

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation**

Edition 31

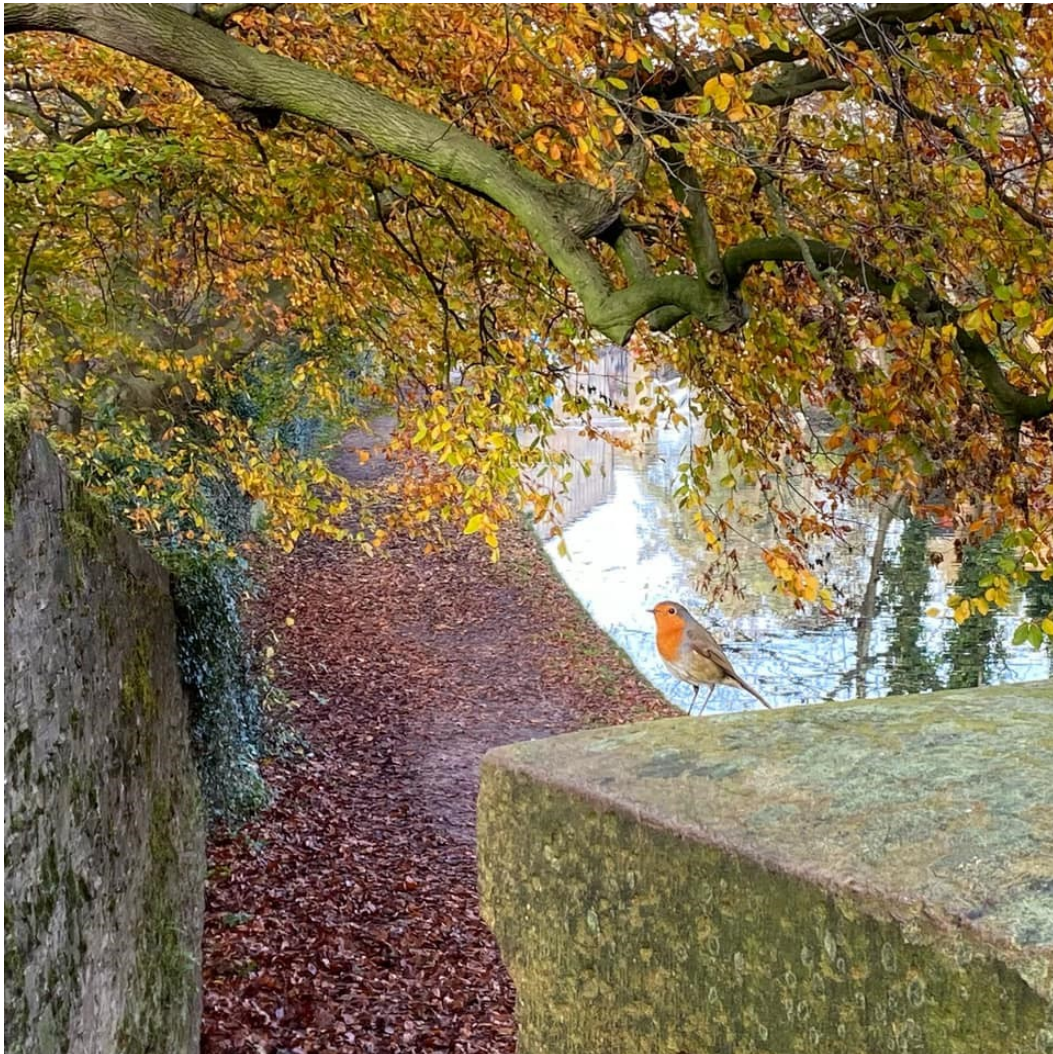


Photo courtesy of Jacky Timms

From Thursday 5th November, England went into lockdown for a second time this year in order to try and slow the spread of Coronavirus.

Pubs and restaurants are closed, apart from takeaway services, plus non-essential shops, leisure and entertainment venues. No social mixing is allowed, apart from in your support bubble, and people must stay at home unless travelling for specific reasons including work and education. This means that once again, the Bridgend Centre must close.

We will continue to produce this newsletter to be a companion to you throughout these challenging times. If you would like to make a contribution with an article, picture, poem or song, please do drop us a line at info@bridgendcentre.org.uk

Bridgend pays tribute to two well-loved regulars

We were extremely saddened to hear of the passing of two well loved Bridgend regulars last Thursday. Joan Bradley and Joyce Holland were both regular faces at the Centre for many years, Joan to attend the Drop-In and TAG social group and Joyce to attend the Bridgend Community Choir. Over the next two pages we look back over their lives. With thanks to Sylvia Roberts, Joan's friend, and Jane Bamford, Joyce's daughter, for writing these wonderful obituaries to two very inspiring ladies.

Joan Bradley 28th July 1940 – 12th November 2020

There cannot be many folk in Bollington who don't know Joan, also known as "The dog Lady" she spent many hours in the Recreation Ground, walking and training her dogs, over many years, and if she spotted anybody who had a dog off-lead or behaving badly, she would give them the length of her tongue. She was never afraid to say her piece, whether it was to misbehaving youths in the Memorial Gardens or even Macclesfield Council officers who often suffered her ire and on one occasion she even got physical, I don't think that particular man ever came to Throstles Nest after that incident!



Joan, or Brad as she was generally known, was originally from Stockport, but spent a large part of her childhood in Newcastle, due to various family problems. Consequently her education was patchy as she missed a great deal of school, but that never stopped her from having a full and interesting life.

Despite her lack of exam passes, at only 20 years of age she was admitted to the employment of the Prison Service and remained there for a further five years. It was shortly after she joined that due to staffing shortages that she was assigned with very little training to man the Visitors entrance, a position generally covered by senior officers. The one thing that was instilled in her was that *nobody* was to be given entry without a Visitors Pass under any circumstances. When an oddly dressed man approached, all in black with a big hat, accordingly she asked for his Pass. As he didn't have one, as per instructions she denied him entry, despite his furious protests, and "don't you know who I am?" Eventually he managed to tell her "But I am the Rabbi"and her reply; "I don't care if you are blankety blank Popeye, you're not coming in without a Pass." At her resulting disciplinary meeting, the Prison Governor was giggling so much that she had to leave the room and another Officer had to come in to finish the dressing down.

After dogs, Brad's main interest was driving, she was awarded a `Knight of the Road` Presentation from the Daily Express for her courtesy on the road, but her main source of pride was her beloved Landover, which she proudly told everyone that had been owned by HRH Prince Charles. Sadly she had to accept a duplicate log book, as a commoner she was not allowed to own anything that had been owned by royalty. One of Brad's favourite TV programs was 'Vera', as of course she drives a Landrover in it. Brads' driving career even got off to a funny start, when asked by the examiner to tell him the first road sign she saw, she immediately said "Eggs for Sale" despite that, she still passed!

Women's football is currently getting quite popular, but once more Brad was ahead of the game. She played for Corinthian Ladies, a football team based in Didsbury and often played for them on the A team in away matches in London. She also had a keen interest in sailing and had owned several boats over the years, enabling both she and her partner Joan to have many happy holidays sailing on the waterways around Tewkesbury where the various boats were berthed.

Although known mainly for her immense knowledge of dogs, she was a behaviourist, she was also a Show Dog judge. One of the puppies she trained was that of the President of the Pedigree Dog Food Brand, but other prestigious dog owners were several Manchester United players and she also taught some of the BBC Television presenter's pups too. She would never deny anybody who needed her help with their animal, frequently for no charge. She had a special affinity which dogs recognised and was able to empathise with the most badly behaved or bad tempered animals and had the ability to disarm them almost immediately.

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Dr Elizabeth Joyce Holland 9th May 1932 – 12th November 2020

Joyce, as she was always known, was born in Flixton, Salford and confounded her headmistress's predictions by becoming the first pupil from Pendleton High School to be offered a place at medical school. At a time when women doctors were a rarity she won the surgical prize at graduation and, after marrying Hugh a dentist she had met at university and having her daughter Jane, she joined a GP practice in Wilmslow where she worked for the next 15 years.

In 1978, after her divorce, her adventurous spirit led her to a new life in Canada where she initially worked as a locum doctor in the far north of Saskatchewan, Newfoundland and British Columbia before sitting her Canadian Medical Board exams and settling in a practice in Vancouver. There she fulfilled her ambition of learning to fly and subsequently bought a small Cessna plane in which she explored the small airfields of Western British Columbia. In between work and flying, she skied in the Rocky Mountains, learnt to scuba dive, was instrumental in helping to develop community palliative care services in her local area and went on several medical missions to Honduras and Abkhazia.



Joyce returned to the UK on her 80th Birthday in 2012 to be near to her family and was proud to have become the originator of 3 generations of female doctors. She became a well-known, popular local personality, often seen around Bollington riding her bicycle, climbing White Nancy, attending the Life Church and the folk club. She was also a founding member of the Bollington Community choir based at the Bridgend Centre and with her boundless energy and enthusiasm for life she was always ready to engage in conversation with whoever she met and whatever adventures were on offer. She continued to sing and dance until it was no longer physically possible and died peacefully on November 12th in Belong Care Home, Macclesfield.



Joyce's Cessna plane in Vancouver

Jane Bamford

Joan Bradley continued...

Joan was also a skilled woodworker, able to construct and fit anything from fitted wardrobes to bird boxes, many of the rabbit hutches and dog kennels sold at Woodford Garden Centre had been made in Brad's workshop behind Throstles Nest.

Those of you who came to the Senior Citizens' Parties in The Civic Hall will remember what an enthusiastic dancer she was, particularly to her favourites, ABBA, in fact, at one time when she was having a serious discussion with her solicitor sorting out wills and such, when it came to her funeral organisation, she wanted 'Dancing Queen' initially and then after that another ABBA and then another one to the extent that, Joan S in exasperation said "Joan, we're discussing a Funeral not a blooming Karaoke!"

Brad died peacefully in her sleep, in the Nursing home in Buxton where she had lived since last Autumn, after a year of increasingly poor health, not helped by the fact of the July 2019 flooding, which rendered her home of 30 plus years totally uninhabitable and rendering Joan S, her devoted partner of 34 years, homeless.

Brad leaves a legacy of good works, fun and lasting friendships, not only for Bollington folks but also the many people she has touched in her varied and interesting life.

Bless you Brad.

Sylvia Roberts

Pilates update

Robyn from Macc Forest Pilates tells us about some basic exercises to deal with neck and shoulder pain.

Neck and shoulder pain & stiffness are common problems we all suffer from, from time to time. There are a number of simple Pilates exercises which will help to relieve these episodes of pain/ stiffness or just keep you mobile generally.

These exercises are suitable for everyone but always work within a range that feels a comfortable stretch and build up progressively. If it's uncomfortable or spasms, ease the stretch, relax and try again more gently. You don't want to force your stretches. Breathing out as you increase the stretch will improve the stretch.

At the start of your day, have a go at these exercises:

Arm raises Standing up tall, relax your shoulders and then raise both arms above your head. Breathe in and stretch fingertips up to ceiling. As you breathe out lower your arms out to the side of your body. Repeat 3-4 times, focusing on the breathing and taking the time to stretch at the top.

Shoulder shrugs Next relax your arms by your side and draw both your shoulders up to your ears. Then draw your shoulders down, focusing on drawing your shoulder blades down your back. Repeat 2-3 times. This time draw both shoulders to the ears, squeeze your shoulder blades together as you draw them down. Repeat, circling the shoulders up, together and down. Repeat 4-6 times. Don't worry if you get some creaking! Finish off by circling your shoulders forward and down Repeat 2 times.

Neck stretches. With arms and shoulders relaxed, look down your nose to lengthen through the back of your neck. And then turn head to the left, feeling stretch in right side of neck. Hold your count of 3-4 then switch to opposite side. Alternate from side to side, increasing distance you turn each time if it feels good.

If you have a bit more time or have a persistent problem, try this Shoulder Opening exercise:

Positioning yourself on your all fours (hands under shoulders and knees under hips), take your right hand back towards your knee, keeping the palm facing upwards. Then raise the arm up behind you and circle the arm/ hand round and forward. Reach up towards the ceiling as you circle and look up towards your fingertips so you open up across your chest too.

As always work in a range that feels comfortable for you and build up slowly. Repeat the circles 3-4 times on each side.

Item of the week in the Bridgend eBay shop

We love this Job Lot of '78s from the 1950s. Tested on our in-house record player by some loyal volunteers before lockdown, we know they are in full working order with that lovely grainy sound that only vinyl records have. They are made by a number of record companies including His Master's Voice, Parlophone and London American Recordings.

The Lot includes I dream of Brownie with the light blue jeans by Spike Jones and his City Slickers; Red Sails in the Sunset by Tab Hunter; Eden was just like this by Harry Belafonte and La Vie en Rose by Victor Silvester and his Ballroom Orchestra. Available for sale in our eBay store now! <https://bridgendcentre.org.uk/home/charity-shop/eBay-store/>



Interview with Sue Brocklehurst

Sue joined us as a Trustee in 2016 and brings some great skills to the team including in business start-ups, SMEs and coaching and mentoring other small businesses.

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

Lockdown seemed unreal at first but it was a time to slow down and observe nature and I looked forward to a daily visit from a tame blackbird on the patio!

I took the opportunity to go for bike rides along the local lanes and really appreciated the peace and quiet with the low traffic levels. I also had a to-do list to complete which of course is still ongoing and included gardening, outdoor painting and decluttering.

The beautiful weather was a welcome bonus and I joined neighbours in arranging regular outdoor socially distanced keep fit classes and also now regularly take a friend's lively Jack Russell puppy for walks encountering a variety of dogs and the occasional horse (with their owners of course!). One of my friends runs weekly yoga classes online which I look forward to now outdoor activities are more limited.

I also became an NHS Volunteer Responder providing check-in and chat telephone support to individuals who are self-isolating and this has continued to increase during this second lockdown.



How are you finding things at Bridgend?

The Centre has been transformed after all the hard work provided by Becky, staff and volunteers. The charity shop reopened safely and has outperformed expectations benefitting from the decluttering carried out during lockdown with a plentiful supply of quality donations. The eBay shop has grown from the increase in online shopping and this will continue as we spend more time at home. This weekly newsletter has provided a means of keeping in contact with the local community whilst services are reduced.

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

Just being able to resume normal activities such as meeting friends and family for a coffee and going to the gym. Also being able to travel again - The Silk Route in Uzbekistan is on my bucket list for next year!

Recipe—Roasted Butternut Squash and mushrooms with Feta and Tomatoes traybake

Serves 4, prep: 10 mins, Cook: 1 hour 5 mins

Ingredients: 700g butternut squash cut into 1.5cm cubes; 1 red onion, roughly chopped; 4 cloves of garlic, smashed; 300g mushrooms, halved; 4 tablespoons olive oil; sea salt; 15 sage leaves; 200g feta cheese, crumbled; 350g cherry tomatoes; 1/2 lemon, juice only; 1 tablespoon mustard; 100g rocket and watercress leaves.

1. Preheat the oven to 200C fan/220C/gas 7. Place the squash, red onion, garlic and mushrooms into a large roasting tin, mix well with the olive oil, sea salt and half of the sage leaves and transfer to the oven for 50 minutes.
2. Give the vegetables a stir, then scatter with the feta cheese. Top with the cherry tomatoes and the rest of the Sage leaves and return to the oven for a further 15 minutes until the squash is soft and the tomatoes are about to fall apart.
3. Meanwhile, mix together the olive oil, lemon juice, mustard and sea salt to taste. Dress the leaves once the vegetables are ready and serve alongside.



Grow, Photograph, Eat

Pete Farrer sent us this beautiful photo of a mushroom and a really interesting article about his hobby.

One of my hobbies is nature & wildlife photography. During lockdown I was running out of things to photograph, so I decided to grow my own mushrooms.

After searching Amazon, I ordered an XL White Elm Mushroom kit from Urban Farm -It. It arrived a few days later and comprised a bag of substrate straw(?), a bag of Mycelium, a bin bag and 3 pages of instruction.



This is not the simplest kit to use but is intended to be interesting. The first job is to sterilise the substrate with 3 litres of boiling water. After draining it the next day the mycelium is crumbled and mixed into the substrate. This requires you to sterilise your hands and arms before proceeding.

Having cut 6 slots in the bag, the box containing the bag is closed up and left in a warm place for about 3 weeks, after which it is opened up and left in an airy draft free environment and watered twice a day.

Within a few days, shoots will appear through the slots in the bag. These seem to double in size daily, so you feel that progress is being made after the initial wait. When the first crop was of sufficient size, I removed them from the growing bag and posed them on my Oak tree for a bit of photography.



Later that evening I fried the mushrooms in butter, added garlic and lemon juice, laid them on panini and grilled cheese over them.

Peter Farrer

Self care week

Self Care Week is the annual national event that aims to raise awareness of what we can do to improve our physical health and mental wellbeing. This year's theme is Live Self Care For Life.

This message is particularly important in these trying times, and organisers, the Self Care Forum believes it is crucial that we do all we can for ourselves, our families and our colleagues to live as healthily as possible to keep up our resolve and to be able to cope with whatever comes our way. Self Care Week is a time to take stock and make small changes that will help us take care of us. The NHS website has lots of information. <https://www.nhs.uk/>



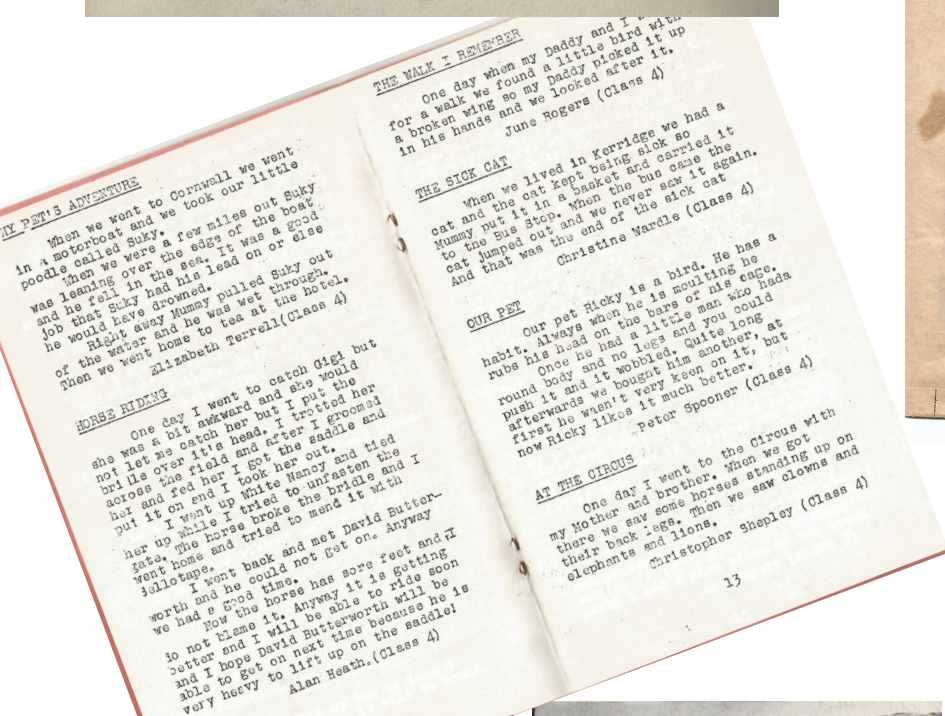
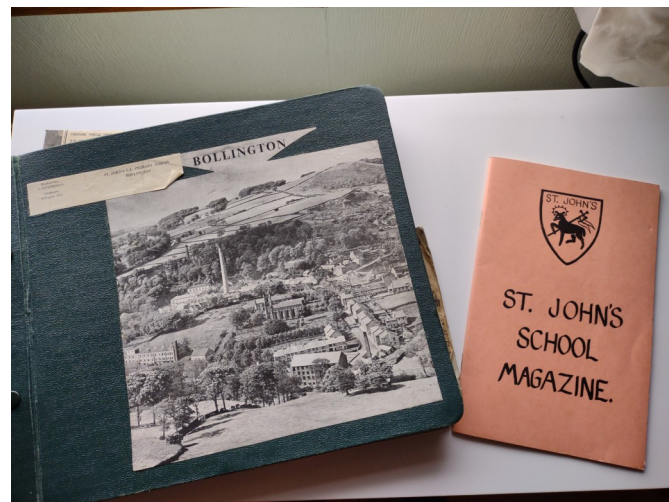
What could you do this week to ensure you are looking after you? Go for a walk? Watch your favourite film? Try to do something every day to put yourself first.

Reminiscences of Bollington—St John's School

Angela Williams sent in this wonderful scrapbook containing clippings and photographs of St John's school in the 1960s.

It is very interesting to read the newsletter clipping from 1965 about the move from Church Street and Lowther Street to a new, state of the art building on Grimshaw Lane.

We also love the articles in the newsletter, they are so cute! And very interesting to read the reminiscences of someone in the 1960s remembering when she went to school in the 1910s.



Mind game

Back on this side of the pond this week— a multiple choice to see how well we know Europe, just for fun!

1. Which of the following European cities is not a national capital?
 - a) Brussels
 - b) Vienna
 - c) Zurich
2. Which of these European countries has the largest area?
 - a) Ukraine
 - b) United Kingdom
 - c) Sweden
3. Which of these European countries does not have a border with Germany?
 - a) Czech Republic
 - b) Italy
 - c) Denmark
4. Which of these European cities is furthest south?
 - a) Belgrade (Serbia)
 - b) Sofia (Bulgaria)
 - c) Lisbon (Portugal)
5. Which is the correct description of the stripes on the French flag?
 - a) Red, then white, then blue (horizontally, from top to bottom)
 - b) Blue, then white then red (vertically, from left to right)
 - c) Red, then white, then blue, (vertically, from left to right)
6. Which of these European countries has a coast on the Mediterranean Sea?
 - a) Macedonia
 - b) Croatia
 - c) Romania
7. Which are Switzerland's official national languages?
 - a) French, English, German and Dutch
 - b) German, Italian, French and Romansh
 - c) German, French, Bavarian and English
8. Which of the following European countries is not a member of the European Union (EU)?
 - a) Slovenia
 - b) Portugal
 - c) Norway
9. Tallin is the capital city of which Eastern European country?
 - a) Estonia
 - b) Latvia
 - c) Belarus
10. Which of these European countries does not contain part of the Alps mountain range?
 - a) France
 - b) Slovenia
 - c) Hungary

ANSWERS FROM LAST WEEK AMERICAN 20 QUESTIONS

1. Type of Harley Davidson motor-cycles
2. Francis
3. The White House
4. Lady Nancy Astor
5. USA today
6. Kentucky
7. Cedar
8. Their pet
9. Cherokee
10. 100,000 year old Glacial ice from Greenland
11. Reno
12. Matchbox toys
13. Fathers Day
14. House Fire
15. Quakers
16. Flip flops
17. Liquid Paper
18. Ford motor company
19. Canadian
20. Burned

Thank you to I am Print

This newsletter was printed free of charge by I am Print, Adelphi Mill, Bollington to support people of Bollington during lockdown. A massive thank you to I am Print for this invaluable support.



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