

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation

Edition 10



The Bridgend Centre 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.

Can't believe its been 10 Editions! Thank you as ever 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 Town Council and Bollington Dementia Alliance organised a Scarecrow competition this Whitsun weekend to celebrate our Covid heroes. There were various categories and the level of creativity was amazing. Thank you to the Bollington Photographic Group for the photos and everyone who took part.



Winner of the First Prize



Second prize winner



Third prize winner



Bridgend Activities—Art

Bridgend Art Group organiser Tony Sunderland gives us some tips on creating art at home called 'Please Yourself Guidelines'

I know most of you don't bother but sketch books and painting practice pads can be useful - these are best in small or thin books containing the appropriate paper where possible. Almost every professional artist throughout time have used such aids. Sketch books would contain any ideas you may have about a piece of work = ie maybe drawings of figures, animals, buildings, boats, flowers, trees - any thing particularly things you are not confident of tackling.

Same thing applies with painting - more useful really for application - the judgement of different papers etc is vital for good results -testing colours - brushstroke exercises is also good - sort your brushes as you prefer easiest to use most effective many books direct you on this area - but personal choice and your favorites are best for confidence. Use loose pages if you wish they can be handier when you want to transfer an image to your picture



A built up selection of drawings and daubings in your pads will be extremely useful when you decide to do a picture. If you add to your library of objects continually then most work you tackle will have back up,

When drawing either as a graphite study or the sketch for your picture always use soft drawing pencils - there is no slur in having to erase drawings but this will be more difficult and if you use hard leaded pencils 2B - 8B are best. H - HB & B not good they will leave imprints after you have erased.

Cartridge paper has always been the choice for pencil drawings and that is ok for sketchbooks but be aware drawing on watercolour paper for instance is a much different surface. Painting will need to be on watercolour or acrylic paper / canvas as required.

As an aside - shaded drawing is a much more successful way to replicate you images - line drawing will result in more erasing and knocking of confidence.- practising shading is very worthwhile. As mentioned Watercolour paper as used by most of yourselves works better the heavier / most expensive it is. Paper weighing less than 140lbs will buckle and not act with the paint well - If you are using very little water this will not matter as much. If you use bits of good paper for practicing obviously you will get good results.

All this stuff has just come out of my head and you probably have lots of books on such info by guys who know what their on about. My thoughts were just that we may be a long time yet before we are together and I hoped that the sketch book idea may keep some of you going a bit

Tony Sunderland

Cheshire East UK scams awareness leaflet

Age UK Cheshire East is now publishing a monthly newsletter called 'Scams Awareness Update' to inform people on current scams going around and what to be aware of. Particular scams at the moment seem to be around banking or TV license fraud.

You can download this from our website by accessing the post on the Home page or by following link: <https://bridgendcentre.org.uk/wp-content/uploads/2020/05/Scams-Awareness-Update-Bulletin-Issue2-May-2020-3.pdf> . You can also access it from the Age UK Cheshire East website, where you can access lots of other useful information too.



A poem about Bridgend

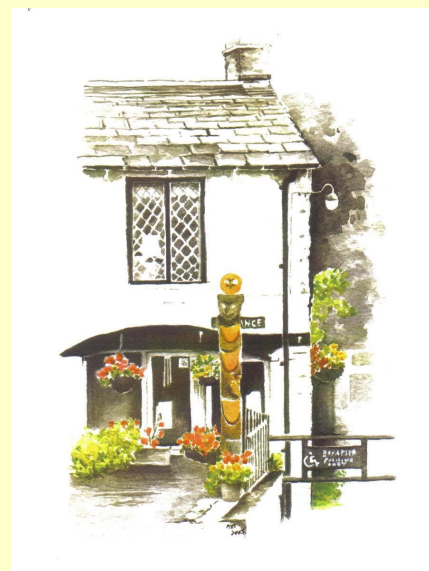
Bridgend regular Paul Johnston sent us this lovely poem about the Centre. Paul has enjoyed reading our newsletter during this 'funny time'.

If in Bollington and you need a friend,
Just drop in to the Bridgend.

We're open here for everyone
So come on in and join the fun.

If you want a cup of tea and just a friendly chat,
Come on in and have a seat, take off your coat and hat.

There's always something going on always something new.
Bollington's Bridgend's Centre is here just for you.



Bees in Bollington

Local beekeeper Janet Beech provide some advice on bees

After a few days of less sunny weather, the sun is out now and very strong. And the bees are thriving. That means swarms.

When honey bees are swarming they fly off in an enthusiastic charge and are very noisy. Eventually they will settle in a cluster like this. If you know of a swarm, contact a beekeeper who will be able to help and advise.

There are several in Bollington, please contact me for details on janetgbeech@btinternet.com.

Janet Beech



You can support us

The Bridgend 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.

At the moment, we are unable to open our Charity Shop, so If you can afford to make a donation however large or small, we would really appreciate it and it would help to sustain the Centre here for when we are able to re-open.

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

Thank you



At home exercises—Pilates

Robyn of Macc Forest Pilates bring us some stretching exercises for gardeners

Many of us are doing more gardening at the moment, which is great for our physical and mental wellbeing but it can result in back pain and stiffness.

Some gentle stretching before starting in the garden and then again afterwards will help to minimise pain and keep you moving freely. And if you are doing a really long session in the garden, take a break from the digging and do a few before continuing.

Always work within your ability, taking your time and building yourself up slowly. You can do these exercises standing or seated.

Standing with your feet hip distant apart, gently draw your belly button towards your spine (only gently!). If you are seated, sit towards the front of the chair.

Then with your arms loosely by your side start to twist through your spine and hips taking your shoulder behind you. Then switch to the other side. Continue to twist from side to side, increasing your range of movement slowly, twisting slightly further round each time. Try not to twist through your knees. Repeat as many times as you like but I recommend at least 10 on each side.

Then looking forward again, take your right hand and slide it down the side of your leg, bending from the waist. Return to centre and bend to the left hand side. Repeat 6-8 times on each side. Keep the moment slow and try not to twist through your spine, imagine you are moving between 2 sheets of glass from side to side.

With both exercises, you should feel freer movement through your spine. It should not be painful, if you feel any twinges reduce your range of movement or stop.



What's on TV—Unorthodox

Following last week's edition of the newsletter, the Editor watched **'Unorthodox'** on Netflix. A short series of four episodes, Unorthodox follows the thrilling story of a young woman who flees her life in an orthodox Jewish sect in New York for a new one in Berlin.

The lead actress, Shira Haas, puts in a stunning performance as she tries to find her own path. It is interesting to see her trade the comforts and security of being part of a close-knit community for the freedom to follow her own individual goals and dreams.

It is well worth a watch if you have Netflix.

If you have any recommendations of good watches on TV, film or a good book to read, please do get in touch.



Reminiscences of Bollington—St Gregory's Chapel and School

We all know the Catholic church of St Gregory located on Wellington Road, by the railway arch. That was built as recently as 1957. The first Catholic church was a pair of rented cottages which served as church and school from 1830. In 1834 they opened their first purpose built chapel and presbytery in what became Chapel Street. In 1866 the adjacent terrace of three cottages was acquired and converted into a school which was in service until 1962, when replaced by the present school in Albert Road. The wonderful picture showing the interior of the school in 1902 has very kindly been provided by Jane Greenaway. It shows the children, their teachers, and the officials who managed the school, together with the incumbent priest, on the occasion of presentations to each of the children of a Coronation mug for King Edward VII.



The first resident priest, 1842 to 1845, was Fr Edward Kenrick who went on to enjoy a notable career in Liverpool before dying in a pandemic in 1860. I have only learnt that in the past fortnight after being contacted by his 4x great nephew Revd. Ken Kenrick who lives in Stockport and only recently discovered his connection to Fr Edward and to Bollington!

Tim Boddington

Recipe — Quesada Pasiega



Our Resident Spanish chef Rita tells us how to create the Spanish classic

Today we are going to make QUESADA Pasiega, a delicious Spanish dessert that couldn't be easier to prepare. The main ingredients are dairy products so we could say it is a bit similar to cheese cake. It's very typical in the north regions of Spain. The following recipe makes 10 portions.

To prepare a Quesada we would need Milk 450 ml, 2 large eggs, Flour 150 gr, Butter, Yogurt 125 gr (I would suggest to use natural, vanilla or lemon flavours), Sugar 100 gr, Half a lemon. This is optional, depending how much you like lemons, you can add the zest and the juice or if you can ensure it will get well blended you could add a little piece of lemon.

All the ingredients can be mixed in any order by hand or using some help. You can start by melting the butter and then add all the ingredients together. Once everything has been added, mix well. Mixing is the key for success.

Lightly grease a baking form with oil or butter and pour your mixture in the baking form. Place the baking form in the oven preheated at 180 degree Celsius. Bake for around 45 min. after this time check if it is ready. Does a metallic needle or knife come out clean when inserting it into the cake? , if it does your cake is done, otherwise it may need 5 more minutes. Once ready, let it cool. The sides of the Quesada are always higher than the centre. Store in the fridge and serve cool if you can wait. Check the step by step video on You Tube.

<https://www.youtube.com/watch?v=BEvaFKfwnTw>



Gardening Corner—Agony Aunt



Our resident Horticulturist answers your questions about gardening. If you have a question for Michele, please drop us a line.

Hi Michele, We have had a Wisteria for nearly twenty years but it has only flowered once in all that time. Could you shed any light on why this might be? It is in a large dustbin on a south-facing wall.

Thank you, Susan

Dear Susan, Thank you for your question. There can be multiple reasons why a Wisteria fails to flower.

Looking at the picture it is quite obvious that your plant is not as big as I would expect a 20-year old wisteria to be. The reason for this is most likely the size of the planter it is in. Wisterias are strong growers, so they need enough space for their roots to be able to develop as they are meant to. With all plants it's always a balance between the roots and the top growth. If the root growth is restricted the plant will not be able to grow at its usual rate and flower/fruiting will be reduced or hindered as well.

Wisteria plants can take a time to flower depending, sometimes 10 years or so. When buying a wisteria it is always worth checking if the wisteria has been grafted as this will mean it should flower the same year or the following year of planting. Grafted Wisterias are propagated through cutting which gives them a head start.

Wisteria plants grown from seeds are slower to develop and flower and this is why it takes much longer to enjoy some colour from them. The price is often a good guide to know if a Wisteria is grafted or seed grown, as grafted ones are usually higher in price but will give you flowers much sooner.

Next to enough root space, feeding is also really important. The stronger a plant grows each year, the more feed they will need. For flowering plants it's also important to make sure to use a balanced feed, that has a good level of phosphorus and potassium as these nutrients are responsible for helping plants to flower and fruit.

Pruning at the wrong time of year can also have an impact on flowering. You want to prune your wisteria straight after flowering or the latest in late spring. If they are pruned too late in the year it will have a knock-on effect on the flowering the following spring. Pruning plants always encourages growth, so pruning flowering plants at the wrong time will mean the plants will focus on putting on growth rather than flowering.

For your wisteria, I would definitely recommend giving it a much larger pot or if possible plant it in the ground to encourage root growth. Add some slow release feed when replanting to make sure your Wisteria has enough to help her establish and flourish.



Plant of the week—Cow Parsley



Cow parsley is a hollow-stemmed, tall plant that grows rapidly in the summer before dying back. It likes shady habitats in particular, and can be found decorating woodland edges, roadside verges and hedgerows with masses of frothy, white flowers. These flower umbels (umbrella-like clusters) appear from May until June.

You can obtain more information here: <https://www.wildlifetrusts.org/>

[wildlife-explorer/wildflowers/cow-parsley](https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/cow-parsley)



Mind game—Collectives Quiz

Can you identify what type of thing these collective words describe?

A bunch of	A ream of	A cackle of
A litter of	A chest of	An ambush of
A deck of	A fleet of	A caravan of
A bouquet of	A stack of	A clutch of
A convoy of	A tuft of	A crowd of
A pack of	A can of	A flutter of
A mob of	A plague of	A sack of
A collection of	A flock of	A carton of
A colony of	A gaggle of	A herd of
A swarm of	A troupe of	
A set of	A box of	
A hand of	A suit of	
A string of	A pride of	
A school of	A nest of	
A pair of	A murder of	
A bed of	A flutter of	
A pod of	A parliament of	
A punnet of	A wake of	
A head of	A romp of	

Answers to last week's popular sayings mish-mash

A rolling stone gathers no moss
A bird in the hand is worth two in the bush
There is more than one way to skin a cat
Variety is the spice of life
Actions speak louder than words
In for a penny in for a pound
Opportunity seldom knocks twice
Theres no smoke without fire
One good turn deserves another
Where there's a will there's a way
You can't have your cake and eat it
Laughter is the best medicine
Never look a gift horse in the mouth
Necessity is the mother of invention
You can't tell a book by its cover
A stitch in time saves nine
Experience is the best teacher
Every dog has its day
A friend in need is a friend indeed
Love makes the world go round

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