

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 8**



Photo: Brian McGuigan—Bollington Wharf

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. We don't have any plans to re-open the Centre any time soon as we wouldn't want to do so until we can do as safely as possible with minimum risk to everyone's health.

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 Heroes — Bollington's New Mayor, John Stewart

John Stewart was made Bollington Mayor last Monday in the first ever online 'Mayor Making' ceremony for Bollington Town Council (and perhaps the country). Here is his opening speech.

I am honoured and privileged to be given this opportunity to Chair the Council and to serve the Community in this capacity. I will do my best to uphold the traditions of this office and to carry out my duties accordingly. I would also like to take this opportunity to thank the Town Hall Team for their support. We have a very capable Team in Bollington and I am very much looking forward to working with them all over the next 12 months.



I would like to introduce myself to those who do not know me.

I have very strong values, based around the need to 'do the right thing.'

I am human. I sometimes make mistakes and I learn from them. I care for the environment and want to preserve our great outdoors, which we all crave for more than ever.

I believe that good Health, Education and Security (at Work, at Home and in the Community) are the fundamental foundations on which a sustainable Society is built. We have such a great community in Bollington, and I am proud to be a part of it. I like to do a few things well. I enjoy completing tasks well and will only start something that I believe I can finish in a timely manner.

I prefer to work in a harmonious environment and will work hard to support my fellow Council Members and the Officers of the Council to deliver our commitments to the Community in the most efficient and effective way. I enjoy sharing a common purpose with like-minded individuals, resulting in the achievement of great things. Reaffirming our Council's purpose and values will be something that I am keen to do, so that all of us in the Community understand what our purpose is and what we are there to achieve.

The coming 12 months of my Mayoral Year.

It is not easy to predict in a pandemic when and how we will emerge from the 'lockdown.' However, it seems to me that the Council has an important part to play as the Community emerges from it. Working with local charities, societies, businesses and other organisations, we will all play our part in supporting the Community's recovery from this Crisis.

The Town Assembly in early March saw several presentations from my fellow Council Members. We will be pursuing these subjects over the coming years. They will address the challenges identified, for example, in the Town Plan, or the in paper on the climate change emergency, or establishing a dementia-friendly community. Also, in the short-term we will be supporting activities that can be achieved during the lockdown.

A significant issue is how the Council communicates with the Community and how the Community communicates with the Council. This is something that I believe we should improve over time, building on an already comprehensive range of tools available for this purpose. For example, I would like to see more attendance at Council meetings and Civic Events and more (post-Covid) face to face meetings between Council Members and the people who they represent.

In Conclusion

I know that we are living in uncertain times and this feeling of uncertainty will continue for some time to come. However, I am still looking forward to the next 12 months. I am confident that the Council will do the right thing. We will continue to support the Community to help it through this challenging period and will come out the other side much stronger than before.

New Life in Bollington

Spring has definitely been in the air for some time now and this is showing with the amount of new life appearing. There has definitely been some cute sights to be seen around Bollington recently.



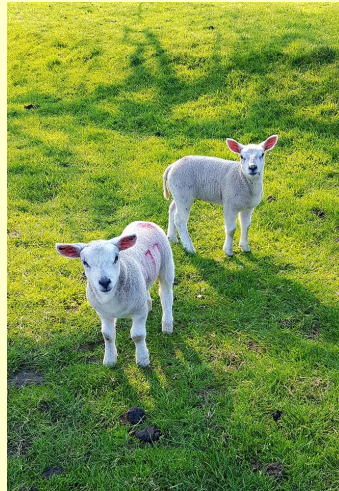
Cygnets—Simon Lee



Feeding the Kids—Mike Barth



Ducklings—Simon Lee



Lambs—Andy Langdon



Mootiful—Janine Holmes



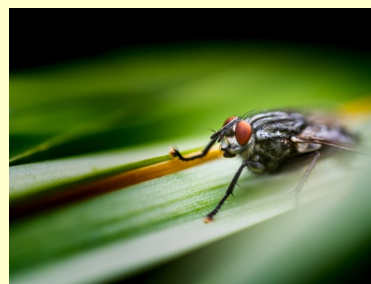
This couple were quietly watching the sunset from White Nancy one evening, when suddenly the bullocks from the lower field popped up to join them! - Brian McGuigan—Bollington Wharf



Another duckling, brown this time—John Howarth



Cygnets with Mother—Simon Lee



Not strictly speaking a baby, but cute—Simon Lee



Geoffrey the Rainbow Lamb—Maggie Williams



Little Coot Chicks—Simon Lee

Update on 'Bollington Resilience Action Group' (BRAG)

Making Time for others

Over the last few weeks we have all had the time to look a little closer at those around us, friends, neighbours, shop workers and delivery drivers. Not being in such a rush allows the opportunity to stop and say hello, to have a chat and to learn more about each other. In many cases this has led to people helping each other, helping those who are most vulnerable in our community, to help them to stay safe and as a result keeping our community protected.



Bollington Resilience Action Group (BRAG) is a working example of this sense of community spirit. There are two parts to the project which strive to fulfil practical and emotional support. Practical support is delivered by an amazing team of Street Wardens who will collect shopping, prescriptions and other items for those who are self isolating. Emotional support is provided by a team of Telephone Buddies (Bollington Friends in Isolation) who are matched to individuals who as a result of not being able to go out are finding this period particularly lonely. One very important point to make is that both roles are completely voluntary.

The Street Wardens are on the whole self-managing and support each other through a dedicated Facebook page. They are given an area of Bollington and provide support the vulnerable people in that area. In a new development, Bollington Town Council have acquired a card payment device from CVS Cheshire East. Having this device means that any vulnerable person wishing to cover a payment made on their behalf by a volunteer can now do so by telephoning the Council and using their bank card to make the payment.

Telephone Buddies is a fantastic way of protecting emotional well being, to combat loneliness and social isolation. We have a team of two volunteer project workers who manage referrals to the project and match those referred to a Telephone Buddy. They help to make the introduction and are on hand throughout to assist if needed. Once an individual is matched to a Buddy the Buddy will make regular telephone calls to have a chat.

The importance of conversation during this unprecedented time is so important. We are usually so wrapped up in a digital world that the power of chatting is sometimes forgotten. Our love of social media can sometimes mean that we learn things about our friends and loved ones by pictures instead of words. Taking the time to talk is so meaningful.

To date, 95 people have been referred to 'Bollington Resilience Action Group' (BRAG) to receive some kind of support during this crisis. The two volunteer co-ordinators have contacted each of these people to ask them if they need or would like a Telephone Buddy to ring them regularly for a chat. From this initial contact 8 partnerships have been established. We were overwhelmed by the positive feedback we received. It was so

heart-warming to hear how grateful people were to receive a call simply to ask if they were ok.

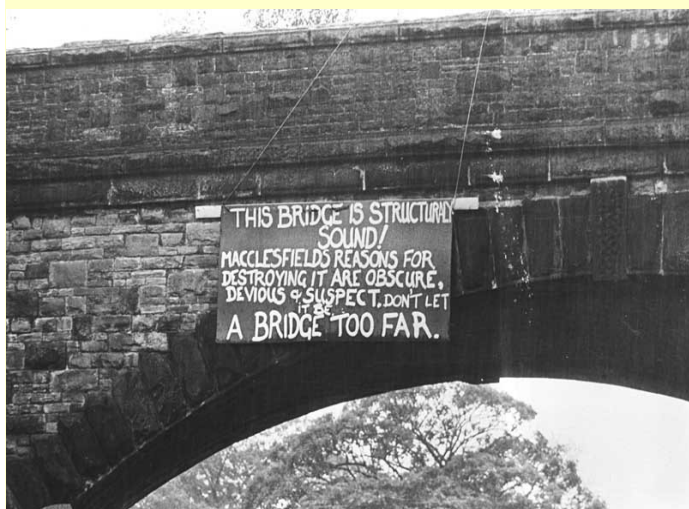


As the social distancing restrictions continue we expect more referrals will be made and we are so lucky to have a fantastic team of volunteers keen to take on the role of a Telephone Buddy. Therefore if you feel you would benefit from being involved with the project either a volunteer or if you would like to be supported please do contact we look forward to hearing from you.

By all working together we can keep community spirit alive, let's continue to be proud of Bollington.

Reminiscences of Bollington—The Railway Arches

We all admire the railway viaduct that spans the Dean valley and Wellington Road. But twice, we nearly didn't have these. The first time was when the railway was being planned in the late 1860s. The North Staffordshire Railway Co. wanted to build an earth embankment across the valley with a simple archway for Wellington Road. However, the local council, Bollington Urban District Council, were having none of that. They insisted on a viaduct with open arches. Their reason had nothing to do with the beauty of arches versus the blandness of an embankment. They were seriously concerned about the lingering smell of backyard toilets! We jest about this, but in the 19th century this was a serious matter because there was no main drainage in the town – every cottage had an outside toilet which was regularly cleared by the night soil men. The canal embankment was already present, and if another embankment was built only 300 yards away, it was thought that the wind would not be able to get in and ventilate the space between the two. And so a clause, 25, was written into the act of parliament authorising the construction of the railway, requiring a viaduct be built across our valley.



The second occasion when we might have lost our viaduct was after the railway closed. In the early 1980s Macclesfield Borough Council (MBC) decided to acquire the redundant railway (the tracks had already been taken up) and turn it into a recreational space, which we now know as the Middlewood Way. But they didn't want the viaduct because they saw it as a liability. So it was decided to knock it down! There was an absolute outcry in Bollington! MBC gave in and bought the viaduct for a nominal £1. They were right of course, the viaduct has been an expensive liability ever since. But we really wouldn't like to be without it, would we!

Tim Boddington

Recipe — Mediterranean vegetable bake

Angela Smith brings us an easy and simple recipe that tastes amazing

I've been experimenting with recipes as part of my lockdown activities, trying to enlarge my range of vegetarian meals. Here's one I enjoyed, it's simple and quick and doesn't require any ingredients which might be difficult to obtain. It goes well with jacket potatoes. Hope you like it too.

Blanche 6 sliced courgettes, or four if they're large. Spread them in a roasting tin in a single layer. Cover them with a layer of sliced goats cheese. Next a layer of sun dried tomatoes and their oil {I prefer the semi-sun dried ones} cut into bite-size pieces. Sprinkle over some black olives.

Cover all with a fairly thick layer of bread crumbs and gently press down.

Cook for about 35 minutes at 180c (200 fan) or Gas 6.



VE 75 Day Celebrations in Bollington

On Friday 8 May Bollington and the rest of Britain paid tribute to the service and sacrifice of the entire Second World War generation, from British, Commonwealth and Allied Forces to evacuees and those who served on the home front.



There are many parallels between the struggles of the Second World War and what we are going through today. We look to our Second World War generation to learn from their experiences, and we continue our work to protect them from the threat we currently face.

This year, we marked the 75th anniversary of VE Day from our homes. When the Bollington Branch of The Royal British Legion asked the community to help us commemorate, we thought that maybe a few would join in. We were wrong! Homes the length and breadth of Bollington joined in to help celebrate and commemorate VE Day 75 years on.

2 minutes silence held on our doorsteps at 11am, a picnic at home at 2pm followed by a toast to heroes at 3pm. Parties in gardens, yards, driveways and living rooms made the day one to remember.

Andy Langdon—Royal British Legion, Bollington



Andy Langdon



Andrew Valentine



Andy Langdon



Sharon Higgs



Andy Langdon



Julian Valentine



Bollington Balloons



Sharon Higgs



Bollington Nostalgia Virtual Race 2020



The Bollington Nostalgia Race is going virtual for the first time and we want YOU to get involved!

Date: 28 June - 12 July 2020
Distance: 10km
FREE entry & £50 fundraising
or
£10 entry



Get your running shoes on and get training! Look out for more details on how you can enter.

Registered Charity No. 1123287

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, I watched Monty Don repotting a small Olive tree on TV yesterday. He brushed off most of the old compost to reveal most of the roots without damaging them. He then re-potted with fresh compost. We have two Black Bamboo plants (and other shrubs) in large pots, as we have a small garden, and I wondered if I could do the same with them without causing any stress? We feed them regularly but I wondered if that was enough.

Thanks

John

Hi John, Thank you for your question.

Bamboo and most shrubs would tolerate this treatment. Refreshing the compost and replanting the plant into the same size pot is a good way to encourage new root growth which benefits the plants.

When you are taking the old soil away you won't be able to avoid damaging some of the roots but that's ok as it will only be the fine, outer roots. Cutting the roots or removing some encourages the plant to grow new roots as well as new top growth.

If you are replanting your shrubs in this manner, it would be good to also give them a bit of a trim to get some balance and to encourage fresh growth.

I wouldn't say you can keep replanting indefinitely into the same size pot as it will ultimately limit the top growth of the plant. There is a balance between the root growth and the top growth. If the roots are too limited the plant won't grow much or can even deteriorate over time. You might want to consider giving your plants a slightly larger pot every 5/6 years. It doesn't have to be much - 2 or 3 inches extra would do the trick.

Bamboos are a bit trickier as if you trim the tops of it doesn't branch out as other shrubs do but might just look a bit odd. However, Bamboos are ideal for splitting, so you can remove a clump of the plant and replant the remaining part back into your pot. This way you will get an extra plant as well.

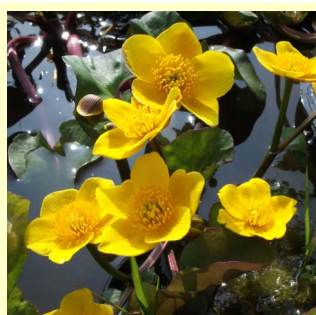
As the roots of Bamboos are quite hard, don't be afraid of being a bit rougher with them. You can just cut off the amount of plant and root you want with a knife, secateurs, or even a spat.

Feeding your plants regularly is always good. However, if you are using liquid feed I would wait 4 to 6 weeks after you have refreshed the compost before feeding again. Most compost has a basic amount of nutrients in the soil which is enough for the first few weeks until the plant has settled in again. If you are using a granulated, long-lasting feed you can add that into the new compost toward the bottom of your pots.

I hope this helps. Best wishes, Michele



Plant of the week—Marsh Marigold



The large, golden flowers of Marsh-marigold (*Caltha palustris*) look like the cups of kings, hence its other name: 'Kingcup'. It favours damp spots, like ponds, meadows, marshes, ditches and wet woodlands. For more info, go to <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/marsh-marigold>



Mind game—Find the Link

Two sets of six questions, the answers to each set also have a link for you to find!

Set 1.

1	Name the head of the church of England	
2	The word used in fashion terms to describe colours that don't match	
3	What Eskimos do when they rub noses	
4	The largest birds of prey in the UK	
5	What a watering hole in the desert is called.	
6	Surname of the main character in 'Back to the Future' – Marty _____	
	And the link is.....	

Set 2.

1	The Spanish word for festival or holiday	
2	Free roaming horse of Western USA, originally of Spanish origin	
3	Geographical areas in east England comprising Norfolk, Suffolk, Cambridgeshire and Essex	
4	Large wild cats native to north and south America also known as cougars	
5	Island off the west coast of Naples	
6	Type of speckled bean frequently used in Mexican cuisine	
	And the link is.....	

Answers to last week's Choc Quiz

- | | | |
|------------------|---------------------|-----------------------|
| 1. Bounty | 7. Star Bar | 13. Snickers |
| 2. Mars | 8. KitKat Chunky | 14. Boost |
| 3. Lion | 9. Peppermint Aero | 15. Fudge |
| 4. Milky Way | 10. Reese's Nut Bar | 16. Toffee Crisp |
| 5. Double Decker | 11. Yorkie | 17. Cadbury's Caramel |
| 6. Topic | 12. Wispa Gold | 18. Turkish Delight |

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

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Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

