

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation

Edition 27

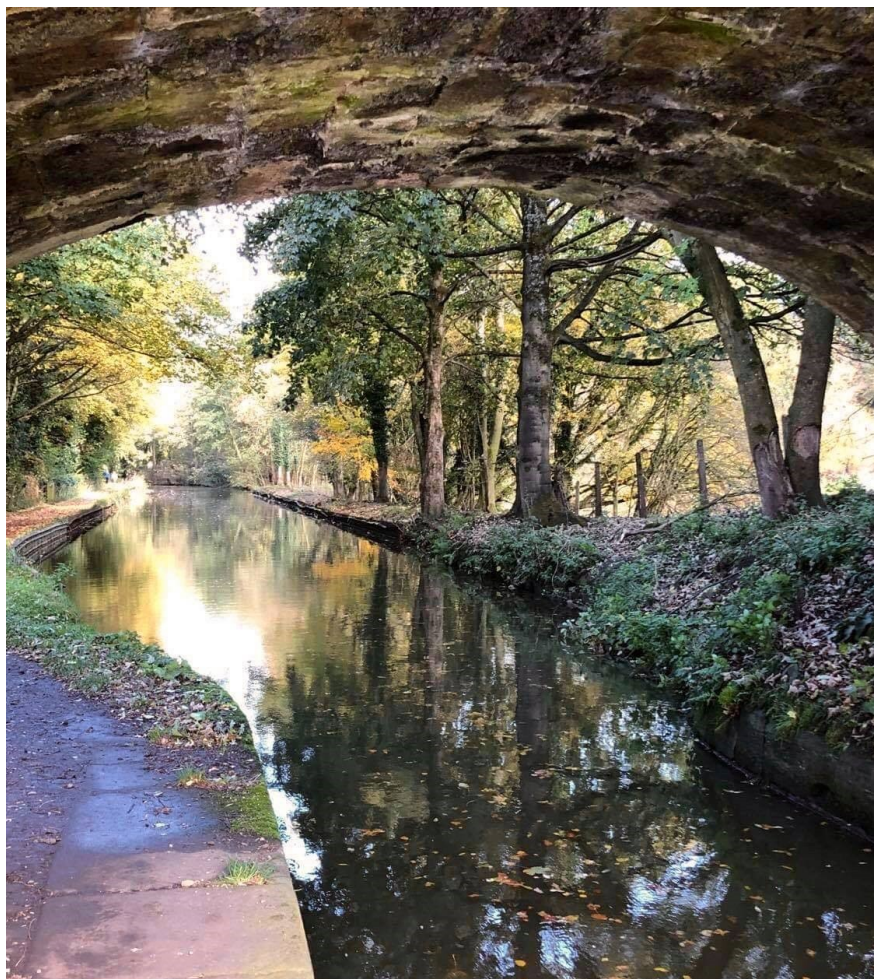


Photo by Linda Stewart—"The canal towards Adlington"

Cheshire East now 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 we are taking greater care than ever to maintain our Covid secure procedures in order to keep people safe. Our staff and volunteers are also moving to working in bubbles, more information on which is inside.

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 for us to include.

Bridgend in Bubbles

From Monday 26th October, Bridgend staff and volunteers will be split into two 'bubbles'. This is to provide contingency for the possible scenario of one of the team testing positive for the virus.

Bubble A will be present at the Centre on Monday, Tuesday and Wednesday mornings and consists of Becky, Jane and Kerry. Bubble B will be on Wednesday afternoons, Thursdays and Fridays and comprises of Anna Hatley, Anna Barker and Maxine. Volunteers will be asked to choose which Bubble they are in and restrict their attendance to those days/hours. The only exception to this is staff and volunteers on Saturdays.

This will be sad and challenging for us all as we love working as one big team, with all the creativity, ideas and fun this brings. However we think it is a sensible step in order to try and safeguard the Centre and ensure that we can stay open as much as is possible in this global situation. Outside these hours staff will work the rest of their contracted hours from home, so you can contact them via email or mobile phone if required.

The numbers of cases of Covid are increasing dramatically and therefore, so are the risks. We will continue to maintain our high standards of social distancing measures and while we know they are challenging at times, they are necessary in order to keep everyone safe.

Bridgend Centre Staff	
Bubble A	Bubble B
Monday, Tuesday and Wednesday morning until 1pm	Wednesday afternoon from 1pm , Thursday and Friday
 Rebecca Lea Centre Manager Available by email or phone outside those hours	 Anna Hatley Assistant Centre Manager
 Kerry Langstaff Community Worker/ Business Administrator	 Anna Barker Community Worker
 Jane McGill-Hoyland Community Worker	 Maxine Lomas Community Worker
 Robert Davies Finance Officer	 Avril Corbett eBay Co-Ordinator
	 Diana Storey Charity Shop Worker (Saturday)
	

A ramble to Adlington

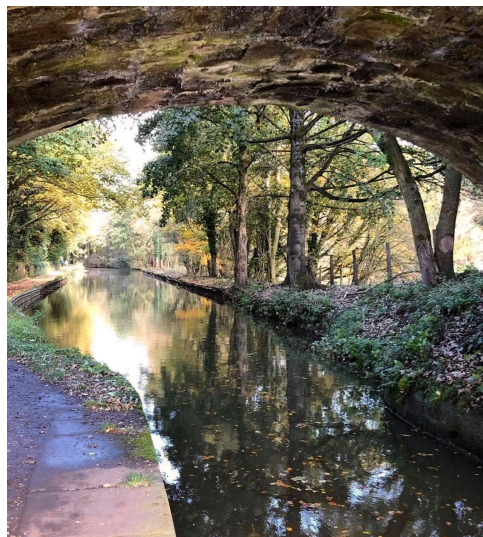


Photo by Linda Stewart—
"the canal towards Adlington"

This Sunday the Editor went on a lovely walk to Adlington and back, starting in Bollington. There was a distinctively Autumnal feel with a chill in the air and lots of beautiful colours in the trees.

While it was great to see so many people enjoying the great outdoors up on White Nancy, it was also lovely to escape the crowds by taking this route. Once out of Bollington I only saw one person the whole way round and as we haven't had lots of rain recently, the mud levels were very manageable.

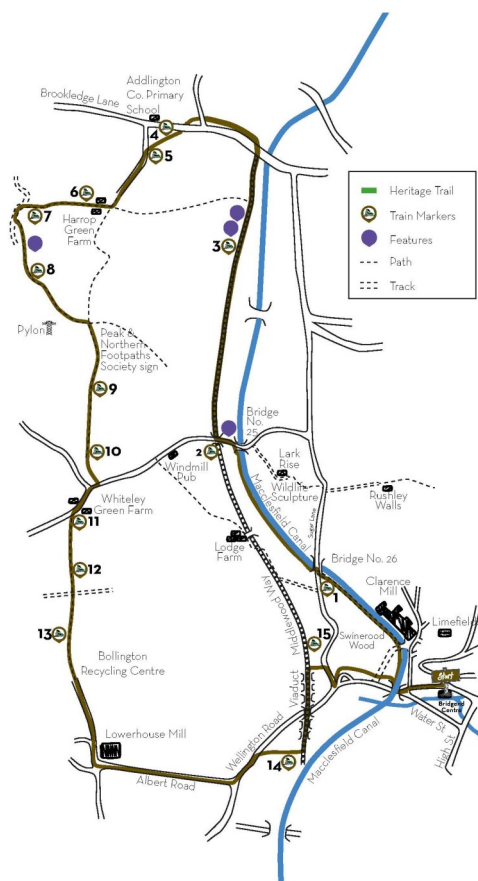
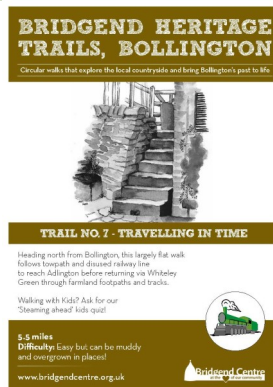
You can travel to Adlington by following trail 7 of our Bridgend

Heritage Trails and explores the various means of transport that have been seen in Bollington over the years, including the disused railway line of the Middlewood Way and the canal.

Our trail leaflets provide a map, clear instructions on the route and some titbits of information about waymarks on the route.

Using my OS map to guide me I followed a different route to Adlington and returned on footpaths and a new footbridge that I hadn't travelled on before which was very interesting.

You can download all our heritage trails from our website <https://bridgendcentre.org.uk/heritage-trails/> or you can pick up the paper copies from our Centre.



Plastic Free Bollington does Plastic Pick Up

Plastic free Bollington had a very productive couple of days last weekend when it both organised a Plastic Pickup in the town and signed up its first business. A volunteer team was co-ordinated to pick up litter at various points around the area and a productive morning was had by all as they collected and disposed of various single-use pieces of litter that had been left to rot (or not).



Fruits of the Forage, a local company who produce wild preserves, cordials and spirits and also distribute fruit and veg boxes signed up to the pledge to take action to reduce their use of single use plastic.

Bollington is actively taking steps to become a plastic free community. Accreditation is gained from Surfers against Sewage by fulfilling five objectives and more information can be found on their website at <https://www.sas.org.uk> or follow them on Facebook at @plasticfreebollington. If you would like to be involved please send an email to plasticfreebollington@gmail.com.



Get prepped for Halloween with a perfect Pumpkin soup

Ingredients

2 tablespoons Olive Oil , 2 Onions, 1kg Pumpkin, peeled, deseeded and chopped into chunks, 700ml chicken or vegetable stock and 150ml double cream

For the croutons—olive oil, 4 slices of wholemeal bread, with the crusts removed, handful of pumpkin soup.

Heat the olive oil in a saucepan and gently cook the onions in it for 5 minutes until soft, not coloured.

Add the pumpkin and carry on cooking for another 8-10 minutes, stirring occasionally until soft and golden.

Pour the stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 minutes until the pumpkin is very soft.

Pour the cream into the pan, bring back to the boil, and then puree with a hand blender. For an extra smooth texture you can pour the soup through a fine sieve.

This soup can now be frozen for two months.

Croutons—Cut the bread into four squares. Heat the oil in the frying pan and then fry the bread until crisp. Add

a few pumpkin seeds to the pan and try for a few minutes more.

If you take the pumpkin flesh out of the inside of the pumpkin and just leave the outside, you can now make some fun lanterns to scare the neighbours on Halloween next week!



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AUTUMN 2020

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This 6 week course can be taken online or in classroom on the following start dates:

- **Online course:** 10-12pm Wednesday 4th November 2020
- **Wilmslow Classroom:** 2-4pm Friday 6th November 2020
- **Handforth Classroom:** 11-1pm Friday 6th November 2020
- **Distance Learning Option (Study at your own pace):** From Monday 2nd November 2020

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...

Wednesday 4th November
1.30pm - 3.10pm
Poynton Civic Hall

Time slots are available. Please telephone 01625 872238 to book an appointment

Supported by...



Trafalgar Day—by Maxine Lomas



This week there was a date in history which some of you may or may not know about so I decided to write about it. The date is the 21st October 1805

How many of you know that this is the date of the Battle of Trafalgar?

The Battle of Trafalgar was a naval engagement fought by the British Navy against the combined French and Spanish fleets during the war of the third coalition of the Napoleonic Wars which took place from 1803-1815.

The battle was fought off Cape Trafalgar in the Atlantic Ocean and Admiral Lord Horatio Nelson was in command and on the flagship HMS Victory. It was a fierce battle, 27 British ships fought against 33 French and Spanish ships but the greater experience and training of the Royal Navy led to victory. The French and Spanish fleet lost 22 ships but the British fleet lost none. The victory confirmed the naval supremacy Britain had established during the course of the 18th century and was achieved by Nelson's inspirational leadership by arranging his ships into columns sailing directly

towards and into the enemy fleet's line.

Nelson was shot by a French musketeer and died just before the battle ended. He is remembered not only for his victory but also for his words 'Kiss me Hardy'. As Nelson lay injured and dying, he asked for Captain Hardy, he said these words to Hardy who then knelt down and kissed Nelson on the cheek. Hardy stood up for a minute or two before kissing Nelson again on the forehead. Nelson replied 'God Bless you Hardy'. It is thought that shortly before he died Nelson murmured 'Thank God I have done my duty'.

HMS Victory has been in dry dock since 1922 in Portsmouth Historic Dockyard. It is well worth a visit to see this impressive ship and to learn about our Naval history. There are also other ships to see, HMS Warrior, Britain's first iron-hulled, armoured battleship, the flagship of Queen Victoria's fleet and The Mary Rose, the flagship of Henry VIII that served in his fleet for 34 years before sinking in the Battle of the Solent in 1545 whilst the King was watching from nearby Southsea Castle.

Crafty Corner - Sharing our makes

Following for our article in the last edition about the benefits of knitting and crochet, we thought we would share some of our own makes. We invite you to share your creations with us by emailing info@bridgendcentre.org.uk. Don't forget to get in touch if you would like to enquire about help with knitting or crocheting, we are happy to help!



Anna Barker has been turning her crafty skills to teaching herself to knit. I think you'll agree that these fantastic, bright, winter socks are a very cheerful project!



Jasmin requested these fingerless gloves of her favourite game characters so I tried my hand at colourwork for the first time. She seems pleased with the result!

Pick up a pencil! - 8 sketching ideas to improve your mood

Mankind has been making meaningful marks since before we had language, drawing is ingrained in our D.N.A. Yet many of us discard drawing after our childhood years in the belief that we “Can’t draw.” I have been very much in the “I can’t draw” camp but during lockdown, I was kindly given a book that contained a drawing exercise for every day of the year. Realising that no-one but me had to see the results, I picked up a pencil and started to complete the tasks. I found that I really look forward to my drawing time, no matter how childlike and ramshackle the results! Sketching gives us an opportunity to unplug from technology and mindfully look at the world around us. So here are a few ideas to get you started



1. Just Scribbles— don’t over think it, doodle whatever lines and shapes you like
2. Create a collage—rip pictures from magazines, layer, sketch, add to it.
3. Draw grids and colour in random boxes
4. Swirls and spirals
5. Draw the item nearest to you
6. Draw a maze
7. Recreate an old photograph
8. Draw a landscape—think of your favourite place, it doesn't have to be a literal representation.

Kerry Langstaff

The playground in a pandemic - Jasmin Langstaff age 10



Hiya! I’m Jasmin Langstaff and I’m the older daughter of Kerry who you’d probably know from Bridgend. I’m in year 6 at Dean Valley Primary and this is my final year at the school. Things are a tad bit different as there is a virus that we all know and hate hanging around, but overall, the changes that have been made to school aren’t actually that frustrating! I’ll go into a little more detail than that.

First of all, hand sanitizer stations have been installed in various places inside and outside the school, and our classes have been ‘bubbled’. So years 5 and 6 are bubbled, (AKA saved from our annoying younger siblings for once in our lives) years 4 and 3, 2, 1 and reception.

The hall has been pretty empty (except for orchestra and music lessons) and we no longer eat our school dinners and packed lunches there. Instead, we eat our food in our classrooms and hot dinners are served by the teachers! The tables and other frequently used surfaces are cleaned regularly by staff members and our assemblies are held on Mondays and on zoom. We do more lessons outside including recently introduced, forest school!

Where we go to the foresty area of school and get wet and muddy in our waterproofs (It is very fun though in all honesty)! Playtimes are bubbled and our classes can only go to one set part of school. (Which I know is for safety reasons but it’s kind of unfortunate that we can’t all run around like lunatics and play our usual games which are as bizarre as a frog wearing a banana patterned onesie!) All in all, school is still school and peoples dogs still eat their homework, even if the person never had a dog to begin with.

Interview with Volunteer and Bridgend Trustee Alison Leah



Alison is one of the seven Trustees of the Bridgend Centre and also volunteers in our shop on a Tuesday morning.

Q. As part of our charity shop volunteering team, how are you finding being back at Bridgend?

A. It's a change, like everything else right now. The level of care and attention in making the communal areas as safe as possible is amazing. Customers have mostly adhered to the new rules and regulations and this makes it a very pleasant environment to work in. I am pleased with the amount of visitors we are getting into the shop and there is an incredible amount of donations, which shows people are still thinking of us. New rules soon become the new norm and we are all getting on with it. It's still a fun and very happy place to work!

Q. What is the biggest difference for you, volunteering in the current climate?

A. The biggest difference for me, is having to wear masks/PPE and the much more constant cleaning of the shop and isolation of donations. But again, it has become part of the new normal, so its just part of what we have to do.

Q. What's it like working to Covid-19 guidelines?

A. It took a while to get used to. Like putting a mask on to let someone into the shop and in fact remembering to let them in! They can't just wander in any more. Most businesses/places of work have guidelines so I don't feel it's anything different to being anywhere else.

Q. What are you looking forwards to when "all this is over"?

A. Going out again, meeting friends and family and going somewhere hot and sunny!

Donation of the week in the Bridgend Shop—Halloween items



We have a number of Halloween bits and pieces for sale in the shop to brighten up the dull autumn days of half term. Whilst trick or treating is firmly off the agenda with the current restrictions, that doesn't mean people still cant enjoy some spooky fun with the kids.

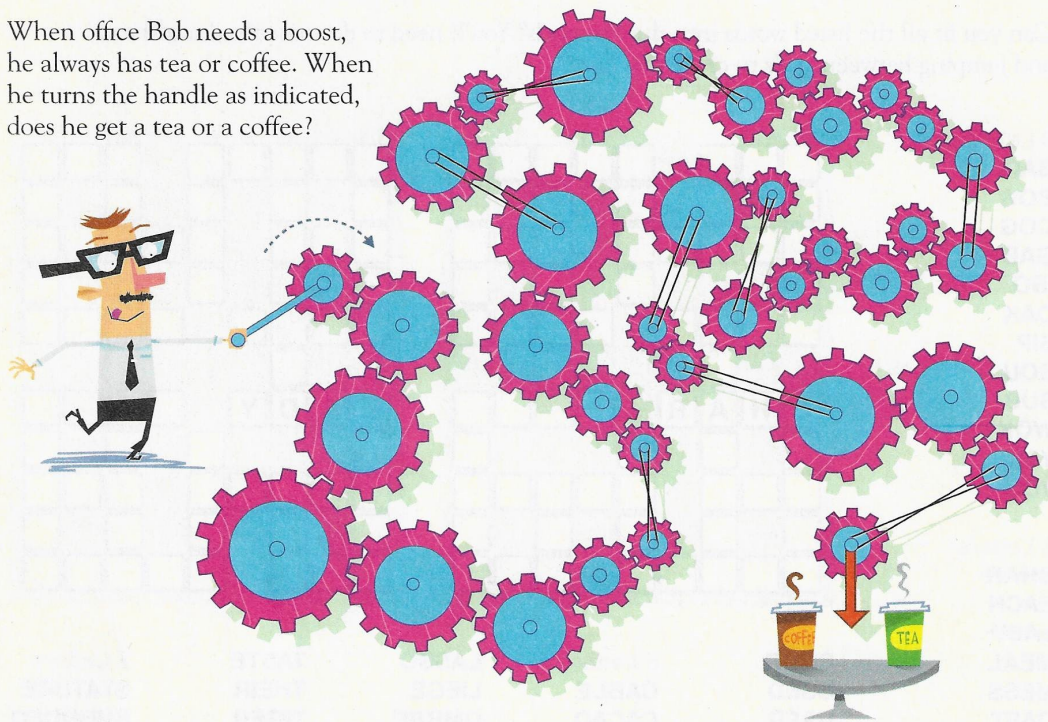
Many people within the village are decorating their windows as part of the Bolluminations celebrations that we wrote about in the last edition and these sparkly items would make a great addition.

The roots of Halloween itself can be traced back thousands of years, to the Celtic festival of Samhain, which was celebrated at the end of the harvest. During this time, the Celts believed, that the spirits of the departed could return to menace the living. Celebrants would light bonfires and dress in frightening costumes in an attempt to confuse the spirits and ward them off.

Today, it's a slightly more light hearted affair and people enjoy a great excuse to dress up and decorate our homes. Why not pop down and grab a spooky bargain?

Wheels & Cogs

When office Bob needs a boost, he always has tea or coffee. When he turns the handle as indicated, does he get a tea or a coffee?



Answers from last time—Venn that Tune

1. He ain't heavy, he's my brother
2. When the going gets tough, the tough gets going
3. It ain't what you do, it's the way that you do it
4. The winner takes it all
5. Wherever I lay my hat, that's my home
6. The more you ignore me, the closer I get



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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Temporary phone number: 01625 813173

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

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