

# BRIDGEND COMMUNITY NEWS

We will be producing this newsletter every week during this time of Social Distancing to hopefully brighten spirits, entertain you and keep you informed. Most important of all, we'd like to help everyone feel that even though we have to put physical distance between us, we are not 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](mailto:info@bridgendcentre.org.uk) for us to include.**

**As ever thank you so much to all the contributors of this newsletter who provide us with such interesting stories and pictures**

# Bridging Social Isolation



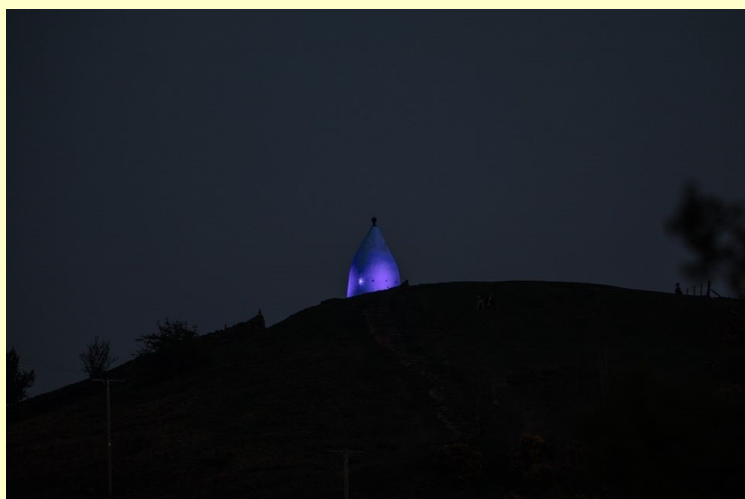
*Photo by Andy Langdon*

## Clap for the NHS

Across the UK on a Thursday evening at 8pm it has become customary for us to come out of our homes to clap in order to thank NHS and key workers for all they do to care for us and keep us safe.

Bollington is no exception and at this time on a Thursday, many people stand outside their house to clap and generally make as much noise as possible. This has involved fireworks, singing and banging kitchen implements. This week even White Nancy turned blue!

In Kerridge, on the first Thursday people came out and clapped. In subsequent weeks, they got together via WhatsApp and formed an impromptu choir and orchestra. Last week (9th April) their choice of song was "A wonderful world". What a great way to show how much we appreciate all that key workers do for us, sometimes at great risk to themselves.





## Bollington Heroes

'Bollington Resilience Action Group', BRAG for short, was set up just one month ago on 13th March. We've been here to act as a key information & support link for the village relative to local needs around Covid-19, a role we'll be continuing over the weeks ahead.

The response from the people of Bollington it has been tremendous. We have recruited close to 300 local volunteers who are now mostly deployed across Bollington as "Street Wardens". They are getting shopping & prescriptions for people who are self-isolating or who are otherwise unable to go out. They are also checking-in on other residents in their roads to see that they are ok. By now you should have had at least a flyer through your door from them giving their personal contact numbers. Hopefully you'll have met them in person, too. They're doing a superb job!

Your core team members from Bollington Town Council are Cllr. Jo Maitland, Cllr. Sara Knowles, Cllr. Jon Weston & Cllr. Mark Fearn, with Emma Bambrook, from the Town Hall team. David Naylor, our Town Clerk, with Andrea Patterson and Jennifer Brockbank, also from the Town Hall team, have been very busily working alongside them.

The whole group has been operating on a 'virtual' basis, working from home using available technologies. Rob Nicholson and Rob Webb have kept information and communications going via the 'BRAG' and 'Bollington' Facebook pages. A new database has been created by BTC for all offers to volunteer, and for the requests for help that have needed matching up. These tandem tasks have been what have kept the team extremely busy.

Whilst what has been achieved so far is excellent, we've been aware that for a variety of reasons some people have been struggling individually more than others, and are needing to have personal support beyond what street wardens can offer. To respond to this we are in the process of setting up a "Bollington Friends in Isolation" group, which should be up & running next week. Becky Lea & Anna Hatley from the Bridgend Centre are co-ordinating this.

We have over the last month put a large amount of information and contacts on to our BRAG Facebook group, so you are highly likely to find what you are looking for there. Do a search within the group's pages & you should strike lucky!

So.....in the past month a huge amount of work behind the scenes has gone on from some very talented people to get to where we are now. It has been a fast learning curve for us all.

Thanks to the wonderful community spirit of Bollington we have the volunteers' force we need right now. We couldn't do any of this without you.

A reminder that the central BTC number to offer or request help is 01625 786575 or email .....  
communitysupport@bollington-tc.gov.uk

One month in, we're getting through this together .  
Stay safe, and thank you for all you are doing

***Bollington BRAG team***



Some of the Bollington Town Hall team—Andrea Paterson, Jennifer Brockbank, Emma Bambrook and David Naylor

## At home exercises—Pilates

### *Pilates is a great way to remain active in the home during Lockdown*

Balance is so important in our day to day lives, ensuring we are able to move about safely and get up and down from chairs or from kneeling with ease. In Pilates we do many exercises to strengthen muscles and improve our balance. The Tandem Stance is one of the best.

Take your time and build yourself up slowly. Your balance will improve over time if you practice regularly. Ensure you are able to practice these exercises in a safe area, without any objects that you could fall on if you were to stumble. It is a good idea to have a high back chair nearby if you need extra support or stand near a wall to give you more confidence.

- Standing to the side of a chair or near a wall, bring one foot in front of the other. Place the toes on back foot to the front heel.
- Look forward, open across your shoulders and gently draw your belly button in.
- If you feel this is too difficult, widen your stance slightly. You can also rest your hand (or fingers) lightly on the chair or against the wall until you get more stable.
- Keeping your gaze looking forward, start swaying back and forward from your ankles. Keep your feet flat on the floor if you can. Do on this side for 2min and then swap feet around.
- Set yourself as in 1) and repeat 2) on this side

As you improve challenge yourself by sway further forward and back or try with your eyes closed.

*Provided by Robyn at Macc Forest Pilates*



## Recipe—Bread without yeast

*If you have some plain flour this is an easy and quick bread with basic ingredients, no yeast, no knead & no resting time.*

Preparation time 5 minutes      Cooking time ~40 minutes

### Ingredients

1 tsp baking powder  
1 tsp salt  
350 g plain flower  
280 ml water

### Recipe

Mix all the ingredients in a bowl (you can use a wooden / plastic spoon) until everything is well integrated. Place it in a lightly buttered baking tin.

Put the baking tin in the oven at a temperature of 220 C for around 35-40 minutes. You will need to keep an eye on the bread to see when it is ready. Time in the oven may vary for different ovens. If needed you can also flip the bread over to get a crust on both sides.

You can see the full recipe step by step in this 3 minute video <https://youtu.be/pBeVRiYa1CM>



**Rita Galan**

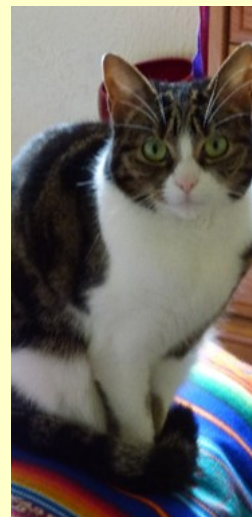
## Update from our friends—Ann Mayer and Geoff Brown

***Ann Mayer and Geoff Brown give us an update on the latest addition to their home.***

A year after our much-loved ginger cat, Jasper, died at the ripe old age of 19, we decided the time was right to introduce a new feline friend into our family.

Back in February, before all the corona madness, we contacted the RSPCA and on 14<sup>th</sup>, St Valentine's Day, we visited this little tabby cat at her foster home in Altrincham and fell in love with Elsa. She is 4 years old and was signed over to the RSPCA because of neglect.

After much discussion with her fosterer, a home visit was arranged to check the suitability of our house and garden. Imagine our surprise when our visitor turned out to be the lovely Irene North, whom we've known for ages! She and her husband, Mike, run the Silk Cat Rescue Centre in Pott Shrigley and have been fantastic supporters of the Bridgend Centre for many years.



We passed the test and what followed next was a mad dash around Macclesfield, collecting all the paraphernalia necessary for Elsa's imminent arrival: food, bowls, litter tray etc., the most important thing being a large cardboard box – a place for her to feel secure.

Well, the rest is history. In the short time since her arrival, Elsa has turned from a terrified little animal cowering in her box, into a much more confident cat, inquisitively exploring her surroundings.

As the rest of Bollington went into lockdown, Elsa was given her freedom ....it was time to open the cat-flap!

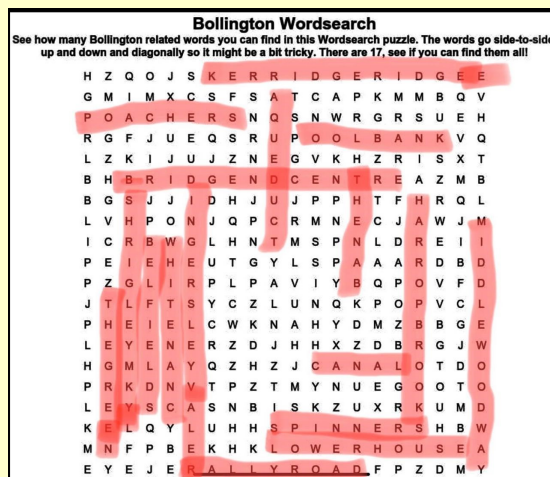
She is still frightened by loud noises and dashes back through the cat-flap for the security of her home, but every day she shows more of her feisty spirit, chasing leaves around the garden, enjoying all the sights, sounds and smells of Spring and generally causing mayhem.

We can't imagine life without Elsa now – she has us well and truly wrapped around her little paw!

***Ann Mayer—Bollington***

## Answers to last week's word search

Here are the answers to last week's brainteaser. There were 17 Bollington-related words to find.





## Gardening Corner—Vegetables without a garden?!?

Yes, it is very easy to grow your own without the need of a large garden or an allotment. Especially in the uncertain time we are in growing your own vegetable is a good way to provide fresh, nutritious food as well as help to pass some time. It's also great to get the kids involved.

There are some basic rules to follow as well as choosing the right vegetables.

Choose a sunny or semi shady spot - at least ½ day sunshine. When selecting your containers/tubs make sure they have enough drainage – add a layer of stone/broken pots/polystyrene at the bottom. The “right” base is need to give your veg the perfect start. Look for a good quality compost, can be peat-free. Either buy quality seeds or healthy, strong young plants.



Use a balanced vegetable fertilizer throughout the growing season - without feed, your food won't grown. Keep on top of watering. Ideally water either in the early morning or late afternoon. Check regularly for any pests and disease. Only use spray that are suitable to use on vegetable/fruits. Organic/non chemical is best for the plants and yourselves.

Top 10 vegetable to grown in tubs and containers on your patio, balcony and some even on the window sill.

**Radish:** Keep well watered. Different varieties for the different times of the year. Harvest as soon as big enough.

**Salads** - lots of different varieties available. Best for small space are best are cut-and-come-again salads. Ready in 6 weeks or less.

**Swiss Chard:** Two sowings – early spring and July/August. Can be harvested as soon as first leaves are big enough. Colourful and tasty veg – cook leaves like spinach. Varieties to try is Bright Lights as it also give some great colour.

**Bush Beans:** 65 to 70 days till ready to harvest. Nice and compact growth. Grow although well in semi-shade.

**Spring onions:** Quick to grow – ready in 8 weeks. Sow Mid February to September. Grow in any soil and in light shade. Trouble free crop

**Peppers and Chillies:** Sow indoors February till April. Move outside in May in very warm, sunny spot.

**Tomatoes:** Sow indoors March to April. Plant outside when frost free in sheltered position. Pinch out the growing tips of the lead shoot.

**Aubergines:** Sow indoors in late winter. Keep well watered. Sun lovers with attractive flowers and eye catching fruits

**Herbs:** They all grow well in tubs and most prefer a sunny spot. Clip often and feed carefully but regularly.

*Michele Richter—Horticulturist*

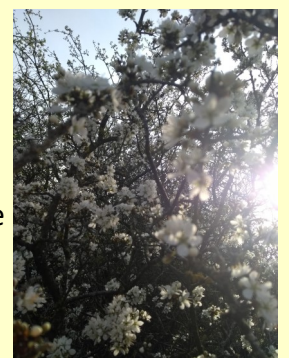


## Plant of the week—Blackthorn



The Blackthorn tree (*Prunus spinosa*) is looking gorgeous in our countrywide at the moment as they have started to flower in large drifts. You may be more familiar with the name of the fruit the tree bears—the Sloe which makes a delicious flavour to go with Gin.

You can obtain more information here: <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/blackthorn/>





Bollington in Bloom

With the dry sunny weather we have been having recently, gardens in Bollington are looking stunning. Here is just a selection of photos from our gardens this week.



Sarah Hodgkinson



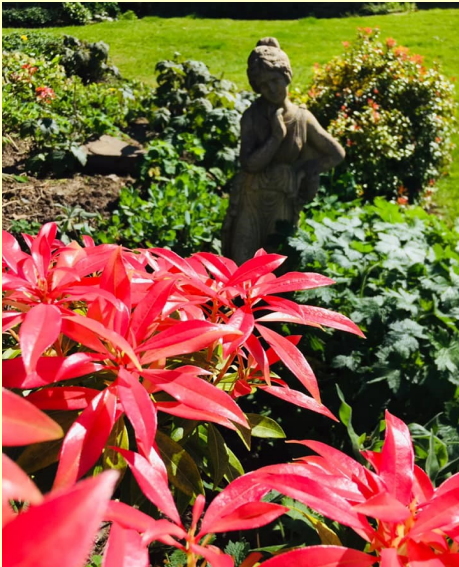
Anthony Morgan



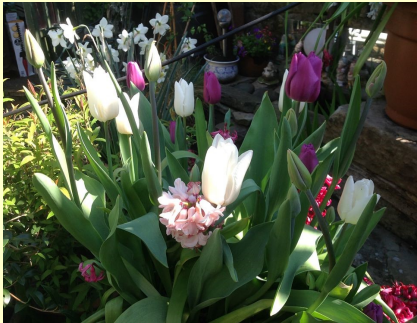
Andy Langdon



Jane Wilson



Edwina Wood



Chris Kettlety



Nicola Norton Davies



Claire Barnett



Anthony Morgan



Sarah Bradley



Jane Wilson



Sarah Hodgkinson



## Anna Barker's Green Wood Diaries

### *Bridgend Community Worker Anna Barker tells us about one of her favourite hobbies*

Covid19 lockdown – Stay at home and only go out for essentials. My first thought – time to process the wood I have ready to carve before it dries out and becomes, to me, unusable. You see, one of my favourite pass times is to carve green wood, making lovely spoons, bowls and other 'treen' which I use myself, give to friends and family or sell on my market stall.



#### **What is green wood carving?**

Green wood is any type of wood that has been recently felled and is still full of moisture, or 'green'. In this condition it is relatively 'soft' and easy to carve with hand tools. For green wood carving, or whittling as it is sometimes called, the main tools I use are axe, saw and some very sharp knives.



*Breakfast served in my hand carved bowl and spoon*

#### **What wood is best?**

Many hard woods are ideal for carving, when green, but they vary hugely in softness and ease of carving. Birch is a great all-rounder and is excellent for carving spoons, bowls, kuksas and

shrink pots. Other types of wood I use are sycamore, rowan, damson and cherry. The latter two are harder to carve than birch but can have beautiful natural colours in the grain which makes them well worth the extra effort.

#### **What are kuksas and shrink pots?**

A kuksa is a Swedish version of a wooden cup, great for drinking coffee when whittling in the woods or the garden



*Shrink pots shrinking next to shrink pots shrunk*

shed. The Swedish tradition celebrating the birth of a baby was to carve a kuksa, usually from a birch burr, to give to the child when it grew up.

A shrink pot is a wooden box that uses the process of shrinking whilst it dries to clamp the base to the sides of the box without the need for glue. The box can then be decorated by polishing, painting or by carving a pattern. Shrink pots can be left unlidded to use as containers for cooking utensils, felt pens or anything else for that matter, or lids can be made which lock with a twist and are useful for storing things away. I use one for my coffee jar and another for tea bags.



*Hand carved alder kuksa*

#### **How do I source greenwood?**

Sourcing suitable greenwood is always a challenge. If friends or family have a tree felled in their garden I hope they will ask me to take some of it away before it is shredded or chopped up for firewood. I also go to local meetings of the 'Bodgers', AKA the Association of Pole-lathe Turners and Green Woodworkers, where green wood, when acquired, is shared freely amongst the members. So, if any of you readers out there know the whereabouts of any trees that are about to be felled, pruned or coppiced, then I hope you will bear me in mind before burning or shredding.

**Anna Barker, Bollington**



## Bridgend Activities—Choir

### *From Stockport with love*

The Bridgend Choir has been a very important, positive part of my life in the last 2-3 years. Therefore, it's very easy in this moment to say that – self-isolating in Stockport as I am - I miss you all.

So let's say it then: I am missing the songs, the laughter, the banter, the 'gig' in the community and care homes, our voices in The Bridgewater Hall and on BBC Radio 2, the joy of friendships and of course the chatter of natter, even when we're trying to get a song going ... lol

We'll be back though, so don't lose your words, keep practising and remember if the birds can sing, so can you!

We all have such fabulous memories of this social group, our heart-warming weekly residence at The Bridgend Centre and every good reason to look forwards to meeting up again soon. And I've no doubt that each and every one of our singing congregation is not only being cared for, but caring for and inspiring those around them.

At the outset of this upset, people running events and public spaces had very difficult decisions to make with regards to closing things down, and looking back it is very reassuring to see how The Bridgend team responded and made the decision to close early, putting our lives and well-being before the future stability of the centre, and all that it means to it's staff, volunteers, customers, participants and management team.

This means that when we do get together again, we'll be making every effort to re-create the magic and get as many of you in that space, singing, nattering and of course, feeding your pound-rail addictions.

I personally look forward to being a part of that magic, team effort and community, so much so I might even practice my guitar playing.

All together now ... "Bring me sunshine, in your smile ..."

***Darren Poyzer, Bridgend Community Choir***



## Reminiscences of Bollington

The Empire Cinema was situated on Palmerston Street, right next to the Bridgend Centre, on the site of the current Hailwood House.

The site was ideally suited for a cinema because the land sloped down from front to back of the building. Consequently the seats could be raked down the natural lie of the land, giving everyone a perfect view of the screen. In the days before television, the cinema was the only entertaining escapist activity available. There was often a very popular show on Saturday mornings for pre-teen children. When TV became affordable and popular after the Coronation in 1953, cinema going went into decline, and the Empire closed in 1955.



***Tim Boddington***

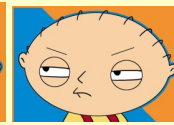
## Mind game—Bollington Picture Quiz

Can you identify these iconic Bollington sites and businesses based on the clues? Answers next week

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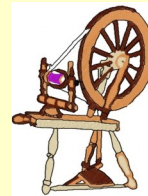
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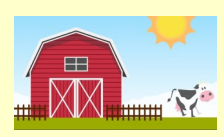
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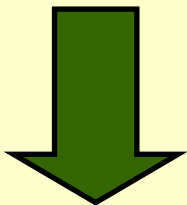
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**Bridgend Centre**  
at the  of our community

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

Temporary phone number: 01625 813173 Email: [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) [www.bridgendcentre.org.uk](http://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/>