

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
Edition 45**



Bollington Rec from the viaduct by Mike Rotheram

Welcome to another edition of 'Bridging Social Isolation'. Another week has passed as we edge towards the easing of the lockdown.

Change, even when it is positive, can be a bit scary and challenging and I am sure that some of us are a bit nervous at the thought of lockdown easing. This could be for a number of reasons, including the thought of seeing more people after so many weeks of having little social contact and entering busy environments again. It is ok to have mixed feelings about it and to not rush into seeing everyone again all at once. Total easing of lockdown will be a gradual process and one we will all have time to get used to.

The Bridgend Centre hopes to re-open on 12th April (restrictions allowing) and the Bridgend Roadmap to Recovery can be found on page 2. We will be accepting donations to our shop from 12th April and you can book a slot to do so on our website. www.bridgendcentre.org.uk

We continue to make significant progress with the vaccination programme. To date, 12,000 Middlewood patients have received the first vaccination. Thank you to everyone who continues to contribute. We have a fantastic team of volunteers who are regularly supporting the programme. This makes a massive difference to our ability to continue delivering the vaccination programme at the current pace.



The latest update that we have about vaccine supply and the current cohorts is that:

- We have been told that the supply of vaccines will increase towards the end of March. This is very good news and we are in a good position to respond to this.
- Continuing to offer first vaccination doses, in line with vaccine supply and the JCVI guidance, is the priority.
- We are being advised that we will be beginning to get a vaccine supply for second doses towards the end of March. No dates for this have been confirmed.
- We have been advised to ensure that all cohorts 1-6 have been vaccinated before moving into lower cohorts – please contact us if you feel you are in the cohorts 1-6 groups and have not yet received an invite

<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-30-december-2020>

- The 60-64 age group are continuing to be advised to book at a mass vaccination center: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>
- There are strict guidelines telling us that 2nd doses are to be given between 77 and 84 days after the first and **NOT** before.
- We cannot give an exact date for 2nd doses due to ongoing uncertainties in vaccine delivery schedules – **please do not contact us regarding this, be assured you will receive an invite when your second dose is due**
- Our next clinic for 1st vaccinations will be on the 10th of March

Why have I been invited at a different time to someone living in my household?:

We understand that some people have asked why they are being invited separately to other members of their household. We are very sorry if this is inconvenient. This is due to the searches that we run that identify eligible patients. This then links to the booking system. The searches are based on a set of criteria, which is not sensitive to individual addresses. Again we are sorry for this, but we hope that you understand the priority at present is to use the searches to ensure we invite those people who are eligible in each cohort. Once again thank you for your patience and support.

We continue to ask you to bear with us during this extremely busy time and wherever possible and appropriate remember to use self-care and your local pharmacy team to deal with any minor illness.



The Bridgend 'Roadmap' to Recovery—2021

Step Two—No earlier than 12 April



Charity Shop re-opens
Social Distancing measures in place, masks worn, limited numbers
Donations by appointment



Walks re-start
Booking required
Limited numbers

Step Three—At least 5 weeks after Step Two, no earlier than 17 May



Drinks on the veranda in limited sized small groups
Table service only



1:1 face-to-face support, information and/or advice available with a community worker



Increase numbers on walks, if it safe to do so
Social distancing still required

Step Four—At least 5 weeks after Step Three no earlier than 21 June. Information to follow over the next few weeks

Wash your hands of Covid Scams by Anna Hatley

It is incredibly upsetting to think that some people find ways to gain from sad and uncertain circumstances but unfortunately, they do and COVID-19 is no exception. The reality is during the time it takes you to wash your hands you could become victim to a scam.

We attended an awareness webinar led by Cheshire East Council to find out more about scams related to the current pandemic. Presentations were made by Trading Standards, Adult Social Care, Community Safety Unit, Health Protection and East Cheshire Age UK. We want to share the key points with you, we appreciate it might not make pleasant reading but sharing key messages is one way we can help to combat this terrible abuse of trust. Take a moment to help protect yourself and help to spread the word. The more we talk about it and raise awareness hopefully it will become harder for the scammers to be successful.

COVID scams unfortunately are made in many ways, they include investment and financial fraud, promises of miracle cures and fake vaccinations and even deception produced by false companionship and romantic relationships. All are utterly devastating and have one thing in common, they are built upon trust. COVID has caused us all to isolate, to protect society from the spread of the virus we have all been advised to stay at home and to limit our socialisation with the outside world. For many communication with the outside world has been reduced, we have taken sanctuary in the safety of our own bubbles. Scammers have used this opportunity to forge false relationships and promises, their job has been made easier by our desire to return to how things were before COVID arrived.



How to report a scam and other resources

- Citizens Advice Consumer Service– Telephone: 0808 2231133 or online https://ssi.datamotion.com/form.aspx?co=3438&fm=general&to=flare_fromforms
- Action Fraud– 0300 1232040 or online <https://reporting.actionfraud.police.uk/login>
- Police– 999
- Friends Against Scams <https://www.friendsagainstscams.org.uk/>
- Get Safe Online -<https://www.getsafeonline.org/cheshireeast/>
- Action Fraud- <https://www.actionfraud.police.uk/>
- Little Book of Big Scams <https://www.cheshireeast.gov.uk/pdf/business/tradingstandards/cheshireeast-lbobs-fourth-edition-online.pdf>
- Ofcom - <https://www.ofcom.gov.uk/aboutofcom/latest/featuresand-news/coronavirus-scam-calls-and-texts> Advice on scam texts and calls
- Cifas - <https://www.cifas.org.uk/coronavirus-fraud-advice> Keep up to date with Covid19 scams and general fraud advice
- Safer Internet - <https://www.saferinternet.org.uk/> Keeping young people safe online
- Financial Conduct Authority <https://www.fca.org.uk/scamsmail> <https://register.fca.org.uk/s/>



How to spot a scam

- Be wary of any form of unexpected contact from an individual/company/organisation you have not had previous contact from
 - Just because the person may appear to know you it does not make them genuine. It is very easy for personal information to be obtained and so easy for you to unknowingly give it away.
 - Its ok to say no or to query their contact with you.
 - Request proof of identification.
 - Take the time to check why they are making contact, ask them to provide contact details so you can verify their identity.
- Discuss your concerns with a trusted friend or neighbour.
 - If you receive a doorstep call from a person you are not expecting, and you feel in fear of your safety and suspect they are calling at your neighbours and other properties in your area it is acceptable to ring the police by dialling 999.
 - Follow your instincts, if it does not feel right or sound true then chances are it is not right, trust your gut instinct.

Here is a list of useful contacts if you wish to report a scam or obtain further advice and support. If you would like to find out more you can contact Cheshire East Age UK who provide a monthly bulletin to keep you updated with scam awareness trends, they also provide awareness sessions and offer support services for older people. The details for this are on page 8.

Mothering Sunday

Mother's Day is one of those dates that should never be forgotten. It's a time to reflect on the many things your mother has done for you, be that raising you or pushing you to do your best. It's a day when sons and daughters give tokens of appreciation or, for those who have lost their mums, it is a time to share memories. Here is everything you need to know.

The date changes in Britain every year. This year Mother's Day will be on Sunday March 14th.

Because the date is a Christian celebration, it is linked in with Easter Sunday. Easter changes every year according to the lunar calendar and vernal equinox. Mother's Day is always three weeks before Easter Sunday, or the fourth Sunday of Lent or Laetare Sunday (Middle of lent).



At its most basic, Mothering Sunday (Mother's Day is an Americanisation) is a day to give thanks to your mother. While many might think the day was invented by commercial entities, it is actually a Christian celebration dating back to the 16th century. Back then, Mothering Sunday was a chance for those who worked in servitude to go back home to see their families and attend the church in their home town – or 'mother church'. Those who did so were said to have gone 'a mothering' and the servants would usually pick flowers to display at this mother church as well as giving them to their families. The day gradually disappeared until a vicar's daughter, from Coddington, Nottinghamshire, read an article about American activist Anna Jarvis who was trying to reinstate the day in 1913. Constance Smith went on to push for a revival of Mothering Sunday and by 1938 it was being celebrated by Boy Scouts, Girl Guides and church parishes across the country. By the 1950s the date had been well established once again.

This year we face Mother's Day under restrictions to prevent the spread of Covid . As such we are unlikely to be able to spend time together as a family as many people would like. Once again we have to be creative to express our love and care for each other in these difficult times. Why not try out our recipe below to make a little treat for someone who needs a pick me up this Mothering Sunday?

Recipe— Maltesers Tiffin

Ingredients

- 200g milk chocolate
- 100g unsalted butter
- 2 tbsp golden syrup
- 125g digestive biscuits
- 135g bag of maltesers

FOR THE TOPPING

- 200g milk chocolate
- 25g unsalted butter
- 1 tsp golden syrup

Method

STEP 1

Line a 20cm square baking tin with baking parchment.

STEP 2

Place the 200g of chocolate, butter and syrup in a heat-proof bowl and melt over a pan of barely simmering water or in the microwave. Once almost melted, remove from the heat and gently stir until any tiny bits chocolate have melted. Allow to cool a little.

STEP 3

Place the biscuits and 35g of the Maltesers in a freezer bag, seal and crush with a rolling pin. You want mainly crumbs but a few small chunks of biscuit is fine.

STEP 4

Top the crushed mixture and whole Maltesers (save 1 or 2 for yourself) to the melted chocolate and stir until everything is coated. Press into the prepared tin and make the topping.

STEP 5

For the topping, melt the chocolate, butter and syrup as before and spread over the biscuit base.

STEP 6

Cover the tin with cling film or foil and refrigerate for 1-2 hours before cutting into squares.



Back to the Classroom - Kerry Langstaff



Monday the 8th of March saw the first steps on the Governments roadmap out of lockdown . Care home residents were allowed to hold hands with a visitor. People were allowed to meet outside with one other person for social reasons rather than just to exercise and last but not least, the nation's children made a return to the classroom after two months of home schooling.

There are many joking posts on the internet about parents jumping for joy and cracking open the champagne at 9 O'clock in the morning , which may be the case for some, but not necessarily everyone.

I have two daughters in Primary school in the village and I have to say how impressed I was with the hard work of the staff in schools. Not only did they have to provide online lessons and content for the children at home but also teach the children of keyworkers and the vulnerable. The reality of the situation being that basically they had half the class in school and half the class at home, thereby doubling the work load. Their attitudes remained so positive and their professionalism and creativity were extremely impressive. I was also so impressed with how resilient and adaptable children can be, within a week they had taken to Microsoft teams and online working with an ease that most adults would struggle to replicate. New routines were soon formed and life ticked along week by week. I was incredibly fortunate to be able to fit working around helping the kids with their school work which I know was not the case for all but no matter what personal circumstances people were working with, I think everyone gave the absolute best they could to help their children through.

So when Sunday night rolled around, I have to admit to having mixed feelings on their return to school. The routines of school and time with their peers are obviously good for children but I have got used to having them around and actually enjoyed being involved with their learning. It is unlikely that we will ever again have so much input into their education and a chance to spend so much time together. It hasn't always been easy and the snack budget for the house went through the roof but I have to admit I missed my girls on Monday and the house was certainly a quieter and less cuddly place. **Kerry Langstaff**

Reminiscences of Bollington—The Empire Cinema



We love this photo dating back to 1950 of the Empire Cinema which used to be located right next to the Bridgend Centre, where Hailwood House flats used to be.

From the posters we note that there were two films showing that week, The Adventures of Robin Hood (1938) and Western Union (1941).

The cinema is also shown on the picture below right (marked with a red cross). This photo is really interesting as it also shows the congregational church across the road at it's full size and the Bridgend Centre when the building was bigger.

There are other points of interest on the photo, including a chapel on High Street, which no longer exists today.

Information from happyvalley.org



Exploring Isolation

Week 6—Ernest Shackleton. The Weddell Sea Party



Ian Walker continues his epic tale of explorers who experienced isolation in the pursuit of adventure and discovery. This week, we continue the story of Ernest Shackleton.

Endurance left England in August 1914, shortly after Britain declared war on Germany. With a fully fit crew of 28, Shackleton offered their services to the Admiralty for the war effort. The reply came in a single word telegram: “Proceed”.

They sailed via Buenos Aires to South Georgia. *Endurance* left South Georgia on 5 December 1914, as *Aurora* sailed from Hobart to the Ross Sea. Shackleton aimed to land an overland party of six at the east end of the Weddell Sea sea-ice to start their trek to the Pole and beyond.

Endurance entered the pack ice on 9 December and spent the next weeks

manoeuvring into open leads, trying always to get south, down the east side of the Weddell Sea. Eventually, their progress was brought to a halt and by 24 January 1915 they were held fast by the ice.

Initially, *Endurance* was in no danger, lying in a pool of shallow ice among the surrounding floes. Shackleton’s crew were an experienced group. Shackleton himself had been on Scott’s original *Discovery* expedition and was one of the three, together with Scott and Wilson, to make the furthest south journey. He then led his own *Nimrod* expedition, on which Mawson had got his first taste of the Antarctic. Second in command was Frank Wild, who had been a seaman on *Discovery*, in charge of provisions on *Nimrod* and leader of the western party on *Aurora*. Frank Worsley was captain of *Endurance*, a most experienced navigator. Frank Hurley, Shackleton’s photographer, had also been with Mawson on his *Aurora* expedition. Among the others, Crean and Cheetham had also been south before.



Life on the *Endurance* took on a regular routine. There was much hunting of seal for the larder – for both men and dogs. Soundings were made regularly as this new place was surveyed. The scientists were occupied with meteorological readings, or studying the local wildlife. Even the geologists were rewarded with pebbles from penguins’ stomachs or brought up by the dragnets. Small expeditions were made to explore the nearby ice fields.

All the while the pack ice drifted, carrying the ship with it. They reached their furthest south on 22 February as the winter set in. Midwinter’s Day – June 22nd – was celebrated in style, with races on the ice and a feast. Twilight was beginning to herald the end of winter. Then, on 1 August, the floe around the ship broke up. Everything on the ice – sledges, dogs and instruments – was brought quickly aboard. The sea around the ship was in turmoil and the pressure as the ice floes moved into new positions was enormous. For the first time, Shackleton writes, “If the ship was once gripped firmly her fate would be sealed.”



By this time, it was apparent that they would never make landfall – the original objectives of the expedition were abandoned. Now it was a matter of survival. Through September and into October, *Endurance* was carried west and north into the worst of the ice. Huge pressure ridges built near her and preparations were made to abandon ship. The end came for *Endurance* on 27 October 1915. Shackleton wrote: “Now, straining and groaning, her timbers cracking and her wounds gaping, she is slowly giving up her sentient life.” She lasted until 21 November, when the last remnants of the wreck finally slipped through, and the ice closed over her.

Continued on page 7....



A camp was set up on the ice away from the stricken ship. 28 men, 49 dogs, four ship's boats and as much of the supplies that they could salvage – and over three hundred miles from the nearest known point of safety. Initially, they tried hauling the boats, packed with their supplies, but the effort of cutting roads through pressure ridges proved exhausting. Shackleton decided to set up Ocean Camp and take advantage of the natural drift that had carried them so far already. Men were sent back to the wreck site, some two miles away, to gather anything else salvageable.

Weight was a major consideration. Prime importance was food and fuel. Personal gear was limited to two pounds per man. There is a telling sequence in the film *Shackleton* (a 2002 TV movie) where the photographer Hurley persuades Shackleton that, despite the weight, glass plate photographic negatives would be the only lasting legacy of the expedition. In the end, Shackleton relents:

Sir Ernest Shackleton: Frank, we can't carry any more weight.

Frank Hurley: I'm not leaving them behind!

Sir Ernest Shackleton: I have 28 lives to consider.

Frank Hurley: So have I! And one year of each of those 28 lives is in these pictures. What's the point of our survival if there's no record of what's happened? And if we don't make it, then this will be all the life that's left of us! Without these we've done "nothing", except get lost like a bunch of schoolgirls on a nature ramble.

Sir Ernest Shackleton: How many are there?

Frank Hurley: 520.

Sir Ernest Shackleton: Well, perhaps we could take a box.

Frank Hurley: Not enough. 200, you make the selection.

Sir Ernest Shackleton: 100, we make the selection together. Deal?

Frank Hurley: 150. Deal?

Sir Ernest Shackleton: Deal.

Through November and December, they drifted. Shackleton was a master at keeping up morale. Noticing that the men were becoming despondent just drifting, he decided on moving their camp to the west, to reduce the distance to the nearest land. On 22 December they held a Christmas feast, both to celebrate and to use up all the luxury items they would not be able to carry with them. Then, the following day, they set out. Over the next seven days, two of the remaining three boats were man-hauled 7½ miles to the west, before progress was stopped again by broken ice – too soft to march, too risky to launch the boats. On 30 December they established their second camp on the ice – Patience camp – and brought the remaining gear and the third boat from Ocean Camp.

And there they stayed for a further 3½ months. Their food supplies were augmented with seal and penguin, as was their fuel supply, though at times even that source ran dangerously low. Shackleton wanted to keep as much of the sledging rations in reserve for when they would finally have to take to the boats. On into 1916 they sat it out. Leap Year Day was celebrated in style, as movement of the ice on which they camped became more and more noticeable.

Their Patience ran out on 9 April 1916. The leads through the ice around the Patience Camp floe were in constant motion, opening and closing and churning the ice to mush. Eventually, late in the morning, their floe split in half, right under the boats. Everything was ready for departure and they launched at 1pm. The three boats were named after financial sponsors of the expedition: the *James Caird*, the *Dudley Docker* and the *Stancomb Wills*. For the next days they rowed, and occasionally sailed, making steady if eventful progress west and north. They camped at night, on or moored next to ice floes, which sometimes collapsed causing rapid departures. They were at times accompanied by whales and killer whales, and always bird life.



Continued next week...

Mindgame—Mother's Day Quiz

- 1 Which mother was famous for taking care of the poor in India and never had any children of her own?
- 2 "Mothers Ruin" is which alcoholic drink?
- 3 What was President W Bush's mother's name?
- 4 Who was the last Empress of India?
- 5 Nacre is known more commonly as?
- 6 Which actress played Forest Gump's mother in the movie?
- 7 Who sang the hit song Sylvia's Mother?
- 8 Which mother went to the cupboard to get her poor dog a bone?
- 9 Carrie Fisher was an actress famously known for her role in Star Wars as Princess Leia, when she died her mother died the next day. Who was Carrie Fisher's mother?
- 10 Finish this famous quote, All that I am, or hope to be, I owe to.....
- 11 Who wrote that famous quote?
- 12 Who was Liza Minnelli's mother?
- 13 Michael Crawford played Frank Spencer in what popular TV show?
- 14 Who is Prince William & Prince Harry's mother?
- 15 In the Guinness Book of Records, it is recorded that a Russian mother gave birth to a staggering, how many children? Have a guess?



The answers to last week's 20 questions can be found on our website @ www.bridgendcentre.org.uk/bridging-social-isolation. If you would like a paper version, please contact us and we will post it to you.

Thank you to our sponsors and supporters

I am Print printed the paper copies 'at cost', which are delivered to the homes of isolated and vulnerable people in Bollington. Richard Brimelow sponsored the printing of this edition. Thank you so much to both supporters, it means the world.



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

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

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