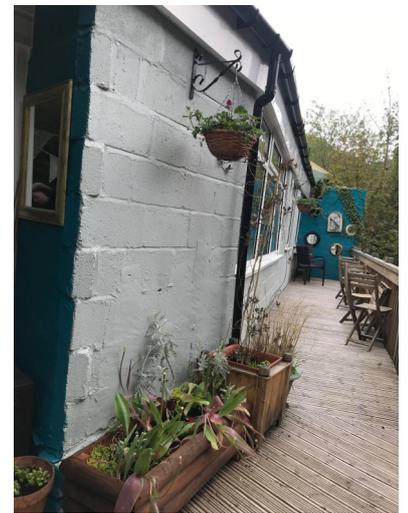
It has been a busy few weeks at the Bridgend Centre. Despite the weather not being the most conducive to outdoor activities, we haven't let that deter us. Our guided walks continue to be popular and it is lovely to see a mixture of regulars and new walkers joining us. Last week was the beautiful bluebell walk to Harrop Wood and whilst the bluebells are late out this year, it was still a fabulous walk. We look forward to walking more of our favourite trails over the coming weeks, although we wouldn't object to some slightly drier conditions!



Another exciting step along our path back to normality came this week. We have located the urn, polished up the teapots and re-opened our beautiful outdoor space to serve refreshments by the river. The contemplation garden is looking lovely thanks to the green thumb of a kind volunteer who has rejuvenated our planters and hanging baskets.



We are providing table service and limiting the numbers to ensure that we can follow all the guidelines to keep us all safe. To guarantee a table we recommend booking but if it is quiet we will accommodate walk ins. It definitely felt more like old times to welcome back some familiar faces and have a chat whilst delivering a hot cup of tea!



Note to self:

When things feel overwhelming, remember:

- One thought at a time
- One task at a time
- One day at a time



### 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

## 52 Small Steps

*52 Small Steps is a blog written by Bollington resident Fabienne Donbavand aimed at reducing people's environmental impact. Fabienne is a mother to two small children and runs her own business from home. Fabienne is very keen on reducing the environmental impact of her and her family and realised that if they make just one change per week that would be a pretty large step.*

Every week a tip is published to reduce the environmental impact in a certain area of life and we think they are really useful inspiration that give us the impetus to make an easy and achievable change ourselves. There are usually accompanied with some links to retailers or suppliers of the alternative products that reduce the damage to the environment. Here are a couple of examples of the changes that have been talked about over the last few weeks:

### Sep 2020—Plastic Film Wraps

The charity WRAP states "It is estimated that some 1.2 tonnes of plastic film from packaging arises in the UK waste stream every year. Of this, around two thirds are post-consumer (i.e. from household) and one third from commercial, industrial and agricultural sources."

Cling film cannot be recycled as it wraps around the machinery in the waste plant. You could use silver foil which can be recycled but why not replace this too with products that can be reused? To cover and preserve foods you could look around your home first to make simple swaps such as old ice-cream or takeaway tubs, putting a plate over a bowl of food or using glass jars such as old jam jars or pasta sauce jars.

Beeswax or vegan wraps are a very popular alternative to using cling film. They keep bread especially nice and fresh so perfect for wrapping your sandwich for lunch.

There are a number of stretchy silicone covers that can be bought from large ones to cover plates to small ones for covering individual fruits and vegetables. These can be dishwasher safe and used time and time again. There are also reusable silicone bags available.



You could also buy airtight stainless steel containers? A popular choice in catering just make sure you don't store acidic or salty foods in them for a long period of time.

### May 2021—Plastic kitchen sponges

This week's Small Step is to consider your washing up utensils. Are you using a plastic sponge to wash your pots? It is easier to consider single use plastics as bottles or packaging for food, drinks or toiletries but often the sponge used to wash up is made of plastic too. This sponge will then end up in landfill or being incinerated and all the while it is in use it is shedding microplastics straight down the drain. The advice to change your sponge every 1-2 weeks would contribute in so many being thrown away each year across the country. How about looking at more environmentally friendly products that could be reused and then when finished put on your compost heap?

I have a few different products in use in my kitchen sink. I am lucky enough to have zero waste shop [Scoop and Scales](#) locally (which I am involved in) where I can buy most of these items but if you don't have such a shop to support I will include online links below...



- Compostable cloths – which are reusable and washable then can just be placed on the compost heap.
- A wooden brush with natural fibers which has replaceable heads.
- A coconut husk pot scraper – which is actually very effective!
- I also crocheted some (not particularly beautiful) reusable cloths using recycled wool

Can you take this small step?

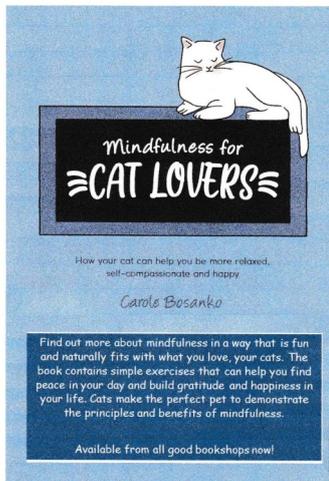
Follow 52 Small Steps on Facebook or read the blog at [www.52smallsteps.co.uk](http://www.52smallsteps.co.uk)

## Little Lens Photography—People of Bollington

Last week we welcomed Lauren from Little Lens Photography and her camera to Bridgend. If you are on the Bollington Facebook group, you will have seen her many fantastic photos of local residents and business owners. The pictures are all part of her latest project called People of Bollington. Lauren will photograph anyone that wishes to be included and the pictures will be making their way into a book in the near future. Here are just a few of the shots that she snapped on her visit.



## Mindfulness for Cat Lovers—Carol Bosanko



***On the subject of books, Carol Bosanko has a book coming out about how your cat can help you to feel healthy and happy. She recently had an article published in Your Cat magazine and has allowed us to share an excerpt here.***

As we become adults and begin to establish things in our lives, there can be many great joys but also many challenges. It is a time of transition and as such can be a time of stress. Cats can help with anxiety and depression and it's been shown that playing with a cat can elevate levels of the calming and relaxing chemicals serotonin and dopamine in our bodies. At this stage of life, there can be regional and even country moves due to jobs. During these disruptions cats can be both the 'constants' and also the 'connectors' to new friendships and relationships. Being a cat owner and cat lover means that there's always a story to tell or anecdote to share. Bonds are made over cats! The numerous social media groups, cat magazines, and organisations provide a great way of linking in with like-minded people. It's easy with a cat vibe to find a cat tribe! More young adults are also getting into mindfulness

as a way of having a healthier lifestyle and managing stress. Cats once again can help! As they live in the present moment and have a soothing influence, they make the perfect pet to demonstrate the principles and benefits of mindfulness. Cats can make it easy to be mindful and also can show how to be more self-caring and self-compassionate.

The senior years can be a tricky stage of life where one can suffer loss, health is deteriorating, and loneliness can be experienced. As well as providing vital companionship, having a cat in one's life can play an important role in healthy ageing. The companionship of a cat can help prevent illness and even add years. Caring for cats can help us feel needed and wanted, and can take the focus away from problems, if only for a short while. While we need to provide a routine for our cats it can give motivation for each day. Cats can be confidants; they get told troubles and they just sit there listening and not judging. Cats have also been shown to help people with loss and bereavement by providing 'social support' during difficult times.

Across life and within all the age groups, cats offer so many physical health, psychological health, well-being, social and happiness benefits — but I'm guessing you'll know most of these already!

## Bolly Businesses—Meet some of our local small business owners

*Bollington is home to many entrepreneurs running a wide range of small businesses. Here we introduce you to three local ladies all providing products and services to our community.*



Hi everyone, I'm Jane from Betty & Flo Vintage Homewares. I'm a fifty something and I've lived in Bollington all my life. With a life long love of vintage and an over-stuffed cottage, I decided to start Betty & Flo during the first lockdown as my pet sitting business Hens for the Holidays, like lots of other businesses, this was virtually non-existent. The company name comes from my rescue dog Betty and my moggie Flo, they have a canine brother called Ted but he didn't seem to mind!



Bollington is an amazing community and has supported both my businesses with gusto as well as #LoveBollingtonMarket, of which I'm also very proud to be a part with the other three girls, Sarah, Edwina and Jane. If you'd like to contact us, we're on Instagram @bettyflointage or via Facebook Hens for the Holidays for our latest updates.



Hello everyone, my name is Amy from Cheshire Foot Health. I am a Sheffield girl and moved to Bollington 11 years ago and have never looked back! In fact I can't imagine wanting to live anywhere else so you are stuck with me! I have three children, two boys and a girl, who also regularly feel so grateful for our abundance of green surroundings.

I am a sole trader of Cheshire foot health and I provide a mobile service for all your foot care needs, such as corns, calluses, ingrown nails and more and I like to think the service comes with a smile. I take pride in my work and our community. Since the moment I arrived, I and my expanding family have been welcomed and supported abundantly, then even more so during the pandemic. If you have any queries or

would like an appointment in the comfort of your own home, please don't hesitate to call and I will try to help. 07815 173 288



Hello everyone, I'm Natalie from Evaya Beauty.

I was born in Tytherington, but moved abroad to work as an interior designer. We moved back here in 2014 and it's been lovely to be living and working in this wonderful community.

I originally trained as a Textile & Graphic designer, but have always had a passion for beauty and making people feel good about themselves.

So I retrained as a nail technician and then as a beauty therapist. I haven't looked back since, I enjoy combining both my flare for design and passion for beauty.

This is when Evaya Beauty was born in 2015. Working from a home based salon in Bollington for over 5 years while my children were young was perfect.

I decided over lockdown that it was time to take Evaya Beauty to the next step and open a salon here in Bollington (off Wellington Road on Garden Street). With a variety of beauty treatments such as Lvl Lashes, eyebrow treatments, massage and waxing. I specialise in nails and also provide my own hand crafted natural beauty products.

There is something on offer for everyone. We look forward to welcoming our new and existing clients to our salon soon.

If you would like an appointment or any further information please contact us. 01625 402720, 63A Wellington Road SK10 5JH

follow us on Evaya Beauty Facebook

@Evayabeauty Instagram



## Recipe—Carrot, sweet potato and feta fritters



### Ingredients

- 800g carrots
- 2 large potatoes
- 1 large onion
- 600g sweet potatoes
- 5 medium free-range eggs
- 200g feta, crumbled
- 6 tsp wholemeal flour
- 25g fresh coriander, chopped
- 2 tbsp cumin seeds
- 300ml vegetable oil
- Green salad, lime wedges and yogurt to serve

### Method

1. Peel and grate the carrots, potatoes, onion and sweet potatoes. Put in a colander over the sink with a big pinch of salt to drain for 30 minutes.
2. In a large bowl, combine the eggs, feta, flour, coriander and cumin seeds, then beat with a fork until mixed.
3. Squeeze as much liquid from the veg as you can, pressing down hard into the colander for 1-2 minutes, then add to the egg mixture. Stir to combine and season well. Heat the oven to 150°C/fan130°C/gas 2. Heat the oil in a wok or saucepan to 180°C or until a cube of bread sizzles. Put a small handful of the mix in a slotted spoon and lower into the oil. Cook 2-3 at a time: fry for 1-2 minutes, then turn and repeat until golden. Put on a plate and keep warm in a low oven.



## Bollington Nostalgia Virtual Race 2021



The Bollington Nostalgia Race will again this year be virtual and we want YOU to get involved!

Date: 26 June - 11 July 2021  
Distance: 10km  
FREE entry & £100 fundraising  
or  
£10 entry

Get your running shoes on and get training! Look out for more details on how you can enter.

Registered Charity No. 1123287  
[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

# Greater Manchester Quiz

Can you identify these towns or places in the Greater Manchester area?



1. Wine merchants do this
2. Set fire to maturity
3. Famous for its cakes
4. This makes it warmer
5. Give out i.e. distribute
6. Land left uncultivated
7. This makes for greater security
8. Some folks do this after work
9. You can get bargains here
10. Once well known for its animals
11. Not short Vision
12. Inter
13. Most fields are this colour
14. ? and seek
15. Not new meat
16. Maiden name of a Duchess
17. Not nice weather when this comes down
18. Not old buildings
19. Sounds like a bird in part of the farm
20. Famous Lancashire singer from here



*Thanks to Terry Heathcote for sending us this wonderful photo of the canal bridge at Adelphi Mill*

## 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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