

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation

Edition 21



Mosaic by Sam Davies, Mosaic Artist

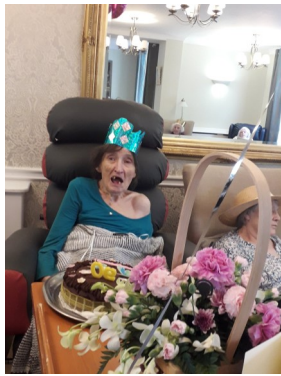
The Bridgend Centre will be producing this newsletter every week during this time of Social Distancing to hopefully brighten spirits, entertain you, keep you informed and most important of all to help everyone feel that even though we have to put physical distance between ourselves none of us are alone.

We are always 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.

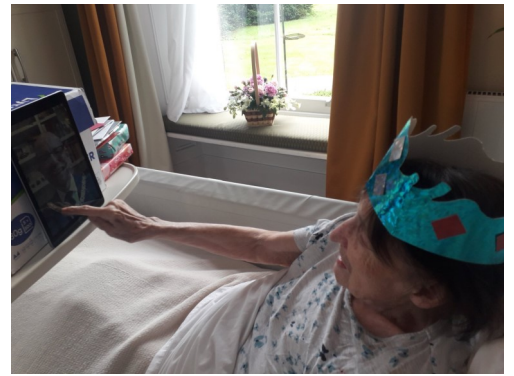
Our charity shop is now open 10:00 to 4:00 Monday, Wednesday and Friday and 10:00 to 1:00 on Saturdays. So even more time available for shopping Bridgend style!

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.

Bollington News—Marion's Big Day



The Mayor of Bollington John Stewart made local lady Marion's day on Wednesday when he face timed her to wish her 'Happy Birthday' on her 90th Birthday. Marion lives at Mount Hall Care Home on Flash Lane and loved her card and big box of Thornton chocolates given to her by Bollington Town Council.



Bollington Town Council—Council and Committee Meetings

Did you know that members of the public can attend Council and Council Committee meetings?

They can even speak with the permission of the Chair. This might not be everyone's idea of a fun way to spend an hour or so but now Bollington Town Council (BTC) meetings are taking place online a few more people are taking an interest in what normally goes on in the Council Chamber, but now from the comfort of their own homes.

BTC have a timetable of meetings which can be viewed on their website and where available agendas for forthcoming meetings can be found.



During the current Covid 19 Crisis BTC are conducting all of our meetings online using Microsoft Teams. This allows people to join the meeting over the internet via the downloaded app or in their internet browser. There is also a dial in option (audio only) for those with no access to the internet, poor internet connection or limited data. This is a local rate number which would be charged at your network provider's local rate tariff.

To find out more, or to join any of BTC's advertised meetings please get in touch by emailing enquiries@bollington-tc.gov.uk or calling 01625 572985. Our telephone line is currently diverted and

20's Plenty

At the end of 2019, Transition Bollington carried out a survey about transport in the town and how people get around the area. The aim was to enable Transition Bollington to work with Bollington Town Council to improve transport options available. The results of survey highlighted a concern about the volume and speed of traffic here.

Alongside this, the Government has suggested a speed limit of 20mph in built up areas and Cheshire East Council will be voting on this in October 2020. There is a current campaign for the council to introduce twenty miles per hour as a mandatory speed limit for built up areas.

If you would like to put your name to this campaign you can find it at <https://www.change.org/p/cheshire-east-20-s-plenty-for-cheshire-east>.



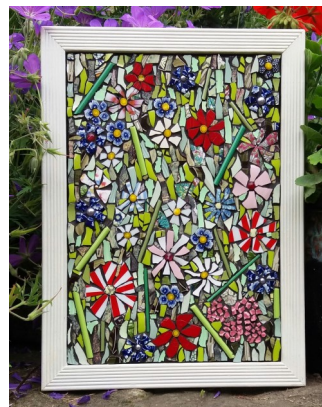
Made in Bollington (or thereabouts) - Sam Davies

A weekly article about the beautiful arts and craft items we sell at the Bridgend Centre. All are made or designed by people that have some sort of connection from Bollington. This week find out a bit more about Sam Davies who makes the lovely and unique mosaics that you likely recognise from our shop. She can often also be seen busily rearranging our shop layout and displays.

Whilst working for over 20 years in Manchester in the field of Art Therapy / Art Teaching I was lucky enough to work on a project with a fantastic mosaic artist. This experience kick started a love of mosaic making in myself both as a teaching method but also personally as an art medium I could easily do at home on the kitchen table!!

Having moved to Bollington 10 years ago which I knew well from many years of visiting friends and hiking, I was finally able to take a step back from the “rat race” and stop working in Manchester at the end of 2016. This change of life style was wonderful and I finally felt that Bollington was “home” and I could fully appreciate everything that it offered especially the Bridgend Centre!! Volunteering there is a complete joy and a great way to feel part of the community { and of course to provide the odd fabulous outfit or 20!!}

Helping at the Bridgend Centre has provided me a great outlet to sell my mosaics which in turn has pushed me to develop my work with a view to selling more elsewhere / commissions. Of course White Nancy features heavily in the work I sell at the Bridgend Centre as she is rather popular!! However I am also heavily influenced by the nature we see here in Bollington. I love the dragonflies glittering near the bulrushes on the Middlewood Way and the patterns and colours of flowers are fantastic to mix with a bit of Alice in Wonderland “Nonsense”. These are the mosaics where I feel I can enjoy being more imaginative and create unique work that comes from within. Having worked for so long in art therapy I know how important that is! Luckily other people seem to like them too..



Plant of the week—Deadly Nightshade



Attractive, psychoactive, dangerous. Found in scrub and woodland, the deadly nightshade lives up to its name. Though highly poisonous, it feeds woodland animals and even has medicinal properties.

Deadly nightshade is a perennial plant with long, thin branches. The leaves are oval-shaped, untoothed with smooth edges and pointed ends. They grow on stalks in an alternate pattern and are poisonous. The flowers are bell-shaped with purple and green colouration, around 2.5–3cm in

length. They have shiny black berries with five sepals visible where the fruit attaches to the plant. The berries are also highly poisonous.

For more information please go to <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/deadly-nightshade/>

Anna's Greenwood Diaries Part 2

During lockdown I had to get creative in my search for new sources of green wood. Luckily for me, my lovely neighbour, with whom I share a back yard, had decided to do some gardening which involves cutting back an extremely overgrown Mahonia japonica. I am lucky enough to live in one of these lovely Bollington terraced cottages with shared back yards, so I can chat with neighbours whilst maintaining social distancing. It was whilst we were chatting that I noticed the amazing colour of the cut ends of the mahonia branches so I decided to investigate. With her permission I took one of the discarded branches, sawed off a short piece and split it with my axe. I was delighted to find that the bright yellow of the newly split wood went all the way through the branch so I decided to have a go at carving a small spoon.



What an amazing colour!

I used my axe to get rid of the pith which runs down the centre of the branch, and the bark. When I had axed nice flat surfaces I used a soft pencil to draw the shape of the spoon. Next came the tricky bit—I removed as much of the unwanted wood as I could with the axe keeping as close to my pencil line as possible but without going over it. This takes a lot of practice to do safely but I have been carving in this way for a number of years and have learnt from some excellent teachers about how to make safe strokes. After the axe work I use my extremely sharp sloyd knife to cut the exact outline of shape I want. Next I work on the upper and lower surfaces of the spoon to make sure I give it a nice crank. Finally I take my hook knife or scorp to hollow out the bowl of the spoon.

However, sometimes things don't always go according to the plan—I had intended for this spoon to be a long straight-handled jar spoon but the wood grain had other ideas—oops! No point going against the grain—I had to alter my plan. I decided to exaggerate the wonkiness and make a wobbly jar spoon for serving wobbly jams and jellies. **Anna Barker**



Who knew the wood of Mahonia japonica was such an amazing colour!



This little mustard spoon I gave to my neighbour to thank her for the wood and the amazing discovery.



The spoon I intended to make



The wobbly spoon I actually made

Long Tailed Tits

Pete Turner sent us some photos of a long-tailed titmouse that he saw in his garden.

The long-tailed tit is easily recognisable with its distinctive colouring, a tail which is bigger than its body, and undulating flight. Gregarious and noisy residents, long-tailed tits are most usually noticed in small, excitable flocks of about 20 birds.



Like most tits, they rove the woods and hedgerows, but are also seen on heaths and commons with suitable bushes.

Recipes—Plums and Damsons



It is now approaching that time of year when plums and damsons in our gardens are starting to ripen. Don't let them rot on the floor, there are so many things you can make with them! Here are some ideas.



If you looking for plum inspiration and to find out more about the wide array of plum varieties out there, you could always plan a visit to the Pershore Plum festival in Worcester which is a weekend celebration of the gorgeous fruit. Unfortunately it has had to be cancelled this year but it will be back next year with a vengeance! [http://](http://www.pershoreplumfestival.org.uk/#)

www.pershoreplumfestival.org.uk/#

Plum Jam

Ingredients

2kg plums , stoned and roughly chopped, 2kg white granulated sugar, 2 tsp ground cinnamon, 1 tbsp lemon juice, 3 cinnamon sticks, knob of butter

Method

Sterilise the jars and any other equipment before you start (see tip). Put a couple of saucers in the freezer, as you'll need these for testing whether the jam is ready later (or use a sugar thermometer).



Put the plums in a preserving pan and add 200ml water. Bring to a simmer, and cook for about 10 mins until the plums are tender but not falling apart. Add the sugar, ground cinnamon and lemon juice, then let

the sugar dissolve slowly, without boiling. This will take about 10 mins.

Increase the heat and bring the jam to a full rolling boil. After about 5 mins, spoon a little jam onto a cold saucer. Wait a few seconds, then push the jam with your fingertip. If it wrinkles, the jam is ready. If not, cook for a few mins more and test again, with another cold saucer. If you have a sugar thermometer, it will read 105C when ready.

Take the jam off the heat and add the cinnamon sticks (if using) and the knob of butter. The cinnamon will look pretty in the jars and the butter will disperse any scum. Let the jam cool for 15 mins, which will prevent the lumps of fruit sinking to the bottom of the jars. Ladle into hot jars, seal and leave to cool. Will keep for 1 year in a cool, dark place. Chill once opened.

Plum Cobbler

Ingredients

Fruit Part: 100g butter , cubed, 100g golden caster sugar, 2 vanilla pods , seeds scraped out, 700g firm plums , stoned and roughly chopped, 300g Braeburn apples , peeled, cored and chopped, 1 tsp cinnamon



Cobbler Dough: 1 egg, 100ml milk, 140g cold butter , cut into cubes, 280g plain flour, 140g golden caster sugar, ½ tsp cinnamon, 1 tbsp baking powder, 2 tbsp demerara sugar cream or custard , to serve

Method

For the fruit, put all the ingredients in a saucepan. Cook over a low heat, stirring until the butter has melted and the sugar has dissolved, then leave to simmer until you have a chunky fruit compote, then set aside.

Heat oven to 190C/170C fan/gas 6. Whisk the egg into the milk and set aside. Rub the butter and the flour together until it has the texture of chunky breadcrumbs, then stir in the caster sugar, cinnamon, baking powder and a large pinch of salt. Pour in the milk mixture and bring together to form a thick, batter-like texture.

Tip the compote into a baking dish and top with large spoonfuls of the cobbler mix, making sure there are a few gaps for the fruit to bubble through, then sprinkle everything with the demerara sugar. Bake for 35-40 mins or until the topping is golden and just cooked through. Remove from the oven and leave to rest for 5 mins before serving straight from the dish with generous helpings of cream or custard.

Sugar Free Damson Jam

Stevia Granular– 1 1/3 cups of stevia, No Added Sugar Pectin – 1 packet (1.75 ounce) Water 1 cup, Damsons - 4 cups measured after they have been brought to the boil, simmered and past through a drive

Method

Boil empty jam jars. In a large saucepan combine together the stevia, pectin and water. Bring this to a boil while stirring constantly. After this has boiled for a full minute, remove the saucepan from the heat and stir in the Damsons that you have prepared. Transfer the mixture to your prepared containers and cover. Allow this to cool until set, about a day. Then store the containers in the fridge. Because there's no added sugar, it doesn't last as long, but has a good shelf life kept in the fridge - or you can decant into plastic containers and freeze.

Tom Quigley Art

Tom Quigley is a local urban landscape painter and Art Teacher. He's drawn to places that hold a lot of atmosphere. Based in Manchester it becomes natural for him to paint the urban landscapes that surround him, like the Northern Quarter and the charming backstreets around Manchester. Tom takes photographs every weekend which these then form the basis of his inspiration. Tom currently has an exhibition at the Northern Makes Gallery in Clarence Mill and will be displaying lovely scenes from Bollington and surrounding areas.



Teggs Nose



Clarence Mill, Bollington



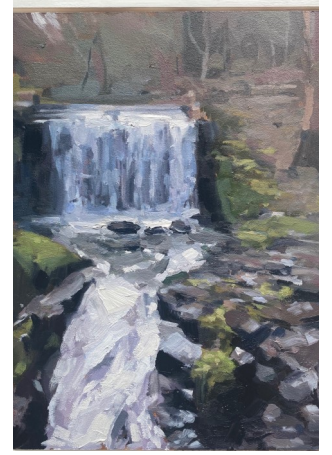
White Nancy



Dog and Partridge



Cock and Pheasant



Ingersley Waterfall



Kettleshulme

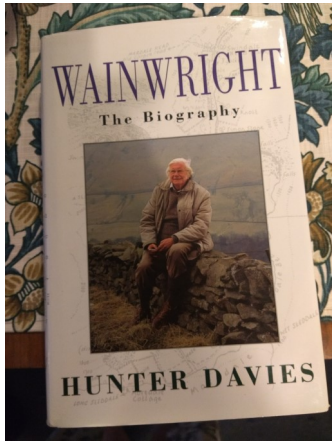


Prestbury

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**

Items of the week from the Bridgend Shop—Lakeland Memorabilia



We found these interesting Lake District related books in the Bridgend shop this week. Alfred Wainwright will always be known for his Pictorial Guides to the Lakeland Fells. Hand drawn works of art from which all true fellwalkers have taken their inspiration for the past 60 odd years.

Despite many best-selling books and three television series, Wainwright was always a very private person, encouraging readers to believe his image as a gruff recluse who preferred animals to humans. With full access to Wainwright's private letters and unpublished material, Hunter Davies reveals a far more complex man—witty, passionate and generous—than his readers might expect.

'The Low Fells—classic walks on the lower fells of the Lake District' provides ten great ideas for walks for people who want to explore the area without have to climb many thousands of feet to the loftier mountains in the area,

We also find this lovely miniature prints showing Ullswater and Striding Edge (Helvellyn), both in the



Reconnecting—A chat group for Shielding



When lockdown began, certain people were advised to take extra steps - or shield - to avoid contracting Covid-19, because they were considered more at risk of needing hospital treatment.

Shielding has now been paused everywhere in the UK, except in some parts of England where infection rates remain higher, such as Leicester, Oadby and Wigston, Blackburn with Darwen and Luton.

Shielding is now ending as infection levels in the community are generally now much lower than they were a few months ago, so the risk of exposure is significantly less than it has been. People will no longer have to "stay at home" and follow shielding guidelines, although they are advised to take particular care when outside, and maintain strict social distancing.

For some people this will be welcome news, while others will be understandably anxious. Shielding was never compulsory and it is still your choice to decide what you are comfortable about doing - you may still want to spend a lot of time at home, for example.

Experts strongly advise people with serious underlying health conditions to follow social distancing recommendations - keep 2m away from other people outside your home and, whenever possible, limit the number of people you meet, shops you visit, and non-essential journeys.

The Bridgend Centre has started a virtual chat group called 'Reconnecting' to provide a safe space to chat through your worries, concerns and stories about re-joining the world. Our next (2nd) meeting will be on Wednesday 2nd September at 10:00am. To book your place, please email info@bridgendcentre.org.uk or give us a call on 01625 576311. The group will be on Zoom so you will need a computer, tablet or smartphone and access to the internet.

Reminiscences of Bollington—The Bridewell

There was a time when Bollington had its own police station with its own policemen, as many as five, – and its own prison! This was known as the Bridewell. And it is still there although put to better use today; it's the local electricity sub-station.

You will find it in Round Gardens, behind the Dog & Partridge pub. The sign has badly eroded over the years but if you look carefully you may still see the stone block engraved with the word BRIDEWELL, it is just possible to read the name, although the date is harder to decipher. It is actually 1832.

The police station was opposite, the lovely stone house on the corner of Round Gardens and Adlington Road and now called Round House.

The word 'bridewell' is synonymous with a place of detention. I always think of it as Scottish but that may be just because the word was used in Scotland long after it fell into disuse in England.

The big doors are a modern change, used to provide access to the power equipment now kept inside. The main (only?) door in police days would have been immediately under the Bridewell stone which is in fact the door lintel. The lighter coloured stone in the wall is the closed access to the yard in front of the Bridewell, now part of the pub garden.



It is highly regrettable that the building has not been protected. In recent years (c.2010) United Utilities, using their powers to make changes without having to obtain planning permission, replaced the original stone tile roof with modern concrete tiles – totally unsuitable for a building of such heritage.



Mind game—a trio of teasers for you this week!

Riddle—what two letters come next in this sequence—

O, T, T, F, F, _ , _

Small change—

Can you change one letter of each of these words to make five new words with a common theme?

**GRAPH / DEMON / FIR / SLUM /
PEAT**

Re—order—

Can you sort the letter blocks into two words with the same meaning?

CH UNE FO RI RT ES

Bridgend Centre, 104 Palmerston Street,
Bollington, Cheshire. SK10 5PW

Temporary phone number: 01625 813173

Email: info@bridgendcentre.org.uk
www.bridgendcentre.org.uk

Registered charity number 1123287

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