

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 25**



A misty Nancy by Kate Bush

This is a really difficult time for all of us. Many of us feel anxious and scared for the future, depressed or fed up that we can't do the things we want to. One thing is for sure though, it will be over some day and things will feel more normal. If we stick together as a community, be kind to one another and find fun and laughter where we can, hopefully the journey will feel a bit easier. Although Bridgend is much more limited than before in the ways we can support you, we are here to try and ease the road for our community. If you have any ideas on how we could do that safely and securely, please do get in touch.

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.

Now there is more activity at Bridgend Centre itself we will be producing this newsletter every fortnight. As ever we 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.

Thank you

Need a title?????

With the Covid rules and restrictions in place, it could be quite a challenging Winter for many of us. Here are some ideas from the Bridgend Team on coping with the colder weather.

1. Try to go outside and get a dose of fresh air and sunshine most days. Even in poor weather it is hugely beneficial to time outdoors, natural daylight and physical activity. Studies have shown that you can be more productive and creative outdoors.
2. Vitamin D is known to boost and regulate our immune system and according to a recent study carried out in the US, patients with sufficient levels are less likely to experience complications from Covid-19. Another study in the US found that Vitamin D can also reduce infection rates of Covid-19. (source: Sky News 26 September 2020)

As winter sunlight doesn't provide adequate Vitamin D in the winter in the northern hemisphere and most people stay indoors much more during those months, it may be useful to take a supplement. The NHS recommends taking a supplement of 10 micrograms per day. Adults should not take more than 100 micrograms of Vitamin D as it can be harmful. For more information please consult the NHS website or your GP. <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>



3. Food! The Autumn and Winter months make us want to feel cosy and enjoy hearty food. Dig out or invest in a slow cooker, there are so many recipes and you might just find some inspiration in the Bridgend book department, from soups and stews to even Coca Cola Ham! Yummy (Anna Hatley)

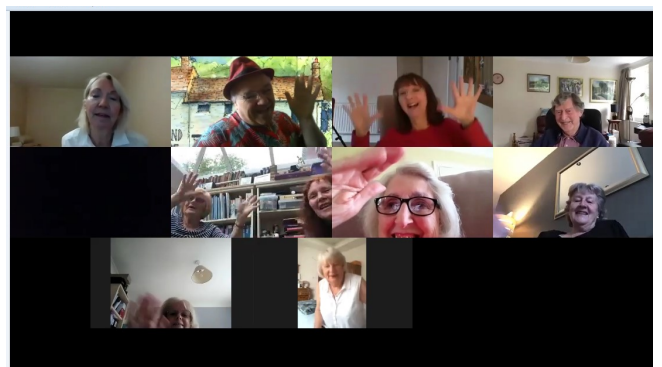
4. Create a small 'cheer me up' friendship group to chat with every week. The personal contact is going to be oh so important in the months ahead (Jane)

5. Nights at the movies; make your TV room especially comfortable with low lighting and plenty of cushions. Treat yourself to a bag of popcorn or other favourite nibbles then watch a good movies such as Casablanca or The African Queen. Netflix is good for newly released films and series (for a small subscription fee). Even better value are DVDs from the Bridgend shop for three for a £1 (Anna Barker)

6. Knit, crochet! Autumn/Winter is the perfect time for yarn crafts. There are tutorial videos on You Tube, supplies are in plentiful supply at Bridgend to get you started and tons of free patterns and ideas at www.ravelry.com (Kerry)

7. Podcasts and audiobooks might be a good alternative to TV. Cheshire East libraries offer over 1,000 audiobooks to download and listen on your PC, smartphone or tablet (Avril)

8. Focus on the present day and try not to worry about the future. We can't control much of what is happening at the moment, but we can manage how we spend our time and how we react to events. I find the diagram on page 3 of this newsletter very helpful. Try to focus on the positives of the situation, such as you will have more time to learn a new skill (Becky)



Catch up with friends on a Zoom call!

8. Exercise regularly, whether it is Yoga indoors or a brisk walk or jog. Exercise releases Serotonin which makes you feel good!

Coronavirus

Things I can control – I will focus on these



Spending my time
doing what i enjoy



Delivering random
acts of kindness



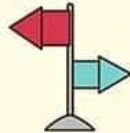
How much time I
spend on Social
Media



Social Distancing



How much news
I read or watch



The decisions I
make



How I speak to
others and myself



Washing my hands

Things I can't control – I will let go of these



What others do



How long this will last



How others feel



How others react



Other People's
thoughts and Ideas



What the
Government does



Who becomes
unwell or not



What is available in
the shops

@VELA.THERAPY



You can support us

The Bridgend Centre has been in Bollington for 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



We love these gorgeous photos by Kate Bush taken this week of White Nancy peeping above the fog.

Mountains of mushrooms

Last week the Editor was given a huge box of mushrooms by the greengrocer and so had to find lots of recipes to use them up with.

Mushrooms are rich in Vitamin D, in fact they are the only food in the produce aisle that are. Like humans, mushrooms naturally produce vitamin D when they have been exposed to sunlight and since 2016 mushrooms have been available to buy that have been enriched with Vitamin D, i.e. they have been exposed to light.

Vitamin D is known to be important for supporting the immune system and some studies have suggested that it may be helpful in protection against Covid19, so mushrooms would be a great option for part of a healthy,



Mushroom Stroganoff

Ingredients (serves 4)

2 teaspoons Olive Oil, 1 Onion (chopped finely), 1 tablespoon Paprika, 2 garlic cloves, 300g mushrooms, 150ml vegetable stock, 1 tablespoon Worcester sauce, 3 tablespoon crème fraiche (can make it low fat if you wish) or sour cream, small bunch of parsley, 250g rice



Method

Heat the olive oil in a non-stick frying pan and fry the onion for five minutes. Add the paprika and garlic, then cook for 1 minute more. Add the mushrooms and cook on a high heat for 5 minutes, stirring often. Pour in the stock and Worcester sauce. Bring to the boil and bubble for 5 minutes until the sauce thickens. Turn off the heat and stir in the crème fraiche and the parsley. Make sure the pan is not on the heat or the sauce may split.

Goats Cheese, Red Pepper, Mushroom and Pesto Fusilli Traybake

Ingredients (serves 4)

3 red peppers (roughly chopped), 500g mushrooms, 3 tablespoons olive oil, 4 cloves garlic (smashed), 3-4 sprigs fresh rosemary, sea salt and freshly ground black pepper, 0.5 teaspoon chilli flakes, 300g fusilli, 2 x 400g tins of chopped tomatoes, 150g green pesto, a handful of grated Parmesan cheese, 240g goats cheese

Method

Preheat the oven to 200C fan/220C/gas 7. Tip the peppers, mushrooms, olive oil, rosemary, 2 teaspoons of sea salt and the chilli flakes into a really large

Classic Nut Roast

Ingredients (serves 4)

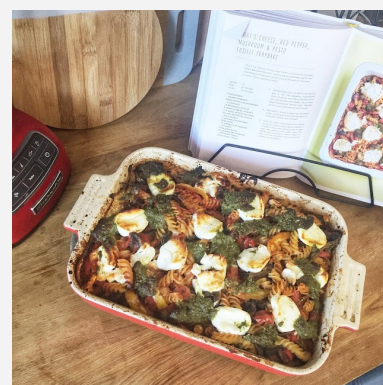
Oil for frying, 2 onions, 4 cloves garlic, 8-10 medium mushrooms (sliced), 2 tbsp flour, 10 fl oz vegetable stock, 6 oz chopped nuts, 6 oz breadcrumbs, 2 tbspn soy sauce, 0.5 teaspn of mixed herbs, salt and pepper to taste.

Method

Preheat the oven to 190C. Stew the onion in the oil for about 5 minutes or until soft. Add the garlic and mushrooms, cook for a few more minutes. Sprinkle the flour on top, stir well. Add the stock, stirring all the time. Bring to the boil, and simmer slowly for 2-3 minutes. Stir in the butts, breadcrumbs, soy sauce, herbs and seasoning. Turn the mixture on a floured board and form a loaf shape with your hands. Coat evenly with flour on all sides. Heat the oil in a roasting tin. Place the loaf in the tin and baked for 30 minutes.

roasting tin and mix well. Transfer the oven and roast for 20 minutes.

Meanwhile bring a large pan of salted water to the boil and cook the fusilli for 11 minutes before draining. Add the fusilli and chopped tomatoes to the tin along with a good couple of pinches of sea salt, and mix well. Dollop over the pesto, and scatter over the Parmesan and Goat's cheese. Return to the oven for a further 30 minutes until golden and bubbling.



Reminiscences of Bollington—Protected structures

We all enjoy the sight of lovely buildings throughout Bollington. Most of the best, but not all, are protected by one or other of a number of statutory and informal protections. The strongest level of protection is Listing. Bollington has 66 listed structures, they're not all buildings, with a further 11 on that length of the canal within Bollington parish. Basically, one can do nothing, inside or out, to a listed structure without first obtaining authority from Historic England. Their authority stands over and above that of the borough council. The next level of protection is known as Article 4. This requires special attention to the fronts and sides of buildings that are visible from a public place, such as a street. Planning permission is required before any change can be made, and there is guidance on materials that can be used, styles of windows and doors, even down to the colours of paint that can be used. Similar controls exist for properties in one of the three Conservation Areas that cover most of the older parts of the town. The one major omission has been Lowerhouse, but that is soon to be included in the Bollington Cross Conservation Area. The lowest level of protection is the Cheshire East Supplementary Planning Document (SPD) which requires special consideration for designated structures, which are not Listed, when planning applications are being considered.



If we consider just those structures that are Listed, all are category II (Roman two) which is the third level down. Our listed structures include a wonderful collection of buildings including Lowerhouse mill, several buildings around St. Oswald's including the church, Orchard House, and Heywoods Farm. Clarence and Adelphi mills are included, as are Ingersley Hall, Limefield, Rock Bank House, Hollin Hall Hotel, and Hollin Old Hall. But it's not just large buildings that are protected. A whole range of cottages in High Street – 8A, 10, 12 & 14, together with 1 to 5 Mill Cottages and the workshop in Watson's Yard, and several cottages in historic Queen Street. Among the oldest buildings in the town are Sowcar farmhouse, its barn and a stone water trough! Bollington Hall Farmhouse (pictured) is equally historically important. Every parish boundary stone has also been Listed. Two of our historic pubs are included – the Cock & Pheasant and the Holly Bush. The Holly Bush is a rare example of an urban pub from the inter-war years, the outside in brewers Tudor and the inside with wonderful timberwork and panelling.

Along the canal every stone object is Listed, including the aqueducts, the bridges, and the milestones and quarter milestones. The dry dock at Kerridge is also included. In fact every stone object along the entire 26 mile length of the canal is Listed and the whole canal corridor is included in a Conservation Area.

I have not, of course, noted every Listed structure here, but you can find them all on the <https://happyvalley.org.uk> website. We might be pretty pleased that so much of our history is protected in this way but it is important that we keep a very close eye on proposed changes noted in Planning applications, as well as unplanned changes resulting in conflict with conservation objectives. While the modern day impinges at every turn, there is very good reason to maintain the historic values that come with the oldest structures in the town. They are what make Bollington the outstanding place that it is.

Tim Boddington

Plant of the week—Clover

Red clover is a common plant of all kinds of grassy areas in the UK, from lawns to pastures, roadsides to meadows. It is sown as a fodder crop for livestock and has long been used in crop rotation systems because of its ability to fix nitrogen, enriching soils. The trefoil leaves are collected by Wood Mice and the flowers, which appear from May to October, are sort after by all kinds of bumblebees for their nectar.

For more information go to: <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/red-clover>



Bridgend joins Plastic Free Bollington

We are pleased to announce that the Bridgend Centre is now a 'Community Ally' for Plastic Free Bollington. This means that we will commit to take actions that promote the reduction of single-use plastics in our community.

Plastic Free Bollington is part of the Plastic Free Community network. A movement led by the established charity Surfers Against Sewage. A global network of communities sharing the same goal, following the same tried and tested community framework, all combining their efforts to reduce the flow of unnecessary single-use plastic into the environment and oceans.

There is a plastic pollution crisis. Plastic is not going away, it is a useful material when used correctly. Unnecessary single-use plastic is the problem as it does not decompose and is destructive to our environment, our wildlife, our oceans and us as humans.

Plastic when used is then discarded and often begins its journey of destruction as it is not disposed of correctly. The results are catastrophic to our planet.

We cannot single-handedly tackle the Plastic Pollution crisis, but if we think globally and act locally, collectively we can make a difference. That is why Plastic Free Communities welcome both Business Champions and Community Allies on board in the quest to reduce single-use plastic together.

The Bridgend Centre will be working to promote reducing single-use plastic in our community where we can and also reduce our own use of single use plastics. Plastic Free Bollington are holding a Street Clean in Bollington on Saturday 17th and Sunday 18th October. Please email plasticfreebollington@gmail.com to register.



The Bridgend Centre—a sustainable way to recycle

The 'waste hierarchy' provides a useful to think about our waste and how dispose of it. For your high quality goods that you no longer want or need, donating to charity shops such as the Bridgend Centre is one of the most sustainable and valuable ways to do so.

'Re-use' is one of the highest levels of the waste hierarchy and is a sustainable and ethical option when people want to get rid of high-quality, reusable clothes, books, bric-a-brac, and other household items. Our first choice is always to sell items in our shop to local shoppers or on eBay. This way it has the triple benefit of local people enjoying high-quality items at affordable prices, the charity raises the maximum amount of money possible in order to ensure that we can continue to deliver vital services to the community, and the amount of waste sent to landfill is minimised.

The next most sustainable option on the waste pyramid is to recycle. If we cannot sell an item in our shop, we will seek to recycle it through a textile, book or bric-a-brac recycler. By doing this, we reduce the amount of waste going to landfill. We are also receiving money for these from the trader and so are raising valuable funds for the Centre.

In 2018/19, 339,000 tonnes of textiles alone were kept out of landfill as a result of charity retail in the UK, which makes a positive different to the UK's carbon footprint and saves Councils money on Landfill Tax (Councils in Britain have to pay £91.35 in Landfill Tax for every tonne of waste they put into the ground), which is money they can retain to spend on services for local residents instead.

We are continually thinking about how best to dispose of items that are not sellable and are keen to promote the importance of people taking responsibility for their own waste. When you have some items you no longer need, it is useful to consider whether it is suitable for re-use or recycling at a charity shop such as Bridgend or whether it should go in your recycling or bin to go to landfill.



QR Code in Bridgend

The eagle-eyed amongst you will have noticed that we have a NHS QR poster displayed in our shop.

The purpose of this code is to capture information about whom people have been in contact with, should they later test positive for Covid-19.

We are already recording the details of the people who attend our walks or volunteer for us and are present for a longer period of time, their contact details and when they were present at Bridgend. This data is stored securely and we would provide this to NHS Track and Trace if we were required to do so.

However you can also check in using the QR code if you have the App installed on your phone and you wish to do so. If there was an outbreak associated with the Bridgend and you had checked in, a message would be sent to your app with the relevant public health advice. Using the QR is not mandatory.



Creative group returns

Next Thursday our Creative Arts group is returning for a chat. Please join us!

We will also be discussing a new very exciting project, the Bridgend Birthday Bunting! More information on which will be available over the next few weeks.

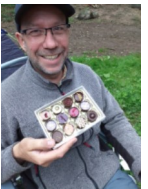
A poster for a Zoom meeting. It features a background of a blue sky with clouds. In the center, a pair of hands holds a white sign that says 'We need YOU!'. Above the sign, the text 'a bit bored?' is written in a blue, bubbly font, and 'want fresh ideas?' is written in a red, bubbly font. Below the sign, the text 'Join Avril via zoom this Thursday 8th October at 10:30am' is written. At the bottom, there is a sign-up link: 'Sign up now for a link to the meeting by emailing avril@bridgendcentre.org.uk' and a closing sentence: 'Make yourself a drink, get comfortable and see you there!'.

Anna B's Greenwood Diaries 3: The 'Bodgers'

Things are still looking rather unsettled at the moment with this horrid Covid 19 refusing to disappear, but I count myself very lucky in having a hobby that takes me out into the woods whenever the opportunity arises. I am a member of the Association of Pole-lathe Turners and Green Woodworkers, AKA The Bodgers. Like many other people all over the world, all of the usual gatherings and festivals that we would normally have held and attended have had to be cancelled this year. However, myself and a few of the other members of the Cheshire branch refuse to be disheartened. We have been able to hold a few socially distanced gatherings in the woods at Holly Farm.



At the beginning of August, when we would normally have met up at Edale for the annual Spoonfest gathering, we decided to hold our own mini-Spoonfest out in the woods at Holly Farm. Four of us took our tents to camp whilst others joined us just for the day. After setting up our tents, we lit the fire, put the kettle on and sat down to carve spoons. Sharp implements and axes were downed at 7pm when we shared cooking of the evening meal and a few beverages were imbibed—well, it was Pete's birthday and he did share the chocolates.



Our next weekend gathering was at the end of August. Only two of us decided to camp this time, but the usual crew turned up during the day. We cleared some brash and made plans for sorting out storage in our Bodgers' shelter. Knife skills were taught and we whittled some butter spreaders. When most people headed for home it was time for Heather to cook up a curry over the open fire—delicious with warm naan



Newly oiled butter spreaders

Now that the evenings are drawing in and the nights are getting cooler, our Bodgers' meetings tend to be daytimes only. There is still sorting of the shed to do, but whilst the sun still shines and the weather remains dry there will be plenty of time for that Later. Better get on with the important jobs of cooking beef burgers, whittling sticks and roasting marshmallows.



Made in Bollington (or thereabouts) - Anne McKinnon Art

I first visited Bollington several years ago as friends of ours had moved there from North Manchester. I was immediately taken with the landscape and decided I wanted to paint it. That was the beginning of many painting trips over the years and I found some special places where I could stop and paint. Two of my favourite spots are up Blaze Hill and also looking out over the hills from the old Highwayman pub on the way to Whaley Bridge.

I have visited in all weathers throughout the year and in the winter I would paint from my car. One memorable time, it was hailing and so I kept the heater on to demist the windows. Unfortunately I ran the battery down and it was getting dark! Luckily I had a mobile phone with me with a full battery and so my friends came and rescued me!

I took part in a Design and Craft Fayre at the Arts Centre one Christmas and that was when I met Rebecca Lea who runs the Bridgend Centre and she asked if they could sell some of my prints and cards. They have done ever since. I also had a solo exhibition at the Arts Centre in 2016.

I am still inspired by the beautiful landscape around Bollington and continue to visit the area and paint. I also like to paint flowers and gardens. One of my favourite gardens is Fletcher Moss in Didsbury. This is my painting of Kerridge Ridge, painted when the car battery went flat on Blaze Hill!!

Website: www.annemackinnon.com, Instagram: mackinnon17, Twitter: @AnneMackinnon3



Donation of the week in the Bridgend Shop

Seeing this lovely scrap book for you to write your recipes in made us think of all the lovely meals we are going to cook ourselves this winter; for example stew, chilli & soups.

It also made us very excited about the return of the Great British Bake Off to our screens. It started last week on Channel 4 and we love to settle down on a Tuesday to watch these skilled craftspeople making such fabulous creations.

As the crew and all participants went into isolation before the bake off started and were regularly tested, they did not need to social distance it is a reminder of the simple, timeless pleasures in life, not only of baking but also being able to be close to another person!



Scams Awareness & Aftercare for Older People



Age UK Cheshire East and Cheshire East Council Trading Standards, are working in partnership to empower older people to avoid being scammed, and provide vital support to victims of fraud.

Over 50% of over 65s have been targeted by scammers.

We offer...

Monthly Scams Awareness Update bulletins direct to your email inbox

We deliver...

Scams awareness sessions for groups of older people who either meet together in person or use Zoom*

We provide...

Support and advice for older people who have been victims of scams*

* Subject to location

* Subject to support criteria

To sign up to the bulletin, book a scams awareness session or to ask for support, please contact Sally Wilson, project manager, at sally.wilson@ageuk.org or on 01625 612958/07932 999902.



in partnership with



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Age UK Cheshire East is the working name of Age Concern East Cheshire, which is a registered charity No. 2090561 and a company limited by guarantee. Registered in England and Wales No. 4309057. Registered Office: New Horizons Centre, Henderson Street, Macclesfield, Cheshire SK11 6BB.

Time to talk

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?

For friendly, professional advice from an Admiral Nurse.

Wednesday 7th October
1.30pm - 3.00pm
Community Centre, Disley

Please telephone 01663 762726 to book an appointment.

Supported by...

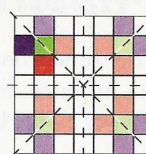


Mind game— a crossword with the answers.....

Backwords

The answers to this crossword are all here, along with extra letters where the black squares should be. Can you black out any unwanted letters to leave a grid that matches the clues (which are out of order)? The finished grid will have full symmetry.

SYMMETRY



ACROSS

- Aggression
- Water current
- Second-hand
- Breadth
- Triangular Mexican chip
- Work tasks
- Wisecrack
- ___ Claus, Father Christmas
- Transient craze
- Behavioural trait
- Remove (from the premises)
- Carried by the wind

DOWN

- Lean against
- Cured pork
- Bemoaning
- Unfeeling
- Fair
- After tax
- Potato-like tuber
- Numbers game
- Hessian bags
- Daub with colour
- Keep away from
- Making secure

J	O	B	S	L	I	P	S	P	A	N
U	N	I	A	F	A	D	A	A	R	E
S	A	N	T	A	L	E	V	I	C	T
T	E	G	E	S	D	P	E	N	D	T
W	H	O	S	T	I	L	I	T	Y	M
M	A	N	Y	E	V	O	C	H	A	A
I	M	A	N	N	E	R	I	S	M	Y
A	P	V	E	I	R	I	M	A	R	C
B	L	O	W	N	O	N	A	C	H	O
U	O	I	L	G	A	G	S	K	I	L
T	I	D	E	A	R	N	U	S	E	D

Who read what?

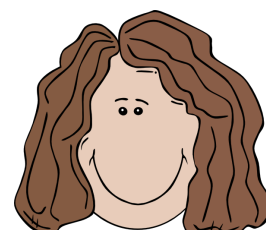


Don read Dracula's Dilemma

Jen read Climb that Career Ladder

Steve read Knights of Passion and

Vanessa read Darcy the Divine



You can support us

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

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www.bridgendcentre.org.uk

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