

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation**

Edition 16



Photo: Tim Boddington

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.

Our charity shop will be opening on Monday 13th July, which is very exciting!

Things will be a little different in order to keep our staff, volunteers and customers as safe as possible such as restricted hours, a one way system, limited numbers and anti-bacterial gel throughout. Staff will keep you advised and full details are on our website.

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 Bollington businesses back in town

With several local businesses gearing up to restart trading from next weekend it would be great to support them where we can. Please help them in their efforts to operate safely by checking their websites or getting in touch with them to be sure what extra precautions and restrictions are in place. Bollington Town Council have listed the ones they are aware of on their News Page on their website at <https://www.bollington-tc.gov.uk/news/post/guide-to-local-businesses-operating-during-the-coronavirus-crisis>

One of the key changes to lockdown guidance this week is that pubs and restaurants can now open with social distancing measures in place. Below is a list of the establishments that BTC are aware of, but please do check individual websites or telephone ahead for more detail.



Pubs and Restaurants Intending to Offer an "Eat-In" or "Drink-In" Option as Guidance Allows,

Please make sure you check for full details of opening times and restrictions with each establishment before you try to visit. These are intending to open from July 4th unless stated otherwise.

o Tapa

22 High Street, Bollington, SK105PH. 01625 575058. [Facebook](#)

BOOKINGS ONLY. Taking bookings for the 4th onwards. Please note, we will be open on Sunday 5th from 5.30pm BUT closed on Sunday's & Monday's from then on. Service times Tuesday to Saturday will be from 5.30pm to 9.30pm.

o Briscola

88 Palmerson Street 01625 573898 [Facebook](#) [Twitter](#)

Please call to book a table.

o Lime Tree

18 - 20 High Street, Bollington, SK10 5PH 01625 578182 [Facebook](#)

From 15th July evening service resumes. Bookings being taken from 1st July.

o Poachers Inn

95 Ingersley Road, Bollington, SK10 5RE Telephone 01625 572086 [Facebook Page](#) Opening Thursday 9th July

o Cock & Pheasant

15 Bollington Road, Bollington. SK10 5EJ Telephone 01625 573289 [Facebook Page](#)

Taking bookings now for July 4th onwards. Entry by booking only. Cashless payments only.

o Holly Bush

75 Palmerston Street SK10 5PW Telephone 01625 574573 [Facebook Page](#) Re-opening 4th July.

o Lord Clyde

36 Clarke Lane, Kerridge. SK10 5AH Telephone 01625 409753 [Facebook Page](#)

Opening July 4th

o Spinners Arms

76 Palmerston Street, Bollington. SK10 5PW Telephone 01625 576677 [Facebook Page](#)

o Turners Arms

Ingersley Road, Bollington, Macclesfield, SK10 5RE Telephone 01625 572552. Members only.

o Church House Inn

24 Church Street Bollington Telephone 01625 574014 [Facebook Page](#)

o Cotton Tree

3-5 Ingersley Road Bollington [Facebook Page](#)

o Cafe Waterside

Clarence Mill, Clarence Road, Bollington SK10 5JZ Telephone 01625 575563 [Facebook Page](#) Opening Monday 6th July

Bollington's famous connections

This week, the Editor started to wonder if there were any famous people linked to Bollington. Whether someone lived here, was born here or just passed through, we were interested. So we asked the good people of Bollington on Facebook and were overwhelmed and stunned when we had over four hundred replies! This has spawned ideas for many articles in the future, but for now, here are some sons and daughters born in Bollington, both past and present who made their mark on the world.

James Chadwick

James Chadwick was born in Bollington in 1891. At just 16, he was awarded a scholarship to the Victoria University of Manchester.



He earned a master's degree in Physics in 1913 and continued his education in Germany but was put into a prison camp in Ruhleben for the duration of WW1.

He achieved his doctorate in Physics in 1921. His work with Rutherford discovering the neutron and development of atomic bombs earned him chair of the Physics department at University of Liverpool and the Nobel Prize for Physics. Chadwick used his prize money to fund nuclear physics research at the University of Liverpool. He was the British delegate for the Manhattan Project, a US project that led to the use of two atomic bombs by the Allies. For this work he was considered a hero and earned a knighthood in 1945.

Chadwick retired in 1958, and passed away in 1974 at the age of 82. A blue plaque at Bollington Cross school reminds us of the man born in Clarke Lane who went on to change the world!



Vicky Jepson

Born in Bollington and educated at Tytherington High School and Macclesfield College, Vicky Jepson has worked her way up through a series of roles at Liverpool Football Club to her current

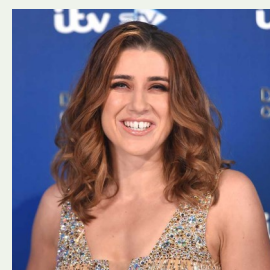
position of manager of the women's first team.

Football featured in her life from primary school where she was on the boys team (in the days when they didn't have girls teams) but despite playing competitively from the age of 10 Vicky had no female coaches! This inspired her to take a coaching qualification with the FA and her coaching career began with the Cheshire Girls League at Moss Farm.

By 2015 she was awarded FA Female Development Coach of the Year. Held up as a role model for women in football across the country, Vicky continues to champion grass roots clubs as a route to footballing success! Vicky attended a talk called 'The Sports' Panel' at Bollington Festival in May 2019, which many attendees found very interesting.

Libby Clegg

Libby is a Paralympic sprinter who has represented Scotland and the UK at international events.



Libby has a deteriorating eye condition called 'Stargardt's Macular Dystrophy', giving her only slight peripheral vision. She is registered blind.

Libby was born in Bollington in 1990 and moved to Scottish borders to attend a specialist school in Edinburgh for children with visual impairments.

Libby took up athletics age 9 with Macclesfield Harriers and has won many medals and titles including at the Paralympic Games, IPC World Championships, World Games and Commonwealth games. She won two gold medals at the 2016 Paralympic Games in Rio.

In 2019 Libby appeared in Dancing on Ice and made it to the finals with some stunning performances. Libby was awarded an MBE in 2017 for services to athletics and charity. Libby now lives in Loughborough.

Terry Waite

Terry Waite was born in Bollington in 1939 and was the Assistant for Anglican Communion Affairs for the then Archbishop of Canterbury, Robert Runcie, in the 1980s. As an envoy for the Church of England, he travelled to Lebanon to try to secure the release of four hostages, including the journalist John McCarthy. He was himself kidnapped and held captive from 1987 to 1991.



Waite arrived in Beirut on 12 January 1987 with the intention of negotiating with the Islamic Jihad Organization, which was holding four men hostage including the journalist John McCarthy. Waite was then kidnapped himself and remained in captivity for 1,763 days, the first four years of which were spent in solitary confinement. He was finally released on 18 November 1991.

Since his release Terry Waite has dedicated his time to study, lecturing and humanitarian activities.

Learning a new skill—the Ukelele



Most People when they hear about the ukulele think of George Formby who was popular entertainer in the 1930's and 1940's but the ukulele has been around for more than 100 years and has its origins in Portugal and Hawaii.

Over the last few years the ukulele has become popular again as an instrument for anyone of any age to learn to play. Ukuleles are played in schools, there are many ukulele groups around the country, you will see ukulele workshops at events and there are also ukulele festivals all over the world.

There are different types and sizes of ukulele, George Formby played a Banjo ukulele but it is the Soprano ukulele which is the most popular ukulele for people to start to learn to play.

The Soprano is the smallest ukulele and it has a higher pitch compared to other types of ukulele. It looks like a small guitar and it has 4 strings. Straps can be attached or they can just be held when being played and they are easy to carry around in a soft or a hard case.

Ukuleles can be bought at a reasonable price (we even had one for sale last year at Bridgend!) but you may want to get some advice from a music shop or another ukulele player first to help you buy one that is right for you. The ukulele is a lovely instrument to play but it does take time and practice to be able to strum the strings and put your fingers in the right place for the chords at the right time! It is good to play ukulele with others and if you join a group you will be made to feel welcome, you will learn new songs and chords and you will make new friends. **Maxine Lomas**

Bridgend Community Choir reunited

Like sunshine peeking through the storm ... very slowly, and most importantly safely, stepping into 'the new normal' isn't easy for many of us. And so with a little concern for those who can't join us just yet, we put word out last week that there would be a video gathering - a Zoom social - for Bridgend Community Choir friends and community. And what a pleasure it was!

A dozen of us, all working out the technology and wary of how we looked and sounded, but we managed almost an hour of chit-chat full of smiles, laughs, and catch-up.



Sat enviously in our English rain, it was a particularly pleasant surprise to see Pat join us from a hotel room in Dohar where, due to travel restrictions, she's been marooned in glorious sunshine for the whole of lockdown!

As always, we look to reach out to everyone and therefore in this newsletter first and foremost, on behalf of everyone in and around the choir, we hope you are safe and being well and truly kept supplied with friendships and essentials. There is sadly no news yet as to when we can come together for singing sessions, but we will endeavour to keep an eye on both the scientific advice and the regulations.

For those of you who can and would like to join us for a Zoom video social, our next gathering online is **11am on Friday July 17th**. Please e-mail info@bridgendcentre.org.uk for more information, advice and guidance.

Hope you can join us, stay safe and thanks as always.

Darren Poyzer—Choirmaster

Recipe—Best ever veggie Moussaka

Ingredients:

2 aubergines , 2 courgettes, 2 yellow peppers, 2 onions, 3 garlic cloves, 2 teaspoons dried oregano, 1 tablespoon tomato puree, 1 teaspoon ground cinnamon, 100g red split lentils, 1 tablespoon worcs sauce or light soy sauce, 1 veg stock cube, 2 400g tins chopped tomatoes, 250g crème fraiche, 4+ tablespoons grated Italian hard cheese, Olive oil and 150 ml water

Instructions:

Trim and slice the aubergines into 1cm rounds, spread evenly on a large roasting tray, drizzles with a little olive oil and roast in a hot oven for 20 minutes or so whilst the sauce cooks

Chop the onion, courgette and peppers and chop, crush or grate the garlic. Heat a little olive oil in a large frying pan and add the onion and pepper.

Once they are softening add the courgette, season with salt and pepper and cook until they are soft and turning a little golden (5 mins or so).

Add the oregano, tomato puree, cinnamon, garlic and heat through. Add the lentils, worcs/soy sauce, chopped toms, veg stock cube and 150 ml of water (rinsing the cans gives about the right about.

Cook for around 20 mins or until the lentils are soft but with a little bite. Add more water as necessary to prevent the sauce from sticking.

Transfer to a dish that can go under the grill. Layer the aubergine slices on top and spoon on the crème fraiche. Smooth out the crème fraiche and sprinkle the cheese over. Season well and put under a hot grill until bubbling and golden.

Serve with garlic bread and a green salad.

Jo Maitland



Indian Goat feed our key workers

Sunitha Southern of the 'Indian Goat' wanted to treat some NHS key workers this week and found the ideal way to do it by providing a lovely meal for the staff at Bollington Medical Centre.

Supported by donations from JJJ Heathcote of the meat and Heritage at Home of the vegetables, Sunitha cooked a lovely meal of a meat box (rice, dal Tadka and Tandoori Chicken) and a veg box (rice, dal Tadka and Tandoori Cauliflower) which was very much enjoyed by 50 people at the Centre!



Sunitha is offering a 20% discount for NHS staff all year round, to thank them for the wonderful service they provide for us all. Sunitha is going to feed the key workers at Bollington Fire Station next., which we are sure will be appreciated as well.

Sunitha was joined at the medical centre by the Mayor of Bollington John Stewart and Deputy Mayor Johanna Maitland and she is pictured with them and some medical centre staff.



Reminiscences of Bollington— wireless, just not as we know it now!

Only us very oldies will remember the days of radio before transistors! But there was such a time and the technology of the day was the wireless valve – wireless referred to the fact that your radio was not directly connected to the BBC, at one time the only broadcaster you could hear. Your radio in those days – 1920s and 30s – contained three or four valves each the size of a typical light bulb which were used to amplify the sound.

The problem with wireless valves was that they were not very reliable and tended to blow, like a failed light bulb. They were also an expensive part of the radio so an opportunity to have a failed valve repaired for much less than the cost of a new one was welcomed. Mr J W Pattison established a company called Radions to provide a valve repair service. They were based in Lowerhouse mill, and also had space in Higher mills (now Dyers Close).

Radions developed a cardboard package for the safe transport of valves through the post. It looks extremely simple and obvious today but back then it would have transformed their ability to provide an efficient repair service using the postal service for communicating with their customers while reducing the number of breakages to a minimum. You would post your failed valve together with 10/6 (52½p) and Radions would open it up, make a repair, and post it back to you within a few days.

This all went well until about 1930, by which time the major valve manufacturers had improved the reliability of their valves and reduced their prices, making Radions uncompetitive and with diminishing work.

Mr Pattison was the driving force behind three businesses at Lowerhouse, all involved in lighting. Prior to Radions, he had a business making household electric lamps. This was closed down by a consortium of large manufacturers (illegal methods today), so he set up Radions. When that closed, he opened Lustrolux making and repairing valves, making light bulbs, and later bulbs for vehicle lamps, and by the 1980s, from a factory elsewhere, supplied 80% of UK automotive demand.



Bollington Nostalgia Virtual Hill Race

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

Bollington Nostalgia Virtual Race 2020

in support of the



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

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THE INDIAN GOAT



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RUNNING SPECIALISTS

Top to Toe Treatments

little challenges

The Grandchildren by Gay Horton

We have missed their hugs and kisses
We have missed their sticky hands.
We have missed their happy shrieks
Whilst they dig in the play sand
We've missed the messy mealtimes
With spaghetti on the floor.
We've missed the crazy artwork
That gets pinned on our back door.
We've missed the blocks of lego.
We've missed the nursery rhymes.
We've missed the petty arguments
And the shouts of 'No, it's mine!'

We've missed the baking sessions
Where the pastry becomes grey
And the pride on jammy faces
When the tarts turn out okay
We've missed the games of football
And the visits to the park.
We've even missed the drop-off times
As early as the lark.
We've missed their teary eyes
When they've had a fall outside.
A mood dispersed, when promised
A granddad donkey ride.

We've missed
the princess
costumes
And all the
make-up too;
The cowboy
tent, the
paddling pool,
The visits to the
zoo.

They are both our little treasures;
Funny, innocent and pure
And for the pleasure that they bring us
We couldn't love them more.
We've had many weeks without them.
Now a visit is in order.
Anticipation builds
As we cross the Poynton border

We stand outside their house.
And rap on the door, one two!
From the joy with which they greet us
It would seem they've missed us too!



Plant of the week—rosebay willow herb

This wild flower has a few names one of which is 'fireweed', so called because it is often the first wild plant to grow on sites cleared by fire. The seeds are able to survive long periods in the ground and then spring to life when the surface above is cleared.

Many part of the plant are edible from it's young leaves to the white pith inside the stem but the most common culinary use is to brew tea from fermented leaves. The plant is plentiful around waysides and waste ground at the minute so if you fancy having a go try out the recipe below—be sure to let us know how you get on!



A richly flavoured black tea, often known as "Ivan's Chai" widely drunk in Russia. It's very easy to make:

- Collect the mature leaves up to and including when they come into flower, or even as they start to turn a bit rusty in August/September. Just strip off the leaves (and some flowers are fine too, but the flavour comes mostly from the leaves) from the stem.
- Bruise the leaves by wringing them in your hands and generally smooshing them about a bit.
- Lightly ferment the leaves/flowers by leaving them in a carrier bag in a warm place for a few days, until they start to go "fusty" and discolour.
- Finally dry them gently (a dehydrator on a low setting, or hang them in a sunny window).

The resulting tea is delicious, with the smell of green tea, and much of the richness of traditional black teas, but it contains no caffeine.

Find our more at <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/rosebay-willowherb>

Mind game—contranymys

A contranym is a word or short phrase that, depending on context, has opposite or contradictory meanings. For example **consult**: to offer advice, or to obtain it. Can you get the 12 contranymys from the meanings provided

- 1 To proceed or succeed, or to weaken or fail
- 2 Remained, or departed
- 3 An immobile mass of stone or figuratively similar phenomenon, or a shaking or unsettling movement or action
- 4 To desist from doing something, or to repeat
- 5 To end, or to start up
- 6 Invisible, or obvious
- 7 To support, or to impede
- 8 A particular type, or many types
- 9 To withstand, or to wear away
- 10 Quick, or stuck or made stable
- 11 To connect, or to break or collapse
- 12 Most severe in the case of a murder charge, or least severe in reference to a burn

Answers to last week's mystery location in Bollington



This lovely drawing by Keith Higginbotham is the bridge over the River Dean from John Street.

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Temporary phone number: 01625 813173

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Registered charity number 1123287

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