



BRIDGEND COMMUNITY NEWS

We will be 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.

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.

**Bridging Social
Isolation
Edition 2**



Picture by Sara Knowles

Painting some happiness in Bollington

Pupils from St Gregory's Primary School, on Albert Rd in Bollington, were determined to show our elderly residents that they were thinking about them throughout this current crisis.

Thanks to the generosity of the Bollington Print Shop, children enjoyed colouring and painting pictures of a number of local attractions and will be delivering these to care homes in the local area.



Headteacher John Daley was delighted when he was approached by a Year 6 student having purchased the colouring book for his Nana. Mr Daley said, 'I was so proud of our children that they were thinking of others at such a crucial time in their own lives. They have produced some wonderful art which I hope will brighten up another persons day'.

Vikki Wray from Bollington Print Shop said, 'When we were contacted by St Gregory's we were delighted to help out for such a lovely cause. We had been working hard on producing a colouring book showing off our wonderful village. We decided to move the date forward to spread some much-needed joy at this trying time'.

Anita Armit, Bollington

Di's Prickly Pals

Bridgend Centre staff member Di Storey has two new friends to keep her company while she is at home during this time of Social Distancing.

Due to a current shortage of volunteers, the Lower Moss Wood wildlife hospital (near Knutsford) asked for new people to look after their

vulnerable animals and so 'Spike' and 'Prickles' moved to Di's garden. Spike and Prickles are a boy and a girl respectively and they are now roaming loose keeping her company and they love exploring all the nooks and crannies in her garden looking for grubs and other treats.

Di had made a special house for Spike and Prickles to live in, but they appear to prefer sleeping in the hedgerow.



Bollington Heroes

Belfield's Village Bakery

These cheeky chaps appeared in the window of Belfield's Village Bakery this week and they raised smiles among customers and passers-by.

A huge thanks to Belfields and all the other local shops and businesses in Bollington that remain open and delivering an excellent service to the people in our area during this difficult period. Belfields are operating a delivery service on bread, cakes, sandwiches, tinned and dried goods and household essentials.



From next week Belfields are also offering an open evening on a Wednesday night for Medical and Key Workers between 6pm and 8pm. If you would like to take advantage of this fantastic service, please ring on the day before (Tuesday) to place your order.

The telephone number is 01625 572397

An advertisement for Belfield's Village Bakery delivery service. It features a cartoon illustration of a woman in a red apron holding a tray of cakes next to an orange delivery van. The text reads: "WE ARE OFFERING A DELIVERY SERVICE ON BREADS, CAKES, SANDWICHES, TINNED & DRIED GOODS AND HOUSEHOLD ESSENTIALS (SUBJECT TO INSTORE AVAILABILITY)". Below the illustration, it says "MONDAYS, WEDNESDAYS, SATURDAYS ONLY" and "TO ORDER PLEASE CALL TEL: 01625 572397 CASH PAYMENTS ONLY".

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Co-op Store, Bollington

Another group of heroes in Bollington is the people at our Co-op. They are working around the clock to ensure that the shelves remain stocked and customers are served in line with social distancing rules. They really are on the 'front line' of providing essential services at this challenging time, so for that we thank them very much.

During this period the opening hours of the Bollington store have been changed to 7am to 8pm and they are also offering priority shopping hours for vulnerable customers and their carers.

If you are aware of a 'Bollington Hero or Heroes' that you would like us to shout about in a future edition, please drop us a line at info@bridgendcentre.org.uk.

We will be offering priority shopping to our vulnerable customers and those who care for them:

**Mon - Sat 8am - 9am
Sun-10am - 11am**

Please bear this in mind when shopping with us and help us to support our communities.



It's what we do

Rainbows of Bollington

Rainbows have been springing up in windows all over the country as a symbol of hope and to thank the wonderful keyworkers keeping our country going. Bollington is no exception, here is a selection of the rainbows that local children have created to brighten up the town.



Bridgend Activities—Creative Arts



Should you be feeling a bit creative, or want to make something a bit different for Easter, our Thursday Creative Arts Tutor Avril can show you how to make some lovely Easter baskets using paper folding techniques. This is a great activity for kids and all the family.

All you would need is some glue, scissors, a pencil and a ruler, plus some pretty paper.

You can access full instructions in a video on our Facebook page (post dated 3rd April).



Recipe—Bubble and Squeak

Making Bubble and Squeak is a really tasty and nutritious way to use up those leftovers. It is usually mashed potato and cabbage, but you can also use other vegetables. Top it off with a lovely poached egg for a great breakfast or lunch!

Ingredients

1kg floury potatoes, quartered
40g butter
500g cabbage or other vegetable such as Brussel Sprouts
50g plain flour, seasoned with salt and pepper
Olive oil, for frying

Method

1. Boil the potatoes for 12-15 mins or until tender, then drain and return to the pan over a low heat for 1-2 mins to dry out. Add the butter and mash well. Meanwhile, boil the cabbage for 3-5 mins until just tender. Drain and cool quickly under cold running water. Shake dry, then shred as finely as you can.

2. Mix the cabbage with the potatoes and season to taste. Leave until cool enough to handle, then shape into 8 round cakes or a large one. Tip the flour onto a plate, then coat the cakes, tapping off the excess.

3. Heat a 5mm depth of oil in a large frying pan and shallow-fry the cakes in 2 batches for 2 mins each side, turning carefully. Drain on kitchen paper and transfer to a baking sheet lined with greaseproof paper. Cool, cover and chill or freeze. Will keep in the fridge for up to 3 days or freeze for up to a month.



Plant of the week

Plant of the week this week is the 'Goat Willow (*Salix Caprea*)', the yellow catkins are in full bloom in our countryside at the moment. Get more information at <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/goat-willow/>



Reminiscences of Bollington

Some of you may recognise this garage forecourt, photographed in approximately the early 1980s! We particularly love the cars in the photo.

Not always Bridgend – the bridge is relatively modern, as is Palmerston Street, both built in the 19th century.

In the early days the main route here was Beeston Brow, Queen Street and a lane roughly where Palmerston Street is towards Bollington Cross. The only properties here were the building we call the Bridgend Centre and Throstles Nest across the road. Both were probably farming related.



Palmerston Street as we see it today was built after 1830, when the canal was built, and originally known as Great High Street. The buildings along the street were developed through the 19th and into the 20th century. John Broadhead developed a garage, as we used to call it, providing servicing for road vehicles, petrol pumps, and he also owned a charabanc (bet you haven't used that word for a long time!) for local touring. A popular destination would have been Rudyard Lake.

Tim Boddington, Bollington

Update from our friend Pat Murphy

On Saturday 22 February I flew to stay with my son Peter, daughter in law Mhairi and youngest grandson Brodie in Doha, Qatar for a 3 week holiday and to get some warm sunshine away from all that rain. Today is 1st April and I am still here because the family thought it was safer to stay than risk the journey home due to the Virus which was just starting to gather momentum around the world.

Their eldest son Jack was at Edinburgh University which was just about to close its doors and my son just managed to get him onto the last flight from UK allowed into Doha. The airspace was closed that evening.

I feel very fortunate though to be able to spend this length of time with my Qatar branch of the family, to enjoy the luxury of having family around me instead of socially isolating by myself at home. I am missing the other members of my family but we are now able to chat together using Houseparty and I am in touch with friends via What's App.



Yesterday I took part in Hannah Atkin's Physiotherapy class via Zoom together with five others so it was good to catch up with friends face to face.

I am also doing some painting but missing the company of everybody from the Tuesday afternoon Art Group.

I now think I am going to be here for a while but I am hoping to improve my swimming skills in their pool as the beaches and parks are all out of bounds.

Keep safe everybody. Missing you all and our wonderful Bridgend.

Pat Murphy, Doha

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Bridgend Centre Contact Details

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

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

www.bridgendcentre.org.uk

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)



Your Bridgend needs you!

The Centre 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, we would really appreciate it. 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/>