

## BRIDGEND COMMUNITY NEWS

Bridging Social  
Isolation

No.56



**Welcome to Bridging Social Isolation No 56! We do hope you enjoy it. Lots of changes are afoot both nationally and locally with the removal of all Coronavirus restrictions on Monday 19th July.**

**Our absolute priority is the safety of the people who come into our Centre. We want to be a home-from-home where vulnerable people feel safe to visit and enjoy some social contact in a non-threatening environment. Therefore we are making gradual changes in the way we do things that will help people feel safe to come into the Centre. More details can be found on page 2.**

**We also have details of the final results of the Nostalgia Virtual Race, through which we raised nearly £3000 for our Centre. A huge thank you to everyone who took part or sponsored us, it means the world.**

## Changes at the Centre from 19th July



### The Bridgend 'Roadmap' to Recovery—2021

#### Step Four—19th July 2021

Our absolute priority is the safety of the people who come into our Centre. We want to be a home-from-home where vulnerable people feel safe to visit and enjoy some social contact in a non-threatening environment. We believe we have a social responsibility to everyone in our community. Therefore, from Monday 19th July:



Charity Shop Open

Social Distancing measures and one-way system remains in place

Staff and volunteers will wear masks. We will ask customers to wear masks where possible.



Drinks on the veranda in limited sized small groups  
Table service

Indoor drinks from September, subject to Covid situation at that time



Walks run on a Wednesday

Unlimited numbers and booking not required.

Post-walk refreshments limited to 12 people



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



Indoor activities from September, subject to Covid situation at that time



Bridgend Buddies scheme continues and accepting new applications

We have produced a 'Roadmap to Recovery' which details how we move forward following the Government's removal of Coronavirus restrictions from Monday 19th July.

Our absolute priority is the safety of the people who come into our Centre. We want to be a home-from-home where vulnerable people feel safe to visit and enjoy some social contact in a non-threatening environment. We believe we have a social responsibility to everyone in our community.

Our staff and volunteers will continue to wear masks and we will ask visitors to the Centre to do the same. We will continue to operate a one-way system in the shop and ask our staff and volunteers to carry out regular Coronavirus Lateral Flow Tests before coming in to work in the Centre.

The things that will change are that we no longer require an appointment to donate goods (although we do prefer it) and booking will not be required to attend our Wednesday walks.

We hope to make further changes in September, including re-

commencing indoor activities and sitting indoors to enjoy a drink, but these will be subject to the situation with Covid and the government guidance at that time.

## Equality for all

We very much enjoyed watching the football match on Sunday night between England and Italy (much of it from behind the sofa) and were very proud of our boys for their amazing achievement in getting that far, performing so well under great pressure and producing some wonderful football.

So we were very saddened the next day to hear that Marcus Rashford, Jadon Sancho and Bukayo Saka were subject to racist abuse on social media following the match and a mural of Marcus Rashford in Withington was defaced.



Photo by Tristan Pocock

The Bridgend Centre starts from a position of kindness and acceptance of everyone. We believe that racism or any other discrimination or abuse based on disability, sexuality, gender or gender identity is not acceptable or to be tolerated in our society.

We were heartened to subsequently see images of hundreds of heartfelt notes and messages of support of Rashford and his team-mates stuck to the mural. There was also an anti racist demonstration there on Tuesday. This shows that racists are hopefully in the minority in our society and are not tolerated by the majority. We should all work to challenge any intolerance when we see it and try to become a more accepting and caring society that is accepting of all.



## Macc Pride Out and About

Last Saturday, Macclesfield Pride held their MaccPride Out & About event!

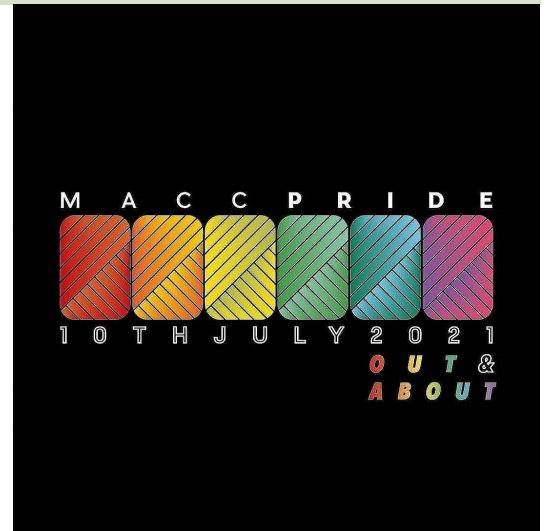
Due to restrictions, the format was a little different from the usual town centre stage and stalls, to avoid gathering a large crowd. Instead events were held at various venues across the town in the weeks leading up to the main event day. There has been a Pride Film Night, an Art and Photography Exhibition which ran for two weeks, a Pride Poets' Corner afternoon, and an LGBTQ History Lecture, which were all enjoyed by those who attended. An empty retail unit in the Grosvenor Centre was converted into the MaccPride Hub which was open for three weeks, selling merchandise, providing resources and information, and displaying artwork by children from various schools. Hundreds of people visited the Hub over the time that it was open and many interesting conversations were had!

On MaccPride day some other community groups got together to provide a Pride Your Ride session, to jazz up anything with wheels, in the grounds of St. Michael's Church, and the Church was also open to visitors with displays of relevant material in a chapel that had been especially prepared for the Pride day.

Lots of businesses took part in the Town Trail which had been designed to help bring more custom to them, as this was one of the aims of this reimagined Out & About event. The town was full of colour last Saturday, as people dressed up for Pride and the sun shone as people enjoyed the Pride Picnic Place in the Church grounds and food and drink outside at local bars and cafes. There were special Pride products for sale, decorated windows and a variety of evening events for those with the stamina to keep going!

The Macclesfield Pride Committee are delighted that they had planned an event which could still go ahead despite the extension of restrictions, and that they were able to bring the message of Pride to the town whilst showing support to other groups, businesses and venues. They are looking forward to receiving photographs and feedback from local people and starting to plan what they are going to do next to promote equality and celebrate diversity in Macclesfield and beyond!

***Denise Hartley-Dickens, Chair of Macclesfield Pride***



## Bollington Nostalgia Virtual Race raises funds for Bridgend

The results are now in! We had fewer entrants this year than last, probably because runners are enjoying more 'real-life' events now as things open up. However, due to a number of people doing the event as a sponsored event, we have raised nearly £3000 for our Centre, which is absolutely phenomenal. This money will go towards our running costs following a difficult year when we have had to close our charity shop for long periods due to Covid restrictions.



Every year on the second Sunday in July, the Bridgend Centre runs the Bollington Nostalgia Hill Race to raise valuable funds for our charity. Last year, due to the social distancing measures in place, we decided to make the event a virtual challenge and following the success of this format, this year (2021) we decided to do the same again.

The race is usually a set route from the Bridgend Centre, up Hedgerow and over to Bakestonedale Moor, returning via Macclesfield Canal. However, this was a virtual challenge and we have only one stipulation, that competitors run 10k. So it is totally up to them whether they run our famous hill race route or another route of their choice.

A huge thank you to the Bridgend Super Team, Sara Knowles and Jo Maitland for running the race as a sponsored event through Just Giving. Your contribution has been amazing. Thank you also goes to the Macclesfield Harriers for making our traditional Hill Race route one of your training runs. It was great to see the lovely photos of key waymarks along the route and we hope to do it in person next year.



Bollington Convenience Store \* The Village Florist \* Chadwick's

And a massive thank you to the wonderful businesses who sponsored our event by donating a prize including Patagonia, Red Willow, Fruits of the Forage, The Indian Goat, Running Bear, The Village Florist, The Green, No 74 Deli, Pappas, Forest Gin, Co-op, The Flower House Bollington, Bollington Convenience Store, The Mulberry Leaf, Knowles Green and Chadwicks.

All our wonderful entrants will be awarded the famous 'I ran the Bollington Nostalgia Virtual Race 2021' pink badge and category winners will be awarded a lovely medal hand carved by Anna Barker at the Centre. Again we have had entrants from a wide geographical area including Scotland, which is fabulous.



Category	Winner
Best fundraiser	Sara Knowles
Highest Ascent Male	Eddie MacKintosh
Highest Ascent Female	Alison Gunn
Fastest under 16	Eddie MacKintosh
Fastest Male 30 – 39	Rob Gorton
Fastest Female 30-39	Heather King
Fastest Male 40-49	David Larkin
Fastest Female 40-49	Jo Thompson
Fastest Female 50-59	Alison Downey
Fastest Male 60 +	Andrew Dixon
Fastest Female 60+	Pamela Bridge



## Recycling future with Terracycle

Transition Bollington are working on a project to install recycling collection points across Bollington through Terracycle. Terracycle offer a range of free recycling programmes funded by manufacturers and retailers around the world for hard to recycle plastics. They upcycle or recycle the waste instead of incinerating or sending to landfill.

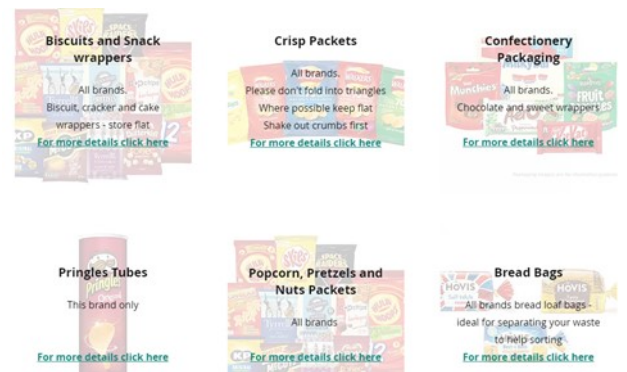
Transition Bollington received funding through The Transition Network and National Lottery grants to place Terracycle recycling bins in each of the schools in Bollington, Bollington Pre School and Bollington Veterinary Centre.



So far, the school bins will just be for the school communities but excitingly more bins may appear at other locations for all to use soon. Please only use the bin at Bollington Veterinary Centre for Pet Food packets. Please ensure they are cleaned and dry before depositing them.

Terracycle are a non-profit organisation, they donate money raised for the waste submitted to different charities. The waste we collect will go to a lady in Macclesfield who collects for the charity Kicks Count. Follow TerracycleKate on Facebook or Instagram to keep up to date on our progress.

The waste streams accepted are detailed at [www.transitionbollington.wixsite.com/tbolly/terracycle](http://www.transitionbollington.wixsite.com/tbolly/terracycle). They will accept biscuits and snack wrappers; crisp packets; confectionery packaging; Pringles tubes; popcorn, pretzels and nut packets; and bread bags.



To speed up the sorting of the waste please ensure there are no crumbs, items are not balled up and are separated into the different waste streams below by using bread bags, crisp packet outers, rubber bands etc.

If you could help with emptying the bins a rota will be set up which will ensure people only empty them very occasionally. To enable us to offer further Terracycle collection points we will need volunteers help. You can help as little or as much as you like. Contact Transition Bollington on [transitionbollington@gmail.com](mailto:transitionbollington@gmail.com) or via the website <https://transitionbollington.wixsite.com/tbolly> or Facebook page to find out more.



Dean Valley Primary School

We think this opportunity to recycle more of our waste is very exciting. Well done to Transition Bollington for making it happen!



Bollington Cross Primary School



## Ground Breaking Cricket News— by Jim Hoyle

Bollington Cricket Club First XI's heroic attempt to win the Cheshire Cup for the first time continues! Having beaten Urmston away, they now face New Brighton of the Liverpool and District Premier League (an English Cricket Board top-level league) in the semi-final at the Rec on Sunday 1 August at 1pm. Owing to the historic nature of this event, the club will be putting on other attractions during the day. See the Bollington Cricket



Club Facebook page or check out <https://bollington.play-cricket.com/home>.



Meanwhile, the push for promotion to the Cheshire County Cricket Premier Division continues, with home games starting at 12 noon on the following Saturdays: 17 and 31 July and 14 and 28 August, with the final game on 11 September.

## On the lookout for wild flowers—Part 5 by Juanita Bullough and Jim Hoyle

We've now seen over two hundred different varieties of flower. Recently we saw greater spearwort on the Middlewood Way in Bollington (just after Bridge 4 if you enter the Way from Clough Bank, off Grimshaw Lane). Roses are everywhere in bloom, the most common being the dog rose (the downy rose is similar, but has hairy leaves), and thistles – we have now seen three types of these in flower – creeping, slender and spear. For those with young children and/or grandchildren, look out for goose grass (common cleavers), much beloved by generations of children for its sticking qualities!



*Spear Thistle*



*Greater Spearwort*



*Dog Rose*



*Goose Grass/  
Common  
Cleavers*

## South West Peak Calendar competition

The South West Peak Landscape Partnership is pleased to announce a brand new *amateur photography competition* as part of their 2022 calendar project. This competition is designed to encourage local amateur photographers and they are looking for creative shots from around the South West Peak region that you think showcase your favourite parts of that diverse and beautiful area. Interesting, weird and wonderful photographs are encouraged and they want to make a unique calendar that goes beyond the usual landscape pictures. The winning photo of will be featured on the cover of the 2022 calendar. Proceeds from the sale of this calendar will directly benefit the projects of the [Peak District National Park Foundation](#). Deadline for entries by 1 September 2021 at 0800.



Credit Nick Mgtt



## Eating in Season

Following on from last edition's article about 'eating in season', this week down at the vegetable patch I have started to reap the rewards of my labours on my small patch.

I was very excited as I unearthed twelve new potatoes, two small strawberries and 4 tiny courgettes. What shall I make with them, that is the question. It reminds me of my favourite show when I was at University, Ready, Steady, Cook!

I was also given a huge quantity of red currants from a neighbour at my allotment, straight from the bush. Red currants aren't that easy to prepare as every currant has to be removed from their stalks. I find it easiest to use a fork, it is time consuming but quite therapeutic and the reward are these sharp and tasty berries that go well in a crumble or jelly.



Due to some important happenings last weekend Paul sent this recipe in and decided to go for an England themed red currant streusel cake. It really was delicious! He then very kindly agreed to share the recipe with us.



### Red Currant Cake—German Recipe

#### Ingredients

1kg red currants, 2 tablespoons of granulated sugar, 160ml released redcurrant juices, 40g corn starch

For the pastry: 375g all purpose flour, 150g granulated sugar, 1 tablespoon unsalted butter (very cold), 1 egg, 2 tablespoons dried breadcrumbs

For the Streusel: 80g unsweetened desiccated coconut, 180g all purpose flour, 130g granulated sugar  
200g unsalted butter

#### Method














1. Place the red currants in a bowl. Sprinkle with the sugar, mix carefully and let stand until ready to use. They will release some juices during this time.
2. **Shortcut pastry**—Place the flour and sugar in a food processor. Pulse to combine. Cut the cold butter into small pieces and add them to the food processor together with the egg. Process shortly until the mixture resembles breadcrumbs. Turn the dough into the working surface and knead very briefly to form a smooth ball. Wrap in cling film/plastic wrap and refrigerate for one hour.
3. Preheat the oven to 180C or 350 Fahrenheit. Grease a large baking tray. Sprinkle evenly with the breadcrumbs. Place some lumps of pastry on the working surface and roll them roughly in batches. Place them in the tray and press them together with your fingers in an even layer to cover the tray. Lightly flour your fingers if necessary.
4. Prick the pastry all over with a fork. Bake the pastry for about 20 to 25 minutes until golden brown.
5. **Streusel**— Place the desiccated coconut, flour, sugar in the food processor. Pulse shortly to combine. Cut the cold butter into small pieces and add to the food processor. Process to obtain streusel.
6. Redcurrants—Drain the currants well and catch their released juices. Pour the juice into a measuring jug. Add some water to reach a total of 160ml.
7. Pour the liquid into a saucepan, reserving about 4 tablespoons of it to mix with the corn starch. Bring the liquid to the boil.
8. Meanwhile, place the corn starch in a small bowl and add 4 tablespoons of reserved liquid. Whisk well to obtain a smooth and pourable paste. When the liquid comes to the boil, slowly add the corn starch mixture whilst mixing continuously. Add the red currants and stir carefully. Let it bubble once or twice and remove from the heat.
9. When the shortcut pastry is golden, take it out of the oven and spread the currant mixture evenly on the top. Sprinkle evenly with the streusel and continue baking at the same temperature for about 30 minutes or until the streusel is golden brown and the red currant mixture is bubbling.
10. Let the cake cool on the tray, cut into squares and serve.







Photo by Paul Smith

# Mind Game

Unscramble the names in the middle then match each to the young and the mature!

	ARNBRANCI THOM	
	BLIDYRAD	
	TOCO	
	NAPEC	
	INBOR	
	ADOT	
	WOLFRUNES	

## Answers to last weeks' mind game

Parentaliv reasonality Split Personality	STOOD mis chair	SOMEWHERE  Somewhere Over The Rainbow	history history history History Repeats Itself	million One in a Million
mini'llbethereute I'll Be There In A Minute	High Chair	in vaders Space Invaders	 Slow Down	Stand in the Corner S AND
VISION Double Vision	WALKING ICE Walking on Thin Ice	STORM Eye of the Storm	SPOT X Marks the Spot	ONCE  Once Upon A Time
PROMISE Broken Promise	VIOLETS Shrinking Violets	PINEAPPLE CAKE Upside Down Pineapple Cake	DOOR Back Door	GET A WORD IN Edgewise
COUNTRY COUNTRY Cross Country	 3.14159 Apple Pie	GROUND FEET FEET FEET Six Feet Under Ground	RAVEN Half Baked	BUSINES Unfinished Business

## 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. An anonymous donor 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](mailto:info@bridgendcentre.org.uk)  
[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

