

BRIDGEND COMMUNITY NEWS

Bridging Social

Isolation

No.62



Welcome to edition 62 of Bridging Social Isolation! Bollington Walking Festival 2021 has just drawn to a close and it is always a busy time for us at Bridgend.

You can read all about it in our double-page spread on pages 4 and 5.

We are also asking for some input from you about the services we offer in our survey on page 3.

It is another full edition and we hope you enjoy it!

If you have any ideas or articles that you would like to share with us, why not drop us an email to info@bridgendcentre.org.uk?

Getting Crafty!



This week saw the return of the Bridgend Craft group and also our Art group. The groups are being led by talented local Artist (and Bridgend staff member) Anna Barker. Week one saw participants getting stuck into making autumn inspired cards.

The new-look craft group will be running a diverse programme with different crafts each week in a rotation ranging from card making to textile crafts and even whittling! Guest group leaders will also run various sessions to keep things interesting and varied.

The art group is an informal session where participants can share ideas to inspire and improve their own projects, with Anna on hand to share her wealth of experience.

There is already a waiting list for both groups but do drop us a line if you would like to be added!



Car Wash At the Rec



At Bollington Recreation Ground, off Adlington Road

£4 per car

Every Tuesday 10am — 2.30pm

Starting Tuesday 27th July 2021

All proceeds go to The Bridgend Centre and Bollington Recreation Ground

Enquiries 01625 576311 or info@bridgendcentre.org.uk

 **Bridgend Centre**
at the heart of our community

 **Bollington**
Friends of the Rec

 **Cheshire & Greater Manchester**
Community Rehabilitation Company
PROBATION
An Interserve-led company

We Need Your Feedback!

The team at Bridgend is here to serve our community. We need your feedback to help us understand what is working and if there are any areas in which we can support you further. We would really appreciate a few moments of your time to complete our survey. You can complete this on here in pen and cut it out and return; alternatively there are lots of paper forms in the Centre or you could complete online at: <https://bridgendcentre.org.uk/feedback-on-bridgend-services/>

Thank You!

1. What Bridgend services do you use? (Please tick all that apply)

Drop-in hub	
Information (leaflets, verbal information, other)	
Activities and classes	
Walks	
Volunteering	
Shop	
Support/someone to talk to	
Bridgend buddies	



2. If you come to the Bridgend Centre and regularly use our services, please tick the options below that fit how you feel as a result of using them most closely:

	Totally agree	Partially agree	Partially disagree	Totally disagree	n/a
I feel less isolated					
I feel more able to deal with my problems					
I have made friends					
I know where to go in times of crisis					
My mental health has improved					
I can get information or can be signposted to the right information					
I feel like I am a valued member of the local community and that I make a contribution					
My physical health has improved					
I enjoy the sessions the Bridgend Centre provides					
I do more regular exercise now					

3. Please write any other comments about Bridgend Centre services and how they have affected your life:

4. Are there any other services that we don't currently deliver that you would like to use or you think would be valuable?



Walking Festival 2021

This year's Walking Festival has now drawn to a close and we have to say despite the sometimes inclement weather and concerns about Covid, it was a great success. Everyone seemed to enjoy themselves and had some interesting and diverse walks on offer to people. Here are just a few photos that capture the spirit of this year's festival.



Looping around t'hills



Pootle around Prestbury



En Plein Air



Waterways, woods and wonderful views



Kerridge Evening Ramble



Mayor's Boundary Walk



Photo by John Howarth

Walking Festival 2021



Working up a thirst to Macclesfield



Shining Tor and Pym's Chair



Work from the En Plein Air walk



Bollington Borrowers

This week saw the launch of the new Bollington Borrowers initiative. The aim is to prevent waste and take care of both our environment and also the needs of our community by creating a library of items that can be borrowed rather than purchased and stored unnecessarily before being thrown away.

Donations

If you have anything you would like to donate please drop them an email with details to bollyborrowers@gmail.com. Ideally your item would have an instruction manual (if appropriate) either paper copy or available online. They would ask the item is in a decent working condition, a good consideration would be - would you be happy lending this item to a friend?

Membership

They are also now able to welcome new members, if you are interested in becoming a member please send an email to bollyborrowers@gmail.com and they will send you details on how to join.



The poster features a green and yellow background. At the top, a white hexagonal logo contains a stylized 'B'. Below it, the text reads 'BOLLINGTON BORROWERS' and 'A LIBRARY OF THINGS'. Two purple banners on either side contain the text 'Open 2nd Oct 21' and 'BORROW DON'T BUY'. In the center, there is a photograph of a butterfly on a daisy. Below the photo, the text says 'REDUCE, REUSE AND RECYCLE BY USING BOLLINGTON'S LIBRARY OF THINGS'. A green section at the bottom contains the text: 'A drill is typically used for 13 minutes in total yet most households store one. Bollington Borrowers allows you to share lesser used items with the local community.' Below this, a list of services is provided: '- Donate items for community use', '- Household, DIY, Camping, Gardening items', '- Lifetime (£30) or annual Membership (£5) options', and '- Borrow items for a week for a small fee'. At the very bottom, contact information is listed: 'To view more information visit facebook/bollingtonborrowers or email bollyborrowers@gmail.com'.

Come and join us for a session on Infection Prevention Awareness!

This informative session will cover the following:

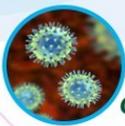
- Why Infection Control is important
- Hand Hygiene Awareness
- Using Personal Protective Equipment
- Maintaining a clean environment
- Winter Illnesses- their causes and what to watch out for
- Signs of Sepsis

The sessions are available face to face and online, across Cheshire East and will be taught by professionals in Infection Control and Health Protection.

Poynton Civic Hall, Park Lane, 6.00 – 7.30pm
Wednesday 6th October & Wednesday 13th October

Due to capacity please ensure you book a place.

You can book a place and find out about other sessions available by contacting Lucie Ferneyhough (Lucie.Ferneyhough@cheshireeast.gov.uk).



Update from Middlewood Partnership

We are pleased to tell our patients that we have taken the decision to deliver the COVID 19 vaccine booster and that Clinics will begin in early October. We will be sending invitations out either by text message or telephoning you the same way we did previously for the COVID clinics. We will contact the elderly and most clinically vulnerable first. When you attend for your COVID booster, if you are eligible, we will be offering you a flu vaccination at the same time.

Please do not contact us for an appointment as we will be getting in touch with you.

The next few months are going to be challenging, but with everyone's continued support, collective positive efforts and understanding we'll get through this together.



Seasonal Recipe—Blackberry Almond Bake

INGREDIENTS

- Handful of flaked almonds
- 225g butter, plus extra for the tin
- 225g golden caster sugar, plus 1 tbsp
- 3 medium eggs
- 275g plain flour
- 2 tsp baking powder
- 50g ground almonds
- 2 tbsp milk
- 1 tsp vanilla or almond extract
- 3 tbsp berry jam of your choice (we used blackcurrant)
- 150g blackberries



Heat the oven to 180C/160C fan/gas 4, butter a 20cm square tin and line with baking parchment. Beat 200g of the butter and 200g of the sugar together in a large bowl using an electric whisk until light and fluffy. Beat in the eggs, one at a time, until well combined. When smooth and creamy, add 225g of the flour, the baking powder, almonds, milk and vanilla, and mix to combine.

Scrape the mixture into the tin and level the surface with a spatula. Dot over teaspoons of jam, then scatter over the blackberries, pressing them in gently.

To make the crumble topping, weigh the remaining 25g butter and 25g sugar into a bowl, add the rest of the flour and a pinch of salt. Rub the ingredients together between your fingertips until they are a crumbly consistency. Mix in the flaked almonds, then scatter the crumble over the cake. Scatter with the 1 tbsp caster sugar and bake for 45 mins until a skewer inserted into the middle comes out clean.

If the cake isn't ready, return to the oven for 5-10 mins more, then check again. Leave to cool for at least 20 mins in the tin before slicing and serving.

Bolluminations are back!



The organisers of last year's fabulous Bolluminations are once again encouraging households to decorate their windows and brighten up the village now the evenings are getting dark again.

It will be taking place from Friday 29th - Sunday 31st October .

This years theme is Wild World, think all things nature including animals, plants and even the weather.

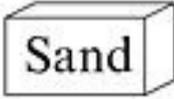
If you want to get your creative head on and join in, please send your name and which street you live on to

bolluminations@gmail.com

And they will include you on the digital map so people can enjoy your illuminated creation!



Mind Games—Solve the Pictograms

A Rest You're	S I T	Chair
	Mind Matter	Heart
R E A D I N G		cycle cycle cycle
	lang4uage	DANCE DANCE DANCE DANCE
	TEMPERATURE	COLD O M I N G

Answers to last edition's Music Quiz

- | | |
|------|------|
| 1.A | 6.C |
| 2.C | 7.D |
| 3.B | 8.B |
| 4.A | 9.D |
| 5. D | 10.D |

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We are a Charitable Incorporated Organisation (CIO)

 **Bridgend Centre**
at the  of our community