

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation
Edition 19



Photo courtesy of Matt Wray of Bollington Print Shop

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.

Charity shop ** NEW OPENING HOURS!!! **

We are pleased to announce that from Monday 10th August we will be opening from 10am to 4pm Monday, Wednesday and Friday and 10 am to 1pm on Saturdays.

We will be continuing to accept 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.

Bollington News

The pavilion at Bollington Recreation Ground is going to have a new roof

After years of battering from the weather, cricket balls, footballs and even sheltering the Bridgend Centre earlier this year when we were having our new roof, the current roof at the Pavilion on the Rec has reached the end of its useful life. There are several places where water can now get in and the football changing rooms have sustained significant water damage.

The original tiles are to be replaced with a modern alternative offering more resilience and being easier to replace should they get damaged. Work started on 20th July and it is anticipated it will take about 4 weeks.



Pedestrian access around the outside of the building is unaffected; however the car park will be required for site storage and will be partially, and at times completely out of bounds for parking. Please look out for notices on site informing of its closure.

We hugely appreciated the support Friends of the Rec gave our Centre in January and February by allowing us to run our services there, so we wish them a successful and timely project to replace the roof.

One You Cheshire East

Would you like to become a bit healthier but not sure where to start?

If you're a Cheshire East resident, you can attend free Move More exercise classes offered by One You Cheshire East. They are currently offering a range of exercises, including classes that are suitable for those with mobility issues. They stream the classes live daily and they're also available to watch later at a time that suits you best.

Their current offering includes:

- Chair Based Classes with Rachel
- Core Circuits Classes with Reece
- Aerobic Fitness Classes with Katie

TAKE STEPS TO MOVE MORE

Fitting some physical activity into your day is easier than you think. Being active is really good for your body, mind and health.

Visors donation from the Cheshire CCG

Bridgend was in receipt of 50 face visors (PPE) for our staff and volunteers this week from Cheshire CCG. Sourced and distributed through CVS Cheshire East, a large quantity were donated to VCFS (Voluntary, Charity and Faith Sector) organisations in the area.

These will provide extra protection on top of face masks for our staff and volunteers who are working hard to keep our charity shop up and running in these uncertain times.

A big thank you to the CCG and CVS Cheshire East, who are providing a lot of support to the voluntary sector in the area during this difficult period.



Becky and Jane social distancing in their new visors

Bridgend Tree Trails

The Bridgend Centre are proud to announce their latest publication – Bridgend Tree Trails. These four walks, all starting and finishing at the Bridgend Centre can be walked individually or in combination to create a 14-mile loop around Bollington.

Originally set up by the Bridgend around 9 years ago, the walks have been checked and routes revised with input from local artists, photographers and Bollington graphic designer Pete Thorpe. The project was run by Avril Corbett.

Thank you to all the wonderful volunteers who made the project possible by walking the trails, reading the original walk instructions and materials, proof-reading the books and especially Pete Thorp of Visual Machine who volunteered countless hours to create the beautiful book we have today.

There will soon be a downloadable version with children's activity sheets on the website but in the meantime, you can pick up one of these lovely booklets for a suggested donation of £1 from the Bridgend Centre and get out and about following the new markers in the warm weather this weekend and beyond!



Plant of the week— harebells

Tiny and delicate it's easy to see why the delicate blue harebell is sometimes called 'Fairy's thimbles' and the flower used as a hat for the fairies in A Midsummer Nights dream. But don't be deceived—these fragile looking flowers are surprising tough and grow in open and poor soil on coastal, road side and meadow locations. A member of the *campanulaceae* family, cultivated versions are used by gardeners for both ground cover and height and include white and pink along with the original blue. The leaves of this perennial can be used in salads and it is said that chewing the roots can cure depression—it surely lifts my heart to see them!

The harebells are out in full force around Bollington at the minute, see them on our Heritage Trail Wildflower Walk—pick up a leaflet at the Bridgend Centre or download here—<https://bridgendcentre.org.uk/heritage-trail-2-woods-and-wildflowers/>

Be careful not to walk through a clump though—if you do the fairies will cast a spell on you.....



Photo courtesy of John Ireland

Reconnecting—A chat group for those who were shielding

The outside world gathers momentum as social distancing measures are lifted, and at the same time some support and shielding grind to a halt. For some this means a sudden dramatic shift from a degree of security to being left to your own devices. The safety barrier has been lifted and it feels strange, scary and rather worrying.

I have been shielding for the past five months and I for one do not feel safe out there yet. I haven't changed my behaviour since shielding has been lifted. It is a time of transition and as of yet I cannot contemplate entering a shop or a busy environment. It will clearly take time to adjust. I suspect I am not alone in how I feel right now.

Thoughts that cross my mind include; are my local shop delivery services going to cease? when I do venture into a place, I could be met with an individual who blatantly refuses to adhere to the rules and wear a mask, what do I do? Am I getting left behind?



Chat with others in a similar position. Join our Zoom group

So much to talk about. It would be great to spend time with others who are sharing this experience. We could perhaps share ways to overcome the fears and obstacles. Join the Zoom chat on Thursday 13th August at 2pm to see how together we can move from a feeling of disconnect to reconnect

To register email Claire before 5pm Tuesday 11th August, at happyvalleyvoice@gmail.com. Or phone the Bridgend Centre on 01625 576311 if you do not have the internet and they will put you in touch with me.

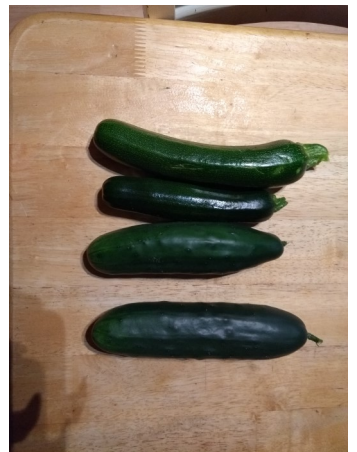
Recipe of the week—bacon and courgette pasta

Pictured here with courgettes and cucumbers fresh out of the Editor's neighbours garden!

Serves 4

Prep time 10 minutes Total time 15 minutes

500 g Fusilli pasta, 10 Rashers of unsmoked bacon (chopped) or bacon lardons
2 large courgettes, diced, 2 sprigs fresh mint, chopped, Finely grated zest of one lemon
8 tbsp of crème fraîche, Freshly ground black pepper



1. Cook the pasta according to the pack instructions.
2. Meanwhile dry fry the bacon in a hot non-stick pan for about three minutes, turning frequently until crisp and golden.
3. Put the courgettes in the pan the bacon was in, adding oil if necessary. Add the mint and lemon zest and cook for 5 minutes until just tender. Stir in the crème fraîche.
4. Drain the pasta well and return to the saucepan. Add the bacon pieces and the courgette mixture to the pasta and toss well together.
5. Service with a sprinkling of freshly ground black pepper.

Poetry—Desiderata, Max Ehrmann

Often wrongly attributed to an anonymous author of the 1600's, Max Ehrmann wrote this poem in 1927. Desiderata means things that are desired or wanted. Its words remain as relevant today as when it was written.

Thanks to Margie Hill for suggesting we include it in our newsletter.



Go placidly amid the noise and haste,
And remember what peace there may be in silence.
As far as possible without surrender
Be on good terms with all persons.
Speak your truth quietly and clearly:
And listen to others,
Even the dull and the ignorant;
They too have their story.

Avoid loud and aggressive persons,
They are vexations to the spirit.
If you compare yourself with others,
You may become vain and bitter;
For always there will be greater and lesser persons
than yourself.
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble.
It is a real possession in the changing fortunes of time.
Exercise caution in your business affairs,
For the world is full of trickery.
But let this not blind you to what virtue there is.
Many persons strive for high ideals,
And everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love.
For in the face of aridity and disenchantment
It is as perennial as the grass.

Take kindly the counsel of the years,

Gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden
misfortune.



Sunset over Cheshire Plain by Jacky Timms

But do not distress yourself with dark imaginings.
Beyond a wholesome discipline,
Be gentle with yourself.

You are a child of the universe,
No less than the trees and the stars.
You have a right to be here.
And whether or not it is clear to you,
No doubt the universe is unfolding as it should.

Therefore be at peace with God,
Whatever you conceive him to be,
And whatever your labors and aspirations,
In this noisy confusion of life,
Keep peace with your soul.

With all its sham, drudgery and broken dreams,
It is still a beautiful world.
Be cheerful.
Strive to be happy.

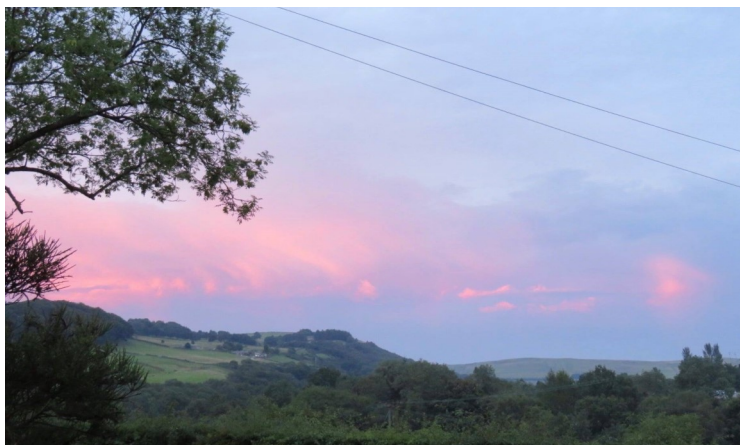


Photo by Andrew Heathcote

Gardening Corner—what have the Victorians ever done for our gardens?

Here this a wonderful two-page article, Vera Marten tells about the Victorian plant hunters who changed the shape of our gardens forever.

Devotees of Monty Python's *Life of Brian* will remember the hapless Reg asking, '*All right, apart from the sanitation, the medicine, education, wine, public order, ..., what have the Romans ever done for us?*'. What would the answer be if we were to ask the same of the Victorians? Some would say that modern Britain was born during Victoria's reign. The Victorians were a busy lot and in Bollington, the canal, our mills, our homes are evidence of this. But, have you ever thought of thanking the Victorians for our gardens? No, well, you should. The efforts of Victorian plant hunters transformed British gardens. Moreover, the stories of how they collected the 'exotica' that has become so familiar in our gardens today are often great tales of 'dare and do'.

During the 19th Century, huge sums of money were invested by patrons and nurseries in the search for rare plants that could be cultivated and sold en masse. By the mid-1800s, gardens were not just the prerogative of the aristocracy: the nouveau riche and aspiring middle classes became busy too. Victorians were eager for exotic botanical status symbols and they filled their gardens, conservatories, and glass houses with novel plants. This hungry market was fed by a score of plant hunters who ventured far and wide across the globe.



Monkey Puzzle Tree (middle-right foreground) and Wellingtonia (the tallest tree at the back) - Bollington Cross, July, 2020

James Veitch (of Veitch & Sons, est. 1808) was an important nurseryman of his time and his business is good place to begin Bollington's story of Victorian plants and trees. Amongst others, Veitch employed William and Thomas Lobb, as plant hunters. From the 1840s, the brothers travelled thousands of miles across continents, often in uncharted and dangerous territories, in search of unusual plants for Veitch & Sons' growing and highly profitable business.

William began collecting across South America, avoiding armed uprisings as he went. His most famous collection was the Monkey Puzzle tree. Although the tree had already been introduced to Britain in the late-Georgian period, it remained rare and super expensive: a specimen planted at Pencarrow House, near Bodmin in 1834, had cost 20 guineas (worth an eye-watering £3,000 today). Thanks to William, in 1843, Veitch began selling 100 Monkey Puzzle seedlings for £10 to Victorian gentry, eager to mark their status and compete with their neighbours; Bollington boasts several magnificent old specimens in former mill owner gardens.



In 1852, William went in pursuit of the ancient giant Sequoia that were located in the foothills of the Sierra Nevada range. Thanks to the speed with which he despatched his specimens back to Britain, the English Horticultural Society was able to name the tree before the Americans did. The *Wellingtonia gigantea* was duly named in honour of the lately deceased Duke of Wellington and so thwarted the Americans plan to name it the 'Washingtonia'. Other plants that William introduced include berberis, escallonia, fuchsia, myrtles, passiflora, ceanothus, and climbing nasturtiums.

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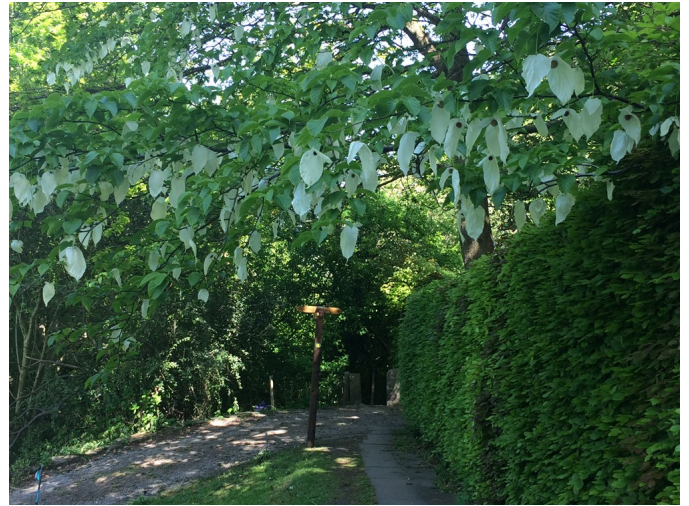
berberis darwinii

Meanwhile in 1843, Thomas Lobb was sent to south-east Asia where he collected the much prized orchids, insect-eating plants, and tender rhododendrons that graced the conservatories of the Victorian gentry. Sadly, Thomas came to a sticky end when he broke his leg during a trip to the Philippines to collect orchids and ferns. He made a poor recovery and his injured leg was eventually amputated - reportedly on his sister's kitchen table without anaesthesia!

Perhaps our most famous Victorian botanical marvel is the Handkerchief tree. The history of the tree's introduction to the West is a complex tale of dogged perseverance. The first Westerner to find the tree was a French priest (Armand David; in 1869, in the Yunnan region of China); the second was an Irish physician (Augustine Henry; 1888, in the Yangtse Ichang gorges). Henry's glowing reports of this wondrous tree finally caught the ear of Henry 'Harry' Veitch (son of James). So, in 1899, Veitch engaged the 22-year-old Ernest Henry Wilson, as plant hunter and sent him to China to find the tree and return with seeds.

Ernest - a novice to foreign travel, with no Chinese, and armed only with a hand-drawn map and a few instructions given to him by Augustine Henry - set off on his mission.

Travelling west, Ernest stopped at Harvard's Arnold Arboretum to learn the latest techniques for shipping seeds and plants safely. Equipped with the latest knowledge and a plentiful supply of Wardian cases (designed to protect flora from exposure during long sea journeys), Ernest set sail again for China. Arriving in Hong Kong, he had to dodge plague and political unrest as well as battle sweltering heat and endemic malaria as he made his way to Hubei province. These hardships were just the beginning of his problems, for when Ernest finally found Henry's reported location of the Handkerchief tree, he discovered that it had been cut down and the wood used to build a house!



Handkerchief tree - Kerridge, May 2020



Close-up of the Handkerchief Tree seed - Kerridge, May, 2020

Undeterred, Ernest continued his search, filling his Wardian cases with other novel flora as he went. Two months later and 600 km away, Ernest found a grove of Handkerchief trees overhanging a precarious sheer drop in Yichang, Hubei province. He continued to collect in Hubei for two more years before returning to England in 1902 with 35 Wardian cases stuffed full of tubers, corms, bulbs, rhizomes, and dried herbarium specimens. In all, Ernest had collected some 906 plant species and the seed of over 300 plant species for Harry Veitch. Aside the seeds of the Handkerchief tree, these included acers, berberis, clematis, and primula.

Affectionately known as EH 'Chinese' Wilson, Ernest made several more expeditions to China and, in Sichuan, found Rhododendron seeds and bulbs of the Regal lily. On one such lily expedition, Ernest was caught in an avalanche, which crushed his leg. Sources describe how he set his leg with the tripod of his camera and recovered, thereafter, with what he called his '*lily limp*'. Now we know who to thank (or blame) for the ubiquitous rhododendron.

And so, the story of the Victorian plant hunters is not merely a tale of adventure and perennial threat to life and limb, it is also one of pioneering spirit, courage, and resolve. But mainly, in my view, it is a testament of our ancestors' zealous curiosity, ingenuity, and deep commitment to the study of our natural world.

Vera Marten (July 2020)

Mind game—more language to make you laugh

Enjoy some good clean fun from Dominic

Went to Bollington Library and got some more excellent books out.

- More for your money. By Max Amize
- The dentist revenge by Phil Mcavity.
- Choice of Cakes by Eva Orr
- How to keep fit by Jim Nasticks
- A new day coming. By Tamara Morning
- Antibiotics by Penny Shilling.
- How I win races by Aaron Quigley



There's a new restaurant just opened in Bollington called Karma. There's no menu, you get what you deserve. My ex wife still misses me but her aim is steadily improving.

What's the difference between a well dressed man on a bicycle and a poorly dressed man in a unicycle. Attire.

Some sad news to share. Billy from Bolly unfortunately passed away last week. I was asked to the Will Reading to be an independent witness. The will was read out and all the properties on Water Street and Ingersley Road were left to his son Peter. The properties on Southwest Avenue and Wellington Road were left to his nephew John and all the commercial properties on Palmerston Street to be left to his cousin Steven. I said to his wife Milly "I didn't know Billy was so wealthy what did he do for a living" and Milly replied "he was a window cleaner".

General knowledge questions

If you were putting numbers on changing rooms lockers to be numbered 1-100 how many times would you use the number 9?

February is the shortest month in the year, what is the longest?

What is the lowest number, that when spelt out contains the letter A?

Answers to last week's mind game— Dominic's brain teasers

Which American State ends in 3 vowels? Hawaii

What was the last year that could be written upside down and appear the same as the right-way up and when will this next happen?

1961 and 6009.

When written in capitals which 3 letters of the alphabet have no straight lines? COS.

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 we are working to ensure we can provide as much support to them as we can during this strange time of social distancing.

If you would like to help to keep the Centre open during these challenging times, please go to our website to donate: <https://bridgendcentre.org.uk/home/donate/>

Thank you



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