

## BRIDGEND COMMUNITY NEWS

**Bridging Social  
Isolation  
No.53**



*Photo by Terry Heathcote*

Welcome to the first edition of Bridging Social Isolation of June 2021! Things are going well at the Centre; drinks and refreshments on the veranda are proving popular in the sunny weather we have had this week. Fingers crossed the weather stays pleasant and that we don't go back to cold and stormy!

Behind the scenes we are planning how we can open up more of our services in the future, but we are waiting for updates and decisions from the government based on Coronavirus statistics. Throughout this pandemic we have always made our decisions with a cautious approach in order to protect our most vulnerable visitors, whilst at the same time hoping we can open up our services to the community as soon as we can. We will keep you posted on developments as soon as we know.

In the meantime, please do come and visit us and enjoy some fabulous bargains from the shop and then enjoy a drink on the veranda.

## THANK YOU to our wonderful volunteers on Volunteer week

This week is national volunteer week and is a time to say a huge THANK YOU for the contribution that volunteers make to our communities.

There is no better place to demonstrate this contribution than at Bridgend where volunteers make a massive difference to our community in a variety of roles such as working in the charity or eBay shop, as a Buddy, as a Walk Leader, in our Workshop plus much more.

We thought we would celebrate with some photos of some of our volunteers working in these roles. THANK YOU



# THANK YOU

## Bluebell season

Bluebell season in our area is drawing to a close and we thought we would celebrate this wonderful flower with a few photos taken in the Bollington area over the last few weeks.

Here are six facts from the National Trust about Bluebells:

1. The bluebell has many names: English bluebell, wild hyacinth, wood bell, bell bottle, Cuckoo's Boots, Wood Hyacinth, Lady's Nightcap and Witches' Thimbles, *Hyacinthoides non-scripta*
2. It is against the law to intentionally pick, uproot or destroy bluebells
3. If you plant bluebells, you should make sure it's the English bluebell, not the Spanish version. This is a more vigorous plant and could out-compete our delicate native flower
4. Almost half the world's bluebells are found in the UK, they're relatively rare in the rest of the world
5. Bluebell colonies take a long time to establish - around 5-7 years from seed to flower.
6. Bluebells can take years to recover after footfall damage. If a bluebell's leaves are crushed, they die back from lack of food as the leaves cannot photosynthesise.



Photo by Lisa Cox



Photo by Lisa Cox



Photo by John Howarth

<https://www.nationaltrust.org.uk/features/6-things-you-might-not-know-about-bluebells>

## TV—What are we feeding our kids?

Last week there was an interesting and worrying programme on the BBC that really sparked our interest. The programme was about ultra processed foods and the effect they have on our minds and bodies, particularly on our children's.

Childhood obesity has increased tenfold globally over the past 50 years, while 21% of UK children are obese by the time they leave primary school. It costs twice as much to get 100 calories from fresh fruit, vegetables and fish in the UK as it does to get them from readymade food. In 1980, our food spending on scratch ingredients versus convenience food was split 58% to 26%. It is now virtually reversed.



Hosted by TV Doctor Chris Van Tulleken, he embarks on an experiment to eat ultra processed foods as 80% of his diet for four weeks (as currently 20% of the UK population do every day) and results are disconcerting to say the least, particularly the long-term effects on his brain. We really would recommend this programme for an informative and non-patronising look at the surprising way our diet affects our minds and bodies and those of our children. *What are we feeding our Kids? - BBC iPlayer*

## On the Lookout for Wild Flowers Part 2 with Jim and Juanita



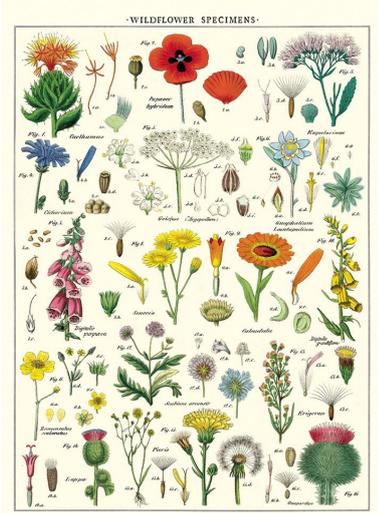
Herb Paris

We've now seen 118 varieties of wild flower (more than half-way to last year's total), including our first orchids of the year – the early purple – always exciting to discover – in Brierlow Dale, only a few paces from the bookshop at Brierlow Bar (on the A515 Buxton to Ashbourne road). There are big patches out in all the dales we've explored so far. We also had a rare sighting of herb paris (in Monk's Dale, near Peak Forest).

Locally, in Ingersley Vale, you can now see a lot of stitchwort, and pink purslane is starting to appear. Don't neglect the more common plants – it seems to be a bumper year for dandelions, and look out for other dandelion-type flowers; we have already seen coltsfoot, sow thistle and hawkweed. Also the umbellifers: cow parsley is everywhere, and others; we have seen hogweed

already. The beautiful yellow archangel, highlighted in Part 1, can be found in Ingersley Vale. Feel free to email Jim ([jhoyle2015@gmail.com](mailto:jhoyle2015@gmail.com)) with any interesting sightings and/or questions.

**Jim and Juanita**



Pink purslane



Early purple orchid

## 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?



For friendly, professional advice from Dementia experts

All sessions 2pm - 3.40pm. Social distance measures in place.

To book a 20 minute slot please telephone 01625 872238.

**Wednesday 5th May**  
Poynton Civic Hall. Face to face session. Tel 01625 872238 to book a 20 minute slot.

**Wednesday 26th May**  
Poynton Civic Hall. Face to face session. Tel 01625 872238 to book a 20 minute slot.

**Wednesday 16th June**  
Poynton Civic Hall. Face to face session. Tel 01625 872238 to book a 20 minute slot.

Supported by...



## The Great Bollington Scarecrow Show

5<sup>th</sup> – 6<sup>th</sup> June 2021

Build and display your scarecrow or join the trail and vote for your favourite!

Everyone welcome to take part



Any design - Get creative!

- Register your scarecrow using the online form on our website [www.bollington-tc.gov.uk/events](http://www.bollington-tc.gov.uk/events). Alternative format available by contacting the Town Hall on 01625 572985 or [mayor@bollington-tc.gov.uk](mailto:mayor@bollington-tc.gov.uk).
- All registrations must be received by 5pm Tuesday 1<sup>st</sup> June.
- Display your scarecrow so that it can be seen from 10am on Saturday 5<sup>th</sup> – 5pm on Sunday 6<sup>th</sup> June.
- The Scarecrow Trail will be available on our website or may be collected from the Town Hall between 9.30am and 12.30pm on Friday 4<sup>th</sup> June. A copy of the trail will be displayed on the Town Hall noticeboard.
- You will be able to vote for your favourite scarecrow by using the online voting form which will be available on the website or by dropping the name of your favourite through the Town Hall letterbox by 5pm on 6<sup>th</sup> June.
- Judging will take place over the weekend and winners will be announced on the Town Council website and on Council Social media.

Prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place plus the scarecrow voted for by you



## Bollington Nostalgia Virtual Race 2021

Every year on the second Sunday in July, the Bridgend Centre runs the Bollington Nostalgia Hill Race to raise valuable funds for our charity. Last year, due to the social distancing measures in place, we decided to make the event a virtual challenge. Following the success of this format, this year (2021) we have decided to do the same again due to uncertainties around the pandemic and also to open up the event to a wider range of people.

The race is usually a set route from the Bridgend Centre, up Hedgerow and over to Bakestonedale Moor, returning via Macclesfield Canal (map pictured below right). However, this is a virtual challenge and we have only one stipulation, that competitors run 10k. So it is totally up to you whether you run our famous hill race route or another route of your choice.

All you need to do is sign up through our registration form (above); pay your registration fee or pledge to raise £100; and at any time between 26th June and 11th July when you've completed your 10 km run, send us a picture of your distance measuring device (like a FitBit or Garmin) or Strava page.

It is totally up to you if you complete this race alone or with others, but the challenge is yours! There will be a number of categories based on gender and age with some fabulous prizes up for grabs and of course all competitors will be awarded our fabulous, collectors item pin badge. The categories are as follows:

- Best Fundraiser
- Highest Ascent Male and Female
- Fastest under 16
- Fastest Male and Female 16-29
- Fastest Male and Female 30-39
- Fastest Male and Female 40-49
- Fastest Male and Female 50-59
- Fastest Male and Female 60+



10.9km (6.77 miles)

361 metres of ascent (1184 feet)

Last year we had some fantastic prizes for many of the categories, donated by Patagonia, Red Willow, Fruits of the Forage, AIG Training, The Indian goat, Running Bear, Becca's Beauty Buys, Running Bear, Little Challenges, The Entertainer and Top to Toe Treatments. Huge thanks go to the businesses who donated prizes to our cause.

If you are a seasoned runner or fancy a new challenge, we would really love it if you would either register to take part or complete it as a challenge through Just Giving in order to raise funds for our Centre.

For more information and registration please go to our website at



## Bollington Nostalgia Virtual Race 2021



Whether you are looking to start running or are a Nostalgia Race veteran, the 2021 event is for you. Get your running shoes on and get training!

All you need to do is:

- Sign up through our website
- At any point between 26 June and 11 July, record your **10km** run on a GPS app (such as Strava, Runkeeper, Garmin etc) or take a picture of your treadmill stats and send it into us

For more information and to sign up go to <https://bridgendcentre.org.uk/bollington-nostalgia-race/>



This week, May gives way to June and we enter the beginning of the Summer months. Aside from a potential further relaxation of corona virus restrictions, what else does June have in store for us all?

May 31st—June 6th—Garden Wildlife Week— A chance to focus on the wonder range of life our gardens support.

June 1st—30th—Pride Month— Every year, during the month of June, the LGBT community celebrates in a number of different ways

June 1st- 7th— Volunteers Week—A chance to focus on the fantastic people that are volunteers. We are certainly grateful for ours and thank them for their time and dedication.

June 5th—World Environment Day— A day for environmental awareness. Time to reflect on how you can reduce your impact on our planet.

June 7th- 13th—Child Safety week—with extended families able to mix again, this week helps prevent accidents happening to our vulnerable little ones.

June 7th—13th—Carers Week—Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise

June 20th—Father's Day

June 21st—Summer Solstice/ longest day.

## Recipe—Thai Fishcakes—light and fresh summer dinner

### Ingredients

#### FOR THE FISH CAKES

600g/1lb 5oz salmon fillet, skin removed and cut into chunks

1 large free-range egg

2 tsp lemongrass paste

2 tbsp Thai red curry paste

1 tbsp fish sauce

4 kaffir lime leaves, finely shredded

100g/3½oz green beans, finely sliced

1-calorie sunflower oil spray

sea salt and freshly ground black pepper

2 LIMES, CUT IN HALF, TO SERVE

#### FOR THE SALAD

2 carrots (about 200g/7oz), peeled and cut into thin ribbons

200g/7oz cucumber, peeled and cut into thin ribbons

½ red onion, thinly sliced

12 radishes, thinly sliced

large handful of coriander, roughly chopped

60g/2¼oz mixed salad leaves

1 tbsp rice wine vinegar

1 tbsp soy sauce

salt and freshly ground black pepper



### Method

Put the salmon into a food processor with the egg, lemongrass paste, curry paste, fish sauce and lime leaves. Season with salt and pepper and blend until the mixture comes together but still has some texture. Transfer to a bowl and fold in the sliced beans. Cover and leave in the fridge until needed.

To make the salad, mix together the carrot, cucumber, red onion, radishes, coriander and mixed leaves in a large bowl.

Heat a large pan over a medium–high heat. Divide the fish cake mixture into eight equal-sized pieces and shape into patties. Spray a little oil into the pan and add four of the fish cakes, spacing them apart and flattening each one slightly. Cook for 2–3 minutes on each side or until cooked through. Set the cooked fish cakes aside on kitchen paper while you cook the remaining fish cakes.

## Bollington Walking Festival

The Bollington Walking Festival team are busy beavering away behind the scenes to arrange this year's event, which we hope will take place in late September/October 2021. The last walking festival was in autumn 2019, so we all very much hope we'll be able to go ahead in 2021, although of course it will depend on the situation at the time and any associated restrictions. All the members of the walking festival team have close links with the Bridgend Centre, and many of the events are based here.

Each team member has their own specialities, be it devising new walks and contacting any organisations that might wish to be involved, IT support, writing articles, editing and proofreading the leaflets and website, dealing with any admin both before and during the festival and, of course, leading walks! The thing that everyone has in common however is their love of walking and wish to share it with others in a sociable way.



*A very wet walk during the 2019 festival*



*Another photo from the 2019 festival*

The team are:

Becky Lea

Bridgend Centre Manager who is passionate about walking and the countryside

Maxine Lomas

Bridgend Centre Community Worker, Maxine loves the great outdoors

Rob Nicholson

IT specialist who takes a special interest in unusual walking routes around Bollington

Cate Wallace

Bollington Librarian and walking aficionado

Chris Brear

Long-standing part of the Festival team and member of the East Cheshire Ramblers . Chris was instrumental in Bollington becoming a 'Walkers are Welcome' town

Juanita Bullough

Juanita has an excellent eye for detail and ensures our leaflet is top-notch

Johanna Maitland

BTC Councillor and this year's Mayor, Jo is interested in exploring the Bollington countryside

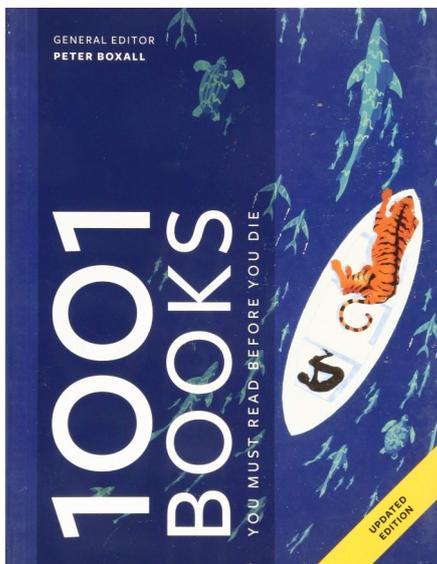
Tracy Mills

A Reflexologist and Functional Medicine Practitioner, Tracy takes a holistic approach to lifestyle and exercise

As usual, there will be a wide range of walks, some along new routes – ranging from half a mile to 20 miles – to suit all interests and abilities, for adults and children – including the famous Bear Hunt for the under-fives and their grown-ups!

Some of the walks are on specific themes such as art, history and photography, but the majority are for those who just love to walk in the countryside. See more news in forthcoming issues of this Newsletter and [www.bollingtonwalkingfestival.co.uk](http://www.bollingtonwalkingfestival.co.uk) for more details, or contact the Bridgend Centre.

## Item from the Bridgend Charity Shop—1001 Books to read before you die



Not that the editor is ever short of things to read, but if you ever needed some inspiration for a new read, this is the book for you. A great book for dipping into occasionally or reading from cover to cover, this book is great for alerting us to works that we may want to read at some time in the future but have simply never got around to, those books that we read years ago that we want to revisit or a good few that we have never heard of.

The book is beautifully illustrated so would also make a great gift and if you were in a book club, it could be a great inspiration to start many a debate about what is and what isn't included. There are only 60 books written before 1800 included which is a bit surprising, but the list of post 1800 books is very comprehensive.

## Mind Games—British Birds

Can you identify these common and not-so-common native British birds?



## Languages

Can you identify the languages below and do you know what the phrase is in all five languages?

- 1.kuwa na siku njema
- 2.आपका दिन शुभ हो
- 3.szép napot
- 4.Que tengas un buen dia
- 5.Einen schönen Tag noch

## Answers to last week's Manchester towns quiz

- |                |                |                |
|----------------|----------------|----------------|
| 1. Stockport   | 8. Rusholme    | 15. Oldham     |
| 2. Burnage     | 9. Sale        | 16. Middleton  |
| 3. Eccles      | 10. Bellevue   | 17. Hale       |
| 4. Heaton      | 11. Longsight  | 18. New Mills  |
| 5. Handforth   | 12. Bury       | 19. Dukinfield |
| 6. Fallowfield | 13. Greenfield | 20. Rochdale   |
| 7. Bolton      | 14. Hyde       |                |

## 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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