

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation

Edition 15



Photo: Hearts and Flowers

www.facebook.com/heartsplusflowers/

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 working hard to be ready to re-open our charity shop safely on Monday 13th July. From Monday 6th July, we will be accepting donations of up to four bags or boxes by **appointment only**. Booking an appointment can be done quickly and easily on our website at www.bridgendcentre.org.uk. More details can be found on page 3.

Another first for Bollington

Following the overwhelming success of its virtual Mayor Making Ceremony, the Town Mayor of Bollington, John Stewart, held his Civic Sunday Service on 7th June.

Without the traditional parade through the streets of Bollington or a church to hold the service in, the event was nevertheless an overwhelming success.

The service was, as always, open to all and many in the community joined with invited civic dignitaries to celebrate community spirit and public service. The Mayor of Bollington, Cllr. John Cadman Stewart and Town Councillors were joined by past mayors as well as the Mayor of Cheshire East, Cllr. Barry Burkhill, Mayor of Poynton, Cllr. Lee Podmore, Mayor of Knutsford, Cllr. Andrew Malloy and David Rutley MP.



The Mayor's Chaplain, Revd Canon Veronica Hydron of St. Oswald's Church, Bollington led the service from her home and although Bollington Brass Band were unable to lead a parade this year, they kindly recorded, separately and in their own homes, the national anthem so that it could be played during the service.

Luca Allbright was invested as the Mayor's Youth Consort and read prayers that he had composed himself for the occasion. He received his badge of office which will be worn at official events.

Sunday marked the end of National Volunteers' Week and during his address, Cllr. Stewart paid tribute to the wonderful work of Bollington's volunteers and thanked them for their unstinting efforts.

"The Covid-19 crisis has highlighted the wonderful work done by volunteers, who come from all walks of life. Stories of kindness abound and it has been most heartening to see the best of humanity in action. The Bollington Resilience Action Group (BRAG) has been a tremendous success. But it is not just during a pandemic that great things happen. Every day, an army of volunteers look after loved ones, care for their elders and the infirm. Those volunteers with children and relatives who have additional needs, who are vulnerable and dependent on others just to survive. And those volunteers who work tirelessly for charities, to raise funds for those less well off than themselves."

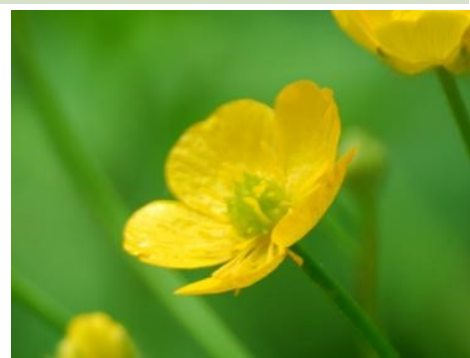
Current public health restrictions meant that the traditional gathering for coffee and cakes after the service could not take place and, despite the success of the event, everyone is certainly looking forward to a time when we can all gather together again.

Plant of the week—Buttercup

The humble buttercup brings so much colour and joy to our lives and can commonly be seen in fields and hedges all around the countryside at this time of year.

The yellow flowers are about 2cm across and comprises of 5 shiny petals. It has rounded leaves divided into three to seven lobes.

More information can be obtained from <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/meadow-buttercup>



Bridgend Charity Shop set to re-open

As you will know if you read last week's edition of this newsletter, we are pleased to announce that our Charity Shop will be opening from Monday 13th July. All the renovation work is now complete on the shop section of the Bridgend Centre and we are ready to welcome visitors once more.

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. We are overwhelmed by the number of donations already booked with us, sixty seven at time of writing! If everyone brings four bags or boxes, this 268 in total, already! This is phenomenal and such a wonderful way to support our Centre.

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



Recipe—'fifteens' by Avril

This is a super easy recipe no cook from my childhood—great for little helpers in the kitchen as there's lots of counting, lots of bashing and lots of marshmallows!!

Ingredients

15 digestive biscuits
15 marshmallows
15 glace cherries
180 ml sweetened condensed milk
Desiccated coconut to roll or sprinkle

Method

Put the biscuits in a plastic bag and bash with a rolling pin until a mix of bit and crumbs

Chop the marshmallows and cherries into pieces—dipping scissors in hot water makes this easier!

Mix the biscuit crumb, marshmallows and cherries together with the sweetened condensed milk until well combined.

Either roll into a sausage on greaseproof paper sprinkled with coconut or press into a square tin and sprinkle coconut on top.

Chill until firm then cut into slices or squares.



Pet's Corner—spotlight on Bess!

There is no doubt that those of us who have pets will have found great comfort from our little furry friends over the recent months of isolation. I know I have truly enjoyed having so much time with mine. I love them dearly – Bess my black Labrador and my two rescue cats.

People often ask how Bess came to live here. We were a household without animals, primarily because my job entailed me working away from home a lot and my husband and my son were both allergic to anything furry.



Bess came into our lives at the age of just 9 months old – just a puppy. My father in law, Michael, who was in his eighties, had sadly lost his dog and decided he needed an 'older dog'. So having seen an advert in his local vets in Cheltenham, he went to see this black Labrador who was living in a flat with a single mum and two very young children. They obviously loved her very much but felt that as she had grown and had boundless energy, they were unable to give her the life she needed.

However it wasn't to be. Michael realised that he probably should not be bringing home a puppy (we had warned him !!). So he left empty handed, drove back towards home. But..... he had fallen in love with Bess in his brief visit so he turned his car around and drove straight back to collect her. And that was how Bess came into all of our lives. This bundle of untrained energy, a tornado, in the form of a black Labrador with the sweetest nature, and the biggest feet we had ever seen, became part of

the family. She brought so much joy to Michael especially when she won first prize in the village dog show.

Sadly just 3 years later Michael passed away suddenly, and we reluctantly became her new owners. I know it sounds awful to say that, but it certainly wasn't something that had ever been on our lifestyle radar. At the age of 3, she had 3 different homes, 3 different owners – it felt very sad that this had been her fate. It was clear that we had to train her, and work out a way in which we could make this work, especially given the allergy situation. Thank goodness for Piriton!!

It's hard to believe now, but we said that we would rehome her after 6 months if we really couldn't manage her or do the best for her. So we trained her long and hard, pored over dog behaviour books, took lots of advice from other dog owners and had many sleepless nights. We were so determined, because in honesty we too had fallen in love with her. After just 3 months, we knew this was her 'forever home'. She had responded fabulously to training, to us and to her new life in Poynton. But there were sad moments initially when she would sit by the front door and cry waiting for her 'Dad' to come back to collect her. It broke our hearts and of course we couldn't help but think that she wasn't happy with us. If only they could talk, and we could talk to them to explain.

Six quick facts about Labradors...

- They are the most commonly used breed for guide dogs. They are intelligent, easy to train, eager to please and have a gentle temperament.
- Labradors have working roles in all sorts of sectors including search and rescue, therapy, hunting, assisting the disabled and tracking.
- You can potentially get puppies of all colours (black, yellow and chocolate) in the same litter.
- The average life span for a Labrador is 10 – 12 years.
- The Labrador breed actually originated in Newfoundland (Canada), not Labrador.
- Labradors have webbed toes and are therefore great swimmers. This webbing can also effectively act as a snowshoe in colder climates, as it keeps snow from collecting between their toes.



Pet's Corner—spotlight on Bess continued!

She settled however and became a truly happy little soul whose tail never stopped wagging . We learned not to place things a tail height , otherwise they would be whooshed across the room by the dreaded tail ! I became an expert at getting wine out of carpets ! She came everywhere with us and our friends liked to borrow her to take out on long walks. There was certainly no shortage of Bess fans . She never seemed to tire . We were besotted, and we came to realise to our amusement that Bess was a 'bit of a tart'.

She undoubtedly loved men ! She too fell in love with my husband Phil. She would sit (on my knee) in the evenings and just stare at him constantly. Where he went, she went . He took to the office every day which was primarily a male environment, so she was in her element being stroked and petted constantly. Of course being a food focussed Labrador , everyone was under strict instruction not to feed her despite her big brown begging eyes . But she never let Phil out of her sight .



Fast forward some very happy dog years. At the age of 10, we would regularly be asked if she was a puppy. Her small build, her trim figure and waistline, her energy, her lovely looks and those huge feet which she has never grown into make her appear a bit like a young cartoon character – all part of her charm.

She is now approaching 15 years of age and has lots of white hair on her face. It seems to increase daily – I think somebody paints her overnight. She now looks like a lovely old lady dog.

Instead of bounding around when we go on walks , she plods along. Sadly, we lost my husband Phil very suddenly 5 years ago, and Bess's world fell apart yet again. She was confused and sad for a long time. I wondered if I could ever snap her out of her apparent lethargy and low mood especially when we, as a family, were struggling so much. But we did. And as much as we helped her, she helped us too. We just held on to each other. It's amazing how animals can give you a reason for getting into gear and facing the world again.

We continue to walk every day, meet all the other dogs in Poynton and elsewhere. She struggles on some days to walk long distances now and prefers cooler weather, but she is happy again, especially since she gets lots of attention and love from my adult son. She loves having the cats around – I still can't believe how easily she took to them. I sometimes think she looks at me as if to say "Well you are not the real thing (a man), but you'll do !". I am sure that Bess will find it very strange after lockdown – she has undoubtedly become accustomed to all day company and extra cuddles. *Jane*

Online craft group

I'm Avril and in normal times you might have spotted me on Thursday mornings in the education room at Bridgend Centre leading a creative arts session. I've been keeping busy over the lockdown period trying out a few different things one of which has been using technology more to keep in touch with others.

Next Wednesday, 8th July I'm going to host a zoom meeting at 2pm out of the Bridgend Centre and it would be lovely to see some of you there whether you've been to my sessions or not. We can have a cup of tea to hand and share our lockdown experiences, chat about our crafting projects or just sit in and listen if you prefer!

If you'd like to join in please email me at avril@bridgendcentre.org.uk to book a place and I will email you back with a link to use on your computer, tablet or smartphone. I've been baking today but I don't think I'll have any of those left.....

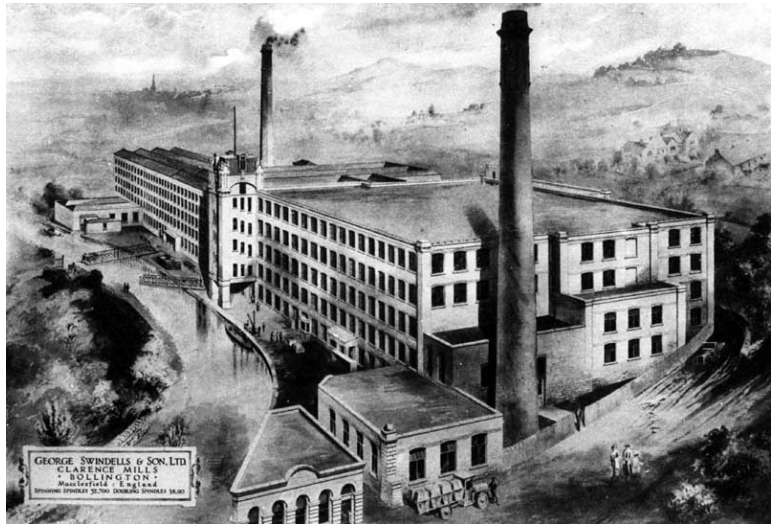


Reminiscences of Bollington—Mill security

The following story comes from a history of the Waterhouse mill ...

“A blunderbuss hung on the walls of the [Waterhouse mechanic’s] shop. This weapon was still in its place up to 1900, but about that time it disappeared. Other mills in the village were similarly armed against any attempts on life or property. The use to which it might be put for this purpose may be illustrated by an incident which happened at Messrs. Swindells’ Mill [Clarence or Adelphi].

A new watchman was engaged and Mr Martin Swindells gave him [among] many other instructions for his night duties; that if he heard any suspicious noises he was to shout three times, ‘Speak, or I’ll shoot’. Mr. Swindells did not quite trust the pluck of the new man, so to test it, he hid himself behind some barrels and packing cases. When the man came round, Mr. Swindells set up a violent commotion in his hiding place. The man yelled out ‘Shoot or I’ll Shout three times’ and let go in the direction of the noise. It was fortunate that Mr. Swindells was well hidden so he escaped injury.”



Tim Boddington

Bollington Nostalgia Virtual Hill Race

It is now the period of time when runners and walkers can submit their times for the Bollington Virtual Race 2020, raising vital funds for the Bridgend Centre.

We have a number of categories within this race, so lots of opportunities for fame and glory!

- Best fundraiser
- Highest ascent (male and female)
- Fastest athletes in these categories:
 - Boys (under-16)
 - Girls (under-16)
 - Males (ages 16-29)
 - Females (ages 16-29)
 - Males (ages 30-49)
 - Females (ages 30-49)
 - Males (ages 50+)
 - Females (ages 50+)

We have some amazing prizes lined up for the winners of these categories, including £250 Patagonia vouchers for the fastest male and fastest female winners, 6 x 12 Red Willow beer gift sets, a Fruits of the Forage hamper, 5 x £20 vouchers from Running Bear, 2 x one month’s membership of Variety Fitness, a three-course meal from Indian Goat, £25 Body Shop voucher from Becca’s beauty buys, a fitness session with AIG fitness, a coaching session with little challenges and a reflexology session with Top to Toe Treatments.

You’ve got to be in it to win it. So don’t delay, sign up today!

www.bridgendcentre.org.uk

Registered Charity Number 1123287 | bridgendcentre.org.uk | info@bridgendcentre.org.uk

Bollington Nostalgia Virtual Race 2020

in support of the

Bridgend Centre
at the  of our community



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

Bollington wildlife in the garden



Local artist Alice Maitland sent us this wonderful painting of a Red Mason Bee.

The red mason bee is a common bee in the UK. They are solitary and will make their nests in holes they can find, such as the cracks in an old wall. They can be seen flying from late March to July. They collect pollen on hairs on the underside of their abdomen rather than on their legs like many other species of bee do.

The best way to attract these bees (and many others) to your garden is to plant lots of spring flowering plants. You could also provide a bee hotel which can be made using short lengths of hollow garden cane inside an old mug or



*Top: painting by Alice Maitland
Far left: home made bee hotel
Left: red mason bee in action on a borage flower*

What Kerry 'squid' during lockdown

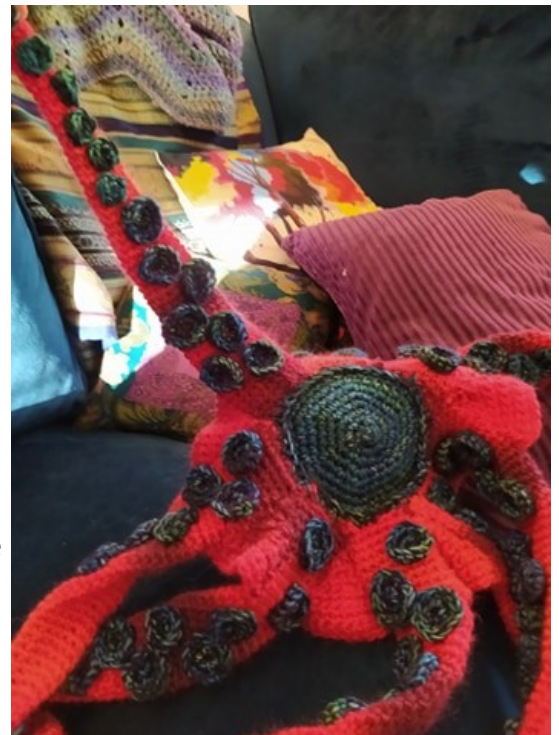
Our very own Kerry tells us about a major lockdown project she completed recently. It is a wonderful and many tentacled creation

I've always been a knitter but decided to learn to crochet in lockdown to keep me occupied. Made with wool from Bridgend and stuffed with filling from a cushion I got from Bridgend too, this many tentacled creation was a labour of love. I made it for a friend who is a keyworker who was missing her boyfriend in North Yorkshire and

was feeling a bit low.

Each tentacle had 14 suckers so that's 112 in total!! It measures 75cm from tentacle tip to tentacle tip and took more hours than I can begin to count whilst binge watching TV.

My friend was so pleased with it and loved having it to cuddle in the long weeks when she was not able to be with her boyfriend.



Mind game– guess the Bollington location



Can you guess the location of this lovely pencil drawing by Keith Higginbotham?

It is a secluded spot right in the heart of Bollington.

Answers to last weeks Dingbats

3. OUT 2. OUT 1. OUT	WEI GH WH EY	WAKE suzie
1 out numbered 3 to one	2 split two ways	3 wake up little suzie
MINUTE BACK MINUTE BACK MINUTE BACK MINUTE BACK	2 LATE LATE	A 1. thing M 2. thing 3. thing 4. thing
4 back in 5 minutes	5 2 little 2 late	6 First thing in the morning
ABCDEF GHIJKL a week MNOPQR a week SUWXYZ a week	RIB SIRLOIN T-BONE	HOROBOD
7 no tv for a week	8 the stakes are high/high stak	9 robin hood
BARG BARG BARG BARG	HAMLET WIN WIN	BIG IGNORE BIG IGNORE
10 up for grabs	11 play to win	12 Too big to ignore
NO X QQ IV IT	TEMPERATURE	AS SASS
13 no excuse for it	14 A rise in temperature	15 Assassinate
INDIGO ROYAL SING NAVY AZURE	MAY aaaaaaaaaaaaa	is is is is is is is is is is ball
16 Singin' the Blues	17 Mayonnaise	18 Tennis ball

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Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

