

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 36**



Observing the landscape by Sara Knowles

Happy New Year to you all. We hope you are staying safe at the moment as the UK is back in Lockdown #3. The Bridgend Centre is, of course, now closed and we are unable to accept any donations for the shop.

The Covid vaccine is a light on the horizon and hopefully in a few weeks we will be able to re-open the Centre once more and gradually move to a more normal life over the next few months.

In the meantime, our newsletter continues every week and as ever we need material! If you fancy writing an article, drawing a picture or sending a photograph, *please* do so. We would be so grateful! Please send material through to info@bridgendcentre.org.uk we would love to hear from you.

January Action Calendar from Action for Happiness

January is never the easiest time of year at the best of times and is even more challenging for many this year.

Action for Happiness is a great organisation that has many resources available online, on social media and on an app that aims to create a happier society. We love this calendar for January which gives great ideas on positive steps we could take during January to improve our happiness.

ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi				1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way	30 Count how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS

www.actionforhappiness.org
Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Walk for January

BRIDGEND HERITAGE TRAILS, BOLLINGTON

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

TRAIL NO. 6 - AS THE CROW FLIES

Taking a fairly straight out and back route to Higher Hurdsfield, this walk initially rises and then gradually descends as it winds from town to farm to canal back to Bollington.

Walking with Kids? Ask for our 'Kingfisher' kids quiz!

5.5 miles
Difficulty: Easy after one climb near the start

www.bridgendcentre.org.uk

Take advantage of the beautiful scenery around Bollington with this walk to Higher Hurdsfield and return from Bridgend. The sixth of the Bridgend trails, this walk takes us gently past industries of town and country with stories of a way of life now changed. The names of homes and farms give a hint of long-gone occupations or introduce us to new ventures.

As you stroll along tracks, fields and towpaths to Higher Hurdsfield and back take in the view and notice how the landscape continues to be shaped and moulded by nature and man for work and pleasure.

You can download these maps and leaflets, plus children's activities for the route, by going to our website www.bridgendcentre.org.uk/bridgend-walking-trails

Bollington Fire Station Three Peak Challenge

On Tuesday 29th December, the crew at Bollington Fire Station took part in their own mini version of the 3 peak challenge to raise funds for The Fire Fighters Charity.

The team climbed up White Nancy in relays and completed the height and distance of the route by walking to and from the famous landmark in full fire kit and breathing Apparatus which weighs around 20kg! In spite of being called out to incidents eight times that day, the team achieved the amazing feat of thirty eight ascents.

They also teamed up with LightTech Limited to light White Nancy up red at sunset, which created a spectacular sight on the snowy white hill top as it grew dark.

This event raised over £3,700 for the Fire Fighters Charity, which offers specialist lifelong support for members of the UK's fire services community, empowering individuals to achieve mental, physical and social wellbeing

throughout their lives. You can still donate by going to <http://orlo.uk/176sC>.



Photo by Will Lilley



Photo by Chris Goddard



Photo by Will Lilley

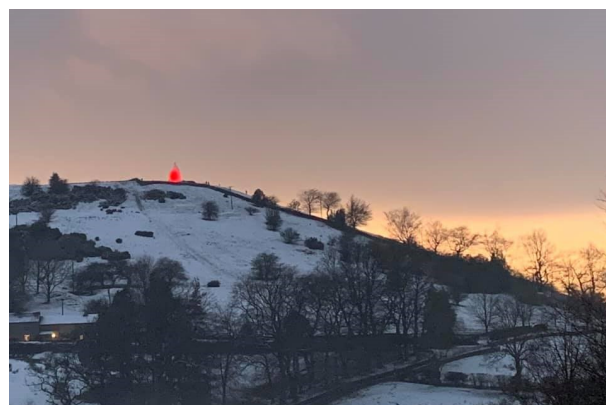


Photo by Vicky Powell

Sponsor an edition of Bridging Social Isolation for £36

Those wonderful people at I am Print, Bollington, have been printing our weekly newsletter 'Bridging Social Isolation' free of charge for the past eight weeks. It has been hand-delivered to isolated people's homes in the area and also local shops for people to pick up.

I am Print have now very kindly offered to print it 'at cost' for us in future.

This is a vital publication for our Bridgend regulars, as it keeps them connected to other isolated people in Bollington who cannot currently get to the Centre.

We are looking for individuals and/or local businesses who might wish to sponsor an edition or two. It would cost £36 per week and we could offer in return advertisement in the newsletter or an article about your local business. Distribution is approximately 700 people in the local area either digitally or in print.

If you would like to support us for one or more weeks, please do get in touch at info@bridgendcentre.org.uk, send us a message on Facebook or press Donate on our website www.bridgendcentre.org.uk. Thank you.

It keeps me going from week to week

I love all the articles and wonderful pictures



Creative Writing Workshop

Weekly 75 minute session on a Tuesday @ 11am starting on the 12th January 2021, delivered by Summer Phillips via Zoom

Each week exploring different themes and ideas of creative writing.

COST £4 per session

TO REGISTER Go to our events calendar at www.bridgendcentre.org.uk, click on the relevant event and book on. Payment is via debit or credit card or PayPal.

Spaces are limited to 8 members.



Summer Phillips



Snow hits Bollington

It was all very festive in Bollington over the Christmas period as we had two substantial snow in Bollington, which gave the opportunity for some fabulous photographs!



Shrigley Road by Andrew Heathcote



Ingersley Vale Waterfall—Luke Harris Media



Bella the Pony by Marie Lynham



Ingersley Mill by Paul Hawkins



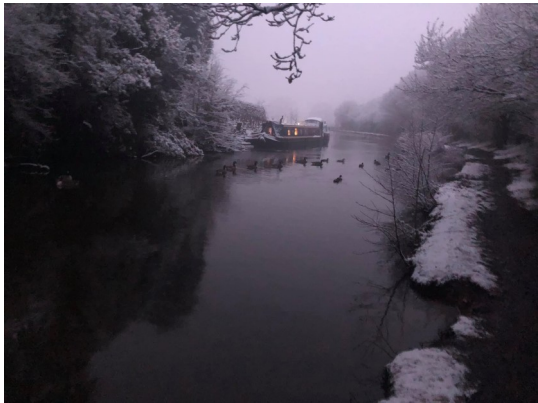
Congregational Church by Louise Forrest



The track under Nancy by Ed Baron



Three snowmen by Richard Gratton



Canal by Dave Sugden



Snow hits Bollington



The Nab by Sara Knowles



A new White Nancy by Paul Hawkins



Nancy from Long Lane by Paul Hawkins



Garry Shepley



Rocky in the snow by Ed Baron



Kerridge in the snow by Britney Rosevear



Photo by Bruce Kendrick



The Holly Bush at Christmas by Scott Etherington



Kerridge Boatyard at Sunrise by Paul Scott

A Love Letter to 2020 by Natalie Nuttall

The year that shares its numerical configuration with perfect vision ironically showed that we can never see beyond this moment.

Planes were grounded. Skies were pure and Venetian waters ran clear.

Homes became classrooms, and we learnt much to our bewilderment, that we know much less than we thought.

Some of us struggled for breath, chests tight, gasping for air. Loved ones passed, hearts were broken and we fumbled to piece together the sharp fragments of life in a way that made sense.

All the things we were convinced we needed to thrive became somehow less relevant.

We bought less and savoured more.

We rallied, then lapsed into dismay and confusion. Press conferences spoke of a new reality, punctuated by tiers and stipulations. A global curfew.

Tides of fear seemed to swell and at times, constructed our perspective. Fingers pointed, tutted, shoulders sloped and we absorbed headlines littered with 'unprecedented'.

And with each ebb, the debris of our hearts seemed to loosen.

The fixation on all that is superfluous fell away and etched into us the simpler truths of aliveness.

Eyes wide open, we saw the inevitability of community and connection, regardless of imposed measures. Compassion flooded in through all the gaps.

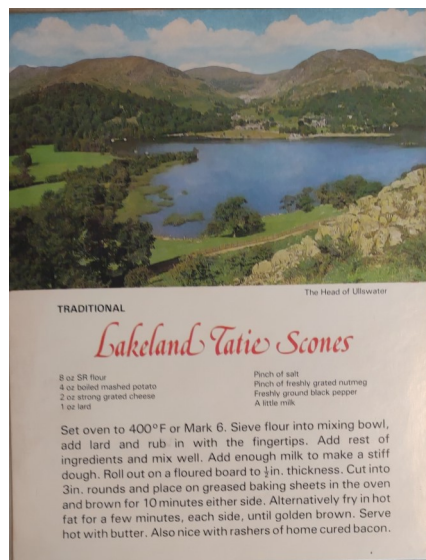
Control slipped from our imagined grasp, revealing us as no more than mere passengers, never truly at the wheel.

And as we loosened our grips and quietly sank into stillness, our hearts overflowed.

Natalie Nuttall, Innate Wellbeing Coach



Recipes



We can't have been the only household to have had a good sort of cupboards and rooms during the festive season.

Going through an old scrap book of my Mum's, I found these old recipe cards from the Lake District, which are for a couple of my favourite comfort foods to eat.

It takes me back to holidays and trips to the Lakes, one of our family's favourite places to go. Hopefully we will be visiting this wonderful area again soon.



Interview with Barry Matthews

Barry is one of our longest standing Trustees and has been Treasurer at Bridgend for many years. Barry used to work at Barclays Bank in IT.

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

Not vastly different from usual. I miss general socialising and the ability to do things without having to think about the necessary restrictions such as social distancing, masks etc. I go for a 2 to 3 hour walk virtually everyday, the same as I did before the last 9 months. On Tuesday to Friday I take my son's dog, unless he's not working, other days I go by myself.



In order to keep right up to date with Bridgend's finances, I have been updating my 'Bridgend Accounts' spreadsheet daily instead of monthly. It always seems that there other non-specific things that crop up that keep me occupied.

How are you finding things at Bridgend?

I haven't been into Bridgend since March, just before the first 'lockdown', but I have been really impressed with the way Becky, the staff and volunteers have managed the situation.

At the start of the first 'lockdown' there was considerable concern over what would happen with the finances, especially as the Charity Shop had been closed from the beginning of January whilst the work on the roof was being undertaken. However, to date, everything is going far better than was expected and the finances are, currently, very healthy

What are you most looking forward to 'when this is all over'?

Not being concerned that my family, friends and anybody else would be affected by the COVID virus Bridgend being fully open for everything that happens there. Going into Bridgend to see just how good it is following all the work done last year. From the photos, it looks great. Going out for meals with my family without having any of the COVID restrictions. Going walking on Wednesdays with the group of friends that I used to work with. Going to the pub on a Friday evening with a small group of friends, as we have done for years up until last March

Covid-19 Scam Alert

We have been informed by the Neighbourhood Watch Network about a highly believable scam which starts with a text and advises the user that they are eligible to apply for the Covid-19 vaccine and to click on the link in the text message. The user is then led to a webpage, which looks very convincing and asks them to complete some details, in order for them to be able to apply for the vaccine.

The details asked for: Name, Address, Date of birth, Proof of address, Card payment details

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to continue, as fraudsters continue to take advantage of the rollout to some many people.

For more information please see the article on the Ourwatch website: <https://www.ourwatch.org.uk/news/fake-text-identifying-you-eligible-covid-19-vaccine>

Mind game—Winter Quiz

Questions 1 to 6 are True or false?

1. Hedgehogs and dormice are the only UK mammals that hibernate
2. Redwings and fieldfares migrate to the UK from Africa
3. Only Queen wasps survive the winter
4. Snowdrops were introduced by the Romans
5. Snowy Owls are regular migrants to Scotland
6. Some birds stand on one leg to keep warm
7. Which animal has the thickest fur of any mammal?
8. Which animal's eyeballs turn blue in winter to help them see at lower light levels?
9. Here are 10 main types of clouds, each with a unique shape and location in the sky – name three of them
10. Who is the author of "The Snowman"?
11. Which Disney film was first shown in 1937?
12. Which winter was known for its big freeze?
13. Which Irving Berlin song did Bing make famous in 1942?
14. Who wrote the "Snow Queen"?
15. The 'Abominable Snowman' is another term for which creature?
16. How many points has a snowflake?



17. Which is the highest peak in Wales?
18. In which country is the Snowy River found?
19. Who represented GB in the 1988 Winter Olympics in the 70m and 90m ski jumps?
20. Which historian is a regular presenter on The One Show?



Answers to last edition's 'Cryptic Christmas clues'

- | | | |
|---------------------|-------------------------|------------------------|
| 1. Turkish Delight | 8. Bread Sauce | 15. Coronation Chicken |
| 2. Pulled Pork | 9. Brussel Sprout | 16. Porridge |
| 3. Welsh Rarebit | 10. Coq au vin | 17. Shortbread |
| 4. Profiteroles | 11. Vienesse Whirl | 18. Pavlova |
| 5. Croque Monsieur | 12. Garibaldi Biscuits | 19. Sandwich |
| 6. Hotpot | 13. Babycham | 20. Hotdog |
| 7. Pigs in blankets | 14. Black Forest Gateau | 21. Arctic Roll |

Thank you to I am Print

This newsletter was printed at a reduced cost 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 for our community during this challenging time.



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