

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation
Edition 12



Photo by Kay Stevenson

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 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.

In terms of the Bridgend Centre itself, non essential shops will be permitted to open from Monday 15th June. We at the Bridgend Centre are currently looking at how we might be able to open our charity shop safely over the next few weeks, so keep your eye out on social media and our website for updates.

Unfortunately initially this won't include any of our 'in-person' activities, drinks or walks.

This may take a bit of time as we consider the best way to do things, so thank you for your patience. In the meantime, if you can keep hold of your quality donations for us that would be fabulous.

We can't wait to see you all again.

Reminiscences of Bollington—Bollington's Paper Mills

We always think of Bollington as a cotton town – mills spinning, weaving, bleaching, dying and printing cotton. Well, it was certainly all of those, but all gone now. But there was, and remains, an industry that began here about the same time as cotton and has continued long after cotton left us – paper.

The first paper mill was located on the site of Rainow mill (Jimmy McNulty's glass works) in Ingersley Vale in the late 18th century. One Joseph Wagstaff operated this mill which was probably a primitive factory for making sheets of paper. In 1801 this mill was converted to cotton spinning, so it didn't last for long.



Never again was paper actually made in Bollington but paper processing returned to the town in 1876 when a company called Backhouse & Coppock Ltd. Were established here, although we don't know which mill they used. This company specialised in coating papers and pasteboard (like thick cardboard). That business later moved to Macclesfield, first to Pickford Street, then to Sutton mill in Oxford Road.

Next came Henry & Leigh Slater who, in 1875, converted Lower mills from cotton to paper coating. Later in the 20th century Lower mills passed to Tullis Russell who remain there today undertaking the same paper coating processes. Lower mills is probably unique in Bollington where a mill continues the same industrial processes for as long as 145 years. One of their products is the specially coated paper required for printing stamps, which is supplied to very many countries all across the world.

Slater Harrison was established in 1929 occupying Lowerhouse mill, and they, too, process paper and card stock by adding coloured coatings, often shiny or fluorescent, particularly for the retail display industry – promo boards and signs in shops.

Let us return now to Backhouse & Coppock – they moved to Macclesfield and were taken over by the Scottish company of Inveresk Paper Co. In 1981 Inveresk decided to close Sutton mill, so a new company called Coated Papers Ltd. was formed out of Backhouse & Coppock staff and processes and established in Cheddleton near Leek. In 1984 Coated Papers were taken over by – Tullis Russell, so re-establishing their connection with Bollington! **Tim Boddington**

Spotted in Bollington!

The guest editor managed a stroll up through Harrop Woods before sitting down to the computer. Mornings, afternoons and evenings have been brightened by wildlife visitors to the garden and a new bird feeding station purchased at the end of March has given hours of entertainment but it is always nice to see birds in their natural environment. As a fledgling birdwatcher they were delighted to see a young spotted flycatcher taking in the view from high up on a tree top as they approached the stream.



Crossing the bridge a female redstart attracted attention with a distinctive alarm call, wagging its tail. Walking along the track back towards Bollington the large cries of a chick demanded attention and it was easy to spot a pair of greater spotted woodpeckers feeding their very demanding young. As they descended down the hedgerow between hedges full of busy blue tits a pair of bullfinches sat calmly having their breakfast in a large horse chestnut. The males rich pink red breast contrasted greatly with the fresh green leaves. Across the lane a chaffinch favoured the dizzy heights of a tall conifer before disappearing from view. What a lovely start to the day!

Why I'm walking the Nostalgia Virtual Race

Bridgend volunteer Claire Kerkham has decided to walk this year's 'Bollington Nostalgia Virtual Race' to raise funds for the Centre. Here she tells us why.

Running was my thing. Kept me fit, cleared my head and got me out exploring new places. The last time I ran a 10k was over a decade ago, I was happy with my time of 49 minutes.

My running deteriorated quite rapidly after this and I soon wasn't able to run round Bollington rec for more than a few minutes without feeling as though I would pass out. I was told that I was perfectly healthy and likely just a bit unfit.



Claire with her running companion and coach 'Bea'

Fast forward to 2017, I collapsed on the beach surfing.

Not long after that incident I wasn't able to climb the stairs at home without collapsing on the bed, I was deteriorating rapidly. December 2018 I was rushed into Papworth hospital and finally diagnosed with a rare lung disease – Idiopathic Pulmonary Arterial Hypertension (IPAH). A progressive disease with no known cause or cure. I was classed as severe, my lungs at the final, end stage. I am lucky to be alive, but, told that I would never run or surf again.

Fast forward to now and under the care of the amazing team at Papworth and new pioneering medication I have been able to slow the progression down and, well, been given a new chance at life for which I am eternally grateful. So walking this 10k for runners is a privilege and hopefully the start of more to come. I like to focus on what I can do, rather than what I can't, and push myself every day if I am able. I find new versions of my old challenges. I feel grateful that I can be part of this brilliant virtual event and raise funds for a vital inclusive charity supporting all aspects at the heart of the local community. Everyone wherever you are can get on board and do your version.

Please support the incredible Bridgend charity by signing up & getting out into the great outdoors or by kindly sponsoring us. If you would like to sponsor us, please go to my Just Giving page: <https://www.justgiving.com/fundraising/claire-kerkham1>

Claire Kerkham



Photo from last year's event



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

Keep smiling!

Accessing Dental Care in England from 8 June



From 8 June dental practices are able to open. Practices will need to prioritise patients with the most urgent need.

If you need help from a dentist:

- contact your dental practice by phone or email.
- you will be given advice or offered an appointment if appropriate.
- for urgent dental care you can also use the NHS 111 online service.

Please do not visit your practice unless you've been advised to. This will ensure the practice can continue to provide essential care safely.



Bollington Pop-up Horticultural Show!

Bridgend Centre

Bollington Front Gardens Window Boxes, & Hanging Baskets Out Of Lockdown Pop-up Show!



11-12 July 2020



Bollington Town Council &
residents group
Transition Bollington

invite you to take part in the Great Bollington
Front Garden / House Front
Pop-up Horticultural Show!

***** All government guidelines on distancing *****
***** will be observed during judging *****

Your garden can be conventional, herbs, fruit and vegetables or eccentric! No theme, just for fun, but it must be visible from the road or pavement.

We will photograph your front gardens, window boxes or hanging baskets and the best in each category will receive a prize.

The winner will be announced on the
BTC Webpage and Facebook



To enter send your name and address to
Roland.Edwards@Bollington-tc.gov.uk.

Entries close 8th July

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





Reading is always a pleasure but often there seems to be too much to do and it can fall to the bottom of the 'to do' list. The recent lovely weather along with our staying at home helped me get through a few more books than normal and I took a quick snap before I pass them on to friends or save them for a certain charity shop I know and love!

They're a fairly mixed bunch but a few comments on those I'd recommend. The most enjoyable was the Dutch House by Ann Patchett – I always visualise scenes in my mind and I would love to see some the spaces in this book visualised on the big screen. It has its fair share of nice and less nice characters to keep the reader entertained and wondering what their response would be to some of the situations. Definitely a read about the complexity of relationships.

The House Between Tides by Sarah Maine similarly conjured up terrific imagery especially as I'd toured the north of Scotland and some Hebridean islands two years ago. While I wanted to give one of the characters a good shake at times the story had drawn me in enough to keep reading and wanting to know what happened next. It moved between stories 100 years apart and touched on the folklore and traditions of an isolated culture pitched against contemporary ideas of progress.

Black Swan Green by David Mitchell was the most surprising, not a book I would have chosen – all the titles were passed to me by friends – and I didn't expect much from it but thoroughly enjoyed it. The 13 year-old male narrator took me right back to the awkwardness of youth and his trials and traumas were both funny and poignant whilst set against events that I watched on the news and today's youth regard as history.

Once in a House of Fire by Andrea Ashworth was the saddest book. Non-fiction with some names changed to protect people, it records an upbringing that one would wish had only been imagined. It is a disturbing read, because it is true, but neither self-pitying nor glamorising.

There have been a few others that I read digitally and more stories or plays that I listened to on the BBC Sounds app so plenty of ways to enjoy the quiet and get lost in another life. What have you read or listened to that you'd like to pass onto a friend? **Avril Corbett**



My husband Ed and the bank manager have something in common...they both think that David Austin has a lot to answer for.

When we first moved to Kestrel Cottage we inherited two roses. There are now 49 specimens growing here and they form the backbone of the garden design providing flower, fragrance and interest from early May, all the way through to November.

It was Mum who first introduced me to English Shrub Roses and, in so doing, sparked my love for this beautiful flower. She took me to Sissinghurst Garden, famously created by Vita Sackville-West, and showed me how Old English roses were used in mixed borders to provide structure and compliment the rest of the planting. This was such a revelation for me and created a much more interesting, satisfying picture than the formal rose-only beds I had, up until that point, associated them

with.

The following June we took a trip together to David Austin Roses in Shropshire and I was bowled over by the stunning English Shrub roses that are the product of his lifetime's passion, vision and breeding expertise. (The Cream Tea was pretty memorable too.) The fact that I could now get that delicious old opened up all sorts of possibilities in my tiny courtyard garden where every square inch of planting space was valuable and therefore had to perform.

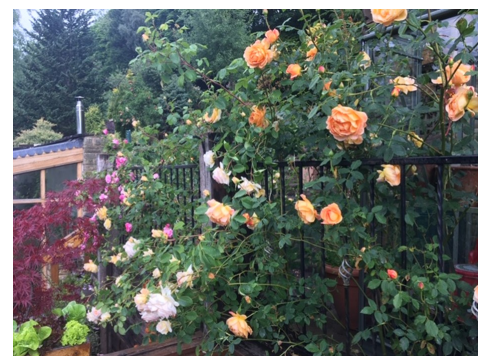


Ten years later and now with a third of an acre of garden to develop, my passion for roses finally has scope to be indulged -to my delight, our neighbour's amusement and Ed's bewilderment. (I'm fairly sure DPD Driver Dave has some views too!) The trouble is, there is just so much choice - all so beautiful – how does one select what to grow and what to eschew? Thankfully, these are wonderfully versatile plants. We have them rambling through trees, scrambling over an arbour, climbing the cottage walls, providing hedging for the vegetable beds and tumbling over terracing. Currently we are developing two new mixed borders at the top of the garden and the roses are pivotal plants for the 'Pink Border' and the 'Hot Bed' alongside other cottage garden herbaceous perennial favourites – it's the roses that tie the schemes together.

Even their names are satisfying. There are the regal Princess Alexandra of Kent, 'William and Catherine' and Crown Princess Margareta; the literary Bathsheba, Tess of the d'Urbervilles and The Lady of Shalott; recognition for gardening greats with Gertrude Jekyll and Graham Thomas; and a nod to the arts with Darcy Bussell, Dame Judy Dench and James Galway. We plot a course though the garden using the roses as compass points..."Go up to 'Munstead Wood', hang a right past 'Winchester Cathedral' and that bit there, next to 'This Sceptered Isle'..."

I have promised Ed that my 'investment' in roses will slow down now as we develop other areas of the garden, after all, 49 is a sizable collection. But then there is that bare bit of wall at the top of the garden...I'm sure a rambler would look stunning there and the hips would be good for the birds...and 50 is a good round number...

"Ed! Where has the roses catalogue gone?" **Kate Bush**



Plant of the week—Elderflower



The Anglo– Saxons believed the elder tree to be sacred and part of the myth recounts that the *Elder Mother* enabled the plants to provide natural gifts and blessings. And it certainly is a plant that gives— from the heady fragrance to the juicy berries , there is a plethora of recipes that use these parts of the plant—despite them being slightly poisonous when raw! Right now is the time though, to wander along hedgerows or past waste ground and spot the trees covered in creamy white blossoms. The tiny flowers sit grouped together in large flat umbels before giving way to purple-black berries.

For more information and further recipes see <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/elder/>

Recipe — Elderflower vinegar

This recipe is quick and easy to make. It preserves the scent and flavour of summer all year round though is ready to use straight away. It's great for dressing salad leaves or even sprinkled over some juicy strawberries—especially when sitting outside on a warm summer evening!

Ingredients

- 6 + large heads of elderflowers
- 350ml bottle of white wine vinegar

Method

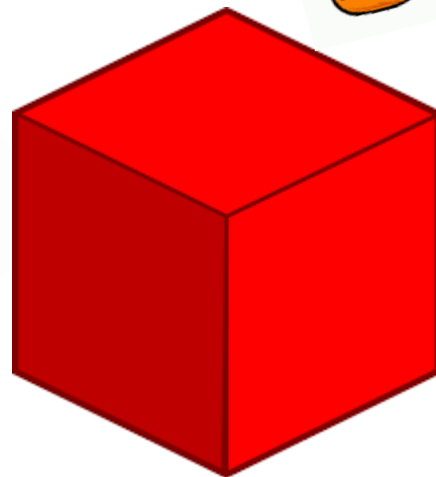
1. Go for a walk!! Ideally in the morning and enjoy the birdsong and views while you hunt out some elderflowers. Once you've found a tree pick at least 6 luscious heads of elderflowers. I try to choose ones that have just come into bloom and are bursting with fragrance.
2. Once home pick over the elderflowers, removing any little critters and snipping the flowers off the stems.
3. Pop them into a saucepan and pour in the vinegar.
4. Bring gently to just below boiling using a potato masher or spatula to press the flowers down under the vinegar.
5. Cover and set aside until totally cooled.
6. Remove most of the flowers with a slotted spoon, squeezing out the liquid on the side of the pan then strain the rest back into your vinegar bottle or into an alternative sterilised bottle.
7. Label up and enjoy!



Mind game—general knowledge and maths combo!!

Answer the questions and do the sum along the way!

1	Take the number of degrees in a triangle
2	Take away the number of legs a spider has
3	Divide by the number of calling birds in a Christmas song
4	Add on what a bird in the hand is worth
5	Divide by the date in November associated with Guy Fawkes
6	Add the number of right angles in a cube
7	Take away the date of the longest day this year
8	Add on how many in a baker's dozen
9	Multiply by the number of musicians in a quartet
10	Divide by the number of cards in a standard deck



Mind game—last weeks birdy answers

1. Pheasant
2. Curlew
3. Corn bunting
4. Nightingale
5. Spoonbill
6. Kittywake
7. Toucan
8. Kingfisher
9. Nightjar
10. Waxwing



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