

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 11**



St Gregorys Primary School leavers—see inside!
Photo Anita Armitt

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.

Edition 11 sees not only a change in the weather but also a guest editor taking the seat! Do not fear - your favourite mystery editor still has their feet firmly planted on Bridgend ground despite tales of rockets and space travel! Continued thanks 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

Volunteers Week 2020

This week is Volunteers' Week 2020. Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering.

We would firstly like to thank all the volunteers at the Bridgend Centre who work tirelessly to help to run the Centre, the shop and the many regular activities.

In light of recent events the UK has needed more volunteers across many sectors and the response has been amazing.

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too. We all feel good when we help someone out it can also help you gain valuable new skills and experiences, and boost your confidence.

If you would like to find out about volunteering opportunities at the Bridgend Centre please contact us either by phone or email as shown at the bottom of the newsletter.

Alison Leah



Bollington Nostalgia Virtual Race —sign up!



The Bollington Nostalgia Hill Race 2020 is going virtual and you can get involved to help raise vital funds for the Bridgend Centre. This year, it is a 10km race which you can do at any point between the 28 June and 12 July.

All you need to do is sign up through our website; pay your registration fee or pledge to raise at least £50; and when you've completed your 10km run send us a picture of your distance measuring device (like a FitBit or Garmin) or Strava page. There will be prizes for the most fundraised, fastest man and woman, and highest hill climb.

This year, we're asking you to get involved, no matter your current running ability, and fundraise for us. With the installation of a new roof and then the COVID-19 crisis, our charity shop has been closed since the end of 2019. The shop is our main source of income and we are in desperate need of funds to keep the Bridgend Centre at the heart of your community.

Please go to www.bridgendcentre.org.uk for more details and to sign up.

Bollington Nostalgia Virtual Race 2020



info@bridgendcentre.org.uk | Registered Charity No. 1123287

Bridgend Activities—Creative Arts

Bridgend creative Arts tutor Avril Corbett tells us a little bit about Thursday mornings activities in the Education room.

Creative arts sessions run every week with the first and third Thursdays of the month doing textile based activities and the second and fourth Thursdays focusing on paper. In the textile sessions we do a mix of hand and machine based work with the option for those who already have projects on the go at home to bring them in and get a little bit of technical or design help as they need. For others I'll provide the materials, ideas and samples to help them create pieces of patchwork, applique, tote bags or embroidery. Inspired by the season we've made fabric pumpkins in November and frothy baubles in December.



Paper based weeks follow the same pattern, turn up and have a go learning how to print, paper fold, quill or even weave. In the last year we made roses out of crepe paper, printed hearts for Valentines and origami stars for our Christmas trees.

Sessions are always accompanied by a hot drink, biscuit and lots of chat. It's a fun and relaxing way to meet new people along with the satisfaction that making and creating brings.

I've created a few videos of easy crafts you can try at home with materials you're likely to have lying around the house—have a look at <https://www.facebook.com/avrimakes/videos> until we can meet again in person!



Avril

Virtual activities using 'zoom'

Lockdown has encouraged many of us to keep in contact via new technologies but it's not just about meeting online with people you know— you can meet new friends in chatrooms, play games or do a fitness class with other people in real time right from your living room! Zoom is one such application that is fast becoming a new verb in our 2020 dictionary. You can search for videos on how to join a meeting but in brief here's how it works on desktops and laptops, for tablets and smartphones there is a Zoom Cloud Meeting s app.

1. Find a class or activity you want to join and register with that organisation.
2. They will send you a link to a 'zoom meeting' along with a unique meeting ID. It look something like this: <https://zoom.us/j/1234567>, Meeting ID: 1234567.
3. Click on the meeting link at the time your class is scheduled to join the session. This will open up a window in your internet browser and will connect directly to your class, click 'run' when prompted.
4. Check your microphone and video is on with the 'test your computer audio' button
5. Have fun!

VIRTUAL CLASS FOR OLDER ADULTS

Keep On Dancing Online

An energetic class for active older adults who feel confident standing and moving without support.

**Starting 5th June:
Fridays 10.30am
via ZOOM**

£4.50 per session

JOIN OUR SOCIALLY DISTANCED ONLINE CLASS WHERE YOU DANCE & INTERACT WITH OTHERS IN REAL TIME

Register at:
<https://zoom.us/webinar/register/W/NJe2v0DYQT-GL91bqwhTCw>

Terms & Conditions at:
www.cheshiredance.org/virtualclasses

Cheshire West and Chester
Sponsored by
ARTS COUNCIL ENGLAND

Cheshire Dance

You'll find some yoga and wellbeing activities here www.wea.org.uk/activitieslive/healthandlifestyle or how about some dance from www.cheshiredance.org/virtualclasses

Above Bridgend

More celestial shenanigans in Bollington

The sky watchers of Bollington may have noticed something unusual in the sky on Saturday evening as SpaceX's Falcon 9 rocket passed through our skies. Taxiing two astronauts to the International Space Station, the Falcon 9 is the first time a private company has put humans in space and this is the first time in nine years that an American crew has taken off from American soil. Accessing the space station had previously only been possible for American astronauts by purchasing seats on Russian capsules in that time.

It was the second attempt at take off and the rocket lifted off from the Kennedy Space Centre at Cape Canaveral in Florida at 3:22pm US time (8:22pm UK time) and went past the UK at 8:40pm, although the daylight was too bright at that time for most people to be able to see it.

On its second lap of the planet at 10:15pm UK time, it was much more visible and many people in Bollington saw it racing across the sky.

The capsule containing astronauts Bob Behnken and Douglas Hurley safely docked at the space station on Sunday.

This is seen as a significant step forward in space travel, as it makes it more affordable for NASA as they can subcontract the taxiing service to SpaceX. Another factor is that for the first time with space travel the rocket launcher is reusable, which significantly reduces costs for the company. Once the capsule was safely in orbit, the rocket came back down to earth and landed safely back on a ship called 'Of course I still love you'.

It is a busy old week for SpaceX as they are launching another 60 networked satellites on Wednesday using the Falcon 9 rocket as part of the Space Link project.



NASA astronauts Robert Behnken and Douglas Hurley

St Gregory's Primary School

'Year 6 pupils from St Gregory's Primary School on Albert Rd, Bollington, are looking forward to returning to their classrooms soon to give them a chance to show off their new Leavers Hoodies.

Anita Armitt, from the school's PTA said, 'Once we knew a lock down was imminent we were keen to give the children something to look forward to upon their return. Thanks to the amazing Louise at Classworx on King Edward Rd, Macclesfield she was able to design the art work, add personalisations and produce our hoodies in no time!'

Louise Renshaw from Classworx said, 'It was a pleasure to work with St Gregory's and come up with some lovely designs for them. I was determined to get their hoody's to them before school ended and was delighted to hear their teacher had arranged a zoom party so they could compare their different colours and designs.'

Check out pupils modelling their designs on the front cover!

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://](https://www.bridgendcentre.org.uk)



Reminiscences of Bollington—Lowther Street School



The land and building in Lowther Street were given during the 19th Century by Lady Maud Lowther, second wife of Thomas Legh of Lyme Hall, who lived at one time at Shrigley Hall. It was given in Trust such that its purpose was for the education of local children, and it was part of St John's school. The Deed stated that if it should ever cease to be used for educational purposes ownership should default to the Crown Estate, and this is what happened in the late 1990s.

The Crown Estate sold the school and its playground for development, the school being converted into four units and a further two cottages were built in the playground. The cottages stand next to the original cottages in Lowther Street and they have been matched so well that it is easy to forget that they are built almost two centuries apart!

Tim Boddington

Out and about—where we've been and what we've seen!

Because we have been walking every couple of days in and around Bollington, it's been interesting to see the new flowers that have emerged since the last walk. So far we have seen over 90 different species, and would hope to reach the 100-plus mark before too long. The most interesting so far is the Southern Marsh Orchid. We would be happy to share our list and locations with anyone who is interested, and even more pleased to receive emails (jhoyle2015@gmail.com) and suggestions from anyone who's seen anything interesting in the area.



Jim and Juanita

Recipe — Soda bread

No yeast, proving or kneading required for this quick and easy bread! Thanks to Cath Hockney for the recipe.

Here's a recipe for Soda Bread. I'm useless at making proper bread, my loaves turn out like bricks but this amazingly turns out ok. It doesn't keep for long but tastes good so that's not usually a problem.



Preheat oven to 200° C or Gas Mk 6

Ingredients

170 g plain flour

170g wholemeal flour

1/2 tsp salt

1/2 tsp baking soda

290 ml buttermilk (or whole milk with about 2 tsp lemon juice added and left for 5 mins then add 1 tsp honey)

Method

Mix dry ingredients then pour in buttermilk or milk mixture and stir with a knife until combined. Tip onto a floured worktop, cover hands in flour and knead briefly. Form into a ball and put onto a floured baking tray. Squash down slightly and make a deep cross on top with a sharp knife. Bake for 30 mins and cool on a wire rack. I can recommend this with cheese and pickle for a Ploughman's Lunch. If I can make bread this way, anyone can!

Have you got a favourite recipe you'd like to share or something that you'd love to learn to make? Get in touch at info@bridgendcentre.org.uk

Gardening corner

Vine Weevil

OR "WHY ARE MY NEW PLANTS DYING AND WHAT THE BLAZES IS THAT IN MY SOIL?"

Nothing's as heartbreaking for new growers as the sight of wilting seedlings, and yellowing summer plants you spent your hard-earned cash buying in. Chances are these little critters might be to blame.

Now's a good time to check inside the soil in your pots and beds for vine weevil grubs. Earlier in the year they'll be too tiny/grey to spot but will be at least 1cm long, usually white by now, and even emerging as black weevil. They eat roots. Big time. And they're not fussy. There are minimal things they don't like - eg ornamental grass, hairy leaves (geranium) and scented things like lemon balm, lavender.

Early signs: You will notice small 'nibble' holes across leaves, this is where the adults feed.

The adults tend to come out after dusk and can be picked off, but you will need 3 hands; one for the torch, one to grab with, and another to hold a jar underneath the

leaves to put them in - because if they get wind of you or feel a slight movement they will immediately drop to the soil below & hide.

Dealing with them:

If you find them in a pot, ditch the lot. Never reuse the soil. Clean pots thoroughly at the end of the growing season or before use. If possible, cover the soil in pots with a membrane around the plant and apply a gravel mulch over it. This may deter the adults burrowing & laying eggs.

Chemical treatments can be applied up to twice a year but you will never be able to grow edibles in the area, and may adversely affect biodiversity. Nematodes are suitable for all edible growing areas and are the nature-friendly solution.

Obtain plants from a reputable source, or check new plants' roots carefully before planting.

Move house. (Kidding)

Don't lose heart: it's not you! Forewarned is fore-armed, & you will get a feel for managing your seasonal planting.

It is just another good reason for encouraging predators such as birds and hedgehogs into the garden.

Article provided by Helen Wright of Transition Bollington, as part of the group's Food Resilience activities in the community

Plant of the week—Foxglove

Spotted across woodland, verges and waste ground the pink flowers of the foxglove are a beautiful sight from June to September. This biennial plant—meaning that it flowers in its second year—is an excellent source of nectar for bumblebees, honey bees and moths.

But it doesn't just benefit wildlife! The Latin name of the foxglove, *digitalis*, is also used for a drug that can help people with heart conditions. Don't try it yourself though, the drug is made from toxins in the plant which can be poisonous if ingested so like any wild flower, just enjoy looking at it in its native environment.

You can obtain more information here: <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/foxglove>



The Great Bollington Whitsun Scarecrow Show

The government COVID 19 lockdown has had a major impact on all our lives. Following the successful launch of the Bollington Community Support Volunteer Group the council started to think of ways to ease the effects of lockdown and, eventually, how to help the town come out of lockdown as restrictions were lifted. It was during a discussion with Gill Lancaster and Helen Sheldon about how Bollington Dementia Action Alliance could reach out to carers that the idea of a pop-up scarecrow show came about. With the council's blessing I immediately took on the project. The great attraction of a scarecrow show was that it could involve all the family, be done in the home and would be fun.



The decision was what should be the theme, the choice of COVID 19 heroes was obvious and resulted in a wide variety of scarecrows. We expected 20 to 30 entries at the most, in the end 65 scarecrows were made and shown throughout the village. This presented a challenge to the judges as they had to travel from Roundy Lane in Adlington to North End Farm in a day, a full 8 hours of judging. The change in the weather from fine and settled to cool and blustery conditions did not help as this meant much strengthening of entries. In the end only one scarecrow suffered damage.

Whilst our brave judges were busy judging Dawn and I went on a leisurely stroll to look at some of the scarecrows. Starting at Hollies we were immediately taken by the artistry, invention and

humour shown by the entrants. We also found a strong community spirit. At one front garden the owners had set up, at a safe social distance, a table with presents for their neighbour who was about to give birth. We also found a judge having an al fresco lunch of a Smith's pie! As a council we chose not to issue maps so that safe distancing was ensured. Instead I saw people pointing out to others where the next scarecrow could be found, which further strengthened the community feel of the event.

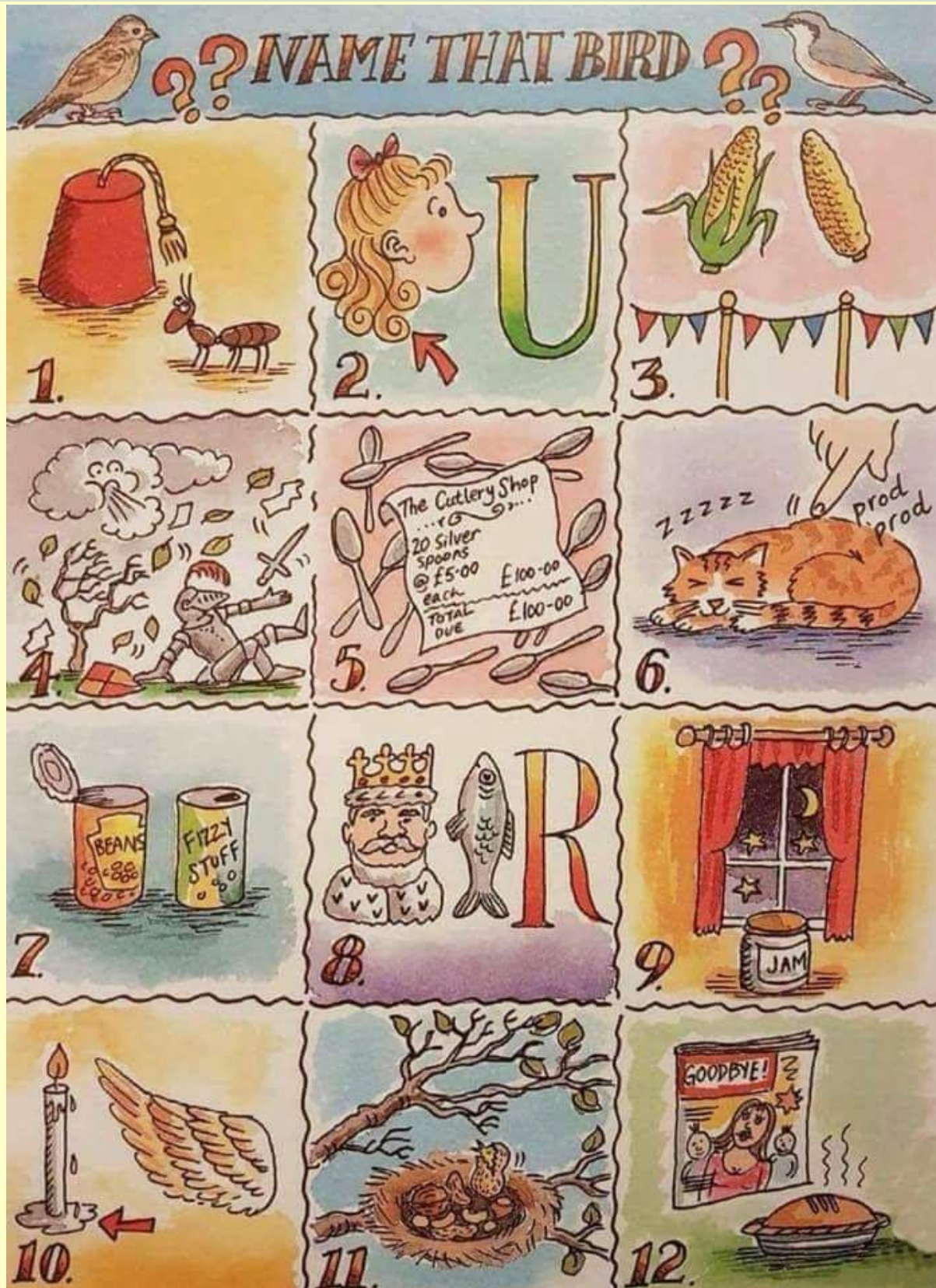
The scarecrow weekend was a huge success in that it generated a lot of entries, streets joined together to outdo each other and everyone had fun. The question is should we do this again next year? What do you think?

Roland Edwards

Answers to last week's collectives quiz

A bunch of	flowers, grapes	A ream of	paper	A cackle of	Hyenas
A litter of	puppies, kittens	A chest of	drawers	An ambush of	Tigers
A deck of	cards	A fleet of	ships, cars	A caravan of	Camels
A bouquet of	flowers, roses	A stack of	pancakes, hay	A clutch of	chicks
A convoy of	trucks	A tuft of	grass, hair	A crowd of	people
A pack of	cards, wolves, lies	A can of	worms, beer, beans	A flutter of	jellyfish
A mob of	sheep, kangaroos	A plague of	mice, grasshoppers, ants	A sack of	potatoes
A collection of	paintings, stamps, coins	A flock of	sheep, birds	A carton of	milk, eggs, beer
A colony of	ants, penguins, seals	A gaggle of	geese	A herd of	cattle, buffalo,
A swarm of	flies, bees, insects	A troupe of	acrobats		
A set of	tyres, golf clubs, cutlery	A box of	chocolates		
A hand of	bananas, cards	A suit of	armour		
A string of	pearls, beads	A pride of	Lions		
A school of	children, fish	A nest of	hornets, rabbits		
A pair of	socks, shoes, pants	A murder of	crows		
A bed of	roses, flowers, oysters	A flutter of	butterflies		
A pod of	dolphins, whales, peas	A parliament of	Owls		
A punnet of	strawberries	A wake of	Vultures		
A head of	lettuce	A romp of	Otters		

Mind game—can you name the bird from the visual clues?



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