

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation**

Edition 32

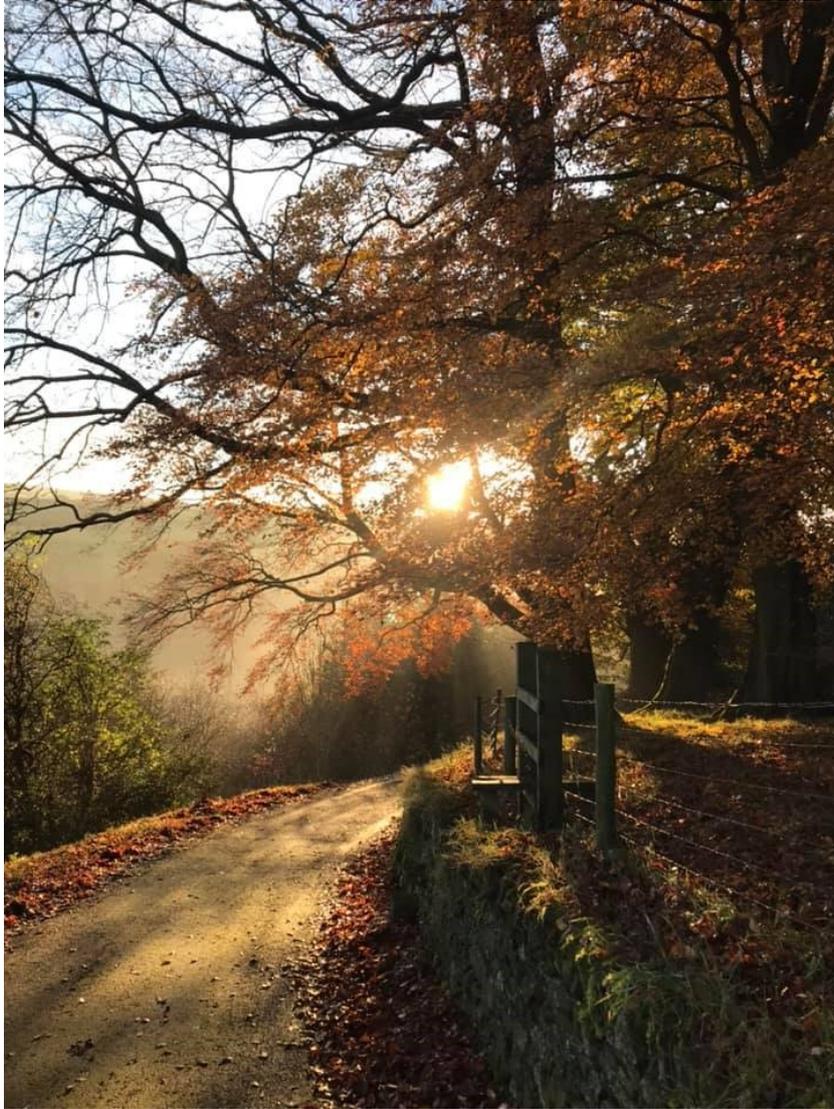


Photo courtesy of Kate McCreery

On Wednesday 2nd December, lockdown will be lifted and Cheshire East will go into Tier 2 of Coronavirus restrictions. The Bridgend Centre shop will therefore re-open on that day and we will welcome customers back between 10am and 4pm weekdays and 10am and 1pm on Saturdays.

We will continue with the Covid Secure practises that were in place before to keep everyone as safe as possible including the Bubble system for our staff and volunteers manning and working in the shop.

If you wish to donate any items for the charity shop, please book at an appointment to do so at www.bridgendcentre.org.uk/home/charity-shop. We are limiting donations to four bags or boxes per person.

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

TIER 2

HIGH ALERT

FROM 2 DEC

MEETING FRIENDS AND FAMILY <p>No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.</p>	BARS, PUBS AND RESTAURANTS <p>Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.</p>	RETAIL <p>Open.</p>	WORK AND BUSINESS <p>Everyone who can work from home should do so.</p>
EDUCATION <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	INDOOR LEISURE <p>Open.</p>	ACCOMMODATION <p>Open.</p>	PERSONAL CARE <p>Open.</p>
OVERNIGHT STAYS <p>Permitted with household or support bubble.</p>	WEDDINGS AND FUNERALS <p>15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.</p>	ENTERTAINMENT <p>Open.</p>	PLACES OF WORSHIP <p>Open, but cannot interact with anyone outside household or support bubble.</p>
TRAVELLING <p>Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or education. Further exemptions apply.</p>	EXERCISE <p>Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	RESIDENTIAL CARE <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	LARGE EVENTS <p>Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower)</p>

Find out what support you can get

For example, if you're out of work, need to get food, or want to take care of your mental health.

[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you have any coronavirus symptoms:

A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste.

Get a test and stay at home

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



BOLLINGTON TOWN COUNCIL

CHRISTMAS EVENTS 2020

street music | window art | lights | radio event

Let in the Light 27th November

4 Christmas trees illuminated from 5pm at Bollington Cross, Town Hall, Market Place and Bull's Head (Kerridge). Festive lights throughout the town. Virtual switch-on of lights via Facebook. Follow the Christmas Tree trail on foot or bike.

12 Gigs of Christmas 2nd to 23rd December

Enjoy live festive music performances from your doorstep or window from local musician Neil Shaw-Hulme. 12 gigs on 12 evenings (6.30-7.30pm) leading up to Christmas Eve. Locations will be posted on Facebook; your chance to rehearse for Christmas Eve 'Together Apart'!

Bolluminations From 18th December

Create your own window art for your home or business to create a beautiful display of festive scenes throughout Bollington. Learn how to get involved by joining the Bollington Bolluminations Facebook Group. See posters around town or find details via social media.

Christmas Eve 'Together Apart'

Tune in to Canalside Radio by 5.30pm and join your neighbours (together apart) for a radio broadcast of festive music and carols by local musicians and school children. Bring some festive fayre to your doorstep or window and join in with singing and celebrations.

Bollington
TOWN COUNCIL

www.bollington-tc.gov.uk

 facebook  twitter



Bollington Town Council have announced their plans to help keep the festive spirit of Bollington alive despite the restrictions of the pandemic. They have several events planned where people can feel together apart and hope as many people will join them in the celebrations as possible. BTC will be announcing more details nearer to each event so please follow their Facebook page and/or website for updates.

Please also follow Bolluminations on Facebook for more info on special Christmas version of the hugely successful Halloween event.

We need your help!

As part of the Bolluminations event from 18th December, we would like to have some Christmassy window designs in the upstairs windows of the Bridgend Centre. We think it is quite a Christmassy building and some festive displays would look great. If you are creative at heart and would like to take on this project, please do drop us a line. We would supply all the materials you need. Here are some designs from the Halloween event for



Caroline



Amy Platts



Kerry Langstaff

Bridgend Auction and Prize Draw

RAISE FUNDS FOR THE BRIDGEND CENTRE

Online Winter Auction and Prize Draw

Amazing Auction Lots! Perfect Prizes!
Place your bids and buy your prize draw tickets (£5) today at <https://app.galabid.com/bridgendauction2020>

**PARTY!
MUSIC!
FUN!**

PARTY ON ZOOM TUESDAY 8TH DECEMBER 2020 AT 8PM
AUCTION ENDS AND PRIZE DRAW AT 9PM

Full prize and lot details at www.bridgendcentre.org.uk
Zoom Party login details will be posted on our Facebook page on the evening

Registered Charity 1123287

Bridgend has gone virtual this year to raise vital funds to contribute to the day-to-day running costs of our Centre.

On Tuesday 8th December we will be holding an online auction and prize draw. We have some absolutely amazing auction lots and prizes for the raffle, all donated to us by local businesses and artists.

The website is already open for you to bid on items or buy a raffle ticket and some of the auction lots have already seen a great deal of interest! You cannot place a value on these unique

items or experiences. Having award winning chef Robert Owen-Brown cook up a 4 course storm in your home is without doubt a very special evening for you and your 3 guests.

Also, it isn't often that you have the opportunity to bid for signed artwork by our very own artist Mel Hood. Just 2 weeks ago this mesmerising painting was part of his latest exhibition, in less than 2 weeks it could be brightening up your wall.

Christmas is a little different this year, these could be that extra special gift that you are searching for, that you can't buy off the shelf or from Amazon.

To bid or buy a ticket go to <https://app.galabid.com/bridgendauction2020/items>.

Join us at 8pm for the Pre-Draw Party on Zoom. Our host Darren Antrobus, from the Silk FM morning show will be following the Auction in its final hour as the lots climb up to their final winning bids. To add to this excitement Darren will also be introducing some light entertainment along the way, including an interview with a very special guest.

An evening to raise our spirits, our glasses, and to celebrate our much valued community spirit, whilst also raising some vital funds for the Bridgend at the same time. We look forward to sharing it with you. To join, please go to Zoom and enter the meeting ID 881 7952 2885 , password is BRIDGEND.

THE BRIDGEND CENTRE

Online Winter Auction and Prize Draw

Amazing Auction Lots!
Signed Lithograph by Elbow
Signed Cymbal by the Virgin Marys
Award winning chef Robert Owen Brown cooking a meal for you
Lunch at Mary-Ellen McTague's highly acclaimed restaurant The Creameries
Framed mixed painting by local artist Mel Hood

Perfect Prize Draw Prizes!
A Garmin sports watch courtesy of Conduct IT
Kindle 6" e-reader in white, 6 bottles of Fizz from Majestic Wines, £65 Hamper of eco products from Rootstock, £20 No.74 Dell voucher, £15 Cafe Waterside voucher, framed painting by Jane Harrison, one month's membership of Macclesfield Pilates and Yoga, a chicken from JJJ Heathcotes, Sunday lunch at Hollin Hall, afternoon tea at Shrigley Hall, commissioned art piece by Bolly Wonky Art, Luxury Hamper of Bodyshop goodies by Becca's Beauty Buys, 12 cupcakes
Plus, much more!

Thank you so much to our hugely generous sponsors who have donated lots & prizes
Party on Zoom on Tuesday 8th December at 8pm and bid or buy Prize Draw Tickets from now on Galabid <https://app.galabid.com/bridgendauction2020>

Registered Charity 1123287

Lovely drawings drawn in Bollington by David Steedon—Do you recognise where it is?



Walkers are welcome

We are pleased to announce that the organisation of Bollington Walkers are Welcome has now been taken on by the Bridgend Centre.

Walkers are welcome is a nationwide initiative launched in 2007 to be 'welcoming to walkers'. They have enabled the development of over 100 accredited Towns and Villages members to assist with their communities' economic, physical, health and mental well-being through walking. Bollington has had Walkers are Welcome accreditation since 2013 and has been very ably administered by Sandra Edwards, Ivor Williams of Destination Bollington, Chris Brear and Sue Dale.



The Bollington WaW team were aware that this not sustainable in the long term if they wish to develop any further. Sandra Edwards who was instrumental in achieving and maintaining accreditation has recently decided that it is time for her to stand down. Sandra approached Becky at the Bridgend centre to ask if they would be prepared to take over hosting WaW as they are already a hub for walking activity locally. Following consultation with the Walking Festival committee, WaW are delighted that Becky has agreed to stand as Chair. Chris Brear and Sue Dale are willing to continue as Secretary and Treasurer to ensure continuity. We would like to thank Sandra for her enthusiasm in championing the cause of WaW. Thanks are also due to Ivor Williams for setting us on the path to accreditation and for his support as our Chair.

During the year the Bridgend Centre has launched an update of its ranges of walking trails, the Bridgend Heritage Trails and Bridgend Tree trails. These are now available as very attractive leaflets and also to download online. We also run weekly guided walks to encourage people to get out walking.

Looking ahead WaW have plans to launch a town walking trail linking the new Historic Plaques which are currently being installed by the Civic Society. The first plaque is already in place at Ingersley Vale mill and will soon be followed by another 10 to mark significant landmarks in our industrial heritage. They have also established a link with the new Public Rights of Way officer for Cheshire East and look forward to liaising with her on footpath issues.

Once the Covid restrictions are lifted we are confident that Bollington WaW can continue to thrive in its new home in the Bridgend.

Walk for National Tree Week

Our first walk back after the end of lockdown will be taking place next Wednesday 2nd December. As next week (w/c 30th November) is National Tree Week, we will be walking up to Harrop Woods via Hedgerow to enjoy the stunning trees in a peaceful environment.

National Tree Week is the UK's largest annual tree celebration, marking the start of the winter tree planting season (November to March each year). This year, it's taking place 28 November – 6 December.



A previous Bridgend group walking through Harrop Woods



Up in Harrop Wood there are a range of lovely trees including Gorse, Silverbirch, Hornbeam, Hazel, Hydrangea, Blackthorn and Common Lime.

Book on the walk by going to our website and clicking on the relevant date on our calendar. As before, places are limited to ensure social distancing. If you cannot make the actual lead walk you can download our Bridgend Tree Trails booklet which contains four gorgeous walks that explore the lovely trees of the area.

Interview with Lisa Cox

Lisa joined us as a Trustee in 2016 and brings some great skills to the team including in project management and organisational development.

How have you found the last 6 months and how have you kept busy?

As a Project Manager in the Pharmaceutical Industry, in April I took on the management of a project to develop a new antiviral drug to treat Covid-19. Working with a group of scientists from universities around the world has kept me quite busy! Whilst a successful drug is still a way off, this has been a really satisfying project to work on - we all donate our time for free, but know that we are trying to be 'part of the solution' to this terrible disease.

When not working, I felt lucky to have all of my immediate family at home, it felt like 'bonus time' to have my daughter home from university- she became good company on my regular local running and cycling trips.



How are you finding things at Bridgend?

I popped in during the summer and loved the warm welcome from the staff and volunteers in the shop that day! It was great to see that even with the social distancing measures, the spirit of Bridgend is still great! I continue to be impressed by the fantastic attitude all of the staff and volunteers have had over the lockdown period- keeping calm, and doing their best to deliver a service to the community under really difficult circumstances- the 'Bridging Social Isolation' newsletter has been a great success!

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

I really look forward to being able to drop the 'social distancing' measures. I hate having to give other people a 'wide berth'- to me it feels very rude and distrustful! At Bridgend, I would love to sit and have a good cup of tea and chat; at home I can't wait to be able to meet for an evening meal with friends.

Recipe—Sweet Potato and Chickpea casserole with Dumplings

Enjoy a healthy and hearty evening meal to fill you up on a winter's night

Casserole

1 tablespoon Olive Oil, 1 onion, 2 celery sticks, 1 green pepper, 150g mushrooms, 14oz sweet potato, 2 carrots, 2 garlic cloves, 1 table spoon plain flour, 1.25 pints veg stock, 1 tin tomatoes, 1 tin chickpeas

Heat oil in large pan and cook onion celery, pepper mushrooms sweet potato carrots and garlic for 10 minutes. Add flour and cook for 1 min. Add the rest of ingredients, bring to boil and cook for 1 hour.

Dumplings

3.5 oz self raising flour, 1.75 oz marg, chopped herbs, 1-2 spoons cold water

Firm into soft dough. Shape into 8 balls and chill in fridge. Put in casserole and cook for 30 minutes. Until golden and puffed.



Can anyone help?

We have two groups asking for assistance with some projects they are working on this week.



Bollington Christmas Cards of Kindness

Could you handmade a lovely Christmas Card for "a neighbour" in Bollington Village



As we know, this pandemic has caused a lot of isolation and loneliness in our communities. This has been felt particularly in our elderly generations and we have many in our village who live alone.

We would like your little ones to make a Christmas card for someone special in our village. Nothing brings more joy than some heartfelt love in a handmade card.

If you are happy to help here are the details:

- 1) Make a Christmas Card and address it "Dear Neighbour" with your Christmas message
- 2) Post your card in the special Christmas Post Box found in the Bollington Co-op
- 3) Delivery: Our special Elves will hand deliver them throughout December and ensure to spread Bollington Christmas Kindness this season.

For further information please contact charlotte.percy@coop.co.uk



This Campaign is supported by:
Bollington Co-op
Bollington Pre School
St Johns Primary School
Pott Shrigley Primary School
St Oswald's Church
St Christophers Church



#BollingtonAgainstLoneliness
#BollingtonChristmasKindness
#ItsTheCoopWay

The first is from Charlotte, the Community Pioneer at Bollington Co-Op who is looking for volunteers to deliver Christmas cards to the lonely and isolated in Bollington this year.

The second is Transition Bollington who are currently monitoring the air quality in Bollington as part of their investigation into transport emissions through the town.

They have a small monitor that clips onto a bag or a coat and they are looking for willing volunteers to help by walking around the town with it. You'd need to download an app onto your phone. You'll be able to see the air quality readings as you walk! Full instructions will be given and you'll be helping towards their goal of making Bollington a healthier place to live.

Transition Bollington are particularly interested in monitoring the levels near the schools around drop-off and pick-up times.

The overall results will be uploaded onto a website so all can see (we are trying to compare the levels between the March lockdown and now)

If you're interested, please contact us on MAPtransitionbollington@gmail.com or phoning ...07801 768303

For background : Transition Bollington is a local volunteer group working to make Bollington sustainable for the future. Projects include : plastics reduction, tree planting and local transport issues. You may have seen us at various events and perhaps completed our transport survey. It is as a result of the feedback from this survey that we are now monitoring the air quality in the town.



Some Transition Bollington group members as we put up the "big Al" outside the library during the last Bollington festival.



From the same day when we also had electric bikes and the mayor on show

Mind game—route finder!



Starting with 'loafing' in the bottom right hand corner can you be bothered to find a route through this puzzle moving up, down, left or right one square at a time to finding sixteen words that mean lazy!



How did you do on Europe?

1. Which of the following European cities is not a national capital?

Zurich

2. Which of these European countries has the largest area?

Ukraine

3. Which of these European countries does not have a border with Germany?

Italy

4. Which of these European cities is furthest south?

Lisbon (Portugal)

5. Which is the correct description of the stripes on the French flag?

Blue, then white then red (vertically, from left to right)

6. Which of these European countries has a coast on the Mediterranean Sea?

Croatia

7. Which are Switzerland's official national languages?

German, Italian, French and Romansh

8. Which of the following European countries is not a member of the European Union (EU)?

Norway

9. Tallin is the capital city of which Eastern European country?

Estonia

10. Which of these European countries does not contain part of the Alps mountain range?

Hungary

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.



Bridgend Centre, 104 Palmerston Street,
Bollington, Cheshire. SK10 5PW

Temporary phone number: 01625 813173

Email: info@bridgendcentre.org.uk

www.bridgendcentre.org.uk

