

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation
Edition 22



White Nancy Art by Sandy Holtappel, Kooky Burrow

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.

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.

David Rutley MP visits the Bridgend Centre

We had an impromptu visit on Wednesday from our Patron David Rutley MP. It was lovely to see him and show him round our newly renovated Centre.

We talked about the challenges and opportunities the Bridgend Centre has faced in the last twelve months, starting with the floods last July, our roof project and move to the recreation ground, followed swiftly by the Coronavirus crisis. We still have many challenges in relation to Covid-19 and we discussed how we are navigating our way through them so that the Centre can survive and flourish in the future. We also showed David the building, and our plans to further develop this wonderful resource in the future.



Thank you so much to David for taking the time to visit us and hear about our work.

Activities at the Bridgend

Some of you may be wondering what the Bridgend's plans are for activities at the Centre during this time of a global pandemic and social distancing.

As ever, our main priority has had to be to keep people safe from this horrible virus and only carry out activities and services when we can maintain that. Due to the rules around social distancing (that people must maintain 2 metres between each other) we are very limited in space within the Centre. This is accompanied by the fact that the shop is our most fundamentally important activity as it generates income in order to ensure we can keep the building open and maintain this key community hub throughout the pandemic.



The shop requires lots of space for us to safely store large quantities of donations for the necessary 72 hour quarantine periods and also for volunteers to sort and process them in a safe and socially distanced way. We are also limited to the number of people in the shop and building at any one time (again, in order to maintain adequate distancing), which restricts the volumes of people we can invite in.

We are always exploring how we can support our community and provide the social activities and interactions we used to, but perhaps in new ways. The building is absolutely fundamental to this and ensuring we have the funds to keep the doors open, the lights operating and to have staff present here regularly with a welcoming smile for all our visitors.

We provide social activities over Zoom; we have funded the Community Choir to continue to meet every fortnight, catch up and have a chat plus other online groups such as a 'Shielders' chat group. We are working to increase this offering over the coming weeks. We are also looking at re-introducing walks (in a socially distanced way), which is very exciting, so watch this space on that one! Bridgend Buddies and this newsletter continues, with the invaluable input from our volunteers.

All-in-all this has been a hugely challenging and unique situation for everyone and our organisation has had to navigate its way through it as best it can. Our 'Direction of Travel' is definitely a positive one and we are feeling excited about the future. We will of course keep you informed of changes and developments as they develop.

A massive 'Thank You' goes of course goes to our wonderful staff and volunteer team who continue to make everything happen. Its all down to you.

Becky—Bridgend Centre Manager

The Town Mayor of Bollington's Senior Citizens Welfare Committee

The Senior Citizen's Committee was the brainchild of Councillor Arthur Kirkham and came into being during his term as Chairman of Bollington Urban District Council for 1957/8.

The Senior Citizen's Committee has no connection with the Town Council although the current Town Mayor is invited to chair the meetings during the duration of his or her term of office. Committee meetings are informal and usually chaired by the Mayor. During the year several fund raising events are normally held including a Bingo evening.

The money raised by our Committee is used to fund our annual party where we have about 120 guests of over 65 year olds. They enjoy a sit down meal with wine, entertainment and dancing and a free raffle plus transport if required. Before Christmas, the Mayor and secretary take gifts to all those who are housebound and unable to attend the party. During the year any Senior Citizens who are celebrating a Diamond Wedding Anniversary or 90th or 100th birthday are visited by the Town Mayor and Secretary with a gift and card from the committee, On Christmas Day, the Mayor and Consort usually visit residents at Ingersley Court and Mount Hall with sweets for the residents.



As we rely on information from residents of the Town about special events, it would be appreciated if you know of anyone about to celebrate a special birthday or anniversary, if you could contact Angela Williams on 07572 082491.



Angela Williams

Bollington Art Group paint wall

It was all go outside the Centre this Thursday as Bollington Art Group painted the wall along the side of the car park white in order to cover the mural. The wonderful mural was the brainchild of Bollington Art Group and they painted it in April 2019 in honour of the Bollington Festival that year. It depicted many Bollington sights and landmarks and has been a point of conversation for many people.



The mural was only ever intended to be a temporary art installation to mark the Festival and was deteriorating significantly as the months wore on. The wall was badly flaking and had moss and lichen growing on it. Therefore the Art Group made the decision that it could not be restored and the best course of action would be to paint over it.



A team from the Art Group came to the Centre yesterday and did a lovely job of painting it with a coat of clean, white paint. Thank you so much goes to them and also for creating the artwork in the first place, it has brightened the entrance to Bridgend for well over a year and we have loved it being there. Who knows, there may be different pieces of art there in the future!



The original mural painted to mark the Bollington Festival

Made in Bollington (or thereabouts) - Kooky Burrow

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 Sandy Holtappel of Kooky Burrow

I draw inspiration from my local area, having lived in Bollington for over 30 years there's lots to draw on! My background is teaching both at Primary and Secondary levels. It's very therapeutic being creative. I was a teacher and loved all the creative exploration, and expression whether it was art, sciences, sewing, cookery or display work. Teaching at all levels has different kinds of creativity. I am also keen on all things vintage and enjoy learning about items that I find, the quirkier the better, that's why I seek to repurpose, and up cycle everyday things as well as designing some handmade items or, even just finding new homes for them...it is great seeing the before and after transformations!



Quite a few of my items use locally based ideas such as White Nancy art or by the use of old maps which I repurpose into things like coasters, magnets and pictures. I think everybody likes to have pieces in their homes that have a connection with where they live. I prefer simple images and use multi-media objects to explore and make creations. I utilise vintage materials wherever possible in my art work, such as buttons, material, lace and old music paper. My button cards have been very popular at the Bridgend! I absolutely love natural materials too, especially different textures, with natural lumps and bumps that add to the overall effect of an item. I often use wood, stone, slate and hessian.

I used to sell on local markets but found I wasn't as hardy as many other market folks!!! So now, in the main, you can find my pieces at the Bridgend Centre and also any vintage items for sale through my pages on various Social Media sites...as with all small businesses a follow and a like or a favourite really helps to keep us going!!!

Thank you to Bridgend for their support over the years- it's great that you offer a place for us local artisans to sell our wares!!!



<https://www.facebook.com/kookyburrowbollington>
<https://www.instagram.com/kookyburrow/>
<https://www.etsy.com/uk/shop/KookyBurrow?ref=seller-platform-mcnav>

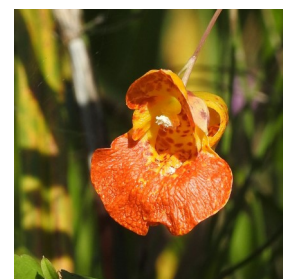
Plant of the week—Orange Balsam



One of our loyal readers sent us this photo of a lovely flower they found on the canal just south of Adlington basin. It is called Orange Balsam (*Impatiens capensis*). Found beside canals and rivers, it is an import from North America. The orangey-red flowers appear in July and continues blooming into September.

Unlike Himalayan Balsam this is not an invasive weed.

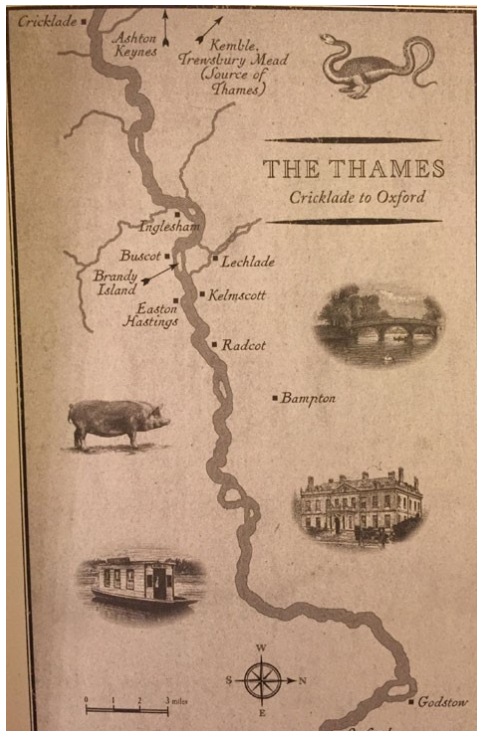
The plant has many common names including American snapdragon, brook celandine, ear jewel, jewel weed, kicking colt, kicking horses, shining grass, silverweed, solentine, speckled jewels, weathercock and wild balsam.



Book Review—Once upon a river by Diane Setterfield

This month for book club, the editor read 'Once upon a River' by Diane Setterfield'.

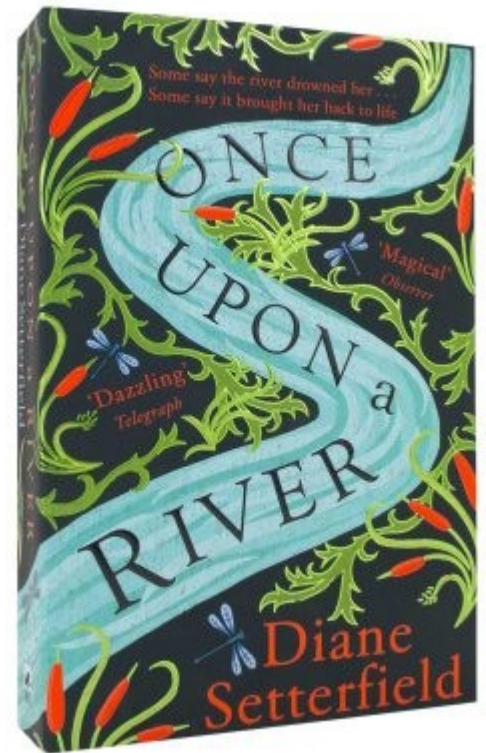
On a dark midwinter's night in an ancient inn on the Thames, the regulars are entertaining themselves by telling stories when the door bursts open and in steps an injured stranger. In his arms is the drowned corpse of a child. Hours later, the dead girl stirs, takes and breath and returns to life. Is it a miracle? Is it magic? And who does the little girl belong to?



A multi-layered mystery brimming with folklore, suspense and romance, as well as with the urgent scientific curiosity of the Darwinian age. New technologies, science and ideas of the Victoria age fill the novel with Darwinism, photography and medical advances influencing heavily.

The Editor felt that this book was beautifully written and was also an entertaining mystery. However this was complicated by the fact that there were over ten key characters, many of whom were introduced briefly, then did not reappear until much later in the book when their significance could not be recalled easily. This raised the 'confusion rating' to a high eight out of ten.

It also transpired that there is a map illustration in the printed version but not in the Kindle version. Which would have been most helpful!

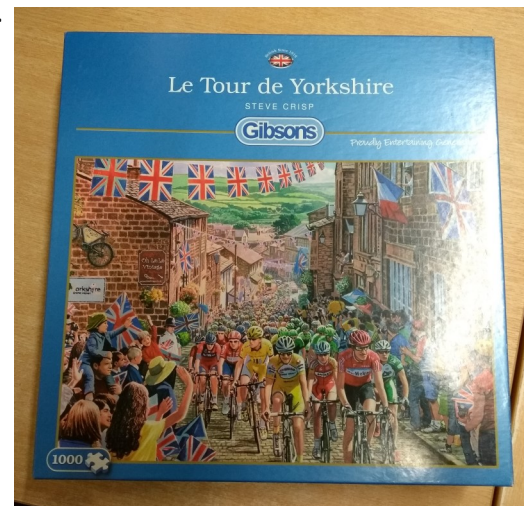


However, altogether it was a ripping yarn and easy to read, so is recommended. We would be interested to hear what others think!

Item of the week from the Bridgend Shop—Le Tour de Yorkshire Jigsaw

This jigsaw brought back some memories when it arrived at Bridgend HQ. The **Tour de Yorkshire** is a road cycling race in the historic county of Yorkshire, which started in May 2015. From 2015 to 2017 it was a three-day race but in 2018 it expanded to four days, starting on Thursday 3 May and finishing on Sunday 6 May. The race will become part of the new UCI ProSeries in 2020.

The idea for the race arose as a legacy event following the significant success of the visit of the 2014 Tour de France to the county. The first two stages of the 2014 Tour, from Leeds to Harrogate, and York to Sheffield, were nicknamed *Le Tour de Yorkshire*. To date, the race has always taken place in the days before the May Day bank holiday (which in Britain is on the first Monday in May).



We hope that the lucky purchaser enjoys completing this jigsaw, although it certainly won't be as strenuous as actually taking part in the event!

Norma's Broccoli Butterflies

In early June I was preparing some broccoli (from Spain via Tesco) for cooking when I noticed a very pale green, perfectly camouflaged chrysalis hiding in the stems. I wasn't sure what species it was, then I found a small green larva which I recognised as a Small White.

When I moved the chrysalis, it wriggled so I tried to stick it back, but Sellotape would not stick to the stem. Using double sided Sellotape I stuck the pupa to a vase. The next day it fell off, so I stuck it back very carefully with single Sellotape just at the tip so that it could emerge safely. After 10 days a female Small White butterfly emerged and flew off into the sunshine.



The larva I placed on a broccoli leaf, but it was seeking somewhere to pupate and vanished. A few days later I found the pupa in a horizontal position on the underside of a sheet of paper which was hanging off the windowsill. 10 days later a male Small White butterfly emerged and flew away. Success ! So do examine broccoli carefully before cooking.

Norma Mitchell



Reminiscences of Bollington—Unhealthy Bollington

We generally regard Bollington today as a healthy place to live, notwithstanding the coronavirus problem. But it wasn't always so. In the 19th century there were significant unhygienic conditions that led to a number of infectious diseases being endemic, with accompanying mortality. In the latter part of the 19thC, Bollington Urban District Council employed a Medical Officer of Health who was required to inquire into cases of certain serious infectious diseases and make an annual report to the council. We have his report for 1896. He begins by saying that *"The year has been a fairly healthy one, as evidenced by the small number of deaths amongst the inhabitants – 58 as compared with 83 in 1895 – and by the absence of any marked wave of epidemic disease."* All things are relative!



His report describes the circumstances of each case of serious disease. These included Scarletina, better known today as scarlet-fever (21 cases, 1 death), Typhoid and Continued Fever (9 cases, 1 died), Erysipelas (a bacterial disease of the skin) (2 cases), Puerperal Fever (blood poisoning occurring during childbirth) (1 case, died), and Whooping-cough (unknown number of cases; 5 children died). The victims were frequently infants – 14 were under one year old, and he noted *"This excessively high infantile death-rate [145 per thousand births], which has been going on for several years past, is far from satisfactory, and needs special notice."* He wished the council to take notice of some of the circumstances in the victims' living conditions which brought about many of their illnesses.

Primary among these were the insanitary conditions of failed drainage allowing sewage to flood basements, and the continued use of outside toilets cleared by 'night soil' men on properties without mains drainage. These systems were also polluting the water supply from wells, and the rivers through the town, into which many drains discharged, were very badly polluted with sewage. The earliest sewage pipes dated from the 1860s but were poorly maintained, and many back streets were not piped until the first decade of the 20th century. Mains water was also only installed over several years from the mid 1890s.

It seems the worst places to live in Bollington were *"... Shrigley Road, Lord Street, and Princess Street."* Once the disease had passed, *"Disinfectants were ... freely distributed, and, as soon as practicable, all infected premises and clothing were sulphured."* And in some cases the walls were lime washed. The Medical Officer of Health was assisted in the practical aspects of these duties by a Nuisance Inspector, Thomas Allen, whose relatives live locally to this day. He managed the fumigation, ensured that *"... carbolic powder was sprinkled about freely ..."*, notified mills and schools of infected persons, supervised the emptying of ashpits and removal of night soil (512 loads to local farms), as well as inspecting *"... dairies and milk dealers' places ..."*, slaughterhouses and canal boats. He *"... found them ... clean and in fairly good order."* Only fairly good?

Tim Boddington

A bumper courgette and marrow harvest

It has been a bumper year for courgettes and marrows this year and we are getting a lot of vegetables brought in by volunteers to share amongst us and our users. Courgettes are commonly described as marrows harvested young. However, there are some slight horticultural differences between courgettes and marrows. Courgettes tend to be bushy and thin-skinned, whereas marrows tend to be trailing and have a thicker skin.

Here is couple of recipe ideas so you can have courgettes for your main course AND dessert



Rigatoni with Roast Courgette, Tomato and Mascarpone Sauce

Ingredients—4 courgettes, roughly chopped, 2.5 tbsp of olive oil, 1 onion, 1 garlic clove, 800g canned chopped tomatoes, 6 sun-dried tomatoes, 225ml/8gI oz vegetable stock, 1/2 tspn of dried oregano, 280g dried rigatoni pasta, 125g mascarpone cheese, salt and pepper, handful of torn basil leaves

Method

1. Pre-heat the oven to 200C/400F/Gas Mark 6. Place the courgettes and 1.5 tablespoons of oil in a large ovenproof dish. Toss together and spread out in a single layer. Roast in the oven for 15-20 minutes until tender.
2. Meanwhile heat the remaining oil in a saucepan. Add the onion and garlic and cook very gently for 5 minutes until soft. Add the canned tomatoes, sun-dried tomatoes, stock and oregano. Simmer for ten minutes until the liquid has reduced slightly.
3. Bring a large saucepan of lightly salted water to the boil. Add the rigatoni, bring back to the boil and cook for 11-13 minutes, or until tender. Drain well and return to the pan.
4. Add the mascarpone cheese to the hot sauce and stir until melted and smooth. Season well with salt and pepper. Add to the pasta with the roasted courgettes and basil. Toss well together. Serve immediately.



Frosted courgette and lemon cake

Ingredients—250g unsalted butter, 200g golden caster sugar, 3 large eggs, 1tsp poppy seeds, 2 medium courgettes (coarsely grated), 1 tsp vanilla extract, zest of 3 lemons, juice of 2, 100g self raising flour and 100g plain flour, 1 tsp baking powder, 85g icing sugar, 200g full fat soft cheese (I have learnt from bitter experience that it is vitally important that you use full fat, not low fat cream cheese!), 4 tbsp lemon curd.



Method

1. Pre-heat the oven to 180C/gas mark 4. Butter and line the bases of two 20cm sandwich tins. Grate the courgettes and squeeze out most of the water using a tea towel or kitchen towel.
2. Beat 200g of the butter, the caster sugar, eggs, poppy seeds, courgettes, vanilla and two-thirds of the zest together. Stir in 1 tablespoon of the lemon juice, the flours, baking powder and 1/4 teaspoon of salt. Spoon into the tins, then bake for 25 minutes.
3. Mix 1 tablespoon of the lemon juice with 25g of the icing sugar. When the cakes are done, cool for 15 minutes in the tins, then turn on to wire racks set over a tray. Prick the cakes several times with a cocktail stick, spoon over the lemon drizzle and leave to cool.
4. Beat the remaining icing sugar and butter, the soft cheese, remaining lemon juice and zest to a smooth frosting. Spread one cake with just under half of the frosting and spread over the curd. The curd is optional, if you don't want it too lemony leave it out. Top with the second cake, spread the remaining frosting over the top and sprinkle with poppy seeds.

Square numbers—numbers this week!

Using each digit 1—9 once in the blanks make the sums work—you've been given a few numbers to start you off.

Sums work from left to right and top to bottom!

	×	8	−	
×		×		+
	+		−	
÷		+		÷
6	−		×	

= 13

= 3

= 10

9	×		÷	
+		+		×
	×	5	−	
−		−		−
	+		+	

= 6

= 12

= 14

=

3

=

12

=

2

=

7

=

6

=

17

Trio of brain teasers—how many did you get?

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

One, two, three, four, five, six, seven, eight, nine, ten

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

Grape/lemon/fig/plum/pear

Re—order—

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

CH UNE FO RI RT ES

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

Alternatively you can donate quality items to our shop. Please go to our website to book a slot. Thank you.

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

Temporary phone number: 01625 813173

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

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