



BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation**
Edition 7



Photo by Andrew Brier

The Bridgend Centre is producing this newsletter every week during this time of Social Distancing to hopefully brighten spirits, entertain you, keep you informed and most important of all to help everyone feel that even though we have to put physical distance between ourselves none of us are alone.

A massive ‘thank you’ to all our contributors to this newsletter. We love hearing your stories and seeing your pictures.

We will be looking for contributions from our readers, so if you have an idea, recipe, story, book suggestion, drawing or activity you think others would love, please send it to info@bridgendcentre.org.uk for us to include.

Bollington Heroes— Roland Edwards, My Year as Mayor

The outgoing Mayor of Bollington tells us about his year in office, which ended this week with the Mayor-making ceremony for new incoming Mayor, John Stewart.

On 5 May I stand down as Mayor of Bollington after a rewarding, interesting, turbulent, exhilarating, challenging and, very occasionally, frustrating year. It also presented some unique challenges. It opened with the Bollington Festival where I organised the parade. Then there were local and national elections, floods, running the beer festival, Cheshire East Council's plan to build on our Green Belt, Covid-19 and mass lockdown and the declaration of a climate emergency. With the implementation of the lockdown my last official duty was on the 14th of March when we attended a Bollington brass band concert at the Arts Centre. I could not have hoped for a better finale!



Town Council Mayors have two main roles: firstly to represent Town and Council at official functions both locally and in other towns. This includes opening events, dinners and balls, visiting schools, turning on the Christmas lights and leading carols under the tree and, my personal favourite, visiting local residents who are celebrating golden or diamond wedding anniversaries, or their 100th birthdays. The second role is to Chair full Council meetings, which happen once a month, and keep up to date with all other council business. I was blessed with an outstanding Town Hall team and councillors who are forward thinking, energetic and supportive. They made Council meetings enjoyable and highly productive.

So what did I do aside from core council work? I attended in excess of 120 events and functions locally and throughout Cheshire East. My winter ball raised just over £12,000 for the ALEX project and Stroke Meet, Move and Improve. My life also changed; the Town Hall became my second home as I visited almost daily (often with our dogs) to discuss with the team the latest issues. The Bridgend Centre became a sanctuary of calm where I could think over the issues of the day. I have lost count of the cups of coffee and biscuits I cadged from Becky and her team; they were all true stars!

With so many memorable events it is difficult to choose those which stand out. We were invited to the Walk a Mile in My Shoes event held by Golden Memories Group Dementia Group. I was struck by the love, care and nobility that existed between people living with dementia and their carers, it was deeply moving. I also met Gill Lancaster and Helen Sheldon, which resulted in the three of us forming the Bollington Dementia Action Alliance.



A chance encounter with Janine Holmes resulted in an invitation to attend the Space 4 Autism fun day behind Hammond's Brickyard. We learnt so much about autism from talking with the parents and children. We joined in dancing and singing whilst a lovely young lady hi-jacked our dogs and spent the afternoon training them to behave! It was a memorable day. That is what is so great about being Mayor - the memories. Listening to the Bridgend choir, dancing with the residents at Mount Hall, collecting for the Brass Band at the Christmas Carol service, the wonderful Capriccio concert at St.Oswalds to raise

money for Transition, and the school visits and visits to senior citizens. The list is endless.

Did I enjoy the role? Absolutely! Would I do it again? Better ask the councillor's – no please don't!



Roland Edwards

Hello from our friend—Gay Horton

Gay is very active at the Bridgend Centre and attends a number of groups. She sent in a poem she wrote for us called 'Rainbows'.

There are rainbows at the windows, their colours, bold
and bright,
Serving to remind us that things are far from right.
For a microscopic entity has brought us to our knees
And we have not the wherewithal to beat the damned
disease.

We cannot mix or gather with neighbours, friends or
peers;

A cause of much anxiety, frustration and some tears.

Our older folk are shielding behind a Closed front door.

They are missing sons and daughters and the grandkids
even more.

But as the crisis worsens and the death toll rises,
Seen in our communities are one or two surprises,

For mums and dads are bonding with children now at
home.

With time to be creative, in a different learning zone.

There are heroes at our hospitals we'll never get to
meet

But just to show our gratitude we clap on every street.

The neighbours who we never saw now speak across
the fence

And volunteers give of their time with little
recompense.

An older generation, although they're staying in,
Have mastered WhatsApp, Zoom and Skype to see their
kith and kin

The Brexit that divided us has disappeared because
We are now united to fight a common cause.

Our roads and skies are free of noise from trains and
cars and planes

It seems our loss of liberty is one of Nature's gains.

All this shows that as a nation we're resourceful and
we're clever

And we'll beat whatever comes our way if we do it all
together

For the human race is
family, mother, uncle,
nephew, brother

And a virus has
reminded us to be kind
to each other.

Gay Horton



The Great Bollington Whitsun Scarecrow Show

Bollington Town Council and Bollington Dementia Action Alliance invite you to take part in the Great Bollington Whitsun Scarecrow Show from 23rd to 25th May. Make a scarecrow in your front garden to celebrate our Covid 19 heroes and heroines. We will photograph your scarecrows and the best will receive a prize. The winner will be announced on the BTC webpage and Facebook.

To enter send your name and address to Roland.Edwards@Bollington-tc.gov.uk. Entries close 20th May.

The Great Bollington
Whitsun Scarecrow
Show

Judging and prizes
Theme: Our Covid-19 Heroes

23 -25th May 2020
Free Entry
Held in your Garden

Join in the fun!



To enter email Roland.Edwards@Bollington-tc.gov.uk

At home exercises—Pilates

Balance is so important in our day to day lives, ensuring we're able to move about safely and confidently. The Pilates ankle series improves strength and flexibility in the foot and ankle, allowing us to respond to uneven surfaces.

Take your time and build yourself up slowly. Ensure you're able to practice these exercises in a safe area. You can do these exercises standing or seated. Do these exercises bare foot.

If you are seated, sit towards the front of the chair.

If you are standing, stand with your feet hip distance apart. You can rest your hands on the back of a chair if you want a bit of support.

Keeping the rest of your foot flat on floor, lift all toes off the floor and your wriggle toes for count of 6. Bring toes down again.

Still keep your feet on the floor, now scrunch your toes drawing them back towards your heels. If you have a carpet or towel under your feet imagine you are drawing towel/ carpet back to heels. Relax toes.

Repeat 2&3 twice more.

With toes staying on the floor, lift right heel away from floor, bending at the ankle. Place right heel down. Repeat with left heel. Then alternate from left to right heel 6-8 times on each side. You may hear some cracking, creaking in your ankle joint this is ok. Now lift both heels off the floor at the same time (toes staying on floor) and then down. Repeat up and down 6-8 times.



This is a great warm-up in the morning or before going out for a walk

Provided by Robyn at Macc Forest Pilates

Your Bridgend needs you!

The Bridgend Centre is a registered charity and has been in Bollington for nearly 30 years now, delivering vital services to the whole community. So many vulnerable people depend on the Centre and will need it more than ever when life gets back to normal. Bridgend's dedicated team of staff is supported by hundreds of fantastic volunteers.



We know it is a very difficult time financially for many people, but if you can afford to make a donation however large or small, it would make a huge contribution to us keeping our doors open in the future. Becoming a regular donor is also a great way to support us with sustainable income.

If you would like to help, please go to our website and donate: <https://bridgendcentre.org.uk/home/donate/>

Thank you



Tens of thousands of volunteers across the country are providing critical support to our communities in response to the COVID-19 crisis.

From informal volunteers supporting a neighbour to volunteers part of a charity led service, each volunteer plays a significant role in keeping our communities safe, healthy and connected during these uncertain times.

Please join us in recognising the fantastic selfless support volunteers have provided to the most vulnerable in cities, towns and villages across the UK.

On Thursday 14th of May at 8pm
as you **#ClapForTheNHS**
please also **#CheerForTheVolunteers**



Gardening Corner—Indoor plants



Making our homes cosy and comfortable has never been any more important than now. Indoor plants can play a big part in give a homely feel to any room and adding some fun and joy. They are also proven to reduce stress and anxiety. It all starts with choosing the right plant for your room condition/layout as well as the amount of time you want to spend on their care.

Natural daylight is one of the most important factors in growing indoor plants successfully. Full direct summer sun is not always required and can cause discoloration and scorching, where on the other hand not enough natural light can be an issue for a lot of plants. Domestic lighting doesn't provide the same light levels/ quality required for most indoor plants. However, there are some plant that tolerate low light condition such as Chlorophytum, Ivy, Asparagus, Monstera, Sanserveria, Epipremnum (devils ivy) and Dieffenbachia to name just a few.

If on the other hand you have a hot and sunny windowsill or room, you might want to look at the wide range of cacti and succulents, including Aloe vera, Kalanchoe and Money plants. The list also extends to Jasmine, Codiaem, Yucca, Gardenia as well as Dracaenas.

Next to light water is an important part of your plant care. If you, like myself, generally take a relaxed approach to watering i.e. being a bit lazy, you might want to choose cacti and succulents as well as Moth Orchids, as they will only need water every few weeks, which make it really easy and stress free. Chlorophytum, Epipremnum, Peace Lilies, Bromelia or Zamioculcas are also quite forgiving when you forget to water them every now and then.

Indoor ferns, most flowering plants, such a Jasmine, Gardenia, Streptocarpus as well as foliage plants with big leaves and palms you want to make sure you water regularly. However with all plants make sure they don't sit in water - remove any remaining water from the pot cover or saucer. Overwatering can cause root damage, which mean your plant can't absorb water and nutrients and it will look like they are wilting.

Feeding is as important with houseplants as it is with the plants in your garden or on your patio. Orchids, Cacti's and Succulents benefit from a special fertiliser as they don't react very well the high salt content in general fertilisers. Foliage and flowering houseplant are ok with a general feed but there are special indoor plant fertilisers, which are fine-tuned to their needs and will make sure you get the best out of your plants. With the longer days and increased light levels in spring and summer you want to feed your indoor plants every 2 to 3 weeks. Orchids and Cacti you can feed with every other time you water them, which might only be every 6 to 8 weeks.

Michele Greenwood



Plant of the week—The Handkerchief Tree



This week's plant is the stunning 'Handkerchief Tree' (*Davidia involucreta*). A gorgeous specimen of this tree can be found in Kerridge (on the flagged footpath between Redway and Higher Lane). Many people take detours at this time of year to see it.

Its nickname is due to the lovely flowers that hang like hankies from the tree. This specimen in Kerridge is one of the oldest in the country.



More information can be found here: <https://www.rhs.org.uk/Plants/5364/Davidia-involucreta/Details>

Bridgend Activities—Art

Tony Sunderland tells us about the Art Group that he set up a Bridgend, which runs on a Tuesday afternoon

I do not consider myself as a teacher - but as someone there to help, advise and give guidance as required. All members of the group have become friends and mentors to each other. We aim for the group to be fun and informal, where people make friends and socialise. No pressure to produce a masterpiece!

My past experiences in several Art Clubs I attended have followed the same format , for example, a subject of the week for everyone, such as a vase of flowers, a bowl of fruit, a nude model; or obscure titles such as a day at the seaside or my favourite animal.

These situations can put more stress on an uncertain student and makes them attempt a subject in which they have no interest. The next lesson may fill them with dread. I prefer to let them tackle something they would like to produce themselves, encouraging them to look ongoing for subjects of interest .

We are all copyists in one form or another. With the exception of abstract work all artists copy something they have seen. We are all amateurs and with the exception of a few, the so called "great masters" , were amateur. That title is subject only to personal taste. All Art has some merit but I wouldn't be putting my name on any Van Gogh or Picasso works for instance.

I guess most people have access to computers, laptops and smartphones these days and probably know the capabilities better than I do but reviewing an Artist's work who they admire on Google is easy. Also study work by current Artists on Youtube is simple. Recommendations of artists to check out online are below:

- * Alwyn Crawshaw - all mediums various outdoor subjects - his work on Google - Lessons / Demos on You Tube
- * Rowland Hilder - Drawing and Watercolours - Trevor Waugh - Flowers
- * Geoff Kersey - All aspects of Watercolours
- * Vic Beacroft or Jeremy Ford - Pastel work
- * Bob Ross - Acrylics. Good easy to follow demos on You tube
- * Hazel Soan does great work - worth a look not easy to replicate - See her Africa paintings

These guys are all great exponents and can be good encouragement to continue working through lockdown.

Tony Sunderland



Painting created in the Art Group by Jean Snaith

Answers to last week's Reading Group Quotes Quiz

Cupid kills with arrows, some with traps – Much ado about nothing

I cannot tell what the dickens his name is – The merry Wives of Windsor

Shall I compare thee to a summer's day? - Sonnet 18
Lord, what fools these mortals be! – A Midsummer Night's Dream

Brevity is the soul of wit - Hamlet

The better part of valour is discretion- Henry IV Part One

Nothing will come of nothing – King Lear

But, for my own part, it was Greek to me – Julius Caesar

Misery acquaints a man with strange bedfellows – The tempest

Love looks not with the eyes, but with the mind; and therefore, is winged Cupid blind – A midsummer night's dream



Reminiscences of Bollington—Palmerston Street

One of our favourite views in Bollington looking down Palmerston Street. Looking at this photo we are reminded of what Bollington looked like approximately 75 years ago. It is very similar to this period today in terms of number of cars on the road!

Below is a photo of the top end of Palmerston Street (towards the Turners' Arms). Most of the houses in the photo are sadly no longer there.

We also have a lovely painting sent in by Bridgend regular and Art Group attendee Maggie Morris of her house, which is next to Jackson's Bakery on Palmerston Street.



Recipe –Leek and Potato Soup

This is very easy to make with any number of the ingredients that you may have, this recipe makes approximately 2 servings.

Ingredients; 4 medium sized potatoes, 2 leeks, 1 onion, Vegetable stock cube (chicken stock cube can be used as an alternative), 1 pint hot water, Salt and black pepper

Method;

Chop the onions, slice the leeks and put them in a saucepan with a little cold water, cook on a low heat to soften them.

Dissolve the stock cube in a pint of hot water and add to the onions and leeks.

Roughly chop the potatoes, add to the onions and leeks and season with a little salt and black pepper.

Simmer until the potatoes start to soften then remove the saucepan from the heat and use a potato masher to crush some of the potato, this makes the soup quite chunky.

Put the saucepan back on the heat for a short while to heat thoroughly. Add more black pepper if required to make the soup a little more spicy.





Mind game—Identify the Chocolate Bar



Answers to last week's quiz —Guess the Pub

1. Queens Arms (ex)
2. Shop on Water St. (oops)
3. Spinners.
4. Holly Bush.

5. Dog and Partridge.
6. Bulls Head (Kerridge)
7. Meridian (ex)
8. Turners Arms

9. Poachers
10. Cotton Tree

Thanks to David Hasler for creating this quiz



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

Temporary phone number: 01625 813173 Email: info@bridgendcentre.org.uk www.bridgendcentre.org.uk

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