

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation
Edition 9



Photo by Ed Baron

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.

Bollington Heroes — Bollington's New Deputy Mayor, Johanna Maitland

I am delighted and honoured to have been elected Deputy Town Mayor for Bollington and I am very much looking forward to supporting Councillor John Stewart in his Mayoral year.

Having lived close to or in Bollington all my life it was a natural progression for me to stand for the council in 2019 and it has been incredibly rewarding having the opportunity to give back to our wonderful and unique community here.

For those who don't know me, I have two young adult daughters who are both at University now and I jointly run a Bollington based IT and telecoms business with my husband Andy. I am kept busy beyond my day job and position on the Council as Chair of Macclesfield Liberal Democrats but like to unwind walking or running with our two dogs.

Councillor John and I take our office during unprecedented times for not just our community here in Bollington but worldwide. And yet I feel we are also presented with immense opportunities to serve our community here as we help our residents, businesses and visitors to stay safe and cope with the pandemic, its fallout and whatever the future may bring.

Despite the changes in direction Covid-19 has forced on us we as a council have ambitious plans for the future covering everything from climate change to safety on our roads and we have both a strong town hall team and a broad skilled and committed set of council members to achieve those plans for Bollington.

Jo Maitland



Jo with Mayor John Stewart at the virtual Mayor-making ceremony



Mental Health Awareness Week

This year Mental Health Awareness Week is this week (18th to 24th May) and is particularly significant for many this time around with the disruption and upheaval to our lives. For most people it has been impossible to go out, meet friends and socialise. We have missed all our friends and regular visitors to the Bridgend Centre but are making plans ready for when it is deemed safe for us to open again.



The newsletter is proving really popular and if you know someone who can't access it online, maybe you could really help them by printing it off and popping it through their door, or let us know, and we can print it off for them.

Remember to check on friends and neighbours, especially if you haven't seen them or heard from them in a while and have a little more patience with people you see out and about, they may be worried about going out and it could be the first time they have left the house in a few weeks.

Talk to your family and friends regularly and if you feel you don't have anyone to turn to, please get in touch with us on the phone number or email at the bottom of the newsletter and we can offer advice and put you in touch with someone that can help.

Look after yourselves, keep safe and remember #bekind

Alison Leah—Trustee, Bridgend Centre

Scenes of Kerridge

Local artist Keith Higginbotham sent us these drawings and painting that has drawn of the Kerridge area during lockdown. Keith says:

“I've lived in Kerridge for over 30 years and, as a dog owner, walked past most of the sketch locations at least once a day.

Not until lock-down did I think to take a fresh look at what was around me and draw what was under my nose (all are less than 1K from my home) ”.



Kerridge Church



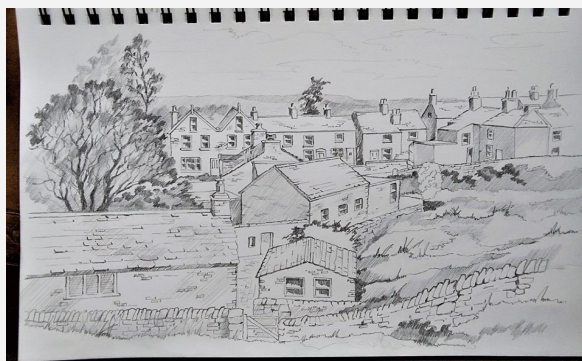
Oak Fold



Bull's Head



Gate



Oak Lane



Redway



Violin

Plant of the week—Yellow Dead-Nettle (Lamium)

On a walk this week the editor spotted these flowers in a woodland area and thought they were wild orchids! Unfortunately not, but they are still very pretty. The dead-nettle comes in a variety of colours and the yellow one is called ‘Yellow Archangel’.

Despite being in the same family as the stinging nettle, this plant does not sting. They flower in May and June, after bluebells. More info can be found here: <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/yellow-archangel>



The rhythms of light

Lighting design professional Faye Robinson tells us about LED light and its affect on our bodies



We're increasingly exposed to more light sources on a daily basis than ever before, maybe even more so in lockdown. Mobiles phones, laptops, computer monitors, tablets and your TV, they're all great devices and they all have one thing in common alongside banishing lockdown boredom, LED technology. LED light source technology is being developed faster than the technology standards and testing can be written to regulate them. Each week I'm sent information on smaller, brighter light sources but I'd argue that this isn't what we need.

Being exposed to these bright light sources and bluer hued light sources can negatively impact on our circadian rhythm, known as our body-clock. Our body-clock has evolved to work with changes in natural light through-out the day and the current scientific research we do have indicates that blue light, the intensity and the duration of exposure are the main triggers. A certain quality and quantity of blue light makes us produce less melatonin, which makes us more alert and less sleepy. For the average adult our melatonin levels tend to peak at around 9pm, a time when our bodies are getting ready to sleep, but we're checking our emails or posting on Facebook; we're impacting on our natural sleep patterns.



I understand we can't rid our lives of technology to solve this problem, but we can reduce our screen time and apply other tips and tricks to help rebalance our body-clocks. Here are my top 5 tips:

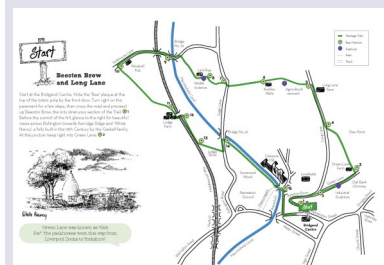
- Try not to use any screen based technology 1 hour before you go to sleep or longer if possible
- Turn down the brightness on any screens you do use or use the night screen setting if your device has one
- Have some low lighting in the room or task lighting near your screen if you do have to use it at night. Don't watch your TV in the dark! Having another light nearby will balance the contrast and give the screen slightly less impact, stopping your eyes getting drawn and in some cases minor headaches.
- Don't take your phone to bed with you – eliminate the temptation. If it is your alarm clock consider using another smart device such as a smart speaker as your alarm or go retro with an alarm clock. Turn the face light off if its digital!
- Try to make your bedroom as dark as possible, invest in black-out curtains or blinds or even an eye mask. The darker it is the better. Your brain still registers light when your eyes are closed (that's another article in itself!), so very little to no light at night, while you sleep, helps your body clock get readjusted and helps you drift off.

Faye Robinson

Bridgend Heritage Trails

Now that government lockdown restrictions have been relaxed slightly, you may want to go for a longer walk. The Bridgend Heritage trails are a set of eight routes that explore the countryside surrounding Bollington, all starting at the Bridgend Centre. The trails vary in length and difficulty and cover 39.25 miles of the area in total.

Each trail is on a leaflet with beautiful illustrations and pencil drawings. Written descriptions include reminiscences by local people about the sights and waypoints that walkers will see along the walk.



You can download the leaflets from our website, as well as a Children's Quiz for each route. <https://bridgendcentre.org.uk/walking-trails/> If you do manage to get out walking on any of these trails, please do send us some photographs, we would love to see them.



Recipes — Rhubarb Ice Cream

Shirley obviously has lots of Rhubarb! She has sent us another rhubarb recipe, a scrummy sounding rhubarb ice cream. You don't need an ice cream maker.

Ingredients for the ice cream: 1lb trimmed rhubarb, 15 fl oz whipping cream, 8 oz sugar, 1 tablespoon lemon juice

For the crumble: 3 oz plain white flour, 2 oz butter, 2 oz light brown muscovado sugar, ½ level teaspoon ground ginger

Oven temperature 190 C, gas mark 5.

Make the crumble leaving it rather lumpy. Put it in a shallow layer in a baking tin.

Cut the rhubarb into half inch lengths and put them in a large shallow baking dish with the sugar and the lemon juice. Put the tin of crumble and the dish of rhubarb in the oven, leave the crumble in for about ten minutes then take it out to cool, and leave the rhubarb in for about twenty minutes or longer, till it's completely tender. Let the rhubarb cool a bit then blend it till it's a smooth purée, and put it in the fridge to chill. Break the cooled crumble up into pea sized pieces.



When the rhubarb purée is cool, stir the cream in and freeze it for 3-4 hours, then whisk it. Freeze it again for a further 2 hours, then whisk again and stir in the crumble before the final freezing.

Before serving the ice cream needs to be transferred to the main body of the fridge for about 25 minutes to soften a bit.

I didn't do all than whisking and refreezing thing with mine, I just whisked the rhubarb and cream, stirred in the crumble mixture and froze. I'm lazy. But the instructions above are what the recipe says and it might make it smoother, you don't get the little crystals of ice- Shirley Kitching



Love Bollington Market

Love Bollington Market is proving adaptable in its approach at this time of social distancing by moving online to be a virtual market.

There are a wide range of items for sale from local, independent traders, so purchasing through the market is a great way to obtain something truly unique while supporting the local economy. Items for sale include souvenirs, cards and gifts, accessories, handcrafted items, toiletries, jewellery, furniture, clothes, chocolate and confectionary and meat, to name just a few.

Every second Sunday of the month, between 10am and 1pm, the market posts items for sale by all its usual sellers on its Facebook page. These are accompanied by live, online music from a Love Bollington stalwart, saxophonist Neil Shaw-Hulme, food from various sellers such as Indian Goat, the Cheshire Bakehouse and Flourish Pantry and coffee from the Coffee Bean Dream.

The next virtual market will be on Sunday 14th June, so be sure to put it in your diary, it isn't one to miss! Just go to the Love Bollington Facebook page to sign up.



Lockdown Boxset Recommendations

What's the ideal thing to do in a global crisis that is relaxing and takes your mind off real life? A TV box-set of course! The challenge however is to find a good one, so we asked people for recommendations. These are just a selection of the many excellent TV shows out there to stream, download or watch on normal telly.

Afterlife

The number 1 most popular recommendation in the hugely scientific poll on the editor's Facebook profile was Afterlife. Written by and starring Ricky Gervais, it is a darkly funny comedy but many people also describe it as heart-breaking at the same time. The language can be a little spicy, so if you don't like swearing it may be one to avoid.

Available on Netflix



The A Word

This series follows a 5 year old boy and how his family cope with the revelation that he has Autism. Filmed in the stunning Lake District, the scenery is almost the biggest star of the show and provides good escapism.

Also has a great soundtrack. The boy has taste!

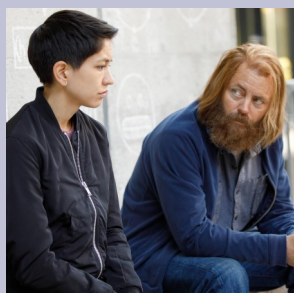
Available on BBC I Player



Devs

Described as Drama/Thriller/SciFi/Trippy by my mate, this gets four out of five in the Guardian so must be good.

A computer engineer investigates the secretive development division in her company, which she believes is behind the disappearance of her boyfriend



Created by Alex Garland (author of The Beach), it is a sci-fi drama covering big themes such as Cause and Effect and what 'free will' means.

Available on BBC I Player

The Crown

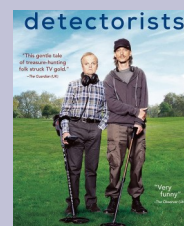
For a sumptuous historical 'drama' you can't beat the Crown. Following the life of Queen Elizabeth II, while many commentators debate how historically accurate some of it, its hard to deny that it covers all the major points in her reign and covers some interesting points in recent history. The Editor has quite often found herself looking up major events on Wikipedia for more information following watching an episode, so it must be educational. *Available on Netflix*



Detectorists

Described as gentle, but brilliant, very funny and something that all ages will enjoy. This comedy follows the adventures of two metal 'detectorists' as they go and search for their hearts' desires.

Available on I Player



Other recommendations

Unorthodox - Netflix

Life on Mars and Ashes to Ashes

Black Books and Greenwing - All4

Killing Eve - BBC

Line of Duty - BBC or Netflix

Absolutely Fabulous - Netflix

Gilmore Girls - Netflix

Girl Boss on Netflix

Downton Abbey - Prime

Blood—Channel 5

Normal People—BBC

Spaced—All4

Lucifer—Prime

Gangs of London—Sky

Schitts Creek—Netflix

Brooklyn 99—Netflix

The Last Dance—Netflix

Spaced—All4

Hidden Figures—All 4

Moonlight—All 4

Guide to local Bollington businesses operating in Lockdown

Bollington Town Council have compiled a list of local businesses that are operating during lockdown from which people can obtain essentials from. This can be found on their website <https://www.bollington-tc.gov.uk/news/post/guide-to-local-businesses-operating-during-the-coronavirus-crisis>. Please note that it is subject to change, so please check with the businesses themselves, you can usually obtain up-to-date information on their websites or social media pages.

Post Office—65 Wellington Road
01625 572378
Monday 9-5, Tuesday - Friday 12-5,
Saturday - closed

Rowlands Pharmacy—Wellington Road
01625 574401
Open Monday to Friday 11am -1pm and 2-5pm and Saturday 10am-12pm. These times are subject to change at short notice.
A list of other Pharmacies in the area and advice on how to get your prescription can be found online on the NHS website.

GROCERIES/MEAT/MILK

Belfields Village Bakery—80 Palmerston Street
01625 572397 [Facebook](#)
Shop open 6.15am until 3pm Deliveries Mon, Wed & Fri Cash Only
Bread, pies, cakes, sandwiches, general groceries.

Co-op—Wellington Road
01625 576839 [Facebook](#)
Open 7am until 8pm daily

Corner Shop Greenfield Road—51 Grimshaw Lane
General groceries including fresh produce and off licence

Bollington Cross Stores—52 Ovenhouse Lane
General groceries and off licence

Bollington Convenience Stores—82 Palmerston Street
General groceries and off licence

Barrows Butchers—1 Henshall Road
1625 572110 [Facebook](#)
Deliveries Tuesdays to Saturdays (please telephone by 1pm the day before)

Heathcotes Butchers—39a Palmerston Street
01625 572202 [Facebook](#)
Deliveries (phone orders taken 9am-1pm)
Currently limited to fortnightly per customer.

Smiths Dairies 01625 616178/
07730550508
enquiries@smithsdairies.co.uk [Facebook](#)

Regular deliveries of milk and milk products, juice, eggs, bread and other groceries.

Hopewall Farm Foods
01625 872304 or
email info@hopewallfarm.co.uk [Facebook](#)
Locally produced milk plus a range of other dairy produce and eggs and bread delivered to your doorstep.

Poynton Dairy
Call 07773 102784 [Facebook](#)
Delivery of fresh milk in traditional glass bottles or modern plastic containers. Range of produce including Roberts bread, Longley Farm yogurts, Orchard Gate free range eggs.

Fruits of the Forage—Gt King Street, Macc
07956 091113 [Facebook](#)
Currently veg and fruit boxes are delivered on Thursday and Friday in SK7, SK8, SK9, SK10, SK11 and SK12 postcodes, with the cut off for orders on Tuesday evening.
Selected other products available.

TAKEAWAY & DELIVERY MEALS

Briscola—88 Palmerston Street
01625 573898 [Facebook](#) [Twitter](#)
Take Away and Delivery pizza and pasta dishes

Viceroy Indian Restaurant—22 Ingersley Road.
01625 573006 [Facebook](#)
Indian cuisine available for delivery or collection from 5pm

Poachers Inn—95 Ingersley Road, Bollington SK10 5RE
01625 572086 [Facebook](#)
Takeaway food Fri-Sunday.

Holly's of Bollington—116-118 Wellington Road
01625 571100 [Facebook](#)
A limited takeaway menu including Breakfast sandwiches, Soup, Sandwich Boxes, Salad Boxes and Tea/Coffee Cake.

Pappas—78 Palmerston Street Bollington SK10 5PW.
Tel: 01625 560748
Prebooked orders for collection only Thur-Sat 10am-1pm and 5.30-8pm [Menu](#)

73 and Pizza (associated with the Crown) 73 Oxford Road, Macc
01625 403988 also via Just Eat, Deliveroo and Uber Eats. [Facebook](#)
Opens at 5pm Delivery from 5.30pm Pizza, Beer, Wine, Happy Valley Gin and more.

The Windmill—Holehouse Lane, Whiteley Green, SK10 5SJ
01625 574222 [Facebook](#)
Takeaway food Fri-Monday 4-8pm

Indian Goat Pop-up Takeaway JUNE 5th
One off takeaway event - strictly by pre-order. [See the Facebook event for more details](#)

DRINKS

Bollington Brewery
01625 575380 [Facebook](#)
Delivery when stock available. Order (phone) Wednesday 10am for delivery Thursday/Friday.

Happy Valley Brewery
Deliveries available through 73 and Pizza (above) [Facebook](#)

Storm Brewing
01625 431234 Mobile Sales 07740 322491 [Facebook](#)
Ale available in 18 or 36 pint polypins!
Bottles also available in cases of 12. Free delivery in Macclesfield for orders over £30.

Red Willow Brewery
Cans and Bags in a box beer available for local delivery. [Facebook](#) Visit the [online shop](#) to order.

NEWSAGENTS

Chadwicks—70 Palmerston Street
01625 572306
Papers/Magazines (deliveries available)/
Cards/Stamps/Sweets/Tobacco/lottery

Mind game—Popular sayings mish-mash

Match the start with the correct end

A rolling stone knocks twice	Laughter is the best to skin a cat
A bird in the hand and eat it	Never look a gift horse world go round
There is more than one way in for a pound	Necessity is the mother of spice of life
Variety is the day	You can't tell a book without fire
Actions speak louder in the mouth	A stitch in time deserves another
In for a penny there's a way	Experience is the best invention
Opportunity seldom saves nine	Every dog has its medicine
Theres no smoke than words	A friend in need gathers no moss
One good turn is worth 2 in the bush	Love makes the teacher
Where there's a will is a friend indeed	You can't have your cake by its cover

Answers to last week's Find the Link Quiz

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

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

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

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)

