

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 17**



We are open!!!

The newsletter is taking a break next week

Next edition, no . 18 coming on Friday 31st July

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 opened on Monday 13th July, check out the article on page 2 for more photos and information

We will be continuing to accept donation 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.

Bridgend Centre charity Shop reopens

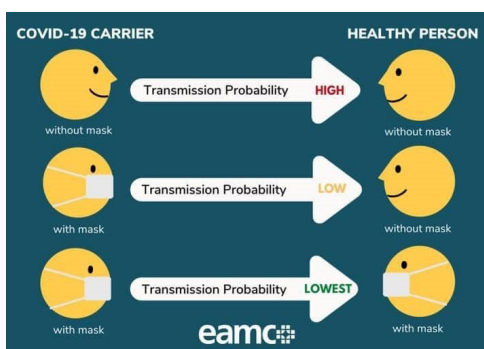
Just after ten o'clock on Monday morning saw our first customer to the Bridgend centre charity shop in 2020!! Back in the days BC (before corona virus..) we closed the shop on 30th December 2019 in order to get substantial repairs done to the roof and building. As with many old buildings that have developed over the years, the works schedule had to accommodate some changes and just as we were due to reopen in March the decision got taken out of our hands with the lockdown. Now we are living in AR times (after roof!!) it has been lovely to welcome back customers old and new and introduce them to our new look and new routine.

Although not open to the public, Centre Manager Rebecca Lea has been working throughout both the repair phase and the lockdown. As well as keeping on top of grant applications, furlough legislation for the rest of the staff, Covid—19 regulations, Hill races and creating and producing the Bridging Social isolation newsletter each week, Rebecca has recruited, organised and facilitated a team of willing and hardworking volunteers who have transformed the Centre far beyond the new roof.



Dur to the ongoing pandemic and regulations surrounding Covid 19 we won't be offering any activities in the centre or operating the café area. Hopefully it won't be too long before we are able to use these spaces again.

In the shop we have introduced a one way system, entering via the back door where you will be encouraged to sanitise your hands and take a cleaned basket for your purchases. We are limiting the numbers of customers in the shop at any one time so there is plenty of space to maintain social distancing. Changing rooms are not available to try on clothing but we will give refunds for items returned to us with tags on and a receipt. Staff are already wearing face coverings and from Friday 24th July all customers will be asked to wear one also in line with government regulations. The till area has moved to the café area, a screen is in place to protect customer and staff. You will be asked to take items off hangers yourself and to collect a bag from under the counter for your purchases if you need one. Ideally we would like you to pay by contactless card but we'll always accept cash if that isn't possible! Finally you will leave via the front door maintaining our one way route through the building.



Our opening hours will remain Monday, Wednesday and Fridays 10 to 2 and Saturdays 10 –1 until further notice.

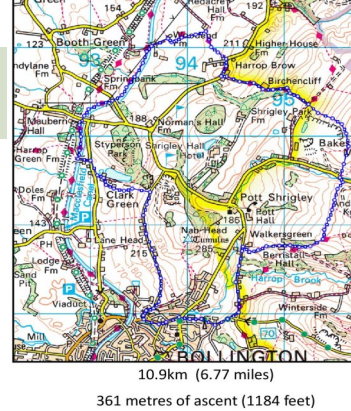
Donations to the shop can be made by booking a slot on our website. We expect to remain flexible so that we can evolve at a pace and in a manner that is safe for all our staff and customers and look forward to seeing you soon!



Bollington Nostalgia Virtual Hill Race

Every year on the second Sunday in July, the Bridgend Centre runs the Bollington Nostalgia Hill Race to raise valuable funds for our charity. This year, with social distancing measures in place, we decided to make the event a virtual challenge.

The race is usually a set route from the Bridgend Centre, up Hedgerow and over to Bakestonedale Moor, returning via Macclesfield Canal (pictured right). However, this was a virtual challenge and we wanted to open up the event to more people, we only had one stipulation, that competitors run 10k. This also made it easier to comply with social distancing restrictions on footpaths.



There were two sign-up options, either by paying £10 or pledging to raise £50 in sponsorship through Just Giving.

We had over 70 participants in total, some based here in Bollington and some as far flung as Polzeath in Cornwall and Gretna Green in Scotland. We were even joined by our patron MP David Rutley. As the Centre's Patron, David is traditionally on hand each year to start the race. However, this year, David took part in the virtual race on the bank of the Thames after a day's work in Parliament.

We had a number of categories and Bridgend Buddy volunteer Claire Kerkham did a fantastic job of sourcing a variety of amazing prizes for each one to spur the competitors on. The categories and winners of each were:

Ascents:

Female: Lisa Cox - 716m

Male: Eddie Mackintosh - 547m

Male 16-29: Thomas Lea - 48:37

Female 16-29: Ella Lea - 51:34

Female 30-49: Diane McVey - 38:31

Male 30-49: Nathanael Booker - 43:27

Female 50+: Alison Downey - 51:15

Male 50+: Andrew Thorp - 48:00

Fastest:

Under 16s: Eddie Mackintosh - 58:58

A huge congratulations to all of our worthy winners. Thank you to our fantastic fundraisers, everyone did an amazing job of spreading the word of their challenge and harnessing some support through Just Giving. They were Claire Kerkham, Karen Waters, Johanna and Alice Maitland, Amelia Lee, Andy Scott and Susan Coen. Between them they raised £1,425 taking the total funds raised for the Bridgend Centre to £2,045, which is an amazing figure and supported our charity through a very challenging phase when we were unable to open the charity shop. The prize could only go to one person, however, and we are very proud to announce that Claire Kerkham managed to raise £730 and is the winner of the prize for the best fundraiser.

Thank you so much to all the wonderful local companies and businesses who donated prizes, it is hugely appreciated by Bridgend. Also, a final 'thank you' has to go to Reece Remedios, a professional fundraiser based in London who usually works for Back Up, a charity for people affected by Spinal Cord Injury. Reece generously donated his time to us while on Furlough to make this race happen and it definitely would not have happened without his hard work and support. We certainly learnt a lot from him about virtual events!

It isn't too late to donate and make a difference, just go to our Just Giving page here: <https://www.justgiving.com/campaign/Bollington-Nostalgia-2020>. You can also see more photos and stories of our competitors at our website: <https://bridgendcentre.org.uk/bollington-nostalgia-hill-race/>



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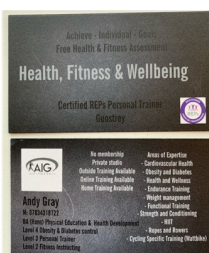
Becca's beauty Buys



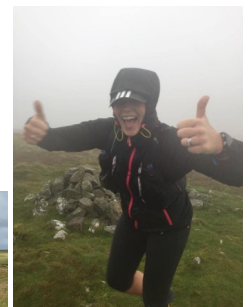
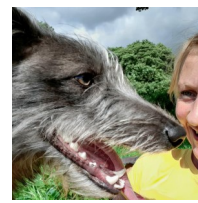
Becca's beauty Buys



Top to Toe Treatments



little challenges



Bollington Lockdown Horticultural Pop-Up Show, 2020

On Saturday 11th July, I was honoured to judge the wonderful gardens in full bloom throughout Bollington. Thanks go to Cllr Roland Edwards and the Transition Bollington Residents' Group for organising the event. Over 30 people entered and there were three categories: Community Garden, Front Garden and Window Box/Tubs.

The numbers of Community Gardens that have sprung up in Bollington particularly impressed me. There are several around the Town Hall, Civic Hall and overlooking the Recreation Ground. In the end, we awarded Irwell Rise for their inspirational Community Garden, created lovingly by the residents.



Winner of most original garden display

There were many fantastic front gardens to view. We finally decided that a lovely little front garden on Lowther Street just edged the Gold Medal for its creativity in such a small space, the quality of the plants and the overall design. The window boxes/tubs category was equally as difficult to find a winner. We eventually agreed that a beautifully presented display on Jackson Lane was a worthy winner. We awarded a special mention for the 'Most Original' display at the top of Bollington Road.

We learnt from our experience of riding around Bollington that we have a wonderful Community, which has been brought together in so many positive ways during the lockdown.

I thoroughly enjoyed cycling around Bollington with my two fellow-judges: thank you Chris Holohan and Deborah Roberts. A special thank you also goes to David Naylor, our Town Clerk, who opened the Town Hall for a pit stop at lunchtime.

We will be looking to make this an annual event from now on, certainly extending its reach to include an edibles category too. **John Stewart—Bollington Mayor**



Recipe of the week—cheesy flapjacks

Not all baking has to be sweet and these tasty flapjacks are an excellent snack for taking out on a walk or when you want a savoury hit! Flaxseed are also called linseeds and bags of milled seeds—easier for us to digest and access the good oils—are often found alongside the breakfast cereals in supermarkets.

Ingredients: 100g butter 250 g porridge oats, 2 carrots, grated, 1 tablespoon milled flaxseed, 1 tablespoon chia seeds, 100g cheddar; grated, 2 large eggs, beaten, Small bunch of chives, snipped, 2 tablespoons mixed seeds

Method:

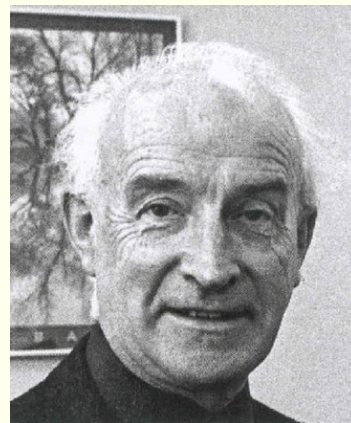
1. Melt the butter in a large saucepan then add oats, carrot, flaxseed, chia seeds and season to taste. Leave to cool for ten minutes.
2. Pre heat the oven to 200c/180c fan/gas 6. Line a 20cm x 20cm baking tin with baking parchment.
3. Stir in the cheese, eggs and chives into the oat mix. Turn into the baking tin and flatten with the back of a spoon, filling the tray evenly. Sprinkle with the mixed seeds and press in. Bake for 25 minutes until golden. Cool in the tin before cutting into 12—16 bars or squares.



Bollington's famous residents—Dr. John Coope MBE

Continuing on our theme of famous Bollington residents, this week's article is all about Dr John Coope, well known and highly respected within Bollington and beyond!

Dr John Coope, born in 1928 into a medical family living in Bollington, was one of seven siblings. Both his parents were doctors, Dr Geoffrey and Dr Eileen, and they treated local residents at their family practice. The surgery was a small room in their home at Brook House, which has now been converted into flats and is next door to the Waterhouse and the new Bollington Medical Centre. After qualifying, Dr John also joined his parents in the practice and he had many recollections of those early days, when the doctor had to deal alone with everything that was thrown at him!



'Of course, we had no nurses and the worst thing to happen was to find that the first patient had got hard ear wax, because you knew that was a long consultation – you would have to keep on pushing away, trying to get the wax out of his ear and you knew that all the time more and more people were coming in. The syringe, I remember, wasn't very efficient, so you'd get the occasional syringe-full up your sleeve!'

Dr John married Dr Jean, who also joined the practice and, as this expanded, it was time to spread the workload.

'Shortly after I came, we made the revolutionary step of employing a secretary and receptionist. That made a tremendous difference and we thought this was wonderful. We were living in the lap of luxury after what had gone before.'

Dr John was a great believer in the power of community spirit and was instrumental in setting up many of Bollington's groups and organisations which still thrive today, including the Festival Players, Bollington Light Opera Group and the Civic Society, as well as creating and conducting the Festival Choir. He managed to juggle all these achievements whilst still working more than full-time as a GP!

'Then, of course, we had the epidemics. Measles always increased the number of house calls by a large amount, so I can remember doing a surgery in the morning, doing thirty to forty house visits or more, and then coming back and going into evening surgery at half past five, and coming out at night feeling totally fagged out and telling Jean, "You'd better be quick with my evening meal, because I've got a pantomime rehearsal at half past six!"'



The first Bollington Festival was initiated by Dr John in 1964, which acted as a catalyst in bringing the whole community together. It was hugely successful, as have been all subsequent Festivals.

He was very charismatic and had a strong speaking voice; wonderful for leading the choir but not as useful for a doctor!

'The surgery moved into the Waterhouse. We had two consulting rooms and a waiting room in-between. Because the wall between my consulting room and the waiting room was rather makeshift, I'm afraid there was no confidentiality – I remember somebody came in once and said (in a whisper), "Doctor, just speak very quiet because everyone is discussing what you are saying!"'

Dr John was also the driving force behind the creation of the Arts Centre, which opened in 1984 and continues to offer a wide repertoire of performances and activities to this day. In 1993, Dr John was awarded the MBE for services to his community and the whole village was justifiably proud of this achievement. Sadly, Dr John died on Christmas Day 2005, but he will be remembered as a great force for good throughout Bollington, a highly respected GP and a true gentleman. **Ann Mayer**

Music for carers—Water Street

What started as a rousing weekly thank you for our carers and front-line services has turned into a weekly gig for one street in Bollington.

Back in March, when the Clapping for Carers started, residents across the UK came out in their droves to thank the NHS and it was a wonderful opportunity to come together in what was a dark and often isolated time for so many people.

Officially the Clapping for Carers finished on 28th May, but for Water Street the thanks and clapping have continued. This is all down to local resident and musician, Neil Shaw Hulme. At the start of lockdown, as with many people across the country, Neil saw his much loved business as a professional musician grind to a halt. Gigs were postponed, weddings put on hold and tutorials cancelled.

So Neil's idea, along with other musicians in Bollington, was to entertain his neighbourhood on a Thursday evening, by way of a street performance to coincide with clapping for carers.

"I just wanted to show my appreciation for everything the NHS has done, and all the delivery drivers, the postman, our shops – everyone who kept the country going during lockdown. It's turned into a great opportunity to bring my neighbourhood together – people who don't necessarily see each other often are now chatting away, albeit socially distanced"



MP meets Bollington Business



Bollington's vibrant pubs and restaurants were well represented at a recent meeting hosted by Bollington Town Council and the Bollington Business Forum with David Rutley, local MP, where supporting the reopening of the local hospitality businesses was top of the agenda.

Local pubs and restaurant owners are well known for providing a warm welcome to both local residents and visitors, as well as making an important contribution to Bollington's local economy. As lockdown restrictions have eased, pub and restaurant owners, were keen to find out more about the measures announced in the Chancellor's summer statement that have been developed to help stimulate economic recovery in the sector.

Local businesses have been working closely with the Bollington Business Forum and Bollington Town Council to make more space available outside local pubs and restaurants. These local plans are well advanced and are waiting for Government legislation to be passed to allow businesses to serve customers outside and increase outdoor street trading. David was able to update the meeting that the plan is for the relevant legislation, the Business and Planning Bill, to be passed by 22nd July.

At the meeting, hosted by the owners of Briscola and the Holly Bush, local businesses also explained how they have been supporting the community during the coronavirus pandemic. Some of the local pubs and restaurants, including the Poachers Inn, the Viceroy Indian restaurant, Briscola Italian restaurant, the Lord Clyde and the Windmill continued to provide service throughout lockdown by offering tasty take away menus. Tapa restaurant's chef and owner published an online cook book with the proceeds donated to NHS charities, while Love Bollington Market has been holding virtual markets.

For more detail on this story, please go to the Bollington Town Council website: https://www.bollington-tc.gov.uk/news/post/mp-meeting-with-hospitality-businesses-10-july?fbclid=IwAR252QDaejYlvOa8CcF3yBW_j37HBC1r0S-

Reminiscences of Bollington

Not a lot happened round here for a very long time. The region was shaped by the last ice age, more than 10,000 years ago, and our distinctive hills and valleys were formed by the movement of ice and its subsequent melting. Natural growth would then have taken hold with large areas of trees spread over grass and scrub.

Bollington's boundary was established by 1270 and has remained almost exactly the same ever since. Bollington was once part of Macclesfield forest – not all trees though. But once the industrial revolution began in the 1760s, just 30 miles away at Arkwright's Mill in Cromford, Derbyshire, the river Dean from Gin Clough (just above Rainow village on the road to Whaley Bridge) down to Lowerhouse, Bollington, together with the smaller Harrop Brook, suddenly became an important source of power. Power was required to run the industrial machinery, so the valley through what is now Bollington became an important industrial asset, ripe for development. And one of the great things about water power is that you can use it over and over again so long as the river bed keeps falling! Bollington is in the hills so the falls are significant. Downstream from Lowerhouse the ground becomes more level, the river more placid, and provides less opportunity for extracting its energy. The next mill downstream today is Quarry Bank at Styal, located just beyond where the Dean joins the river Bollin.



The three pictures show three sides of the same boundary stone engraved with B for Bollington, K for Kerridge and R for Rainow. There are many boundary stones all around the parish boundary.

Tim Boddington

Plant of the week—Himalayan balsam

Covering more and more of our countryside each year, this non native plant was introduced to the UK in 1839! Ranging from pale to bright pink, this plants this fast growing annual quickly colonises waste ground, river banks and field edges. It's explosive seed heads make it a fun thing for children to 'pop' but unfortunately each plant can produce up to 800 seeds that tolerate low light conditions and smother out our native species. It is especially tolerant of moist areas and as the seed can remain viable for two years colonisation near rivers increases its spread greatly.



Government legislation says you must not plant it in the wild, or cause it to grow in the wild for these reasons. It



is difficult to control its spread and small areas should be nipped in the bud as soon as possible. This can be done by pulling stems out by hand, see photo, left, ideally before it flowers in June. Repeated mowing before it flowers, with the cut as close to the ground as possible will also help. As a last resort there is some guidance for the use of chemicals on the government website. Look out in the local area for 'balsam bashing' events that are organised by local countryside agencies and try to resist the temptation to 'ping' the seeds this autumn!!

Mind game—identify the famous person from the reconstructed baby photos!



Answers to last week’s mind game—contronyms

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

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