

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 13**



'A work in progress' - Bench erected on Jumper Lane, Rainowlow as part of the Bridgend Tree Trails project. Photo: Martin Potter

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.

We are currently working on re-opening our wonderful charity shop and are looking at a potential date of mid-July. More information will be coming out regarding this very soon, so keep an eye on our website and social media....

In the meantime, if you can keep hold of your quality donations for us that would be fabulous, thank you so much.

Bollington Nostalgia Hill Race

With just over three weeks to go in which to run your 10k race for this year's virtual hill race it's perhaps a little late to take up running if you're new to the sport. You can still show your support to the Bridgend Centre by sharing the event with friends and family that are runners—the great thing is they can take part from anywhere in the world this year—read about Lindsay below, who will be running in Cumbria. Hopefully we'll be out running in reality in 2021 so if you want to set that as your goal check out the 'couch to 5k' scheme—<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/> - a structured route to running that builds up over eight weeks. It's just one of many training plans on the internet that help runners of all ages and experience start, maintain or improve their running!

Could Lindsay be our furthest flung competitor?

Hi everyone. My name is Lindsay and I've signed up to do the virtual Bollington Nostalgia Hill Race in support of the Bridgend Centre.

I am originally from Macclesfield but now live in Carlisle, Cumbria. I have strong family links with Bollington; my dad was born there and my auntie, uncle and cousins still live there, so when I saw the virtual race it really sparked my interest. I work for a charity too so when I saw this race was organised by a charity which makes a valuable contribution to the Bollington community that was the deal sealer for me and I signed up!

When I lived locally I wasn't a runner, in fact I was definitely a couch potato and avoided all sport at all costs! About 8 years ago I needed to lose a lot of weight and lead a healthier lifestyle so took up running. I mainly ran on the road and did parkrun but more recently I have loved fell running and cross country. I'm not fast but I absolutely love training, taking part in events and meeting new people! I'm really looking forward to taking part in the Bollington Nostalgia run and wish everyone the best of luck!



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 singing along online at our Friday Morning Social

We are pleased to announce the first of a fortnightly online 'social gatherings' hosted by our choirmaster, Darren Poyzer, on Friday 3rd July at 11am.

As the lockdown scenario restricts us from meeting in person we are keen to maintain links with all our choir members, and of course anyone who appreciates The Bridgend Centre, whether they sing with us or not. Therefore we are looking to get together initially via a fortnightly Zoom video meeting,

Still in the planning stages, it's likely our first gathering will be a few, therefore we will look to identify those who may just need a little technical support from the outset, in order to boost our number. Darren is hoping to have music quizzes

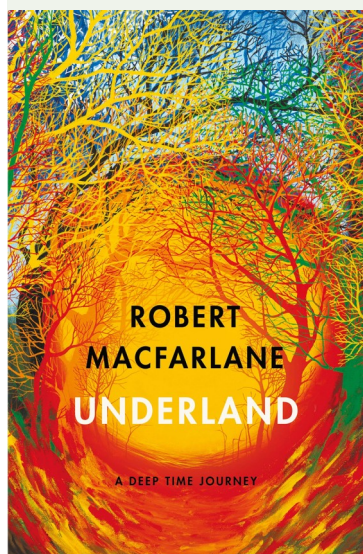
and other things to do but also time to enjoy the chat and exchange of information.

If you would like a link to be able to join the meeting please email darrenpoyzer@gmail.com



Book review

Underland by Robert McFarlane.



I don't often read non-fiction but my husband started reading this and couldn't stop talking about it. I am the same - it is absolutely fabulous, captivating and haunting in its imagery and language. The writing style is lyrical and poetic and simply beautiful while remaining accessible and informative. It had me captivated with stories of the author's visits to places

under the surface - caves in the Mendips, mines in Whitby, catacombs in Paris, crevasses in Greenland as well as the surface under the sea near Norway among others. It tells stories of people who have come before seamlessly alongside McFarlane's experience of the place now. It offers a different perspective on human's impact on the planet - in a though provoking way without being preachy, asking us to consider what geological imprint human civilisation, and our modern contribution, will leave behind when humans are long gone.

Nardia Lloyd- Ashton

Plant of the week—Yellow Flag Iris



A lover of ponds and marshy areas doesn't stop our plant of the week popping up in all sorts of places! For example the Editor has noticed large clumps of these

growing along the canal in recent weeks.

The statuesque yellow flag iris or *Iris pseudacorus* has a large yellow heads with drooping petals, thought by some to be the inspiration for the timeless Fleur de Lys motif. Bees love its nectar rich flowers and planting it at the edge of a wildlife pond gives tiny creatures places to hide and also a way to crawl up out of the water. Be careful though—this is a vigorous plant—plant it in a basket and divide every three years to keep it under control!

For more information go to: <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/yellow-iris>



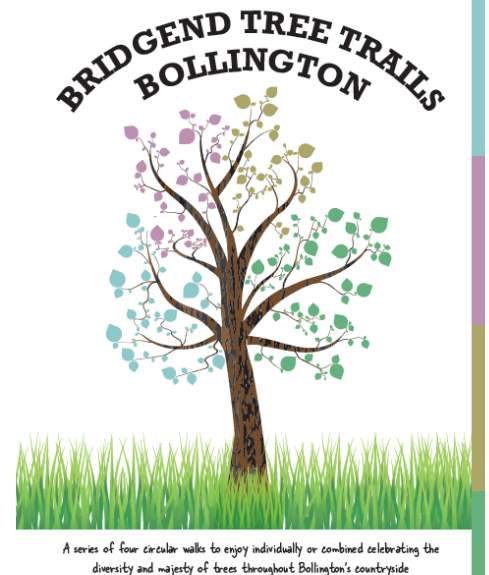
Tree Trails—project update

After a period of lockdown I am glad to report that the updating of the Bridgend Centre's four Tree Trails is well underway.

Way back when it was a bit wet and muddy (!!!) intrepid volunteers got their boots on and reported back on the state of the footpaths and what waymarkers and information boards could be found. After collating and reviewing, route descriptions were updated, marker numbers revised and a creative team enlisted in the form of Bridgend's very own Anna Barker producing beautiful illustrations, volunteer Pete Thorp bringing fresh new graphics to the whole scheme and local joiner Martin Potter replacing and installing a bench to enjoy the view from on Tree Trail 4.



We are now in the final stages of completing the booklet and the new markers will be making an appearance from the first sunny day next week. Keep a look out if you're walking in a clockwise direction around Bollington! **Avril Corbett - Tree Trails Project Worker**



Lone walking in lockdown

Many of us will be missing our regular group walks but that doesn't mean we have to stop walking. During the lockdown I have been rediscovering the rich variety of local walks on our doorstep. The roads have been quiet, clear blue skies are free of aircraft and each day has brought more sightings of spring flowers and new lambs. Walking alone with no distractions can be very therapeutic and there is always the possibility of a chance meeting with a friend for a socially distanced chat.



If you need inspiration about where to walk then the Bridgend Heritage Trails are a great starting point. Or just set out and explore, follow a footpath sign and see where it takes you. When the lockdown started I was reluctant to touch gates or stiles. Then I developed contactless gate opening using a walking pole to lift the latch and push the gate open with my foot or elbow. If you don't use a pole just look on the ground nearby for a twig, that will work just as well.

Venturing slightly further afield has started to feel quite exotic. A climb up to Sponds Hill was rewarded with great views over Lyme Park to Manchester and beyond. An expedition to the Goyt Valley is starting to feel like a trip to a foreign country! Finally, for 'armchair walkers' I can recommend Wildside Walks for inspiring videos of local walks and reflections on the benefits of walking during lockdown. **Chris Brear**



Chris in happier times on a Bridgend walk to Wolf Edge

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.

Coronavirus has hit the Centre hard as we had to close our wonderful charity shop. If you would like to help, please go to our website to donate: <https://bridgendcentre.org.uk/home/donate/>

Thank you



Bollington before our wonderful NHS

Our extraordinary members of the NHS have saved hundreds of thousands of lives in the past three months alone and we rely on their professionalism and expertise for so many aspects of our lives, but how did our Bollington community cope before the creation of this wonderful NHS?



Dr Eileen Coope

Contrary to popular belief, medicine was not only a male domain. As far back as the late 1920's Bollington boasted not one, but two, lady doctors; Dr Eileen Coope and Dr Olga Chadwick. Both ladies were married to doctors, Dr Geoffrey Coope and Dr John Chadwick respectively, these being two of the original 'family practices'.

Although, prior to the creation of the NHS in 1948, consultations and treatment were not free, for those on a very limited income there were numerous ways of paying. It could be a dozen eggs from a farmer or meat from the butcher.

'I remember the doctor coming when I was a child. I was ill quite a lot and, if I was able, he'd have me out of bed and on his back – donkey riding! He was fabulous. For my Aunt, every day was a baking day and she'd leave them to cool in the doorway. He always used to pick up a cake on the way out, instead of his bill.'

Doctors were multi-talented, very hands-on and worked incredibly long hours. They could take tonsils out, do minor operations and attend home births, as well as running surgeries.

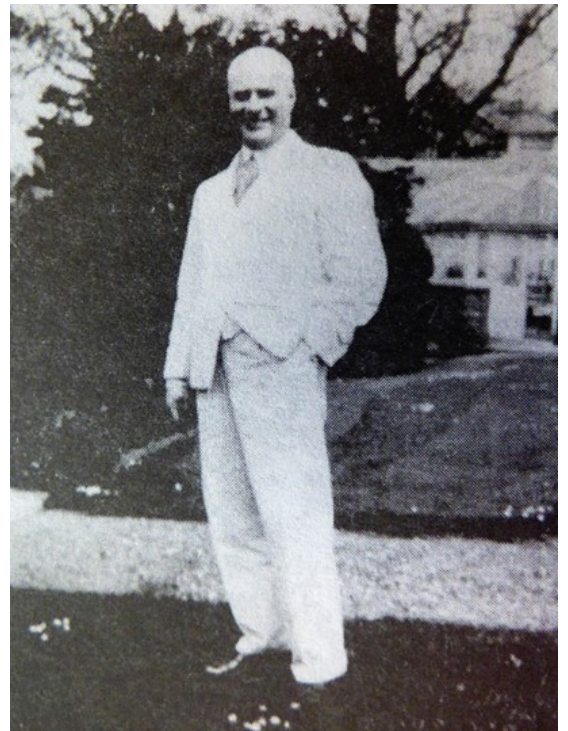
'My Dad had his leg set on the dining room table. My Grandmother couldn't put her hat on because of this lump on her head. The doctor put sheets around the room and cut the cyst off!'

'Two healthy children born at home, when the war was on. The midwife and Dr Chadwick. He said, "Come on. You'll have to hurry up. My surgery's waiting!"'

There were no purpose-built medical centres in those days, just a room in the doctor's own house and no appointments were made. Dr Eileen and Dr Geoffrey's son, John, who also became a doctor, recalled:

'The first surgery I remember was in Brook House, which is next door to the Waterhouse. It was tiny. It was just one of the back rooms in my parents' house. The waiting room was very, very small and had a bum-rest around the wall to lean against, so you weren't actually encouraged to make yourself too comfy! When you saw the queue of patients outside the door, waiting to get in, you knew you had a long evening in front of you!'

John's brother, Maurice, also became a doctor. Dr John then went on to marry a doctor, Dr Jean, and Dr Maurice married Dizzy, a physiotherapist, all of whom worked at the Waterhouse surgery, so carrying on the family tradition. The family practice continued when Dr John and Dr Jean's son, Gerald, also took up the profession and each served our community for all their working lives.



Dr Geoffrey Coope

Naturewatch—Cheshire Wildlife Trust

Summer has come to Bollington and the sycamore and oak are now in full leaf; the bluebells have faded and the hillsides are now dotted with yellow tormentil flowers creeping on tendrils through the grass. High above Pool Bank swifts flit about on warm evenings, feeding and even sleeping on the wing. Aerobatic teams of five or six wheeling and swooping in formation, their high pitched screeching barely audible below.

Bollington is encircled by old secret quarries; away from the barbeques, cyclists and walkers and away from the dogs, cats and sheep, nature has reclaimed these quiet corners of the town. Ivy-clad rock faces were once exposed to the sun when quarrymen of long ago hew out their living. Now the chiselled, cracked rocks are dark havens for bats, lichens and ferns. Woodsage, foxglove and bramble have replaced the rubble and dust, and scurrying beetles have replaced the men. Instead of the hammer the only sound of the quarry today is the rustling of leaves as the wind passes through.

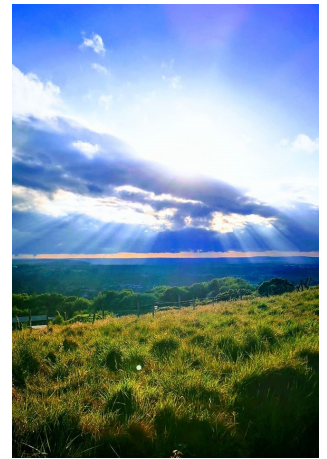


Photo by Ed Baron



Photo by Ed Baron

The bedstraw, bilberry and sky-blue speedwell have been here since long before the church at Pott Shrigley. The delicate white flowers of pignut that cover Nancy Side in late May and June would certainly have been here a thousand ago, providing food for roaming wild boar.

It is in autumn when ancient grasslands reveal their real jewels when brightly coloured waxcap fungi poke their shiny heads through the grass. The yellow butter waxcap, the scarlet waxcap and the pale pink ballerina waxcap, so rare and fragile with its pink and white skirt. Who would guess that the damp Bollington Hills are one of the best places in the world to see these marvels?



But for now these strange fungi lie sleeping underground, as they have done for hundreds of years, in hidden fairy rings, waiting for the cool moist air of autumn to return. **Rachel Giles—Cheshire Wildlife Trust**



Recipes—elderflower inspiration

At this time of year, the Elder trees are in full bloom and many of us just walk on by without realising those flowers are a wonderful ingredient for numerous recipes. I've listed a couple below for anyone feeling inspired to go out collecting. Arm yourself with a large bowl, bucket or even a bag for life works well, some scissors or secateurs and head out on a warm, dry day (don't collect when wet) Snip off the full flower head of those where the tiny buds are just opening, do leave some so there is a crop of berries in the autumn. Once home, gently rinse the flower heads and inspect and remove any insects then pick the recipes you fancy trying.



Elderflower Cordial

25 elderflower heads
zest and juice of 3 unwaxed lemons
Zest and juice of 1 orange
1kg of sugar
1 heaped teaspoon of citric acid (optional)

1. Heat 1.5 litres of water and pour over the elderflowers and citrus zest, cover and leave overnight to infuse
2. Strain the liquid through a scalded jelly bag or piece of muslin into a large pan. Add the sugar, lemon and orange juice and the citric acid (if using)
3. Heat gently to dissolve the sugar, bring to a simmer and cook for a couple of minutes.
4. Use a funnel to pour the hot syrup into sterilised bottles, seal and store somewhere cool ready for use. (recipe makes around 2 litres)

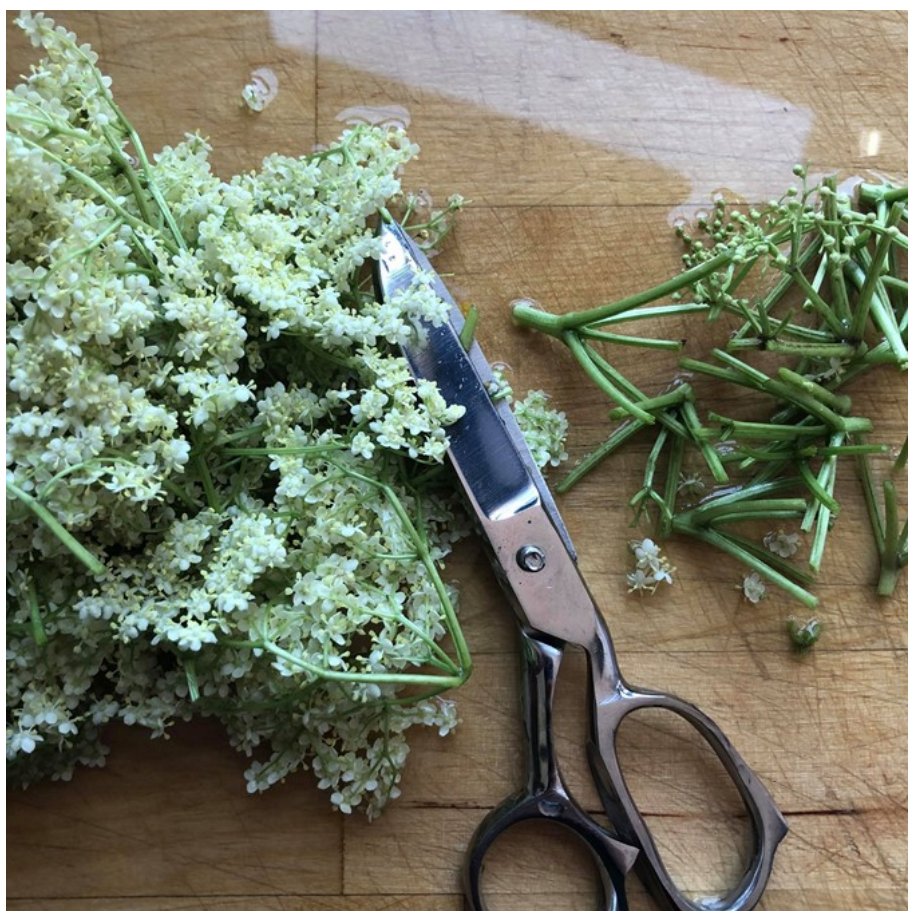
Elderflower Gin

6-8 elderflower heads
1 strip of lemon peel
1 tablespoon of golden caster sugar
500ml of a plain Gin such a London
(supermarket own brand is fine for this)

1. Place the elderflowers in a large jar or jug
2. Add the lemon peel, caster sugar and pour over the gin.
3. Leave to infuse for 24 hours
4. Strain through a coffee filter or 2 pieces of kitchen paper into a clean bottle.

The infused gin will last for up to a month

Jo Maitland (pictures courtesy of Neets from the Manchester Bee Co)



Mind game—name the flowers and herbs!

- | | |
|---|--|
| 1 This flower is one in the eye for the girl? | 11 Duration? |
| 2 Got up? | 12 Bill sounds like a nice fellow? |
| 3 Please remember me? | 13 Industrious Queen? |
| 4 Fashionable feline? | 14 Receptacle for dairy product? |
| 5 Cunning animals hand warmer? | 15 Used in thickening sauces? |
| 6 Bovine error? | 16 Mrs Bucket's first name? |
| 7 Wed precious metal? | 17 Enclosure in criminal court for prisoner? |
| 8 Spring moth? | 18 A nice pad on a lake? |
| 9 Sad ringer? | 19 A vicious Welsh emblem? |
| 10 Vehicle state? | 20 A wise old herb? |



Answers to last weeks general knowledge and maths combo!!

| | | |
|----|---|------------------|
| 1 | Take the number of degrees in a triangle | 180 |
| 2 | Take away the number of legs a spider has | $- 8 = 172$ |
| 3 | Divide by the number of calling birds in a Christmas song | $/4 = 43$ |
| 4 | Add on what a bird in the hand is worth | $+ 2 = 45$ |
| 5 | Divide by the date in November associated with Guy Fawkes | $/5 = 9$ |
| 6 | Add the number of right angles in a cube | $+ 24 =$ |
| 7 | Take away the date of the longest day this | $-20 = 13$ |
| 8 | Add on how many in a baker's dozen | $+ 13 =$ |
| 9 | Multiply by the number of musicians in a quartet | $\times 4 = 104$ |
| 10 | Divide by the number of cards in a standard deck | $/52 = 2!$ |

10/10

Bridgend Centre, 104 Palmerston Street,
Bollington, Cheshire. SK10 5PW

Temporary phone number: 01625 813173

Email: info@bridgendcentre.org.uk
www.bridgendcentre.org.uk

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