

## BRIDGEND COMMUNITY NEWS

Bridging Social  
Isolation

Edition 23



*Thank you to Mark Fearn of 'Wonky Bolly Art' for this quirky and fun drawing of the Bridgend Centre*

The Bridgend Centre will be producing this newsletter 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.

This newsletter will be taking a break next week and will be back on 18th September.

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](mailto: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](http://www.bridgendcentre.org.uk).**

## Welcome back to our woodworkers

Over the next couple of weeks we will be delighted to welcome back to the Bridgend Centre our fantastic team of woodworkers. Beavering away in the background, our team of volunteers work hard to produce items for us to sell in our shop and soon they will also be working on orders for bespoke items.

You might have noticed hand-crafted items which, in the past, have been offered for sale in our shop and all of which have been lovingly made by our team. From large garden and patio planters to beautifully inlaid wooden jewellery boxes, we are very pleased that we will now be able to resume production. Keep lookout for smaller items, such as lovely little pot plant holders and wooden hamper style gift holders which will be appearing for sale in our shop in the next few weeks. For larger items, such as large patio planters, wheelbarrow planters and our very special bespoke hedgehog houses, we will be taking orders.



To place your order simply pop into the shop on one of the days we are open, or,

alternatively, please ring us on 01625 576311. We will be happy to make items to your requirements at very competitive prices.



## Warnings of scam calls

***Detectives are urging people to stay vigilant following several reports of scam phone calls purporting to be from Microsoft.***

In Cheshire there have been several reports of residents receiving phone calls from fraudsters posing as workers from Microsoft. The scammers claim to be computer security engineers and tell victims that their computers are at a security risk. They then say that a security check needs to be performed and if the victim agrees, the scammers can then gain remote access to the computer. This access allows fraudsters to obtain personal details about the victims including their bank account.

Detective Sergeant Chris Jacques, of the Economic Crime Unit, said: "This is a particularly heinous crime whereby scammers target the most vulnerable in society. "This scam has seen a resurgence over the years but as time goes on, fraudsters can use more sophisticated techniques in order to persuade victims to hand over money or gain access to their computers. These fraudsters are often extremely convincing and pose as working for a reputable company as it gives them more credibility. We are doing all we can to tackle all types of fraud and I would urge anyone who believes that they have been a victim of this scam to please report it to Cheshire Constabulary and Action Fraud."

### Key advice:

- Computer firms such as Microsoft do not make unsolicited phone calls to help fix your computer or fix a security risk.
- Treat all unsolicited phone calls with scepticism and never give out any personal information
- Computer companies will not ask for credit card information to validate copies of software or ask for ID such as a driving license or passport





## Bridgend walks setting off once more

Bridgend Walks are back! Restricted in numbers in order to keep us safe, we are delighted that our walks are setting off once more.

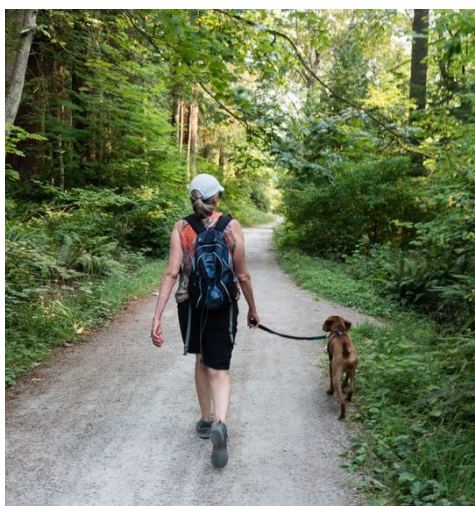
We will be exploring the usual areas of Bollington, along the old faithful routes and maybe some new paths too. Routes include Harrop Valley, Rainow, The Nab, Kerridge and White Nancy, Lowerhouse, Adlington plus much more.

We are starting with Wednesday walks and the routes and details will be posted on the calendar of our website. Advanced booking will be required.

Obviously, the walks will be different to before in order to keep everyone safe. We will be limiting numbers and maintaining social distancing along the way. As places will be very limited it may not be possible to come on every walk. Thank you so much for your patience and understanding during this unprecedented and challenging time.



Thanks must go to all our wonderful volunteers who will be leading the walks, we couldn't do it without you all. If you have a question about our walks, please drop us an email at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) or give us a call on 01625 576311.



### Bridgend Walks—new guidelines

Booking is essential. £3 - payable online on booking. Due to the limited number of places, we are limiting numbers to one place per booker. If you cannot make it, please let us know so we can free up the place for someone else. Please note that we do not provide refunds should you wish to cancel.

Please bring hand sanitizer on the walks in order to clean your hands if you touch stiles or gates. Please also remember to maintain 2m distance between yourselves and fellow walkers. If any situations arise where this is not possible, please temporarily wear a mask. Unfortunately, we will not be able to serve hot drinks and refreshments after the walk at the Bridgend Centre.

We will collect your name and phone number on the day for track and trace purposes. Thank you for your understanding during this unusual time.



### 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**  
at the  of our community

**Bollington  
Walking  
Festival**

### Do you love walking? We are looking for volunteers!

The Bridgend Centre and Bollington Walking Festival are looking for volunteers to be involved with walking in Bollington. We need people who are interested in walking, perhaps leading walks or organising events.

The Bollington Walking Festival is an Autumn annual event that lasts for ten days and we run approximately forty walks for the general public to attend in order to enjoy getting out in the great outdoors in Bollington and surrounding areas.

Roles we are looking for include:

- Leading walks
- Organising events
- Delivering and distributing leaflets and signage

We are also looking for more walk leaders here at Bridgend. This could involve occasional volunteering, or more frequent involvement. You could perhaps take on both roles as they complement each other. Training and support would be provided if required.

If you are interested in being involved, please email the Bridgend Centre at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk).

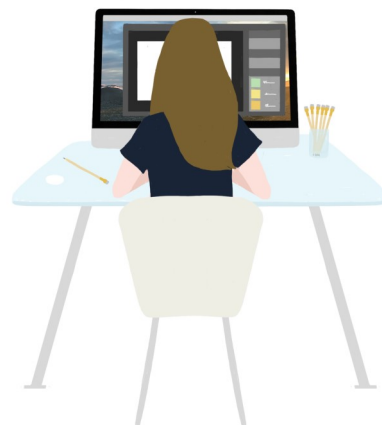


## Made in Bollington (or thereabouts) - Illustrated Wisp

***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 Jennifer Hambleton of Illustrated Wisp who designs and creates some of the gorgeous, quirky and original greetings cards we stock.***

Although I am now based in the Derbyshire countryside, I spent a few years living in beautiful Bollington. As someone who loves the outdoors, I like to get out and explore the countryside, and find inspiration for my illustrations from the things I'm lucky enough to see every day- and living in Bollington there was plenty! I was a frequent visitor of White Nancy, as I'm sure you'll be able to tell from my many designs which feature her. And with the delightful amount of pubs, bars & eateries which translate into my birthday cards with drunken birds or partying bees and naughty, greedy dogs! Bollington is definitely a wonderful place for a creative soul to find inspiration- it's everywhere you look!

***Jennifer***



## Item of the week— Limited Edition Prints

This week's item of the week is a pair of limited edition prints by artist Howard Levitt.

Howard studied art and design at Manchester in the mid 1970s and graduated with a degree in Graphic design specialising in illustration.

Having worked in London for many years, he relocated to Cheshire. Following a decline in the use of illustration work thanks to the advent of CGI, Howard focused his attention on drawing and painting for his own enjoyment and private commissions.

He is a member of the High Peak Artist and Art Up Close in Derbyshire and frequently exhibits in the Cheshire Art Fair in aid of East Cheshire Hospice.

These beautiful pictures would make a great addition to anyone's home so come and snap up a stylish bargain!



## Middlewood Partnership—The New Normal

The GPs, nurses, other clinicians, and staff at all four of our surgeries have remained busy and active over the whole of the coronavirus lockdown period – responding to online requests, undertaking telephone consultations and making arrangements for patients who needed an appointment to be safely seen in Poynton or Bollington.



The risks from coronavirus are changing and the provision for healthcare across Middlewood continues to evolve to best meet the needs of all registered patients. However, we are all aware that considerable uncertainty remains. Will, there be the much talked about ‘second wave’? What will happen over the winter months when other respiratory bugs are more prevalent? What is certain is that we are all going to have to continue to live with further adaptations over the coming weeks and possibly months. We very much appreciate that this can be unsettling, so hence a bit of an update on the current situation:

- All four of our surgeries are open for essential face to face appointments. On some rare occasions, we may need to divert you to an alternative surgery if needed.
- The NHS website ([www.nhs.uk](http://www.nhs.uk)) is a good place to start for health advice and the government website (<https://www.gov.uk/coronavirus>) remains the best place to find guidance on anything related to coronavirus.
- The AskmyGP system remains the most effective way to request clinical advice on an important medical concern. If you cannot use the internet, then you can call any of our surgeries to request a consultation. We have decided to keep Askmygp switched off at the weekend for safety reasons. It has never been monitored over the weekend and patients were posting medical queries that needed prompt action. Please use 111 over the weekend for the out-of-hours GP service or consult online Monday to Friday.
- Patient Access, our medication ordering software, allows you to view order and check medication online, as well as view your record. However, you can still drop in requests through our letterbox or by post. Please only request items on repeat prescription this way.
- We remain vigilant and ask all patients, and their carers attending, to wear a face covering, do not turn up too early (or late!), and take a socially distanced seat having booked in at reception. Remember we have potentially vulnerable people in our surgery, as well as key staff – do not attend if you have coronavirus symptoms or have recently tested positive.
- Access to the Surgeries will be by appointment only – it is so important that we can reassure everyone that needs to see a clinician that the risk of coming in contact with coronavirus in the Surgery is minimal.
- We have dedicated zones and clinics for vulnerable, high risk, and shielding patients for their nursing and blood tests.
- The Middlewood team of doctors have worked together throughout the crisis and have developed, in many cases, rapport with patients from other surgeries. We are keen to maintain continuity and you can request a consultation (online, tel, or if essential face to face) with a GP or clinician from across the Middlewood partnership if available and appropriate.
- We work as a team across Middlewood to provide joint triage, advice, visiting, and prescribing services. We will continue to do this.
- There will be health care assistants available most days to perform blood tests, blood pressure checks and give some injections in each village, although you may be offered a more convenient appointment at another site if needed.
- The main nursing services will remain for the time being in Poynton (at Priorslegh Medical Centre) and Bollington – this situation is under review.
- The flu jab sessions will be running this autumn, although inevitably in a slightly different format to previous years. Keep a lookout for updates on the website (<https://middlewoodpartnership.co.uk/>).

We hope this little update is helpful in these uncertain times. Take care all.

The Partners



## Reminiscences of Bollington—Martin Swindells

Martin Swindells was the son of Francis. When quite young he was sent to his grandparents at Macclesfield and remained with them until he was 13 or 14 years old. Martin was very fond of music, and one day a regiment of soldiers passed through the town with a brass band, he followed them all the way to Stockport and enlisted as a Drummer boy. But he was found by his parents and was bought off or got off somehow. He then went to live with them and helped his father in the cotton mill.

But desiring to master every process of cotton manufacture, he left his father's mill thinking that he could be spared very well, and he entered another mill as a "hand" or ordinary worker, so as to learn every part of the spinning thoroughly. Here he became engaged to Hannah Shepley who was one of the workers in the mill.

The Shepley family had rather come down in the world. For Hannah Shepley's father had been the owner of a house and large stables and many horses at Taxal and had the carrying trade over the Buxton and Derbyshire Hills in his hands.

There were no roads but his pack horses carried the merchants' goods over the hills by what were called "bridle paths".

Martin had saved money out of his wages and with this money he meant to get married. But at this time his father (Francis) failed through no fault of his own, but because he had put his name to a "bill" which returned to him and which he was unable to pay. Martin at that time lived with them, and when it was found in what straits they were, he took all of his own savings and paid off his father's "hands", because, as he said "At any rate you work people shall not suffer, you shall have your wages."

When the wages were paid, they had not a penny left and they locked themselves up in their house fearing that the bailiff would come and take the father for debt. The old man was in hiding and Martin and his mother were together. There was not a scrap of food in the house, but Martin's mother would not let him go out to purchase any. "Are we to starve?" asked Martin. "Yes" said the mother, "rather than eat what we are not sure we can pay for". Then they sat and waited. Presently a knock came on the door; they asked who was there, and a voice inquired if Martin was within. Then Martin went out & found a friend – a merchant named "Waterhouse". This man handed him five one pound notes. "I've been thinking you may be in want of money", said he, "and I have brought you 5 pounds. Take it and I know that, if ever you are able to pay me, you will do so. If not, it does not matter". At first Martin refused to accept the money on the ground that he could not see his way to repaying it. But being pressed by his friend he finally took it and went out to buy bread.

After this Martin again went to a mill and took work as a spinner; but being still determined to master every process, he gave up working as a spinner and took the position of a carder, although the wages were lower, being only one guinea a week. The name of the mill owner was Smith. While working at this mill Martin married. There is a chair still in existence amongst some members of the Swindells family, which he bought at this season of difficulty and of being down in the world. Gradually he rose to be manager of Mr. Smith's mill and under his management Mr. Smith became a wealthy man.

Martin left Mr. Smith to go into partnership with Thomas Fernley of Stockport. The two partners would appear to have heard something of a cotton mill in a village called Bollington. They drove into the village by way of "Long Lane", "Cat-ladder" & "Beeston" to see the Clough Mill. They took the mill and Martin and his wife Hannah came and lived at the Clough in a pleasant house, the garden of which was hedged off from the road by a broad stream of swiftly flowing water, and a low stone wall.

Afterwards the business of the partners so much increased that they built a large mill in Manchester. By this time John Fernley had been taken in as a third partner. While living at the Clough, Martin's youngest son George (afterwards George Swindells of Pott Hall) remembered seeing his grandfather, old Francis Swindells; Martin supported him and paid his debts as soon as he was able to do so. Old Francis was still a tall fine looking man and he wore a wig and gaiters.

When the mill in Manchester was built, Martin went to live there; he had a beautiful house in Oxford Road on the site, which is now occupied by Owens College. Here he had large gardens, conservatories, a poultry yard and a fishpond. During this time old Thomas Fernley had withdrawn from the partnership because Martin & John Fernley had taken into partnership, James, the third brother. James was much inclined to speculate and in the end this partnership between Martin and the Fernley's was entirely dissolved. John Fernley took money as his share; James took the mill in Manchester and Martin took the mills in Bollington. George (Martin's youngest son) remembered his father coming over to Shrigley to look for a house; he was then a little boy and he drove over to Shrigley with his father. Shrigley is a village not far from Bollington, and Pott Hall was the only house to let there and Martin took it for his residence. But he felt leaving Manchester and his beautiful house there very much; and it seemed to him at first like exile.

Gradually however, his business increased; he owned the Clough Mill, Rainow Mill, Bollington Mills [today known as Lower Mills] and at last built the Clarence. Every mill in Bollington belonged to him and he employed over two thousand work people. [But no mention of Lowerhouse mill which he didn't own.]

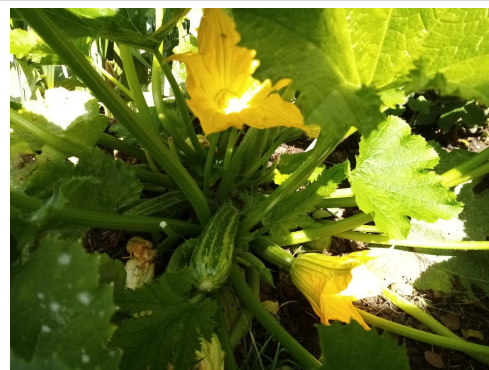


## A bumper courgette and marrow harvest Part 2

*Following the article last week about courgettes and marrows, Bridgend volunteer Shirley Kitching sent us some photos of some of her courgette plants and another tasty recipe*

Growing your own fruit and vegetables is a bit unpredictable, in that however hard you try you never get the balance quite right. You end up with about one and a half eatable carrots, one really nice apple that the family fight over, strawberries that would have been lovely except that the birds got to them before you did, and courgettes. And more courgettes.

And the ones that got a bit carried away and turned into marrows while you weren't looking. Here's another recipe for using some of them up.



### Butterbean hotpot with herby dumplings

Serves 4

1 large red onion cut into chunks, 2 garlic cloves, crushed, 3 courgettes cut into chunks, 2 red peppers deseeded and cut into chunks, 1 can butterbeans, drained, olive oil, salt and pepper, 1 can chopped tomatoes

**DUMPLINGS**—125g SR flour, 50g vegetable suet, 1 tbspn chopped parsley, 1 teaspn thyme, A pinch of salt, vegetable stock

Put the onion, garlic, courgettes and peppers into a roasting tin, mixed well. Drizzle with oil and season. Roast at 200c for 40 - 50 minutes.

Mix in the butterbeans and tomatoes and return to the oven for 15 - 20 minutes.

Mix the dumplings. This makes about eight small dumplings. Boil some vegetable stock and poach the dumplings for about five minutes until they have risen a bit. The stock doesn't need to cover them completely, with a lid on they steam.

Put the dumplings on top of the ratatouille and return to the oven for about ten minutes until the dumplings are lightly browned on top.



### Courgette fritters

2 medium courgettes, 2 tbsp of self-raising flour, 25g parmesan (optional)

In a bowl, combine the grated courgette, flour and parmesan. Shape into walnut-size balls, then flatten.

Heat a non-stick frying pan over a medium heat and add the oil. Fry the fritters for 2-3 mins on each side until golden brown. Serve straight away with red pepper hummus.





## Missing links—a crossword with a difference!

Each clue gives you three words that have a fourth word in common and that's your answer!

To get you started—4 across cuts/ horse/point = POWER cuts/ horsePOWER/ POWER point giving the answer power.

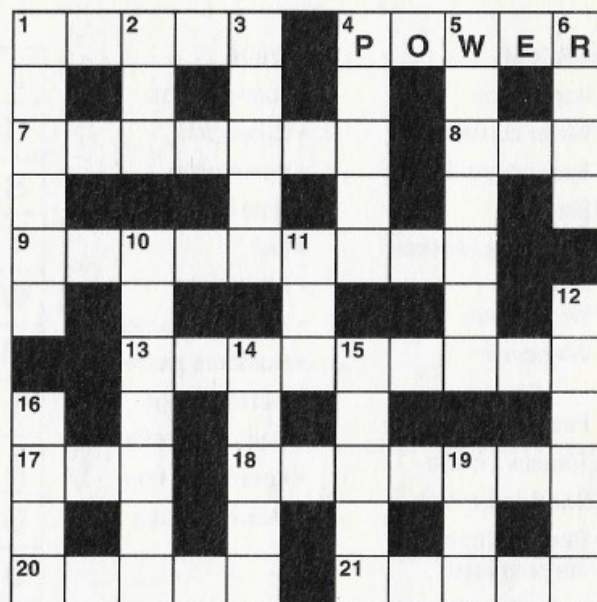
Have fun!

### ACROSS

- 1 Body • Land • Up (5)
- 4 Cuts • Horse • Point (5)
- 7 Flag • General • Group (7)
- 8 Bred • Equipped • Suited (3)
- 9 Fire • Heat • Water (9)
- 13 Book • Cross • Grid (9)
- 17 Do • Opener • Tin (3)
- 18 Hall • Pianist • Pop (7)
- 20 Fancy • Head • Rehearsal (5)
- 21 Clerical • Human • Typing (5)

### DOWN

- 1 Arms • House • Parking (6)
- 2 Cord • Let • Tide (3)
- 3 Rubbing • Tacks • Top (5)
- 4 Car • Giant • Red (5)
- 5 Instructions • Permission • Warning (7)
- 6 Leading • Model • Title (4)
- 10 Days • Steve • Ways (7)
- 11 Bow • Pin • Rack (3)
- 12 Get • Half • Nature (6)



- 14 Auto • Group • Soft (5)
- 15 Cooker • Mountain • Rifle (5)
- 16 Drop • Rain • Test (4)
- 19 Drum • Thick • Wheat (3)

## Square numbers—the answers

2	×	8	−	3
×		×		+
9	+	1	−	7
÷		+		÷
6	−	4	×	5

9	×	2	÷	3
+		+		×
4	×	5	−	8
−		−		−
6	+	1	+	7

### You can support us

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