

## BRIDGEND COMMUNITY NEWS

**Bridging Social  
Isolation**

**Edition 26**



*Photo courtesy of Andrew Heathcote*

Yet more change for Bollington this week as new nationwide restriction levels came in on Wednesday (called Tiers). The tiers are Tier 1 (medium risk), Tier 2 (high risk) and Tier 3 (very high risk). Cheshire East falls under Tier 2 (high risk) which means that here in Bollington we have a higher level of restrictions in place than before. This does not affect the current activities of the Bridgend as they are exempt; however it will affect all our lives and we will find our social contact limited further once more.

The Bridgend Centre is 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.

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.


## What the new government coronavirus laws mean for you


This week the government has announced new rules regarding coronavirus. In the PM's speech he announced that Cheshire East, Cheshire West and parts of High Peak would be entering Tier 2 restrictions. What does that actually mean in practical terms? Below is the Government infographic to hopefully clarify the situation.

VERY HIGH

HIGH
















MEDIUM

 HM Government



# LOCAL COVID ALERT LEVEL

# HIGH

<b>Social Contact</b> 1 household / bubble indoors. Rule of six outdoors. 	<b>Weddings and Funerals</b> Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies. 	<b>Overnight Stays</b> Overnight stays permitted subject to social contact rules. 	<b>Working from home guidance</b> Work from home where possible. 
<b>Shopping and Retail</b> Open. 	<b>Leisure and gyms</b> Open. 	<b>Hospitality</b> Open with some restrictions including 10pm closing time and table-service only. 	<b>Entertainment and tourist attractions</b> Open, except nightclubs and adult entertainment. 
<b>Education</b> Schools, FE colleges open. Universities must reflect wider restrictions. 	<b>Healthcare Services</b> Open. 	<b>Residential Care</b> Closed to external visitors other than in exceptional circumstances. 	<b>Travel and Transport</b> May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel into Local COVID Alert Level Very High areas where possible. 
<b>Sporting Activity</b> Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport). 	<b>Worship</b> Open, subject to social contact rules. 	<b>Childcare</b> Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s. 	<b>Youth Clubs and Activities</b> Permitted. 

There are three simple actions we must all do to keep on protecting each other:



**Wash hands**  
keep washing your hands regularly



**Cover face**  
wear a face covering in enclosed spaces



**Make space**  
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:  
[gov.uk/coronavirus](https://gov.uk/coronavirus)

## Why wool craft is a great cure for the winter blues

As the nights draw in and temperatures drop, we start to look to hobbies that we can do indoors. Knitting and crochet have enjoyed a surge in popularity in recent years and with good reason. In these troubling times, when we find ourselves confined to barracks more and possibly finding ourselves suffering increasingly from anxiety and low mood, yarn crafts can provide some relief. In addition to anecdotal evidence, scientific studies have shown that the repetitive action of needlework can induce a relaxed state like that associated with meditation and yoga.

Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure and reduce harmful blood levels of the stress hormone cortisol.

But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem. Crafting can also help those wishing to quit smoking or lose weight as keeping the hands busy and the mind occupied help control our less desirable habits!

Some people use their creative skills to volunteer, making items for a variety of charities from animal sanctuaries to premature baby wards in hospitals. Volunteering improves self esteem and mental well being too, so it's a win-win situation.

The haberdashery section at the Bridgend centre has long had a reputation amongst local crafters as a great source of materials at bargain prices. If you are wanting to try your hand at learning knitting or crochet, you could find everything you need for less than the price of a takeaway coffee. We are also able to offer some support via Zoom if you would like to learn, so get in touch and we will see what we can do to get you knitting up a storm!

There are some fantastic websites out there for patterns and inspiration, including Ravelry.com, loveknitting.com and the ever inspiring Pinterest. One of the best ways to get started is to choose a pattern for something small and straightforward such as toys, hats or baby blankets. Once you have your pattern, if there are any instructions you don't understand (yo s1 k1 pssso anyone?!!) then YouTube is your friend, if you type the indecipherable jumble of letters and numbers into the search box you will be presented with all manner of helpful folks showing you exactly what to do.

So why not have a go and see what you can create. You can even share pictures of your creations with us and we will put together a gallery section in a future newsletter to show case our reader's skills.





### Hedgehogs don't have hibernation calendars!

Right now we are in early Autumn. Lots of hedgehog youngsters are around and they have plenty of time to get up to a decent weight for hibernation.

Unless there is a very good reason to take them in - out during the day, illness, injury, or an abandoned nest with hoglets, right now the best thing to do is to leave them as nature intended. They do NOT need to be brought in to be 'overwintered' just yet.

Leave food and water out where you can to help them along the way.

With thanks to Blyth Wildlife for creation of this poster on behalf of a consortium of rescues



There is no guaranteed date that hedgehogs will hibernate, it varies year on year depending on weather conditions and temperature. Usually this is late November/early December but this isn't an exact science!

A hedgehog under 450g will most likely not have the energy reserves to survive hibernation.

BE ALERT: When overnight temperatures are forecast to be below 5°C for at least a week ahead, there is frost & the ground is hard. At this point we would be concerned to find any hedgehogs under 600g, and bring them into the rescue for support and assessment





*If you don't have any hedgehogs in your garden you could buy this little chap from the Bridgend shop.*



## Raspberry Rapture

*In recent weeks we have been enjoying golden raspberries grown by one of our volunteers , Shirley. They have a sweeter, milder flavour than their red counterparts and are pale yellow to orange-gold in colour. They have the same planting, growing, soil and sun requirements as the red variety and prove to be a delicious addition to anyone's growing plot! Here are some raspberry recipes to try out, you don't have to use yellow raspberries! Another great tip is to buy frozen raspberries as they are much more affordable and can be stored for ages in the freezer.*



### Raspberry Custard Cake

#### Ingredients

250g butter softened, plus extra for the tin, 250 g ready-made long-life custard, 250g golden caster sugar, 4 large eggs, 1 tsp vanilla extract, 300g self-raising flour, 50g ground almonds, 0.5 tsp baking powder, 250g raspberries, 2 tbsp flaked almonds. Icing sugar for dusting.

#### Method

Heat the oven to 180C/fan 160C/gas 4 and butter and line a 20 x 30cm tin.

Reserve 100g of the custard. Put the rest in a big bowl with the butter and sugar, and beat with an electric whisk until pale and fluffy. Beat in the eggs one by one, followed by the vanilla, then fold through the flour, ground almonds and baking powder. Spoon the batter into the tin, leaving it rough on top. Scatter over the raspberries, dot over dollops of the reserved custard and scatter with the flaked almonds. Bake for 30-35 minutes or until a skewer poked into the middle of the sponge comes out clean.

Cool, then cut into chunks, dusting with a little icing sugar to serve.



**Baked Raspberry cheesecake**

#### Ingredients

8 digestive biscuits, 50g butter, 600g cream cheese, 2tbsp plain flour, 175g golden caster sugar vanilla extract, 2 eggs, plus 1 yolk, 150ml sour cream, 300g punnet of raspberries, icing sugar

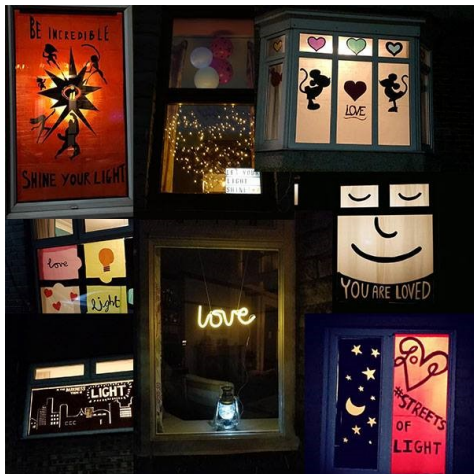
#### Method

Heat the oven to 180C/fan 160C/gas 4. Crush the biscuits in a food processor (or put in a plastic bag and bash with a rolling pin). Mix with the butter. Press into a 20cm spring-form tin and bake for 5 minutes, then cool.

Beat the cream cheese with the flour, sugar, a few drops of vanilla, eggs, the yolk and soured cream until light and fluffy. Stir in half the raspberries and pour into the tin. Bake for 40 minutes and then check, it should be set but slightly wobbly in the centre. Leave in the tin to cool.

Keep a few raspberries for the top and put the rest in a pan with 1 tbsp icing sugar. Heat until juicy and then squash with a fork. Push through a sieve. Serve the cheesecake with the raspberry sauce and raspberries.

## Bolluminations—A ray of light for Bollington's children



It has been a tricky year for everyone in our community and the children are no exception to that. Halloween in Bollington is kind of a big deal for the kids and many really look forward to dressing up and visiting all the decorated houses ;the atmosphere is always full of fun and even the big kids behave themselves. With the covid situation basically putting an end to trick or treating this year, a local group came up with the bright idea of festival of illumination instead.

Rather than knocking on people's doors, children are encouraged to walk around the village with their families looking for the illuminated windows (like many did during lockdown when we went hunting for the fantastic

rainbow pictures that so many people displayed in their windows.)

The Bolluminations will run from the 30th October –8th November. If you want to get involved, decorate a window that is visible from the road with anything you like, it doesn't have to be spooky and there is no specific theme. It can be an upstairs window if you prefer, as long as it is visible. You can use any material but paper and card seem to work best for creating the silhouette effect that allows your design to be seen from outside in the dark. Leave a light on or the curtains open between 4.30—9pm so your design can be seen.

The organisers are asking people to email [bolluminations@gmail.com](mailto:bolluminations@gmail.com) telling them what street you are on as they are planning to create a map of locations so people can plan their route. You can also take a picture of your window and email it to the same address as the organisers are hoping to create a video of all the creations to share with people that cant get out and about to view them. There is a facebook group for further information

## Crafty catch up every fortnight

Join Avril via zoom this

Thursday 22nd October at 10:30am

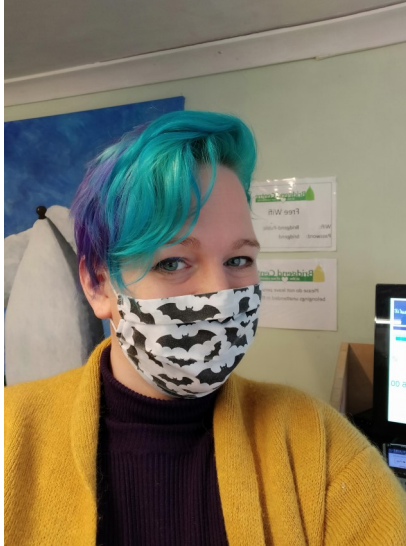
A combination of chatting, making and sharing. Be part of the conversation this and every other Thursday.

Sign up now for a link to the meeting by emailing [avril@bridgendcentre.org.uk](mailto:avril@bridgendcentre.org.uk)





## Q and A with Bridgend staffer Kerry Langstaff



### **Q. Bridgend reopened in July, how are you finding being back at work?**

A. Its great to be back open after lockdown and also the renovations. Its been lovely to finally unveil the result of all that hard work and planning but obviously due to the pandemic we are not able to offer all our services and I am missing the Bridgend that we all know and love. I am enjoying the structure of being back at work after months at home attempting to teach my children. I would like to think I make a better community worker than I do a primary school teacher!

### **Q. You mentioned the Bridgend we know and love, what do you think is the biggest difference about how things are now?**

A. Currently we are not running our drop in café and the majority of our activities. I normally run an activity group called Talk and Games on Monday afternoons but due to restrictions and the fact the members of the group are in a high risk category, we currently can not meet. I really miss my ladies and also the host of other familiar faces that attend our groups, come for a cup of tea in our café ,volunteer or just drop by for a chat. Being there for them is the reason we are here and, to me, we feel a bit like a family scattered at the moment. We will make the best of things and look forward to the time when we can all be together again safely.

### **Q. What is it like working within the Covid safe guidelines?**

A. Well I don't think anyone enjoys keeping away from others or the joys of post-coffee mask breath but it needs to be done. We have adjusted to the routines of cleaning, sanitising and quarantining incoming donations. In the main, people have been great about complying with the things we have asked them to do when they visit the shop at Bridgend and the feedback we have had is that people feel safe visiting us. Looking for silver linings, there are some very cool designs of masks available ( the one I am wearing in the picture was made by a volunteer to raise money for Bridgend.) I am also saving a fortune in lipstick!!

### **Q. What are you looking forward to when "all this is over?"**

A. I had plans this year to go to see the Levellers in May and then Pearl Jam in Hyde park in July. These have both been rescheduled to next year and I look forward to live music with good friends.

## Belfield's the Bakery Boutique!



With Christmas only a few weeks away, now is the time to start looking for gifts to give your friends and family. Many thanks to Ann Belfield at Belfield's Bakery, Bollington, for displaying and selling some of our fabulous hand crafted items made by our Bridgend woodwork team. Here and at the Bridgend Centre we have milk bottle holders, planters and lovely wooden boxes along with other beautifully hand crafted items. You

can also order your very own bespoke items from the Centre, such as larger patio planters, wheelbarrow planters and hedgehog houses. A member of our woodcraft team will be happy to help.

## Inject some winter colour in your garden

You may think that now that Winter is on its way it won't be possible to have any bright colour in your garden, but this is not the case! From Cyclamen to Winter Pansies, Japanese Maple to Berbaris there are several lovely options to inject some colour:

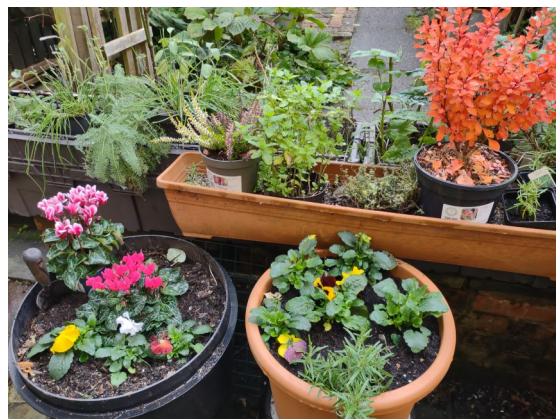
**Cyclamen** are winter heroes that can be brought to flower from autumn to spring. The flowers come in a variety of red, white and pink colours. These look great planted in pots or under trees.



**Winter pansies** are a gardeners staple, ideal for filling pots and window boxes for a flash of colour.

**Heather** is a brilliant plant for low-growing texture and some colour

**Hellebores** are often known as the Christmas Rose because they can flower in midwinter. Look out for *H. Orientalis* varieties in white, green and even dark red for spectacular colour.



## Donation of the week in the Bridgend Shop—Le Creuset pan set

Our item of the week this week is a fantastic set of Le Creuset pans. This particular item is for sale through our eBay store rather than in the Bridgend shop. We tend to list many of our higher value items on our eBay store as it is an excellent way to create revenue in these challenging times when many people are shopping online at home.

You can find our eBay store by searching for our seller name of [bridgend\\_centre](https://www.bridgendcentre.org.uk) or by following the link on our website at [www.bridgendcentre.org.uk](https://www.bridgendcentre.org.uk). It's a great way to find some high quality items and to support Bridgend even if you do not feel comfortable being out and about at the moment.



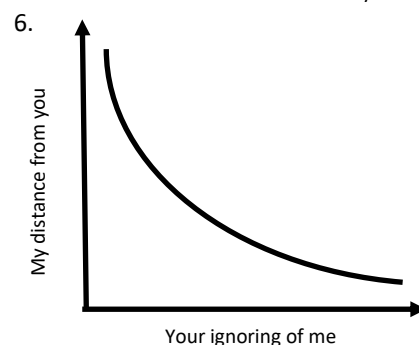
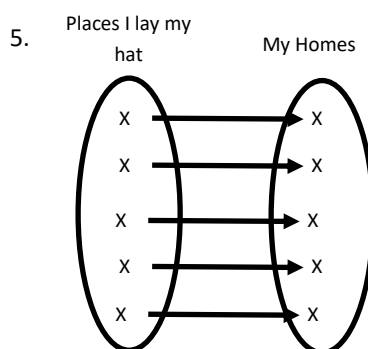
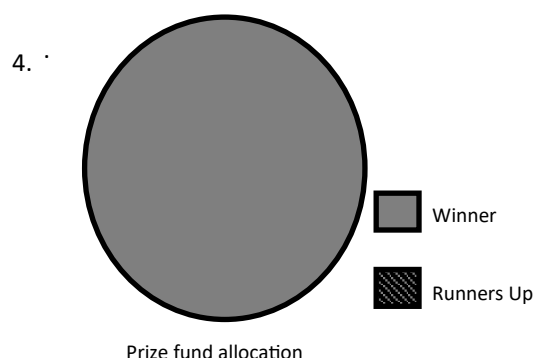
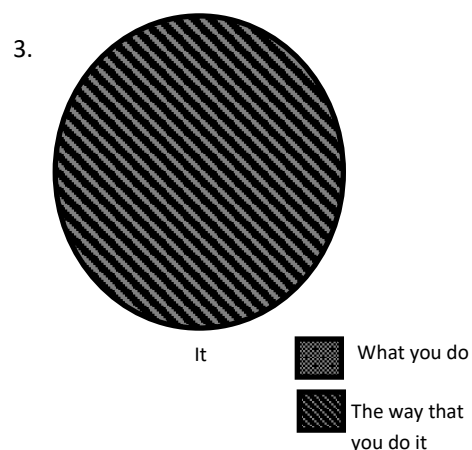
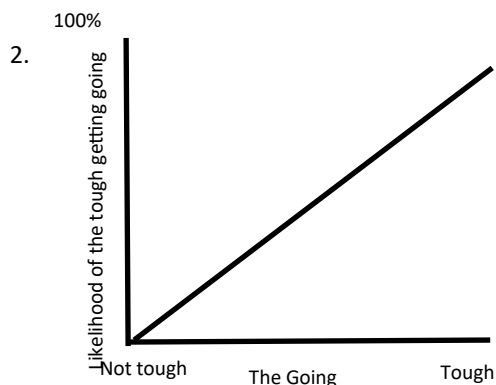
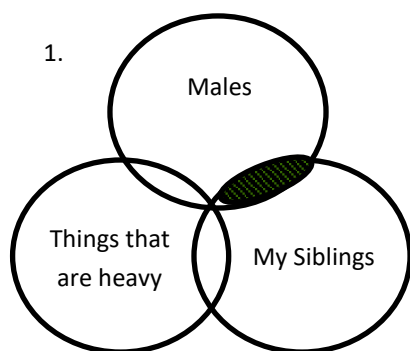
Le Creuset is a premium French cookware manufacturer best known for its colourfully enamelled cast iron cookware. The company was founded in 1925 by Armand Dasaegher (a Belgian casting specialist) and Octave Aubecq (a Belgian enamelling specialist). Their first piece was brightly flame orange in colour (still known today as their distinctive signature colour). This glaze was created to imitate the intense orange hue of molten cast iron.

Whilst other items in the range are manufactured elsewhere in the world, the cast iron cookware is still produced at the original foundry in Fresnoy-le-Grand. The items are all hand finished and sprayed with at least two coats of enamel. Le Creuset products have a reputation for being high quality, long lasting and beautifully designed. If you fancy cooking up a tasty treat this Autumn, why not head to our eBay store and grab yourself a bargain!



## Mind game—Venn that Tune

Name the pop song from these mathematical diagrams—bringing the poetry of Maths to the Magic of Pop



## Answers from last time—Backwords

### Backwords



### 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

**Bridgend Centre**, 104 Palmerston Street,  
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[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

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