

BRIDGEND COMMUNITY NEWS

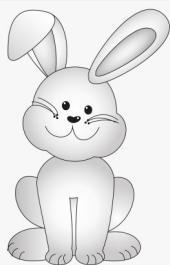
We will be producing this newsletter every week during this time of Social Distancing to hopefully brighten spirits, entertain you, keep you informed and most important of all to help everyone feel that even though we have to put physical distance between ourselves none of us are alone.

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



Photo by Alan Sugden



Ned's Birthday song



Bridgend Community Worker Anna Hatley and her family experienced a lovely act of kindness on Tuesday at their home in Marple.

It was her son Ned's 9th birthday and they decided to let off some fireworks that they had left over from New Year to celebrate. Anna let her neighbours know as fireworks are a bit unusual in April, and when they found out it was

for Ned's birthday the whole street organised a sing-song to celebrate. There was a variety of instruments involved and Ned was so thrilled.



Happy Birthday Ned. We hope that next year you will be able to celebrate in person with all your friends.

Bridgend Buddies goes virtual

We are so proud to report that the current social distancing restrictions have not stopped our fantastic team of Bridgend Buddies from continuing to offer support.

Walks, trips to the shops and of course that important cuppa and piece of cake have been replaced by a chat on the telephone, emails and even a WhatsApp messages!

Our Buddies are using their special skills to maintain contact during this difficult time. A true test of companionship. In some cases Buddies have helped with essential trips to the shops and pharmacy.



Bridgend Buddies is all about the importance of communication, knowing that someone is there to listen, to share a story or to have a good giggle! At times like this we all need to act like a Buddy, taking time to say hello, showing that you care. So take a moment to make that call to someone you care about or someone you know would appreciate your kindness.

Pictured are some of our Buddies with Project Co-Ordinator Anna Hatley

Recipe—Spaghetti Carbonara

Carbonara is a really easy meal to make, you can substitute a number of the ingredients for others you have in your cupboard or fridge. For example, you could use grated cheddar instead of Parmesan and any shaped pasta instead of Spaghetti.

Ingredients

- 3 large egg yolks
- 40g grated Parmesan cheese
- 150g Chopped Pancetta or bacon
- 200g dried spaghetti
- 1 chopped clove garlic (optional)
- Olive Oil or butter

1. Mix the egg yolks with the cheese in a bowl

2. Cook the pasta
3. Meanwhile fry the pancetta and garlic together in the oil or butter
4. Drain the spaghetti, leaving some of the cooking water in it.
5. Toss well, season with pepper, then pour in the egg mixture and the pancetta mix— the pan will help to cook the egg gently, rather than scrambling it. Toss well, adding more cooking water until it's glossy.



Bollington Heroes

Bollington Medical Centre

Thank you so much to all the staff who are working so hard at Bollington Medical Centre to maintain our healthcare services during this difficult time. Here is an update from them.

Here at the Medical Centre our way of working has changed quite a bit due to the COVID-19 pandemic. AskmyGP as well as telephone and video consultations mean that we are able to continue consulting safely whilst not exposing our staff and patients to unnecessary risk. For those patients who do need to be seen, patients with respiratory symptoms will be seen at our McIlvride site in Poynton.



Other patients will be seen at the practice in Bollington by a clinician in appropriate PPE as modelled by Drs Gruenbeck and Low. The peak in cases isn't expected in Cheshire for a few weeks so it's really important that we maintain social distancing, as practiced by our staff in the garden for a meeting. We are grateful for the good weather!

Some patients will be getting letters advising them to shield for 12 weeks. If you fall in to this category you will be contacted in time by our social prescribing team who can signpost and coordinate with other local volunteer groups to support you during this time. If you want to get in touch with them in the meantime you can email on cheshireccq.middlewoodsp@nhs.net

**Bollington Medical Centre
Middlewood Partnership**

Friends find creative ways to meet during time of social distancing



Bridgend volunteer Ian Walker sent us this amazing photograph taken at his home in Kerridge.

Ian's ginger cat Simba really seems to see eye to eye with a regular visitor to their home.

It's great that they can continue to meet and chat through the glass whilst complying with government social distancing guidelines.

KRIV—Slowing the Flow at Lamaload

I'm a Trustee of the Bridgend Centre and also a member of a group of countryside volunteers that have been active locally around Bollington and Rainow for over 15 years. Known as KRIV, we meet every Friday and keep fit by engaging in projects like maintaining footpaths, hedge laying, hedge planting, woodland management and repairing dry stone walls. As well as conserving aspects of the local environment it's also a very social occasion and as many of the group are 70 years old and older it can be very amusing at times.

Recently we were approached by Cheshire Wildlife Trust and United Utilities to become involved a scheme called "Slowing the Flow". The photo's show us above Lamaload reservoir and in Macclesfield Forest dragging tree trunks and dropping them into trenches that we had dug previously. Fence posts were then driven in so that the trunks could be wired together, preventing them from being swept away during any torrents of water that might rush downhill after heavy rain.



The purpose of these "leaky dams" is to slow the progress of a deluge. The dams making the water rise behind the trunks, slowing it down and spreading it sideways. The result is that the powerful water force is delayed and dispersed and prevents it from arriving lower down the hillside like a tsunami. Instead, boggy areas develop higher up the slopes causing a variety of plants and small animals to colonise those damp places. Animals, like Crayfish and Caddis fly, that live on the stream bottoms have been found thriving close to the dams, both above and below.

Several people have said that maybe we should import some Beavers to do the work as the effect we have is similar to theirs. However, we would miss the abuse we receive from our partners when we arrive home covered head to toe in mud.

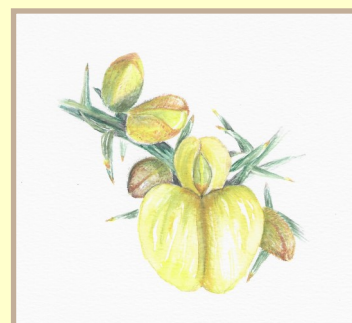
Clearly, at this moment in time we are not meeting but we are staying in touch via our Whatsapp group and with emails. Numerous hilarious videos and posters have been shared amongst the group to distract us all from the current sad news that abounds. We plan to rebound from this in due course and get back into the wonderful countryside that surrounds us.

John Gooding—Bollington

Plant of the week



This week's plant is the Common Gorse (*Ulex europaeus*). You will see the stunning yellow flowers blazing on the hillsides in our area at the moment. They have a lovely scent of coconut. Common gorse is a large shrub and a member of the pea family.



Gorse is one of the plants included in our Tree Trails project and this beautiful illustration of the Gorse flower is by Anna Barker, Community Worker at Bridgend. You can obtain more information on gorse here:

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/gorse/>

Hello from our friend Jean Snaith

Jean attends Bridgend regularly, attending Choir and Art every week. She offered to tell us about her life in Bollington. Jean is a very talented artist and painted the brilliant Lowry-esque painting of the Bridgend Community choir below.

Born in Stretford I first came to Bollington in 1968. My husband and I bought a new bungalow on Birchway. I worked in Manchester as manager in a large store and travelled to work by train until Mr. Beeching axed the railway.

When we had a family, a son John and a daughter Catherine we moved to Dean Close with open fields to the rear where the children would climb trees and toboggan in the winter. An idyllic time for them. I worked part time in the playgroup on Water Street once they were in school.

In 1986 we bought the Post office /store on Ovenhouse Lane and worked extremely hard to modernise it and make it self service. We had some lovely staff and customers, many becoming friends. It did mean long hours juggling business with caring for two young children and helping them with their hobbies.

At this time the Leisure centre was in the process of being built and buy a brick was one of the ways it was funded. We made good use of the pool when it was completed as the children loved to swim and have swim birthday parties.

In 2002 we sold the shop and Jim and I parted. We still remained on good terms and when recently he saw how much I enjoyed Bridgend choir he decided it might suit him. We both really enjoy the Friday morning singing with like minded friendly people.

I also enjoy Tony's art class. My grandfather painted in oils and my Mother watercolours. I have not their painting talent. However I really enjoy the group and occasionally manage something passable with Tony's help.

Unfortunately for me both my children moved to work away. John to Williams F. 1 in Oxfordshire and Cathy is in Birmingham where she is a consultant in a large hospital.

As most people realise and will appreciate at this time I worry constantly about Cathy being on the front line but like many now I try to remain cheerful and keep busy enjoying the garden, painting some Easter cards and emailing and chatting to friends and family. My lovely little 7 year old grand daughter has sent me instructions on how to face time. She, and her young brother are already computer literate.



I have made some really lovely friends at Bridgend including volunteers and staff and miss their company at present but look forward to the time we can meet up again with the lovely cheerful talented Darren directing us. We will blow all this worry away and get back to normal. AND Buy some clothes and books.! Keep safe!

Jean Snaith—Bollington



Reminiscences of Bollington

Most Bollington folk know of the Rally Road in Kerridge, but do you know what it was built for?

William Clayton was a successful quarry and coal mine owner in the first half of the 19th century. Like all those who were extracting raw materials from the earth, he had the problem of getting his product from quarry and mine to the customer. Stone and coal are very heavy products that are never easily transported, especially in hilly country. In 1831 the Macclesfield canal opened to great fanfare, mainly because it would provide a very much easier method of transporting bulk goods short and long distances to market.

That was great for William Clayton – but there was just one small snag; the half mile from his quarry, down the side of Kerridge hill and along the fields to the canal. His answer was to build a tramway from the quarry on the hillside straight down the hill and along to the canal at what we know today as the dry dock. The first part of the tramway was very steep and so a stationary steam engine was placed at the top to lower the loaded trucks down while hauling the empties back up. The less steep part of the track down to the canal was managed by horses. Kerridge stone could then be sent all over the country, with many buildings in London and other cities being faced with the beautiful stone. By the 1870s the tramway was out of use and abandoned and the track lifted, but leaving a great place to bowl along with a hoop! Alas, we have no pictures of the tramway in use.

Tim Boddington, Bollington



Bridgend Activities—Bridge

Every Monday afternoon I run a bridge session at the Bridgend Centre, starting at 1.30pm.

Unlike many bridge clubs, I am happy to teach absolute beginners from scratch – the aim being not to turn out bridge champions, but to enable you to engage in this enjoyable activity among friends both here and, if you like, at home as well.

For anybody who likes problem solving, bridge is the ultimate pleasure. Given that all 52 cards are used in each deal, the number of hand combinations is vast, giving you plenty of scope for creative thinking. If this sounds daunting, don't be put off, as there are things called bidding systems you will learn in order to help you, and the more you play, the better you will become – but you never stop learning.

Come and join us – there are usually no more than eight people at a session, another strength of the Bridgend club, giving me ample time to one-to-one tutor any beginners.

Jim Hoyle—Bollington



A memory of Bridgend past

Bridgend co-founder Ann Mayer sent in this lovely poem and an old photo of some Bridgend regulars to share with you. She says that the poem always raises her spirits, whenever she reads it:

Smiling is infectious
You can catch it like the flu.
When someone smiled at me
today
I started smiling too.

I passed around the corner
And someone saw me grin.
When he smiled, I realised
I'd passed it on to him.

I thought about the smile
And realised it's worth,
A single smile like mine
Could travel round the earth.

If you feel a smile begin
Don't leave it undetected.
Let's start an epidemic quick,
And get the world infected!



Smiling versus Corona? No contestSmiling will always win!

Gardening corner—Lawn maintenance



Local horticulturalist Michele Greenwood gives us some tips on what we could be doing in the garden at the moment.

Early April is the perfect time to tend to your lawn after the winter. First thing is raking to remove lingering fall leaves and grass blades that didn't survive winter.

With the warm weather it's time for a haircut - use the lowest level on your lawn mower to cut it fairly close to the ground - about 2cm.

As well as mowing the lawn it also important to aerate the lawn now. Aeration involves perforating the soil with small holes to allow air, water and nutrients to penetrate the grass roots. This helps the roots grow deeply and produce a stronger, more vigorous lawn. Aeration shoes are the cheapest and easiest way to aerate small area of lawn. If you have a bigger lawn you might want to look into Machine aerators. April is also the time to start feeding your lawn again. Feeding the lawn will increase vigour and help prevent weeds and moss from establishing. Apply fertilisers when the soil is moist, or when rain is expected.

If you have moss and/or weeds in your lawn it's a good time to remove them now and over-seed any bare patches that will appear through removing the moss/weeds.

You can either use turf or seeds to cover any patches.

When using seeds, break up the surface with a fork and rake it to make a reasonably fine surface. Sow grass seed at half the recommended rate or, where there are no recommendations, at 10-15g per sqm. Lightly rake to incorporate the seed into the surface. If the weather remains dry for two or three days water gently with a sprinkler. Grass should sprout seven to 10 days after sowing.

Continue to regularly mow your lawn throughout the growth season. Ideal length is about 3cm - usually the middle setting on your lawn mower.



Michele Greenwood

Mind game—Bollington Word Search

See how many Bollington related words you can find in this Wordsearch puzzle. The words go side to side, up and down and diagonally, so it might be a bit tricky. There are 17 in total, see if you can find them all! The answers will be available in next week's newsletter.

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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/>