

BRIDGEND COMMUNITY NEWS

Bridging Social
Isolation

Edition 28



Photo courtesy of Amy Platts. Her window display as part of 'Bolluminations' this year

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.

Bolluminations

You may have noticed some gorgeous decorative windows across Bollington over the last few weeks. These are part of the 'Bolluminations' event this week which is new to Bollington this year.

Nicola Walker Jakubowski got the idea from when she lived in Sheffield. About 3/4 years ago a local church (St Thomas's in Crookes) started an event called Streets of Light. Nicola really loved the idea and thought that this year, given that it's probably advisable not to go trick or treating or attend fire work displays something like this would offer something to do with the kids and foster the sense of community you often get with those events.

Over 170 houses have signed up. Nicola thought it would probably involve 20 or so houses of the children from her daughters school so she's really pleased it's been so well received. As it has been so successful, Nicola hopes to repeat it next year, maybe with a particular theme and taking place over half term.

There are some many fantastic displays that we decided to do a two page spread! You can walk round all the wonderful displays and have a look at them until 8th November. You can view the map of all the wonderful displays here: <https://maphub.net/bolluminations/bollunimations-2020>



Karen Dilkes



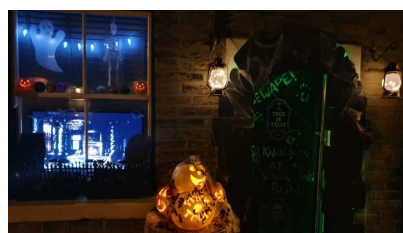
A homage to 'Stranger things' by Liam Tildsley at Claire Nolan's house



Caroline



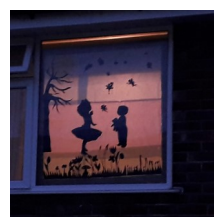
Louise Jayne



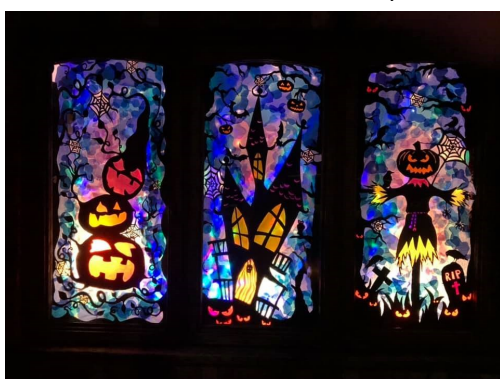
Mick Swann



Kerry Langstaff



Ellie McGuiness



Janey Parish



Vanda White

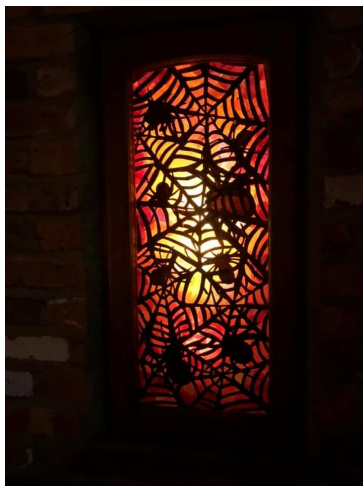


Inspired by Remembrance day— Sarah Latham

Bolluminations continued



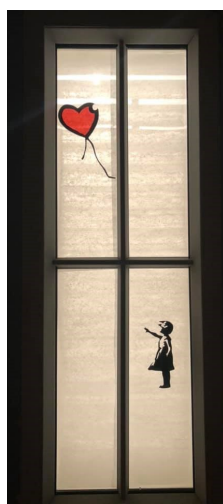
David Cusick



Janey Parish



Andy Langdon



Megan Codling



Karen Lomax



Vanda White



Kelly Harris



Kelly Louise Heath



Claire Mauro

Our Bolluminations project by Karen Dilkes

We got wind of an exciting little project going on in the community and wanted to be part of it, so we set to work. The hardest thing was agreeing on what the subjects were going to be, so we went for multiple! Staying local we got our card from the Bollington print shop and started drawing out the designs. Charlie age 11 and I were on scalpel duties while Lyla age 7 was cutting out all the tissue paper to make a stained glass effect.

With aching hands, very sticky glue and lots of tissue paper later I think we managed it. What a fantastic fun idea and something the whole family got involved with.



Recipe: Easy Soda Bread

No need for strong bread flour or yeast.

Ingredients

170g/6oz wholemeal flour
170g/6oz plain flour plus extra for dusting
1/2 tsp salt
1/2 tsp bicarbonate of soda
290ml/10fl oz buttermilk

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Tip the flours, salt and bicarbonate of soda into a large bowl and stir. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough.
3. Turn onto a lightly floured surface and knead briefly. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.
4. Cut a cross on the top of the loaf using a sharp knife with a serrated edge. You need to cut quite deeply, approx. a third of the depth of the bread.
5. Bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.



Quick Tip

If, after 30 mins, you think the loaf needs a little more cooking, turn it upside down and replace on the baking sheet before putting it back in the oven for 5 minutes more. This will stop the top of the bread from burning.

Bridgend receives a wonderful grant from Garfield Weston Foundation

We received the wonderful news this week that we are to be in receipt of a grant of £20,000 from the Garfield Weston Foundation to contribute towards our core costs. for the 12 month period September 2020 to August 2021.

Core funding for a charity pays for the basic overheads of running a charity, such as staff costs, heating, lighting, building maintenance, IT, HR and training. These services are essential for a charity to have the foundation and infrastructure to deliver all the support services and activities to the community, but they can sometimes be quite challenging to obtain. Therefore we are hugely grateful to Garfield Weston for their support, Thank you!

The Garfield Weston Foundation has provided a lot of support to us over the years and gave us an amazing grant of £150,000 to help us purchase our building in December 2018, so we are thrilled that this relationship continues.



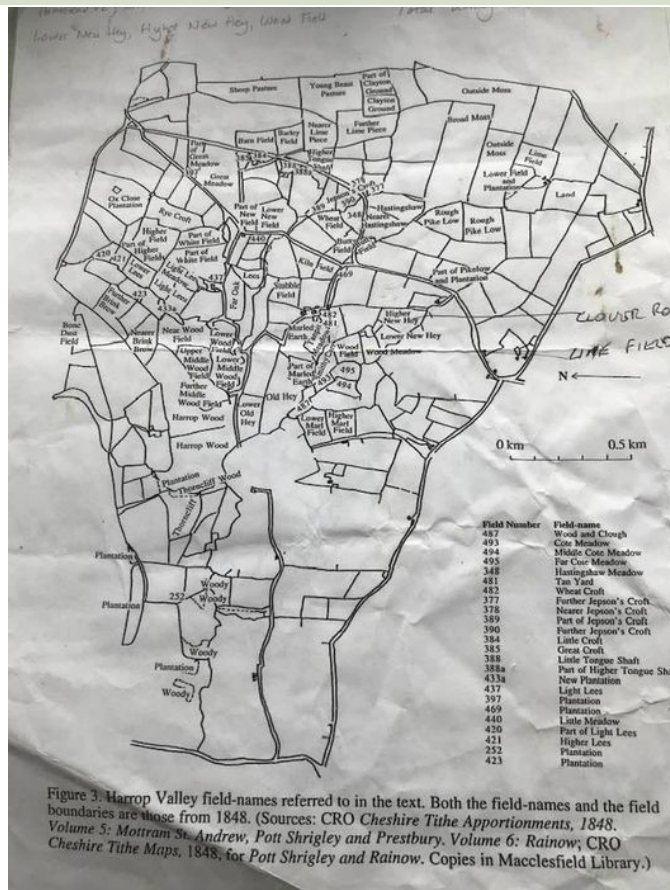
Garfield Weston
FOUNDATION



Bollington Police are here for ewe

Bollington PCSO Pam Graham had a very impromptu workout this morning trying to catch a runaway sheep with PC Howard and eventually caught by PCSO Wright. Their 1st concern was road safety but their second was, "how do we get this sheep back?" Result. They managed to get the sheep back and take it to a more secure field.

Reminiscences of Bollington—Harrop Valley



We love this old tithe map of Harrop Valley from 1848 courtesy of Mick Greenall. It shows that the valley was split into a number of different fields and the old names are fascinating such as 'marled earth' and 'stubble field'.

Enclosure of land through the mutual agreement of landowners began in 1601 and resulted in this kind of patchwork division of the land. Before this time, land was common land and shared between the people who lived in the area. There were advantages and disadvantages of these changes (the enclosure acts) but one effect was that poorer farmers were squeezed out and many migrated to the industrial areas to find work.

This quiet area of Rainow was taken up by the common activities of rural England, sheep farming, wood cutting, charcoal burning, stone cutting and surface mining. The only outsiders were itinerant traders in salt, coal and peddlers wares using ancient trackways dating from Roman times hard now to define. The best attested is the one leading up Hedgerow and out over the Hill to Kettleshulme and beyond.

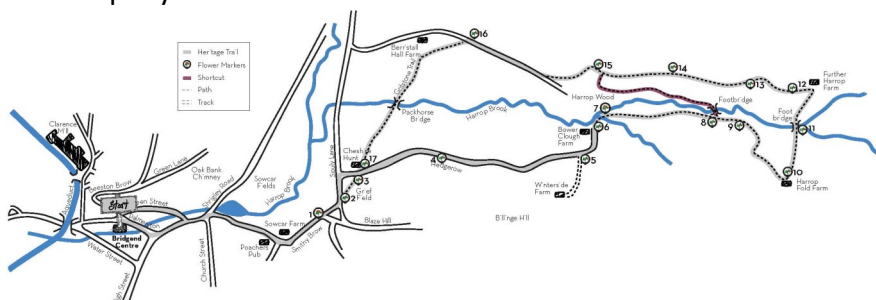
Bridgend Heritage Trail in Harrop Valley

One of Bridgend's loveliest trails is through Harrop Valley. It is so peaceful up there and you won't encounter lots of people if you venture up there, particularly now Autumn is drawing in!

The theme of the trail is wildflowers mainly because of the gorgeous flowers you can see up there, particularly the plethora of bluebells in the late Spring. But there is a lot to recommend a walk up there at this time of year, including hundreds or thousands of deciduous trees that are many wonderful colours at the moment.

One of our Tree Trails also ventures up to Harrop and a tree of particular interest is the Hornbeam. The Hornbeam can reach up to 80 feet and live for up to 300 years. They are often found in dense woodland such as Harrop and can be identified by their catkins and unique bark.

You can download our walk leaflets and books from our website www.bridgendcentre.org.uk/bridgend-walking-trails, or you can get a paper copy from the Centre. We also have some great children's activities to accompany them.



BRIDGEND HERITAGE TRAILS, BOLLINGTON

Circular walks that explore the local countryside and bring Bollington's past to life

TRAIL NO. 2 - WOODS AND WINDFLOWERS

Follow the enchanting Harrop Brook through woodland whose tranquil charm and abundant wildlife hides a colourful past. Discover local characters and historical figures who have made their mark on this intriguing corner of Bollington.

Walking with Kids? Ask for our 'Wood and Wildflowers' kids' quiz!

5 miles (with short cut, about 4 miles).

Difficulty: Moderate to easy walking, with some strenuous hilly sections

www.bridgendcentre.org.uk



A Bridgend guided walk in the Harrop Valley

Mirthy talks

Mirthy.

We have all been trying to keep ourselves occupied during this strange and unsettling year and many of us have been trying new things. Many activities are now online and meeting up with friends and work colleagues on Zoom has become part of our lives. Although this is not the same as meeting face to face it is a good way to keep in touch if you are able to.

A friend of mine told me about Mirthy Talks and how much they enjoyed them so I decided to have a look and find out what it was all about. They are online events covering everything from gardening and travel to history and show business



Mirthy provides an online platform for professional public speakers to present interesting and informative talks on a variety of subjects to adults in the comfort of their own home. The talks are free of charge for individuals on Thursdays at 2pm (from November 2020). Each talk lasts for about 45 minutes and then there is an interactive question and answer session where you have the opportunity to type in a question for the speaker.

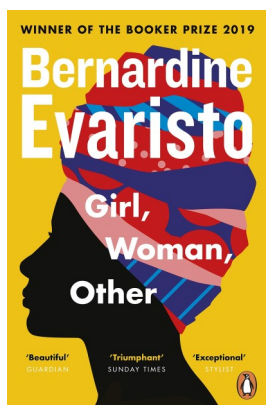
It is simple and free to register for the talks, just go on your computer or tablet and in your search engine, for example Google, type Mirthy Talks or the website shown above. On the Home Page, click on Discover Our Online Talks and find the talk you would like to listen to, then just enter your name and email address. An email will be sent to you with a link that you can click on just before the talk starts. Whilst you are waiting for the talk to begin you will see in the chat area people from all over the county typing messages, it is amazing how many people register for the talks.

I have only been able to listen to a couple of talks but I have really enjoyed them. Why not give it a try, there may be a talk that you are not sure about but take a chance you never know you may find it interesting. I hope that you enjoy the Mirthy talks too. They can be found at www.mirthy.co.uk.

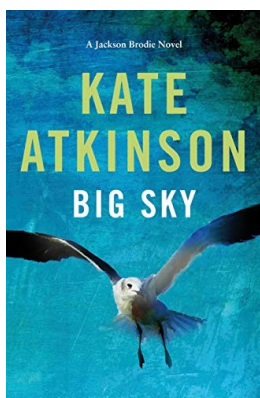
Maxine Lomas

Donation of the week in the Bridgend Shop—Books

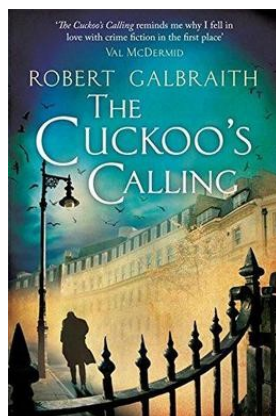
We get some fabulous books donated to us here at the Bridgend. Some of them that are nearly new and have just come out in the shops or on Amazon. Here are just a selection that we have received recently:



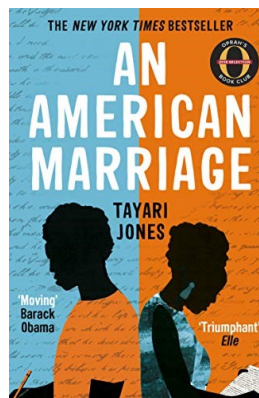
Ground breaking winner of last year's Booker prize.



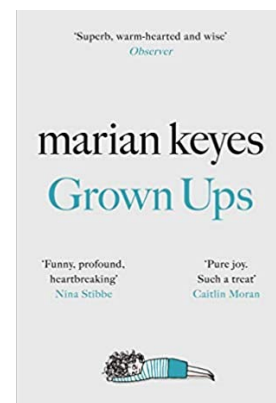
The next instalment in the Jackson Brodie series of murder mysteries



JK Rowling, under the pseudonym Robert Galbraith writes about detective Cormoran Strike and his partner Robin Ellacott



Barack Obama's favourite book of 2018



Marian Keyes is back with a witty and dramatic story about, a family who seem perfect on the surface but hold some big secrets between them

Interview with Geoff and Ann

Geoff Brown is the Chair of the Bridgend Board of Trustees and can often be seen working around the place. Ann Mayer worked at Bridgend for many years and was instrumental in the establishment of the Centre thirty years ago. During lockdown (as restrictions started to lift), Geoff and Ann did lots of work in the Centre to get it looking as smart as it does now



How have you found the last six months and how have you kept busy?

Naturally, like everyone else, we have found our lives disrupted due to the pandemic but we are extremely fortunate to live where we do, surrounded by beautiful countryside. Throughout these months we have been able to go for long walks and really enjoy the changing seasons. This Autumn especially the colours of the trees are particularly spectacular.

We have had an allotment now for several years and during the original lockdown we spent many hours digging and planting - in fact the beds have never before looked so neat and tidy!

Something else that has brought us pleasure is our new pet. Luckily in February, before covid struck, we adopted a 4 year-old cat called Elsa from the RSPCA. At first she was extremely nervous, so it has been a joy to see her gain such confidence that now she even behaves like a stroppy teenager sometimes!

How are you finding things at Bridgend?

Following the devastating flood and the closure due to essential building work, both staff and volunteers renovated the Centre so beautifully, and it was very sad that, just as the Centre was ready to re-open, the country went into lockdown. Since then, Becky and all the staff have worked tirelessly to offer as much support to our community as is possible under the present restrictions. The Bridgend is still a lovely place to visit and the staff make everyone extremely welcome, as well as creating an environment that is as safe as possible. We are both happy to be back leading walks and, hopefully before too long, more of the projects and activities can be resumed, when restrictions are eased.

What do you look forward to “when this is all over”?

Obviously, we would love to see more of family and friends and also see the Bridgend back in all its glory!

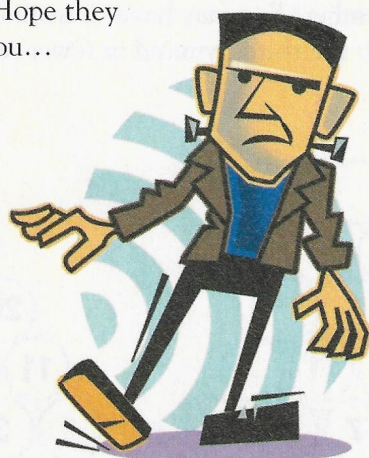


Elsa the Cat

We both have always loved to travel and meet new people. Four years ago we went to Colombia to visit Ann's daughter, Nathalie, who was a volunteer teacher there. We were lucky enough to travel around the country and met some amazing people along the way. This triggered our desire to explore more of Latin America. Each year since then we have visited a different country, combining volunteering with local projects, which work with the indigenous people, travelling the countryside and discovering ancient sites. Peru, Ecuador and Costa Rica were all stunning, but meeting and living with the local people was the most enlightening experience, proving language is no barrier where a smile and a friendly gesture works wonders, especially with the children.

Stock Horror!

Give yourself a bit of a scare with this wordsearch. There are nineteen stock features of horror films to find in the grid. Hope they don't jump out at you...



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

Answer from last time, wheels and cogs: Tea

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...

ecolp Middlewood Admiral Nurses Poynton Community Health Centre collected communities

new online classes

Something Seated

daily sessions
 3.15 to 3.45 pm
 Monday to Friday

T: 07760428554
 E: hello@movement-in-mind.uk

Short sessions, something different every day. A little bit of me time. Seated, but active. We will explore varied ways of moving to release tension and stiffness, mobilising the body, calming the mind and lifting the spirits.

Movement In Mind
 Creating a sense of purpose and meaning



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,
 Bollington, Cheshire. SK10 5PW**

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www.bridgendcentre.org.uk

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

