

BRIDGEND COMMUNITY NEWS

Bridging Social Isolation

Edition 6



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.



Silver Linings Project—Bollington Festival

Just as the poster below says, the committee for the next Bollington Festival would like to begin a project during lockdown. We would like to collect your photos that show how we are all coping in this bizarre world, where the threat of an unseen, but terrible virus has imposed a never before imagined life of social distancing, and for some, the untimely loss of a loved family member or friend. Some of us are in self-isolation, others are busy volunteering, while others still are working in unprecedented and difficult conditions, looking after our community in countless ways.

Please dig into your photo archives for photos that you've already taken over the past month and take many more. These can be of scenes, poems, short stories, art, crafts, ingenious ways of keeping your family amused or simply getting to work - anything that will make us smile or cry - it's up to you. Whether you're young or old, record with a photo what you think or feel about lockdown.

If you send these photos together with a short description to bollingtoncovidchronicles@hotmail.com, we will use them to present a photograph exhibition of your work during the next festival, so that we can look back on how we coped and how we pulled together in 2020.

Just a few routine safety issues to remember: the photos and info that you submit will be exhibited publicly; they will also be considered the property of the festival, to be displayed responsibly. Please be mindful of this, especially if you pass on photos of your children. Equally, if you submit photos of people other than your family - especially children or vulnerable people - do please seek their permission before doing so. Thank you.

So, we look forward to receiving your Covid Chronicles and look forward to happier times during the next festival when we can look back, remember, and toast a brighter future.



Silver Linings

At this difficult time, the Bollington Festival Committee are looking for ways to extract some "positives" from the lockdown.

During the next Festival we propose to host a photographic exhibition:

The Covid Chronicles

An inspiring display of **Your Photos** (of scenes, short stories, poems, arts, crafts, whatever illustrates how you

are feeling and managing) as a way for the community to look back and reflect on how

we pulled together in 2020 to beat this terrible virus.

We invite you, please, to send us your photos and a short description to bollingtoncovidchronicles@hotmail.com

NB, the photos and info that you submit will be exhibited publicly; they will also be considered the property of the festival, to be displayed responsibly. Please be mindful of this, especially if you pass on photos of your children. Equally, if you submit photos of people other than your family - especially children or vulnerable people - do please seek their permission before doing so. Thank you.

Mary's pleasant Pheasant

Mary Courtis sent this photo of a regular visitor to her garden. This is what Mary said about the pheasant:

'My latest garden part-time resident. He supervises my work and comments loudly. I'm sure if his brain was big enough he would be appreciating covid19 and the lack of road traffic for himself and his family!!!'



Bollington Heroes

On Thursday 16th April, White Nancy was turned blue by Bollington Fire Fighters and Lightech

Bollington Fire Station is an on-call station staffed by paid, part-time firefighters and is part of Cheshire Fire and Rescue Service's frontline response provision. We are trained the same as full time firefighters, to deal with all types of incidents including fires (of course!), road traffic collisions, chemical hazards, rescues from height and everything else you would expect from a fire and rescue service. Last year we were mobilised 240 times to a wide variety of incidents including the large moorland fire at Saddleworth that was in the news during the summer of 2019. We are also the lead station for large animal rescue in Cheshire, this special service means that we respond all over the county to assist in rescuing horses, cattle, deer and other large animals.

We currently have a team of 12 firefighters who maintain cover on a rota basis to staff our fire engine.

During the restrictions that are currently necessary to protect our community from COVID-19, we have had to modify how we work but it is important for everyone to know that we are still responding to all emergency calls as normal. In order to maintain operational readiness, we still train on risk-critical procedures and equipment, but we do this in small groups and maintain a good social distance from each other. When responding to incidents we do so with a crew of four on the fire engine and observe strict principles of distance and hygiene. Following any incident, we have a regime of cleaning and disinfecting all equipment used, the cab of the fire engine and the fire station itself.



We are each contracted to a specific amount of hours per week, between 50 and 100, in which we must be able to respond to the fire station once notified by a pager, within 5 minutes, regardless of the time of night, or how long we have been in the bath. All of us live and have family in Bollington and some of us work here too so our team has a strong sense of community.

The idea for Blue Nancy developed on the Tuesday, sparked from an article about a windmill being floodlit blue on the BBC news. A phone call to the Arts Centre organised professional blue gel lighting filters and then five of us headed up to the top, with others remaining on call to keep Bollington safe. When we got to the top, we found a professional lighting engineer, from Bollington, already rigging his set up. This lovely gentleman from Lightech and his partner were happy to join forces (at a social distance of course) and we were also joined by Joe, a solo

drummer providing his variation of a tribute. It was a very cold and windy spring evening, this certainly had an impact on the footage, but the sunset was lovely.

The overall aim of this was to provide a tribute to everyone keeping this country going, especially the Health Service, who are on the frontline more than any of us. I am proud to say, that although a minor deed compared to the lionhearted efforts of our keyworkers, we were able to briefly honour these heroes, coming together as a community should, in a way that Bollington does so well.

You can keep up with our activities and get some useful information on fire safety at our website www.cheshirefire.gov.uk and also on our Facebook and Twitter pages.



Hello from our friend—Claire Kerkham

Claire is a Buddy with the Bridgend Buddy scheme and sent us the story of how she got her dog, Bea

I've wanted a dog of my own for as long as I can remember. After living in Cornwall for a while, where dogs are very much part of the lifestyle, I was never short of a dog fix. Moving back home to Bollington presented me with the ideal opportunity and perfect excuse to welcome a dog of my own into my life. Unfortunately, homing a rescue came with complications so the search widened.



In Cornwall, Flo, a Bedlington Whippet, had made a particularly big and lasting impression on me so the decision wasn't at all difficult and when a litter came up in Newcastle it all fell into place. A very fluffy and adorable 8 week old puppy named Bea, was brought home the day after the big move back up North. It wasn't long for the sleep deprivation to kick in and the good intentions to get forgotten. Bea fitted in with the family as naturally as the leaves to a tree.

I took myself off for puppy training classes with Cal Thorpe. Luckily Cal is very patient and a natural with the over-enthusiastic pups and inexperienced owners. It's an ongoing matter and very much work in progress for us both. I live for the great outdoors so the daily walks have enabled me to re-discover Bollington with fresh eyes and meet some great fellow dog owners along the paths. Exploring has meant that I am much more aware and appreciative of my surroundings. Bea just loves life and it is great having her around to share our adventures.

Papatūānuku

Reader Ken Singer sent us this poem about the Lockdown in New Zealand, which was recently shared by Jacinda Adern. Much of the poem is in Maori . Papatūānuku means 'Mother Earth'

Rest now, e Papatūānuku	About others	was	
Breathe easy and settle	Remove our shoes	going to	
Right here where you are	Press hands to soil	hurt	
We'll not move upon you	Sift grains between fingers	- and it IS	
For awhile	Gentle palms	hurting	
We'll stop, we'll cease	Time to plant	and it	
We'll slow down and stay home	Time to wait	will hurt and continue to hurt	
Draw each other close and be kind	Time to notice	But not as much as you have been	
Kinder than we've ever been.	To whom we belong	hurt.	
I wish we could say we were doing it for you	For now it's just you	So be still now	
as much as ourselves	And the wind	Wrap your hills around our absence	
But hei aha	And the forests and the oceans and	Loosen the concrete belt cinched	
We're doing it anyway	the sky full of rain	tight at your waist	
It's right. It's time.	This sacrifice of solitude we have	Rest.	
Time to return	carved out for you	Breathe.	
Time to remember	He iti noaiho - a small offering	Recover.	
Time to listen and forgive	People always said it wasn't possible	Heal -	
Time to withhold judgment	To ground flights and stay home and	And we will do the same	
Time to cry	stop our habits of consumption		
Time to think	But it was. It always was.		
	We were just afraid of how much it		

Nadine Anne Hura

Gardening Corner—Spring Rose Care



Spring is the time to get started with looking after the roses. With the beautiful weather we've had recently they might already have grown quite a bit and be showing the first small buds.

Roses are generally very hungry plants and with the strong growth they are putting on, feeding them is crucial. You have two options when it comes to rose fertiliser, either liquid or granulated. I would recommend choosing a special rose feed as it is specifically balanced for the needs of roses. Liquid fertiliser can be mixed with water and administered once a week while watering, until the end of August. Granulated fertilisers, depending on the type, are to be given twice a year or every 3/4 weeks. As general rule the first feed should be in spring around the time we are in now, and again in summer in mid to end July after the first flush of flowers.

When it comes to pruning in spring you only need to remove any dead stems and maybe thin them out slightly if you have lots of stems growing into the middle of the plant or lots of very thin, weak stems. Removing some stems will help your rose to focus on the few strongest ones which will give you the best and biggest flowers.

With the mild temperature you will also might notice the first pests and diseases on your roses. Green flies are very common at this time of year but they are easy to deal with. Using a pesticide a couple of times within 10 to 14 days should solve this issue. Fungus diseases (mildew, black spot, rust) are more difficult to get on top of. The best way to deal with them is prevention. Spraying your roses from now until the summer every 10 to 14 days with a suitable fungicide will help to protect the leaves from getting infected.

If you are planting a new rose now there are a few things you should make sure of. One is to give your rose the best base. Not all types of soils are ideal for roses but there are a few tricks how you can improve to make it better for them. Heavy clay soil benefits from the addition of sand and organic material such as well rotted manure. Light, sandy soils can be improved by adding well rotten manure or a good rose compost. It is important to loosen the soil to allow the plants to grow their roots deeply. Make your planting hole twice as deep and wide as the pot they are in, around 2ft deep and 2ft wide. Ensure that the roots are well watered before planting and water them well after planting so the plant can settle in well.



"First Rose" Photo by Kate Bush, Gardening by Design

Michele Greenwood

If you have any gardening questions you would like to ask Michele, please do drop us a line!

Reminiscences of Bollington

Many of us have been saddened by the recent demolition of the Waggon & Horses pub, which for many years has been the very popular Bayleaf Lounge & (Indian) Restaurant. A new building will take its place to provide a local store with a new Bayleaf restaurant on the upper floor.



The Waggon was built in 1907 by the railway company as a hotel close to the station. They built such hotels close to all the main stations on their railways. Prior to 1907 there was an earlier pub of the same name on the site, as shown in the older picture. Notice too, the Post Office on the extreme left of the older picture.



Bridgend Activities—Reading Group

The Bridgend Thursday Book Group has continued to keep in touch and share all things literary throughout the Centre's extensive building renovation and now the Covid19 virus lockdown.

Firstly, during the renovation, as we were unable to meet at the Recreation Ground pavilion due to a lack of a suitable quiet space there, we were required to find an alternative venue. The Bollington Library Manager came to our aid and very kindly agreed that we could all meet there. The staff were extremely welcoming and not only provided us with a comfortable space to talk but also, for a small charge, drinks during the sessions.

Now during this period of social isolation, each Thursday the members post emails to the group for everyone to read and enjoy. These emails can consist of anything that has a literary theme. It may be a poem; a review of a recent book that has been enjoyed (or not!); reference to a TV programme or film or a Quiz. Not everyone is required to participate every week, but each contribution and any subsequent comments are welcomed.

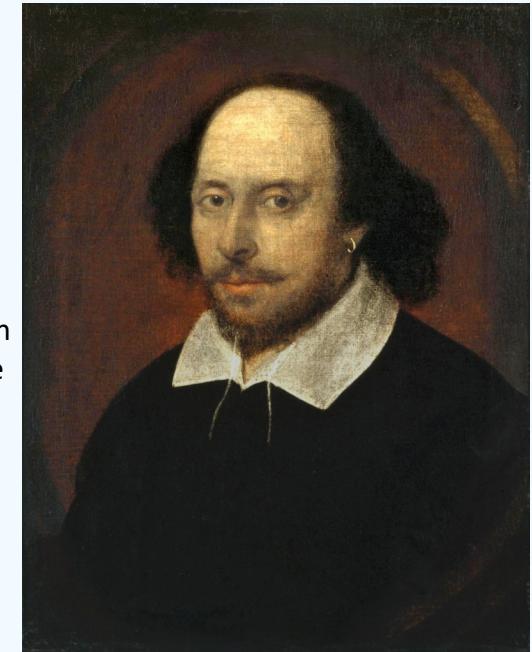
Like many others we all are looking forward to the day the Centre reopens, in all its newly refurbished glory, and we can meet there once again. However, in the meantime, we plan to continue to keep in contact with each other and share our love of literature.

Just for interest I have reproduced one of this week's 'offerings' from a member of our group:

Here are some Shakespeare quotes. Many of which are common expressions today. Can you remember from which plays or sonnets they come from?

1. Cupid kills with arrows, some with traps
2. I cannot tell what the dickens his name is
3. Shall I compare thee to a summer's day?
4. Lord, what fools these mortals be!
5. Brevity is the soul of wit
6. The better part of valour is discretion
7. Nothing will come of nothing
8. But, for my own part, it was Greek to me
9. Misery acquaints a man with strange bedfellows

Love looks not with the eyes, but with the mind; and therefore, is winged Cupid blind



*Answers to be published in the next issue of the Bridging social isolation leaflet!

Kate Gooding

Answers to last week's Anagrams

Cruelty Cam Nap	Paul McCartney	Warty If Lost	Taylor Swift	Inverted Woes	Stevie Wonder
Lay Ad Gag	Lady Gaga	Mist Mash	Sam Smith	Jog Hen Land	John Legend
Strolling Nose	Rolling Stones	Jeep Frozen Nil	Jennifer Lopez	Tanker Hubi	Keith Urban
Humble Ice Lab	Michael Buble	Lorry Chews	Sheryl Crow	Indulge Oil Gel	Ellie Goulding

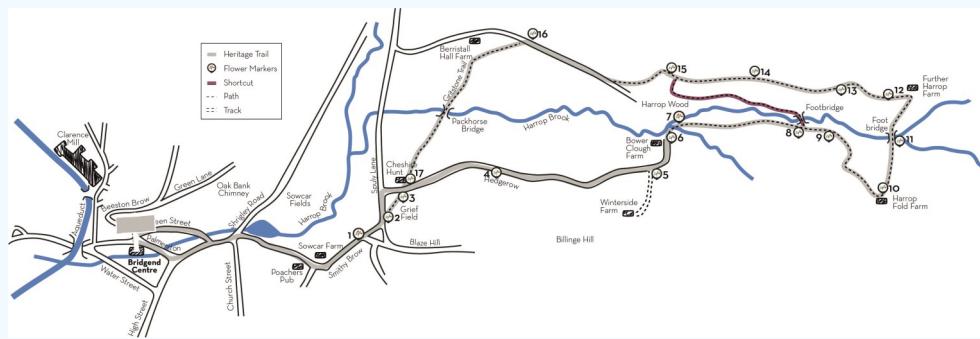
Plant of the week—Bluebell



You may have noticed that the gorgeous Bluebell is beginning to flower in our woods, fields and hedgerows. *Hyacinthoides non-scripta* spend most of their life under the ground as bulbs, only to come out from April onwards in great numbers to create spectacular blue carpets in our countryside.

Seeing bluebells around and about made us think about one of our favourite walks in Harrop Wood, where huge swathes of bluebells can be found. Sadly the Editor can't go there this year as it is too far to go under lockdown. But we can plan to do the walk again later in the year as the woods are beautiful in every season. We will definitely also go next year to see the bluebells.

The walk in Harrop Wood is Trail 2 of the Bridgend Heritage Trails. The leaflet can be found on our website and downloaded: <https://bridgendcentre.org.uk/heritage-trail-2-woods-and-wildflowers/>



Recipe –Rhubarb Crumble Loaf

If your rhubarb is doing as well as mine, you might like to try this recipe. You can slice it up as a cake, or serve it as a pudding with custard. It also freezes well.

9oz SR flour—6oz margarine or butter—5oz light brown sugar
2 large eggs—Half teaspoon cinnamon—1 tablespoon Demerara sugar
1 teaspoon baking powder—Grated rind of a lemon (optional)
8oz rhubarb chopped small.

Oven 180 C. Grease and line a 2lb loaf tin. Rub the flour, butter and light brown sugar together to make crumbs. Take out four tablespoons of the crumbs and add the Demerara sugar and cinnamon to this, and set it aside for the crumble layer which goes on at the end.

Beat the eggs, add them to the main mixture with the baking powder, lemon rind and chopped rhubarb, and stir lightly (don't beat it up.)



Spoon the mixture into the loaf tin and sprinkle the crumble topping on. Bake for about an hour, but after the first half hour cover with foil to stop the crumble layer burning. After an hour if it looks done and a sharp knife comes out clean it's done.

Let it cool in the tin because it's quite fragile while it's still warm.

Shirley Kitching

Mind game—Guess the Pub

Can you guess the Bollington pub by the front door? Answers next week



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

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/>

Thank you