

# BRIDGEND COMMUNITY NEWS

## Bridging Social Isolation

### Edition 14



Photo: "Clarence" 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 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](mailto:info@bridgendcentre.org.uk) for us to include.

In exciting news, we plan to re-open our charity shop on Monday 13th July. We will be accepting donations from Monday 6th July, by **appointment only**. Booking an appointment can be done quickly and easily on our website at [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk). More details can be found on page 2.

## Bridgend Charity Shop set to re-open

We are pleased to announce that our Charity Shop will be opening from Monday 13th July. Of course, in order to protect our staff, volunteers and customers, things will be different from before. We are sorry it won't be the same but hope that this is just for an interim, limited period while we have to control the spread of the Coronavirus in our community.

It will only be the Charity Shop that is open. We will not be running any of our usual groups, face-to-face support services, walks or drop-in cafe.

Initially, our shop opening hours will be Monday, Wednesday and Friday 10am – 2pm and Saturdays 10am – 1pm.

When we re-open the shop, there will be strict social distancing measure in place to protect you. More information on giving donations and shopping at Bridgend can be found on our website.

Of course we will welcome your wonderful donations as they provide such a valuable income for our Centre. In order to keep everyone safe at the Centre, **donations will be by appointment only** from Monday 6th July. For more information and to book your slot, please go to our website.

Thank you so much for your support, it means the world. We can't wait to see you all again.



## Plant of the week—Comfrey

Comfrey (*Symphytum Officinale*) is a green plant with purple, blue or white flowers that can be seen in our fields, hedgerows and riverbanks at this time of year.



The root and leaves of the comfrey plant have been used in traditional medicine in many parts of the world. It was originally called “knitbone” and people used it to treat muscle sprains, bruises, burns and joint inflammation.

Its other use is as a plant food. For every 1kg of leaves, you need 15 litres of water, but it doesn't need to be precise. Cut the leaves 5cm from the ground, fill a container, add the water and wait four weeks. Then use this liquid diluted (a small amount in a can of water) on any plant that needs nourishment: once a week for tomatoes, chillies, aubergines, cucumbers and other fruit in pots once the flowers appear; every other week for other crops in pots and whenever anything in the ground needs a little boost. The leaves are rich in nitrogen, potassium and phosphorous because comfrey's extensive tap root can mine all the good stuff deep in the soil.



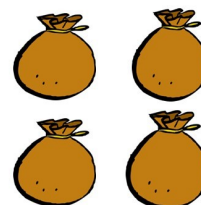
The Bridgend charity shop will be opening in July! In order to protect you and us, things will be different for a while here at the Centre. Our usual services (activities, community support and refreshments) will not be operating from the building, it is simply the charity shop.

**Donations by appointment only**



Donations will be stored for 72 hours before we touch them

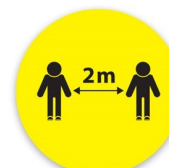
**Donations limited to four bags/boxes per person**



**A one way system is in place**



**Please maintain social distancing of 2 metres**



**Thank you for your support and understanding**



## Reminiscences of Bollington—Bollington Methodists

Like many places with a history going back over centuries, Bollington has had a wide variety of churches.

Methodism has always been very strong around here and the Wesleyan Methodists were the first to develop a congregation here, well not quite here.

The first building close to Bollington built for Methodist worship was on Billinge Hill (Rainow, but overlooking Bollington), a small chapel which was in use from 1781-1807. It was sold when it became too small, and is today a cottage.

The first Methodist chapel built in Bollington was opened in 1808 on the site of today's Methodist church in Wellington Road, an area known then as Knowles Green. The chapel was also used as a Sunday school for the children until purpose built accommodation was provided close by at the Large Sunday school at the bottom of School Brow (Hurst Lane).

Over the years there were four different Methodist groups. Places of worship included the New Connexion chapel on Grimshaw Lane (Rose Bank), the Primitive Methodist chapel on High Street (High Court), Kerridge Methodist chapel, as well as Wellington Road. Over the same years there have also been three Wesleyan chapels and churches built at Knowles Green. The picture shows the second (1838-1884) on the Wellington Road site.



**Tim Boddington**

## Recipe—Gluten Free Oat Muffins by Rita Galan

Today we are going to make gluten free banana, oats and chocolate chips muffins. This recipe has no refined sugar, no flour and can easily be adapted to be lactose free. It can be described with just 3 words: easy, healthy and delicious. Let's crack on and find out how to make 14 muffins in just half an hour!

To prepare these muffins we need Milk (250 ml), 2 eggs, 240g Oats, 3 Bananas, 50 grams of Dark Choc chips and 1 tbsp baking powder. There are 2 additional ingredients that

I love adding when I bake, these are optional: Chia seeds (1 tbsp) and Linseed (1 tbsp). They are among the healthiest foods on the planet and are said to have lots of benefits for your body and brain.



All the ingredients shall be mixed in any order except the chocolate chips that should go last to prevent them from melting in the batter.

The riper the bananas the better. However, if you don't have ripe bananas to hand you can use my little trick—put them in the microwave for 1 or 2 minutes and they will become soft and will blend better in the mixture.

I would also advise to preheat the oven to 180 degrees. Once your mixture is ready, prepare your silicon baking cups (or Non-Stick Muffin Tin), better not to put them directly in paper liners, you would risk your cupcakes sticking to them. Depending on the size of your cups you might need to divide the batter into around 13 to 15 muffin cups. Bake for around 20 to 25 min, when you see the edges starting to brown they will be ready.

They are soft inside and the combination of banana and chocolate is delicious.

## Hello from our friend Pat Murphy—Part 2

Just a brief update from sunny Doha in Qatar where I came on February 22nd for a 3 week stay with my middle son and family but then the Pandemic started and I am still here wondering when to take the risk to fly home.

The weather was fantastic at first but it is getting hotter and hotter now. Last week we were hitting between 47 and 50 degrees (roughly 122 in old money!!) Beautiful sunshine but too hot to go out and enjoy it.

We have also been on Lockdown which is just starting to lift but before it started I was able to see a few of the magnificent football stadiums Qatar have been building ready for the World Cup. One looked just like a giant Bedouin Tent - they built the stadium first and then transformed the outside to appear to be a tent.

I am still doing twice a week Zoom Physio exercise classes with Hannah Atkin from Bollington Leisure Centre which have been a lifesaver for me plus learning to play the recorder with the help of U Tube. What's App and Zoom are helping me to keep in touch with my family in Pott Shrigley and Wilmslow plus all my Bollington friends. I look forward to reading Becky's Newsletter each week.

Hopefully when I do return our wonderful Bridgend Centre will have opened up and I cannot wait to see the fantastic refurbishment. Stay safe everyone

### Pat Murphy



### Quick mini quiz!

The Royal Mail are bringing out a new set of stamps celebrating the rock group Queen. Just for fun can you answer the following questions—answers on page 8!



1. What was Queen's first UK no.1 hit?
2. Name Queen's bass guitarist?
3. Where was Freddie Mercury born?
4. What other glam rock star had a set of stamps created honouring them in 2019?
5. How much does a first class stamp cost?

### 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





## Photos of Bollington wildlife in the garden

Lockdown for me started on Friday 13th March. We cancelled our visit to the theatre in Salford that night, decided not to say goodbye to a dear friend at her memorial service\* in Knutsford on the Saturday. I would also forgo the annual humiliation of seeing my team beaten in the derby at Goodison on the Monday. That was ten days before the Government belatedly, in my book, took the national decision.

Surely the lockdown would be for three months. We are fortunate to have a small garden to the rear of the house which overlooks White Nancy. My hobby is wild-life photography and I would normally take my camera on local walks as well as regular trips to distant nature reserves. These trips are out. Will I get to the Hebrides this year?



A recent Facebook thread with some wildlife photography pals centred on 'should we use our daily exercise times to take our cameras with us?' Paul, from Nottingham pleaded with us not to. "The clue is in the word exercise," he wrote in early April. "Since when do we get exercise, sitting tight in some ditch until a barn owl passes by hiding in some leaves until a woodpecker comes down to feed. Please don't give others the idea that pursuing any hobbies can be classed as exercise. **It is not.** My day job is in the local hospital. I'm an intensive care doctor. Believe me what we are seeing is shocking, even to us. It's carnage. So please don't bend the rules to suit ourselves. Stay safe." That convinced me. Any wild-life photography would have to be in my garden. My private space where my love for nature would need its weekly nurture.

A first sign of spring, apart from the singing chiffchaffs are the beautiful peacock butterflies that come out of hibernation, attracted to a flowering pieris. We had three that morning on 27th March.

Later in April, when I was dead-heading the camellia I noticed several hover flies, doing their hovering thing. I wonder if I can get a photo? Out came the long lens, shut it down to 200mm and tried to lock on to the little blighters with a shutter speed of 1/2000 second. It was only when I processed the few keepers that I noticed the wonderful rainbow colours made by their translucent wings. Their own homage to the NHS?

The one feeder we set up was attracting a family of coal tits. These shy little birds take cover in a near-by silver birch, descend to the feeder, grab a seed, and disappear back to safety of the birch, all in a second or two. They always take the same approach path. With this predictability in mind I was able to set up the camera just a metre from the feeder and focus on this flight path and use the remote, wireless trigger. The result is backlit coal tit using its wings as a break. That shot took three hours of sitting in a comfy chair, some twenty feet from the camera, sipping coffee. No exercise there.

During this shoot, I heard the telltale call of a nuthatch. It made just one visit to the feeder and provided a most unusual shot.

If I could paint, I would, But I can't, So I take photos.

**Bruce Kendrick**



## The Bollington Sampler

### The Bollington Sampler

Instigated by the Bridgend Centre (when it was known as the Bollington Drop-In Centre), the Bollington Sampler is a textile wall hanging depicting aspects of Bollington's life, past and present. The Sampler was made at the Bridgend Centre, took 7 years to complete, and measures 5ft high and is 10ft wide.

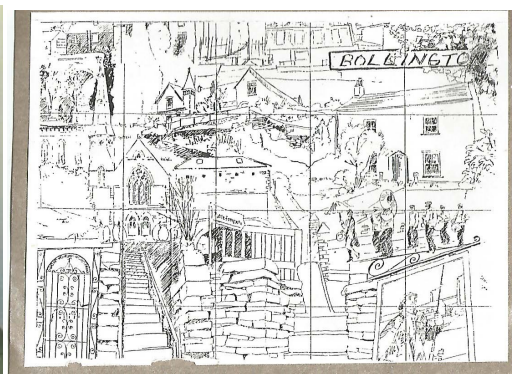
By opening the project out to people of all ages, a melting pot of talents and skills has been created, centred around the many factors which make Bollington such a colourful and special town.

The finished tapestry incorporates a variety of techniques such as embroidery, tapestry, weaving, applique, knitting and blackwork, all held together through the use of colour and texture in the overall design.

The original artwork was designed by Carlo Eves, a local artist and the whole project has been co-ordinated by artist in residence, Gill McGuire. Over 30 people have contributed exquisite pieces, to create an heirloom for the village, which will be admired by generations to come.



*The Sampler in situ in the Education Room at Bridgend*



*A pencil drawing of the design*

## More wildlife ramblings by Jim and Juanita

We have continued our flower odyssey in the local area and have now seen 105 different flowers. In addition to the previously mentioned orchids, personal highlights have been ragged robin (the nearest being where the Middlewood Way meets Adlington Road car park), Solomon's seal and, in Rainow, a solitary orange hawkweed. We have also seen numerous umbellifers, in addition to the ubiquitous cow parsley, we have now identified caraway, wild carrot, ground elder, hogweed and pignut.

We have not neglected the birds, and particularly enjoyed seeing nuthatches, long-tailed tits and best of all, presumably nesting, lapwings in the field behind Common Barn Farm (where we also saw orphan lambs being fed from bottles).

Finally, if you want to see lots of different flowers on one day, we suggest you visit Deep Dale, near Taddington. See <https://www.plantlife.org.uk/uk/nature-reserves-important-plant-areas/nature-reserves/deep-dale>. We saw another 13 different flowers on our visit. Please let us know of your flower and bird sightings by emailing [jhoyle2015@gmail.com](mailto:jhoyle2015@gmail.com).

*Juanita and Jim*



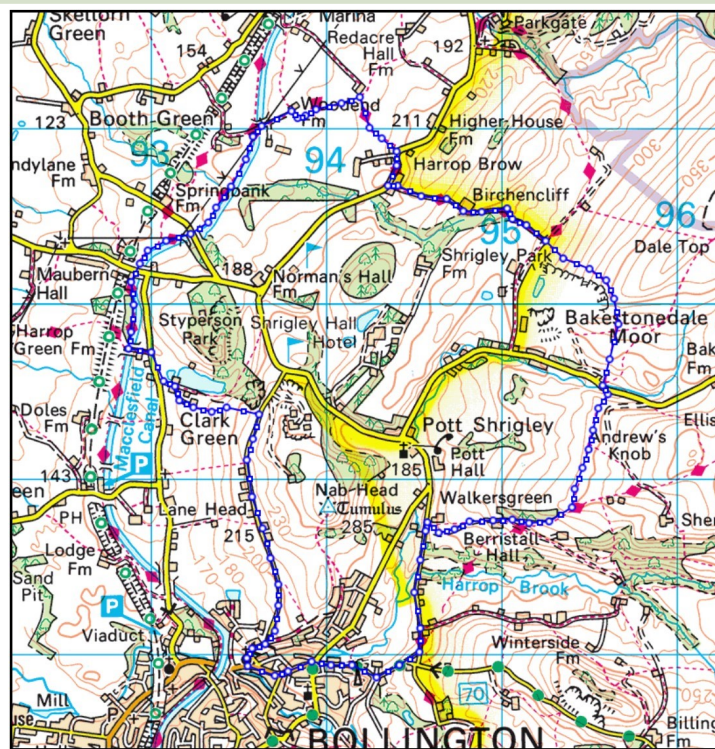
## Bollington Nostalgia Virtual Hill Race

As we go to print this week it's hot weather for running but those taking part in the Bridgend Nostalgia Virtual Hill Race 2020 will no doubt be continuing with their training programmes! The beauty of the virtual hill race is that you can choose your own route—**hills**—bring them on or the most gentle of inclines; **terrain**—loose gravel, muddy bog, grassy river banks; **start time**—5 am or 6 pm. It's all down to you! You can even run with some company, together with members of your household or socially distanced with up to five friends. If you are local to the area you can run the actual route—see the map below or download from <https://bridgendcentre.org.uk/bridgend-heritage-trail-5-digging-through-the-past/> which gives some background and directions to walk the route. If you're making up your own route and want to replicate as much as you can then you're aiming for 361 metres of ascent in 10.9km distance—there's an extra 0.9 of a kilometre in there for your legs but it's still in a good cause!

Registered Charity Number 1123287 | [bridgendcentre.org.uk](http://bridgendcentre.org.uk) | [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

## Bollington Nostalgia Virtual Race 2020

in support of the



10.9km (6.77 miles)

361 metres of ascent (1184 feet)

### Going out by bus?

From 22 June Go Goodwins are running the 391/392 bus service between Macclesfield and Poynton via Kerridge and Bollington. Timetables can be accessed at <https://www.cheshireeast.gov.uk/pdf/public-transport/391-392-macclesfield-kerridge-bollington-poynton-hazel-grove-stockport-june-2020.pdf> Keep yourself and others safe by following current guidelines below.

#### New safety guidance when travelling

- From 15 June 2020 you must wear a face covering unless you are exempt - if you do not you may be refused travel or fined. Exemptions include young children, people with disabilities and those with breathing difficulties
- Keep social distancing while waiting for the bus
- Allow other passengers to exit the bus before attempting to board
- Follow any instructions issued by the bus operator while travelling
- Use contactless payment where possible
- Wash your hands or use sanitiser before and after travelling.

**Registration:** Free with sponsorship or £10  
**Sponsorship Target:** £50 or none  
**Distance:** 10km  
**Where:** Everywhere  
**When:** 28 June - 12 July  
**Prizes:** Most fundraised, fastest athletes, highest climbs

**Sign up at**  
**[bridgendcentre.org.uk](http://bridgendcentre.org.uk)**

Mind game—Dingbats

Dingbats

3. OUT 2. OUT 1. OUT	WEI GH WH EY	WAKE suzie
1 MINU MINU MINU MINU BACK TES TES TES TES	2 LATE LATE	3 A 1. thing M 2. thing 3. thing 4. thing
4 ABCDEF GHIJKL a a week MNOPQR a a week SUWXYZ a a week	5 RIB SIRLOIN T-BONE	6 HOROBOD
7 B B B B A A A A R R R R G G G G	8 HAMLET WIN WIN	9 BIG IGNORE BIG IGNORE
10 NO X QQ IV IT	11 TEMPERATURE	12 AS 8 SASS
13 INDIGO ROYAL SING NAVY AZURE	14 MAY aaaaaaaaaaaaa	15 is is is is is is is is is is ball
16	17	18



Quick mini quiz answers!

- 1. Bohemian Rhapsody
- 2. John Deacon
- 3. Zanzibar
- 4. Elton John
- 5. 70p for standard or £1.06 for a large letter

Answers to last weeks name the flowers and herbs

Flowers & Herbs

1.	This flower is one in the eye for the girl?	Iris
2.	Got Up?	Rose
3.	Please remember me?	Forget Me Not
4.	Fashionable feline?	Dandelion
5.	Cunning animals hand warmer?	Foxglove
6.	Bovine Error?	Cowslip
7.	Wed Precious Metal?	Marigold
8.	Spring Month?	April Flower or Mayflower
9.	Sad Ringer?	Bluebell
10.	Vehicle State?	Carnation
11.	Duration?	Thyme
12.	Bill sounds like a nice fellow?	Sweet William
13.	Industrious Queen?	Busy Lizzie
14.	Receptacle for dairy product?	Buttercup
15.	Used in thickening sauces?	Cornflower
16.	Mrs Bucket's first name?	Hyacinth
17.	Enclosure in criminal court for prisoner?	Dock
18.	A nice pad on a lake?	Lily
19.	A Vicious Welsh emblem?	Snap dragon
20.	A wise old herb?	Sage



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www.bridgendcentre.org.uk

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

