

BRIDGEND COMMUNITY NEWS

**Bridging Social
Isolation
No.57**



Painting by Richard Ellis—ellisclan@gmail.com or find him on Facebook

Here is Edition number 57 of Bridging Social Isolation. We hope you enjoy it!

Following 'Freedom Day' on 19th July, things have started to get a bit busier here at the Centre. We have relaxed some of our ways of doing things but we still have certain procedures in place to make our Centre feel safe and welcoming for all.

We no longer require you to book to attend our walks and you can pay on the day, by card or cash. Please just wait at the front of the Centre by the sign, rather than coming in so that we don't get too busy inside. Details of the walks can be found on our website.

As ever we do hope you enjoy the newsletter and we would very much appreciate contributions from you for future editions. Just drop us a line at info@bridgendcentre.org.uk if you wish to do so.

Bridgend Buddies—continuing to create smiles in your community

We are very proud of the relationships Bridgend Buddies has helped to build and even prouder of the fact that established relationships continued to thrive during the pandemic. Bridgend Buddies is based upon the fundamental principles of the Bridgend Centre to combat loneliness and to provide non-judgemental support. Creating invaluable change and a positive difference not just to the individuals the project supports but also to our amazing team of Buddies.

As we follow our roadmap to recovery from the pandemic, Bridgend Buddies is at the forefront of our plans to reintroduce our 1:1 support services. We need some very special ingredients to keep Bridgend Buddies going from strength to strength, we need you!

Lockdown restrictions made us all realise just how precious time is, taking the time to say hello to a neighbour or delivery driver, those small moments at times felt huge. So just think how rewarding being a Bridgend Buddy could make you feel. We asked Glenys to tell us just what Bridgend Buddies means to her, if anyone can tempt you to get involved then we think Glenys can.



“My Journey with Bridgend Buddies started six years ago in Scotland. I was on a coach trip to Pitlochry in Perthshire staying in a lovely hotel. During the course of the stay, I met most of the other travellers in particular two ladies, Joyce and Liz. My friend and I wandered around the town and then we decided to go down to the river close to where our coach was parked waiting for us to return to the hotel. I suddenly noticed that Liz was on her own wandering down the street and being a little concerned I went over to her and suggested that she join us for the rest of the day. She was happy to do this, and we eventually joined the coach.

In 2019 I was at the Bridgend centre and Anna and I got into conversation and she was telling me how she was starting a new scheme which would entail volunteers being matched to people who would enjoy some company, going out for lunch/coffee and maybe a walk on a regular basis. I became a volunteer. Shortly after Anna informed me that she had a lady who she thought I would get on well with and Anna arranged for us both to go to the lady’s house to meet her. It was at that meeting that we realised that we had already met, and Liz was the lady I had spent the day with in Perth all those years before.

Liz and I hit it off immediately and from that day onwards Liz and I became firm friends. On many an occasion we wondered which one of us was the Buddy! We had so much in common and enjoyed long chats together, Liz is extremely interesting and had led an amazing life.

We laughed a lot together, we had many trips out including Teggs Nose where we would go for coffee and watch the sunsets, Buxton, walks along the Macclesfield canal and Liz would sometimes come to my home for lunch.

Sadly a few months ago my Liz moved from this area and has gone to live in Altrincham to be near her family. So now I am no longer Liz’s Buddy but she will always be my friend and I look forward to visiting her as often as I can. It has been a great experience being a Bridgend Buddy and hopefully I will in time be introduced to a new person who needs my company.

Anna has done an amazing job finding matching volunteers. The Buddies have had regular meetings with Anna and we have all been able to have a chat and share our stories. Thank you, Anna, for all your hard work and in particular finding a lifelong friend for me!”

Anna Hatley—Bridgend Buddies Co-Ordinator

The Beautiful Bollington Gardening Competition

Thank you and well done to all those who took part in the Beautiful Bollington Gardening Competition last weekend. All the entrants did a fantastic job and made judging them extremely hard work for the Mayor.

The winners of each category are listed below and certificates and prizes will be on the way to them next week.

Front Gardens Category:

- 1st Place – 2 Hurst Lane
- 2nd Place – 46 Hurst Lane
- 3rd Place – 39 Kingsway

Shared/Community Garden Category:

- 1st Place – 19 – 19a Grimshaw Lane
- 2nd Place – Irwell Rise
- 3rd Place – 22 Oldham Street

Combined Window Boxes/Hanging Baskets and Tubs/Containers Category:

- 1st Place – 26 Beechway
- 2nd Place – 48 High Street
- 3rd Place – 11 Oak Lane

This category was combined as there was only one entry for the Tubs/Containers category.



2 Hurst Lane



46 Hurst Lane



19-19a Grimshaw Lane



26 Beechway



48 High Street



39 Kingsway



11 Oak Lane



Irwell Rise

On the lookout for wild flowers—Part 6 by Juanita Bullough and Jim Hoyle

We've now seen more varieties of flower than ever before – nearly 250. Recent unusual sightings include dark-red helleborine and musk mallow, both in Coombs Dale (near Stoney Middleton). However, you don't have to travel to exotic climes to see unusual and beautiful flowers. We saw monkey flowers growing in profusion next to the path in the wet area next to the pool just before Birchencliffe cottages, and a solitary broad-leaved helleborine in flower in woods in Handforth.



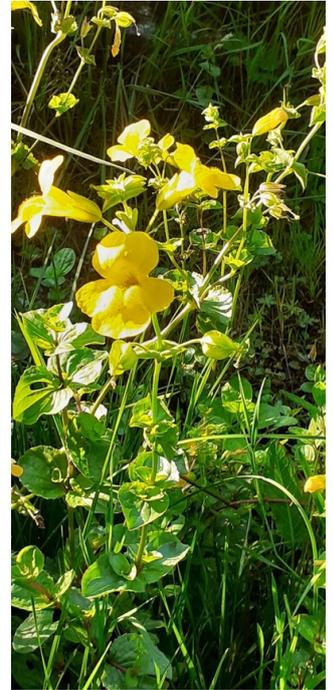
Dark-red helleborine



Broad leaved helleborine



Musk mallow



Monkey flower

A few scarecrows at Rainow

It was a small select group on the Bridgend walk this week when we walked to Rainow and Rainowlow via Ingersley Vale. The weather was the calm before the storm and we captured some great shots, we even managed to snap some of the remaining scarecrows at Rainow.

The competition was organised by Rainow Church Fete Committee in order raise funds for 'Just Drop In' a youth charity based in Macclesfield. So far they have raised £485 for the charity.

Please do join us on a Wednesday for one of our lovely walks. They are £3 and you can pay on the day, no booking required. More information available on our calendar at www.bridgendcentre.org.uk



New NHS App for Cheshire East Residents

A localised enhancement to the NHS App means that residents in Cheshire East now have greater control, more convenience and more confidence in how their patient records are used.

Approximately 80,000 people across the borough have already downloaded the NHS App to enable them to book GP appointments, view and share their NHS COVID Pass, and access their GP care history and records. Nearly 10,000 residents have also given their consent in the App to link their NHS login to MyCareView; a secure online system which enables anyone registered with a GP in Cheshire East to access their hospital information. This could include letters and appointments, adding their own measurements and sharing their information with family or anyone involved in their care.

In Cheshire East – with the support of a secure online system called MyCareView – any resident registered with a GP in the borough can also now access their hospital information, such as letters, appointments, add their own measurements and share it with family and anyone involved in their care. Residents can do all of this with the convenience of a secure, easy-to-use smartphone app, which can also be accessed via the NHS login on a tablet or computer.

The project is part of a collaboration between Cheshire East Council, the Cheshire Clinical Commissioning Group (NHS) and the Cheshire East Partnership. The primary objective is to put patients at the centre of their care and provide the tools to help them take control of their own health and wellbeing.

Dr Matt Tyrer, director of public health at Cheshire East Council, said: “This collaboration is all about giving control to patients, empowering them to make the right decisions and to interact with health and care services in ways that work for them.

“It is giving Cheshire East residents a choice. I also believe that this can ultimately take away a lot of the stress experienced by some people when sharing personal information and could allow families to support each other better.”

Dr Ian Hulme, a GP at Meadowside Medical Centre in Congleton, said: “Many of my patients already use the NHS App; and it makes it so much easier for them to do the simple things like reordering a repeat prescription, or booking an appointment to see me or one of my colleagues. “With the MyCareView functionality built in, patients can also see hospital appointments and letters, track their symptoms or add measurements such as blood pressure to their record. It will make life so much easier for patients and for those of us who care for them.”

The two main hospitals in the borough – Leighton Hospital in Crewe and Macclesfield District General Hospital – are also using MyCareView to share health information, which means that patients can have confidence that their details are secure, accurate and up-to-date. Dr Mark Nicol, an emergency consultant at East Cheshire NHS Trust, which runs Macclesfield District General Hospital, said: “Having your GP record and hospital letters securely available on your smartphone is brilliant and so convenient. It’s also changing the way we provide care to our patients.”

Getting started with the NHS App with MyCareView is simple. Just download the NHS App for either iOS or Android and follow the on-screen instructions to get started. More information on MyCareView is available at www.cheshireeast.gov.uk/nhsapp **Chris Gibb—Communications Officer, Cheshire East Council**

NHS App with MyCareView

**More control
More confidence
More convenience**

“Everyone who cares for me has the same information about me, at the same time.”

Hilary Dawson, Congleton

- Book GP appointments and order repeat prescriptions
- View and share your NHS COVID Pass

Only in East Cheshire

- See your hospital appointments and letters
- Add, track and check your symptoms and measurements

Download it now:

Search for “NHS App”

Download on the App Store GET IT ON Google Play

Find out more: www.cheshireeast.gov.uk/nhsapp

The NHS App is designed and operated by the NHS. MyCareView which provides access to your hospital records is powered by Patients Know Best.

NHS MyCareView Cheshire East Council

Eating in Season—Courgettes

Anyone who grows them can tell you that there is a large amount of courgettes bobbing around in this country at the moment. Big ones, small ones, some as big as your head. If you are in that position, you will also be desperately searching for recipes to use some of them up with! Here are a couple of recipes that you could use, even if you don't grow them yourself you will be able to buy some or get some off a friend.

Courgette Gratin

Ingredients

2 tbsp olive oil, 800g courgettes (sliced into 5mm rounds), few sprigs of thyme, few basil leaves, 100ml crème fraiche, 50ml milk, 1 tsp plain flour, 75G gruyere or similar cheese (grated), salt and freshly ground black pepper

Method

1. Preheat the oven to 100C/Fan 180C/Gas 6
2. Put the olive oil in a large lidded frying pan. Add the courgettes and herbs and season with salt and pepper.
3. Cover and cook gently for 10 minutes, stirring every so often, until the courgettes have softened slightly but are still al dente. The oil should have taken on a deep rich green colour from the courgettes.
4. Transfer to an oven dish. Whisk the crème fraiche, milk and flour together in a bowl and season with salt. Pour this mixture over the courgettes, it will not be enough to completely cover the courgettes but this is fine, it will bubble up when cooking.
5. Sprinkle over the cheese. Bake in the oven for around 25 minutes or until brown and bubbling.



Courgette Cake (reasonably healthy!)

Ingredients

Sunflower oil spray, 250g half fat margarine, 100g caster sugar, 4tbspn granulated sweetener, 3 large free-range eggs, 250g self-raising flour, 1 teaspoon bicarbonate soda, 1 teaspoon ground cardamom, 1 vanilla pod (split and seeds scraped), finely grated zest of 2 limes, 200g courgettes (finely grated)

Method

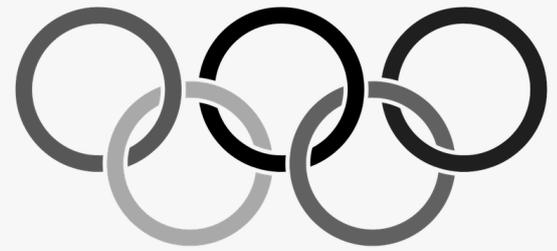
1. Preheat the oven to fan 180°C/gas 4. Spray a 900g (2lb) non-stick loaf tin with a few sprays of oil.
2. Using a stand mixer or electric hand whisk and large bowl, cream together the margarine, caster sugar and sweetener until light and fluffy. Add the eggs, one at a time, beating well after each addition.
3. Sift the flour, bicarbonate of soda and ground cardamom together over the mixture, add the vanilla seeds and lime zest and fold in gently, using a spatula, until just combined. Lastly, fold in the grated courgettes.
4. Spoon the cake mixture into the prepared tin and gently level the surface. Bake on the middle shelf of the oven for 50–60 minutes. To test, insert a skewer into the middle of the cake: it should come out clean; if not give it a little longer.
5. Once cooked, leave the cake to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.
6. To make the icing, in a bowl, whisk the icing sugar, cream cheese and lime juice together until smoothly combined.
7. Spread the icing on top of the cake and sprinkle with the lime zest. Cut into 8 thick slices to serve.

We love this photo a customer sent us of this wonderful set of scales after purchasing it off us from our eBay shop. We think they look wonderful in her kitchen.



Mind Game—Olympics Quiz

- In which city is this year's Olympics being held?
- Michael Phelps competed in the Olympics in which sport?
- Which of the following is not a colour of an Olympic ring?
Blue, Red, Yellow or Orange
- In what year was the first modern day Olympics held?
1888, 1892, 1896 or 1900
- How many Olympic Gold Medals did Usain Bolt win?
- What was the name of the 2008 Olympic stadium in Beijing?
The Bird's Nest, The Crow's Nest, The Bear's Den or The Eagle's Nest
- In what year did Sydney host the Olympics?
- Jesse Owens famously won four gold medals at which games?
- Which of the following cities has hosted three Olympic games?
London, Tokyo, Paris or Berlin
- Which of the following is not an event in the modern Heptathlon?
100m, Shot Put, 400m or Long Jump
- What was used to light the Olympic flame at the Barcelona Olympics in 1992?
A flaming javelin into a cauldron, a flaming arrow, a paper aero plane or a catapult with a flaming stone
- How many countries took part in the first summer Olympics?
9, 12, 14 or 17



Answers to last week's quiz

	TOAD	
	ROBIN	
	SUNFLOWER	
	CINNABAR MOTH	
	PECAN	
	COOT	
	LADYBIRD	

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.



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