

BRIDGEND COMMUNITY NEWS

Bridging
Social
Isolation
No.65



Original artwork by David Steeden

Welcome to this fortnight's edition of Bridging Social Isolation, we do hope you enjoy it.

Local artist David Steeden has painted this beautiful watercolour of the iconic bridge over Harrop Brook specially for this year's Bridgend Winter Prize Draw. To be in with a chance to win the original artwork, plus many more wonderful prizes you can purchase a ticket online here:

galabid.com/winterprizedraw2021

**Also, do you have some free-time and would like to make a difference to someone else's life?
See page 2 for details of how you could get involved in 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!”

If you would like to find out more about being a Bridgend Buddy or if you have a friend or loved one who you feel might benefit from the project then please get in touch with Anna anna@bridgendcentre.org.uk or please do call in or telephone.

Bollington Remembers

With Armistice Day and Remembrance Sunday just past, we thought we would share with you some of the thoughtful tributes that were on display throughout the village. The team that puts up the lamppost poppies were hard at work again this year. The army boots that make their annual journey through the village, ending up at the memorial gardens for Armistice Day, were this year thoughtfully added to by an anonymous donor; each pair of boots had a helmet rested with them. Belfield's window display was particularly touching, with a cross for each of the village's fallen soldiers. We will Remember them.



Belfields Bakery window





Bollington Christmas Lights Switch On

Join us as we light up Bollington for the festive season

Bollington Recreation Ground



Sunday 28th November, 3.30pm – 7pm

Live Music - Santa's Grotto – Love Bollington Market – Canalside Radio - BBQ

The festive season is fast approaching and Bollington is well known for celebrating in style. The Christmas light's switch on is always a lovely community event and this year there will also be a Twilight Love Bollington Market down on the Rec for people to pick up some local made gifts. I know everyone really missed the opportunities to join up as a community last Christmas so this year should be all the sweeter for it. The Town Council also posted on social media to confirm that the legendary Bollington tradition of Carols Around the Tree on Christmas Eve will be going ahead this year though exact details are to be confirmed further down the line. Details of Bridgend's festivities can be found below.

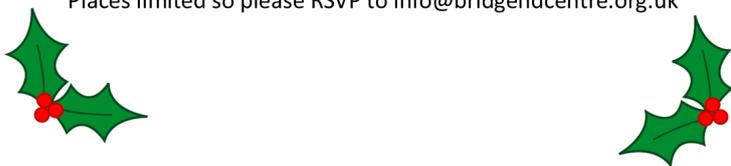


Bridgend Centre AGM, Christmas Celebration & Prize Draw

Bollington Civic Hall

Tuesday 7th December 12:00—4:00pm

Places limited so please RSVP to info@bridgendcentre.org.uk



Give the greatest gift, give your time.

Become a Bridgend Buddy and turn your time into something priceless.

Create smiles in your community.



With our support, we will help you to make a real difference, to offer companionship to someone who is feeling lonely or isolated.

"We hit it off immediately and from that day onwards and 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. It has been a great experience being a Bridgend Buddy."

Please join us at the Bridgend Centre on **Thursday 2nd December 2021 at 2pm** to find out more about becoming a Bridgend Buddy

Please contact Anna Hatley, Bridgend Buddies Project Worker anna@bridgendcentre.org.uk 01625 576311



Bridgend Winter Prize Draw

We really have some absolutely amazing prizes for this year's prize draw, all donated to us by hugely generous local businesses. Below is a selection of just some of them. The proceeds of all ticket sales go to the day-to-day running of our Centre, allowing us to provide services to everyone in the community, but particularly those who are vulnerable or isolated. Buy your tickets at www.galabid.com/winterprizedraw2021. Thank you in advance for your support.

The lovely people at Love Bollington market have donated a humungous prize of a £200 voucher to spend at the first market of 2022 (date to be confirmed). Enjoy the wide array of artisan and food stalls available at the market and treat yourself with this fabulous voucher.

Conduct IT, a Bollington based company who provide quality telecoms and IT support has donated a fabulous Garmin Venu Sq Smart Watch to help you keep track of your exercise regime. We also have a brand new Amazon Kindle 6" e-reader 8GB White to read your favourite novels on.

In a tasty prize to get you stocked up for Christmas, Holmes Naden estate agents have donated a £25 JJJ Heathcotes voucher and £25 Barrows voucher.

In terms of eating out we have a range of prizes from brilliant local businesses including 5 lots of £20 vouchers from Indian Goat, £30 to spend at the Poachers Inn, two sets of sparkling afternoon tea at Shrigley Hall for four people and a £20 voucher from No.74 Deli. If you don't fancy going out we also have 12 cans of 'Headless' real ale from Red Willow, an 'Irresistible' hamper from Bollington Co-op, chocolates and whisky!

If you are feeling arty, we have a lovely original watercolour by local artist David Steeden of the iconic bridge over the River Harrop (picture on the front page of this newsletter). He has also donated a signed giclee print of Buxton Opera House. In addition Mark Fearn of Wonky Bolly Art has made his name producing unique artworks of local landmarks. With this hugely generous prize he will create a depiction of your home or another building. Thank you Mark for this brilliant prize.

If you are green fingered, we have a Christmas themed plant from the Flower House, Bollington and 3 David Austin Rose bushes of your choice from Kate Bush Planting by Design. Kate Bush is a creative, knowledgeable plant designer who will help you pick the ideal bare root roses for your garden.

Bolly B&B is a cosy, well-designed B&B on Cocksheadhey Road. Enjoy a comfortable night's stay in a lovely double room and then a full English breakfast in the morning for two people. Thank you so much to Bolly B&B for the donation of this prize.



THE BRIDGEND CENTRE PRESENTS
Online Winter Prize Draw 2021

Raise valuable funds for the Bridgend Centre, Bollington by taking part in our Winter Prize Draw and enjoy some of our fabulous prizes



Tickets £5 - Purchase online at galabid.com/winterprizedraw2021 or in person at the Bridgend Centre (payment by card required)

Prize Draw will take place on Tuesday 7th December at the Bridgend Centre AGM and Christmas Celebration

Registered Charity 1123287



THE BRIDGEND CENTRE PRESENTS
Winter Prize Draw 2021

- £200 Love Bollington Market voucher
- Garmin Garmin Venu Sq Smart Watch courtesy of Conduct IT
- Amazon Kindle 6" e-reader 8GB White
- £25 Heathcotes Butcher voucher and £25 Barrows Butcher voucher courtesy of Holmes Naden Estate Agents
- MOT courtesy of Broadheads Garage
- 5 x £20 Indian Goat vouchers
- £30 Poachers Inn voucher
- One night's stay at Bolly B&B
- 2 x voucher for afternoon tea at Shrigley Hall for 4 people
- £20 No 74 Deli voucher * £10 Belfield's village bakery voucher
- 12 cans of Red Willow beer * Irresistible hamper from Co-op
- Fabulous Christmas plant from the Flower House Bollington
- 3 David Austin Rose bushes courtesy of Kate Bush Planting by Design
- Original painting of the Bridge over Harrop Brook by David Steeden
- Commissioned painting by Wonky Bolly Art
- White Nancy Mosaic by Sam Davies Mosaics
- Signed print of Buxton Opera House by David Steeden
- Pretty Star Purse and Bracelet Set courtesy of Leamina
- Chocolates * Whisky * plus much more!

Thank you so much to our wonderful sponsors who have donated prizes to raise funds for our Centre



Registered Charity 1123287

What can we say about the MOT Test at Broadheads Garage apart from what an amazing prize! The annual check on your pride and joy, free of charge. And at such a brilliant, high-quality garage too.

The £10 voucher for Belfield's Village Bakery will see you stocked up with delicious bread, cakes and pies for many a tasty lunch time.

We have a lovely White Nancy mosaic by Sam Davies Mosaics and finally the pretty Star Purse and Bracelet Gift from Macclesfield based online boutique for stylish accessories and gift ideas Leamina, will prove to a great gift either for yourself or someone else in your life.

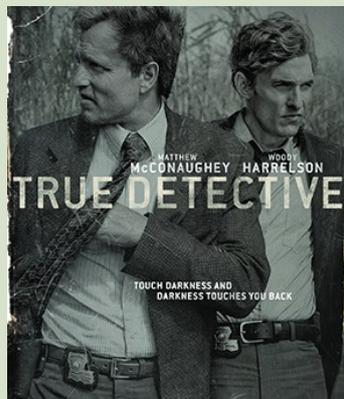


A boxset fest at Bridgend

We had a large consignment of DVDs donated to the Bridgend charity shop this week and it contained a number of interesting and unusual titles. It included a number of box sets that will make entertaining viewing over the winter months, a few of which are listed below. Why spend money on Netflix when you can get so much entertainment from the Bridgend shop?

True Detective

Considered by some to be the greatest TV series of all time, this boxset has been rated on the film & TV website IMDB with one of the highest scores (8.9 out of 10).



Boasting impeccable performances and more than a hint of darkness, True Detective switches between the present and scenes set 17 years earlier. Matthew McConaughey and Woody Harrelson are , two Louisiana police officers hunting the serial killer responsible for this ritualistic murder. Viewers see the pair working on the case in 1995 and the effect it has had on them – both professionally and personally – years down the line, when the investigation is reopened and they are brought in for questioning.

Boardwalk Empire

Set in Atlantic City in the 1920s Prohibition era, Boardwalk Empire is another series considered by many as one of the greatest series of all time.

It follows politician Enoch (Nucky) Thompson, played by Steve Buscemi who is also a gangster trying to keep the town supplied with booze. Side by side with his brother Elias, Atlantic City's sheriff, and a crew of ward bosses and local tough guys, Nucky gains a reputation as the man to see for illegal alcohol. He does business with all the top gangsters, many of whom are real-life names. He does this well ... until a former protégé takes matters into his own hands, setting the Feds on his tail.



Game of Thrones

This series is one of the most famous boxsets of all time. A fantasy series based on the series of books 'A Song of Fire and Ice', by George RR Martin, there are eight seasons and 73 episodes to get through.

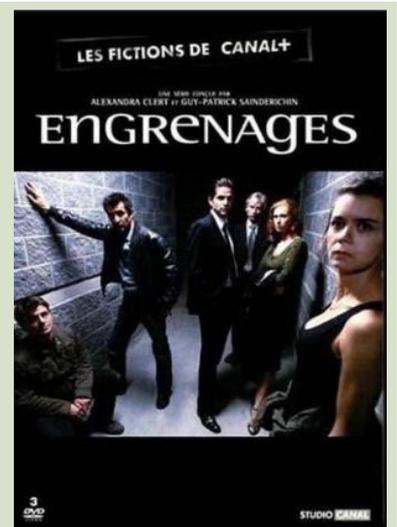


Set on the fictional continents of Westeros and Essos, the show has an ensemble cast, many of whom have perilous story arcs!

Whilst powerful families battle for control of the throne and fight amongst themselves, larger threats to the existence of all mankind are looming. This series is not for the faint hearted as it tackles some strong subject matter, War, murder, betrayal, loyalty and power. "Winter is Coming" and this boxset has enough to keep you occupied until Spring!

Spiral (Engrenages in French)

Following the chaotic life of French detective Laure, this French police procedural and legal drama is always gripping. Lines are blurred and rules are broken to find justice and the viewer finds themselves questioning their moral standing when faced with the dilemmas the characters face.



There are a range of fascinating characters who have questionable morals themselves and you often find yourself asking who are the good guys but it is never short of entertaining and it will keep you hooked.

Recipe—Slow Cooker Mongolian Beef



- 1 1/2 lbs thinly sliced beef (1/4 inch thick)
 - 1/4 cup cornstarch
 - 1 Tbsp vegetable oil
 - 3-4 cloves garlic, minced
 - 2 tsp fresh ginger, minced
 - 3/4 cup water
 - 3/4 cup reduced sodium soy sauce
 - 3/4 cup light brown sugar, packed
 - 1 - 2 tsp Sriracha sauce (can substitute with red pepper flakes or cayenne instead - in whatever amount you prefer)
 - 1 cup shredded carrots
 - 4-6 spring onions, thinly sliced
- sesame seeds, for garnish

Place the beef and cornstarch in a resealable bag and shake to coat the beef. Cornflour or ordinary flour would work to as this is to help thicken the sauce.

Add the oil, garlic, ginger, water, soy sauce, sugar and sriracha to the slow cooker pot and stir well to blend.

Add in the floured beef and shredded carrots

Cook on High for 2-3 hours or Low for approx. 4 hours.

Serve over rice and add spring onions and sesame seeds if desired.

Caring for someone with advancing dementia

'Helping to care with confidence'

Poynton Centre Thursday 9th December

1pm — 3pm



Be confident to care for someone living with advancing dementia

Find answers to your caring questions

Take away information on:

Eating & drinking, sundowning, perceptions, continence, communication & routines

Phone Frances Underhill: 01270 310260

Or book a place online at:

www.eolp.org.uk

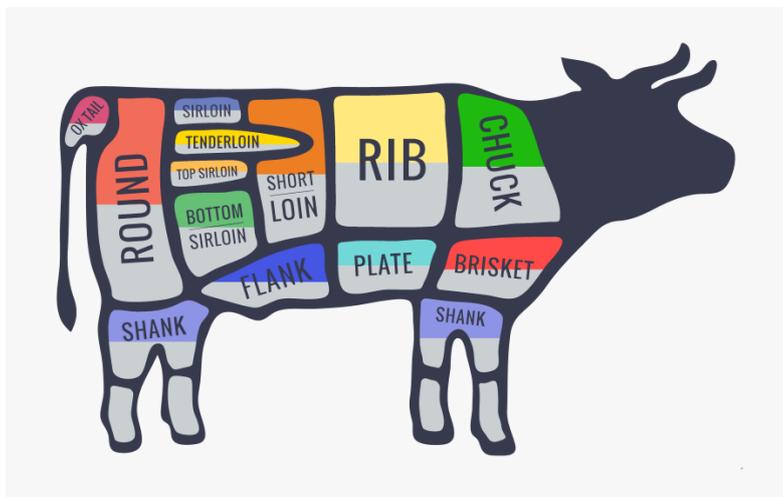


With thanks to Jane Ewington for allowing us to use this lovely photograph taken on the Nab earlier this week

General Knowledge Quiz– By Pam Vickerstaffe

A big thank you to Pam for sending this in to us

1. Fill in the missing words from the film “Dances with -----”
2. In which religion is Krishna a god?
3. In which country was Hitler born?
4. Which Greek Island gives it’s name to a type of lettuce?
5. The Patella is the medical name for with human bone?
6. Who created the fictional character Hercule Poirot?
7. A Pentagon has how many sides?
8. What happened at Pudding Lane, London in 1666?
9. What type of evening sky is an omen of good weather next day?
10. Which fruit is the odd one out? Damson, Greengage, Prune or Pear?
11. Which comes first, thunder or lightning?
12. Which London Art Gallery was founded in 1897?
13. Where did Sherlock Holmes live?
14. Which North Wales resort is surrounded by Great and Little Orme?
15. Which crustacean is similar to a prawn?
16. What is the German term of address equivalent to Mr?
17. What is the name of the peg used to support a golf ball?
18. Prince William worked as a search rescue pilot on which island?
19. Which star sign is represented by a bull?
20. Tripe is a dish that comes from which part of a cow?



I am Print printed the paper copies 'at cost', which are delivered to the homes of isolated and vulnerable people in Bollington. Thank you so much to I Am Print, it means the world.



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

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

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)