

BRIDGEND COMMUNITY NEWS



Photograph courtesy of Betsie Dixon

December is upon us already, bringing the snow with it! We have a busy few weeks ahead, starting with our AGM on Tuesday 7th. The centre will be closed for the day but open as normal Wednesday. Tickets for our winter raffle will be available online before the raffle is drawn at the AGM, details of the fabulous prizes can be found on page 5.

In this edition, we showcase some of the work from our creative writing group; update you on some of the exciting events which have been happening in the community and share our thoughts about an Eco-Christmas.

If you have an articles you would like to submit, please get in touch.

Have yourself an Eco-friendly Little Christmas



Following on from this year's COP26, it has never been clearer that we all need to do our part to live a more sustainable lifestyle. Small changes can make all the difference in reducing our environmental footprint, especially over Christmas, when the potential for waste, over consumption and mass shopping is high. We have been thinking of some ways that we can do our best for the planet over the festive period whilst still celebrating in style.

Real Christmas trees are much more sustainable than artificial alternatives. In fact, one study concluded you'd have to use your fake fir for 20 years for it to be greener.

That said, seven million real trees will be dumped in January rather than recycled. Locally, East Cheshire Hospice offer a tree collection and recycling service. Register with them on their website in advance and they will collect your tree in January. Doing your bit for Charity and the planet at the same time.



More than half of us re-use last year's wrapping paper. What many of us don't realise though is that many rolls contain non-recyclable elements like foil, glitter or plastic. If you want to know if your wrapping paper can be recycled or not, use the scrunch test. Scrunch up the paper in your hand and then let it go. If the paper stays scrunched up then it can be recycled but, if it unfolds by its own accord, then it likely contains non-recyclable elements. Opting instead for recycled paper or even wrap in colourful fabric that can be re-used each year.

A quarter of us no longer write Christmas cards, but there is a way to send seasons greetings without costing the planet. Look for cards with the Forest Stewardship Council (FSC) mark. This guarantees the paper has been produced sustainably and ethically. Consider sending a virtual card online or instead omit cards altogether in favour of a charity donation. Wreaths are no doubt a beautiful Christmas decoration but some that are more eco-friendly than others. Avoid wreaths adorned with plastic accessories and glittery decorations. Not only are these made using non sustainable materials, but they can be harmful for birds and wildlife if hung up outside. Go for a real, fresh wreath made using seasonal, natural foliage and adornments.

Food waste can be a real issue at Christmas, I am sure we are all guilty of buying far more food than we could eat in a month, let alone over a few days. Writing a meal plan before shopping can help accidental excesses. If there are leftovers, there are fantastic recipes available to make use of everything. If there are still leftovers that can't be used up, ensure they go in the correct recycling bin rather than with general waste. Don't forget, there are many local foodbanks that will gratefully receive donations of tinned/dry goods too. We are blessed here to have fantastic local butchers and farm shops so we can all do our bit by shopping local where we can.

If every UK household swapped a string of incandescent lights for its LED equivalent, we could save more than £11 million and 29,000 tonnes of CO₂, just over the 12 days of Christmas. When it comes to eco-friendly Christmas decorations, LEDs are far better than traditional twinkling incandescent lights, because they use up to 80% less energy. Switch to solar-powered lights outdoors, and put both sets on a timer. You'll not only make environmental savings but your energy bills will be reduced too.

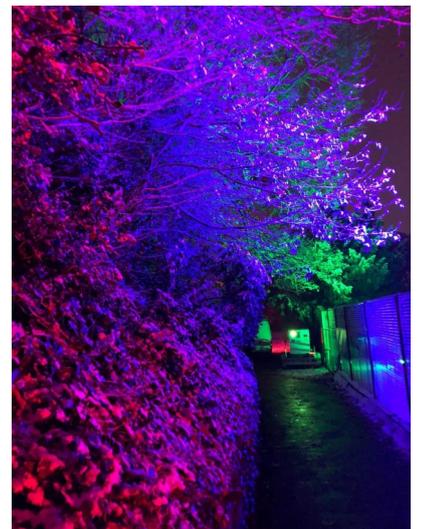


At Bridgend, we are known for our fabulous charity shop. Buying your gifts from a charity shop will not only save you a pretty penny but also reduce waste and support charity so everyone wins. The same goes for party outfits and the ever-popular Christmas jumpers that end up donated after a few hours use so are practically brand new! We hope to see you at Bridgend soon for your festive shopping needs, save your hard earned money and help the planet at the same time. Wishing you a very Merry Eco-Christmas.

Bollington Christmas lights switch on

What a wonderful community event we were all treated to on Sunday 27th of November. Bollington Town Council organised the ever popular Christmas Light's switch on in a slightly different format this year. To keep us all safer, a venue with a little more space was required than previous years outside the town hall. Festivities were instead held at Bollington Recreation ground against a beautiful, and very festive, snowy backdrop.

Entertainment was provided by Canalside Radio and Bollington Brass to name but a few. The fantastic Love Bollington Market stallholders were there from 3pm till 7pm to provide retail therapy with a fantastic array of handmade gifts and they showed true grit by braving the very wintry temperatures all afternoon until early evening. Our Mayor, Jo Maitland, had some help from the Big man in red himself to switch on the lights and what a dazzling sight they were! The trees around the Recreation ground were illuminated in coloured light and the result was truly magical. We hope you enjoyed the event as much as we did, but for those of you that couldn't brave the cold, here we share some images from the day, courtesy of Betsie Dixon.



A Trio of Triolets—Sandy Milsom

The Creative writing group have been looking at Triolets. A triolet is a medieval French poetry form that has 8 lines and was introduced to the English language by poets in the 17th century. The 1st,4th and 7th lines are identical. The 2nd and 8th lines are identical. Lines 3,5,6 are single, different. This trio of triolets was written by Sandy.

Arty Crafty me

I like to dabble in a visual art
 On luscious silk, vibrant colours glow
 I'll paint a rainbow, sew my heart
 I like to dabble in a visual art.
 Dyes, salt and water play a part
 Rich hues on sensuous fabric flow
 I like to dabble in a visual art
 On luscious silk vibrant colours glow

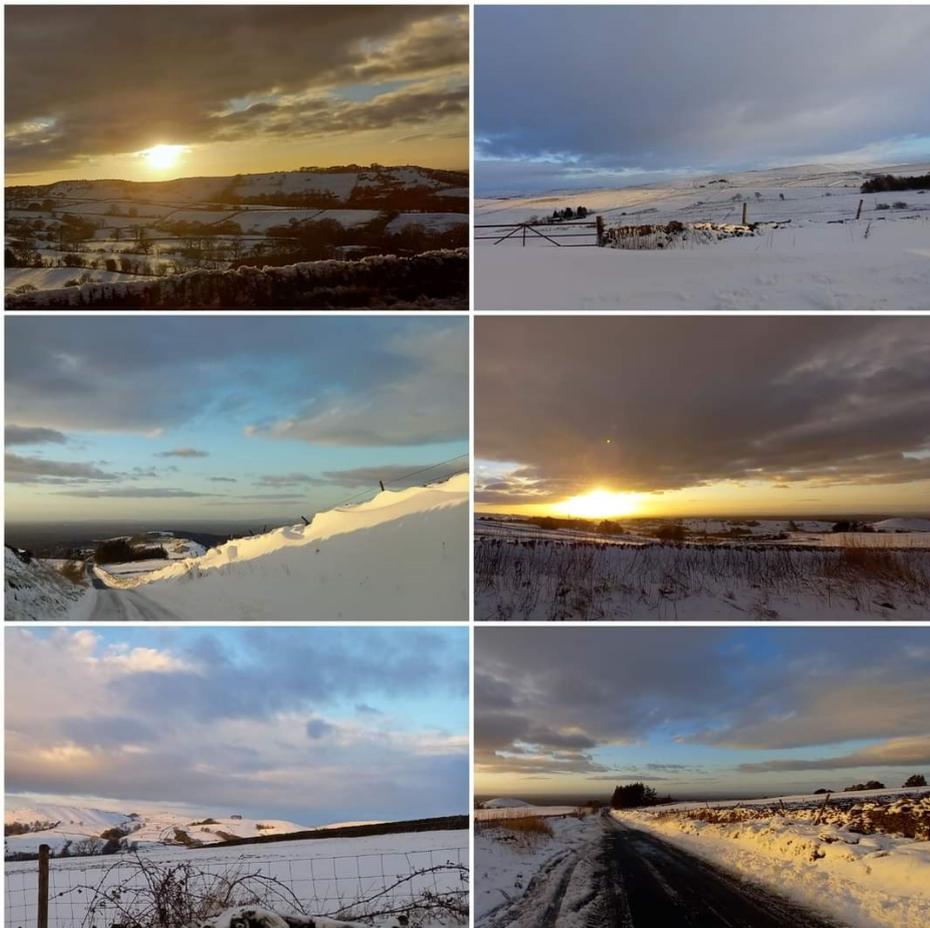
Writer

I want to be a better writer
 I really am quite bad
 My poetry could be tighter
 I want to be a better writer
 But rhyming is such a blighter
 It frustrates me, makes me mad
 I want to be a better writer
 I really am quite bad

Triolet

Our teacher said a triolet you must
 write
 'A what ?' we said , we hadn't got a
 clue
 The rhyming scheme is neat and very
 tight
 Our teacher said a triolet you must
 write
 I found it hard to get the pattern right
 I've crossed it out-it will not do
 Our teacher said a triolet you must
 write

Winter is here



Winter really hit home this past week when the temperature dropped significantly and a good layer of snow fell over Bollington. Thank you to Andrew Heathcote for these lovely photographs of the hills in this area. Can you identify where they are?

Part of Cheshire Community Action's role is to help people in rural communities to access the services they need. We understand that there are barriers for rural communities in accessing services that are often provided in larger urban towns, which can be a disadvantage for rural residents.

We are aware of an increasing need for mental health support. To understand how the mental health needs of rural residents may be changing, and particularly how these may have been impacted by the pandemic, we would like your help to gather information that will inform the development of new services in mental health to benefit your communities. Therefore, we have put together a short survey to research what mental health support is needed and how access to services can be improved.

Mental Health Survey of Rural Residents

Cheshire Community Action is a local charity carrying out research on the mental health needs of rural communities to help it develop new mental health services in rural areas. Please can you spare 5 minutes to complete this anonymous survey by clicking this link, typing into your internet browser or pointing your smart phone camera at the QR code:

<https://www.surveymonkey.co.uk/r/mentalhealthrural>

The survey is open until 7th Jan 2022.



What will Cheshire Community Action do with the survey results?

Depending on what we find, this will inform the development of new projects and services in mental health. It could also inform our overall strategy by identifying where resources are most needed. It will give us valuable evidence to influence other service providers and funders within the public and voluntary sectors to help improve service provision in rural areas.

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 Belfields 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

Avoiding online Shopping Scams this Christmas

The Age UK Cheshire East Scams Awareness Project, run in partnership with Cheshire East Council Trading Standards, are sharing advice for spotting and avoiding online shopping scams this Christmas.

Shopping online gives us a wide choice of goods and can save us time. While most buyers and sellers are genuine, fraudsters use online shopping for scams because they can hide their identity, and target many victims at the same time.

According to Action Fraud, online shopping fraud cost shoppers £15.4 million over the Christmas period last year, with over 28,000 people being scammed.

Online shopping scams come in many forms - on websites, social media or through emails and texts. All are designed to steal your money, bank details or personal information.

Online shopping scams

Be wary of:

- ★ Free vouchers or gift cards (sometimes for completing a survey)
- ★ Adverts on social media
- ★ Texts or emails asking you to pay for a parcel to be delivered
- ★ Offers too good to be true or out of the blue
- ★ Fake websites selling goods which can turn out to be of poor quality, do not exist or are dangerous.

Cheshire East ageUK

in partnership with

Cheshire East Council Trading Standards

funded by

Garfield Weston

and

COMMUNITY FUND

Book launch “People of Bollington” Little Lens Photography

Talented local Photographer Lauren Stout celebrated the launch of her book “People of Bollington” at a fabulous launch party on Friday 26th of November. The event took place at the Art Centre and Lauren invited the community to get their copy of her beautiful book, with a free drink for anyone that appeared in the book. She was on hand to chat to everyone and sign copies.

Lauren began the huge undertaking of documenting life in Bollington earlier this year. She began with doorstep photoshoots of people outside their homes during lockdown and as the year progressed, she continued on to photograph people from local businesses, including the camera-shy team here at Bridgend! Her friendly, professional approach made it a painless experience even for those of us who normally hide from cameras.

Following the launch, She had a stall at the Christmas lights switch on at the Rec on Sunday where she sold copies and signed books for all.



If you would like to purchase a copy, Lauren can be contacted via Facebook or her website www.littlelensphotography.co.uk

Recipe—Winter Vegetable Soup

Ingredients

2 tbsp sunflower oil
1 onion, finely sliced
3 garlic cloves, finely sliced
2 carrots, cut into 1.5cm/¾in chunks
2 turnips, cut into 1.5cm/¾in chunks
1 large potato (preferably Maris Piper), cut into 1.5cm/¾in chunks
1 large parsnip, cut into 1.5cm/¾in chunks
2 heaped tsp paprika (sweet), plus extra to serve
1 heaped tsp hot smoked paprika

1 x 400g tin chopped tomatoes
1 tbsp tomato purée
125g/4½oz chorizo sausage skinned and cut into 5mm slices
100g/3½oz Puy lentils, rinsed and drained
1.75 litres/3 pints stock, made with 1 chicken stock cube
100g/3½oz cavolo nero, kale or spring greens, tough midribs removed, shredded into 2cm/¾in pieces
flaked sea salt and freshly ground black pepper
soured cream or crème fraîche, to taste.

Method

Heat the oil in a large non-stick saucepan or large flame-proof casserole and fry the onion and garlic gently for 5 minutes, or until softened but not coloured, stirring occasionally. While the onion is frying, cut the carrots, turnips, potatoes and parsnip into roughly 1.5cm/¾in chunks.

Add the root vegetables to the pan with the onion and garlic and cook over a low heat for 5 minutes, or until beginning to soften, stirring occasionally. Stir in both the sweet and smoked paprika and fry for a few minutes. Add the tomatoes and the tomato purée into the pan, increase the heat a little and cook for 2–3 minutes, stirring regularly.

Add the chorizo, Puy lentils and the stock into the pan and bring to the boil. Reduce the heat and simmer gently for 45 minutes, or until the vegetables and lentils are tender, stirring every now and then.

Add the cavolo nero, kale or spring greens to the pan with the vegetables. Cook for 5 minutes or until softened, stirring regularly.

Season the soup with salt and lots of freshly ground black pepper. Serve in deep bowls, with a dollop of soured cream or crème fraîche and a sprinkling of paprika.



A Triolet by Summer Phillips

I stand here by the candle
Protected from the dark
And the thump of fathers sandal as
I stand here by the candle
Then I set the house aflame
It will be quite the scandal
I stand here by the candle
Protected from the dark



Kerridge Ridge from Gin Clough by Anthony Dalton

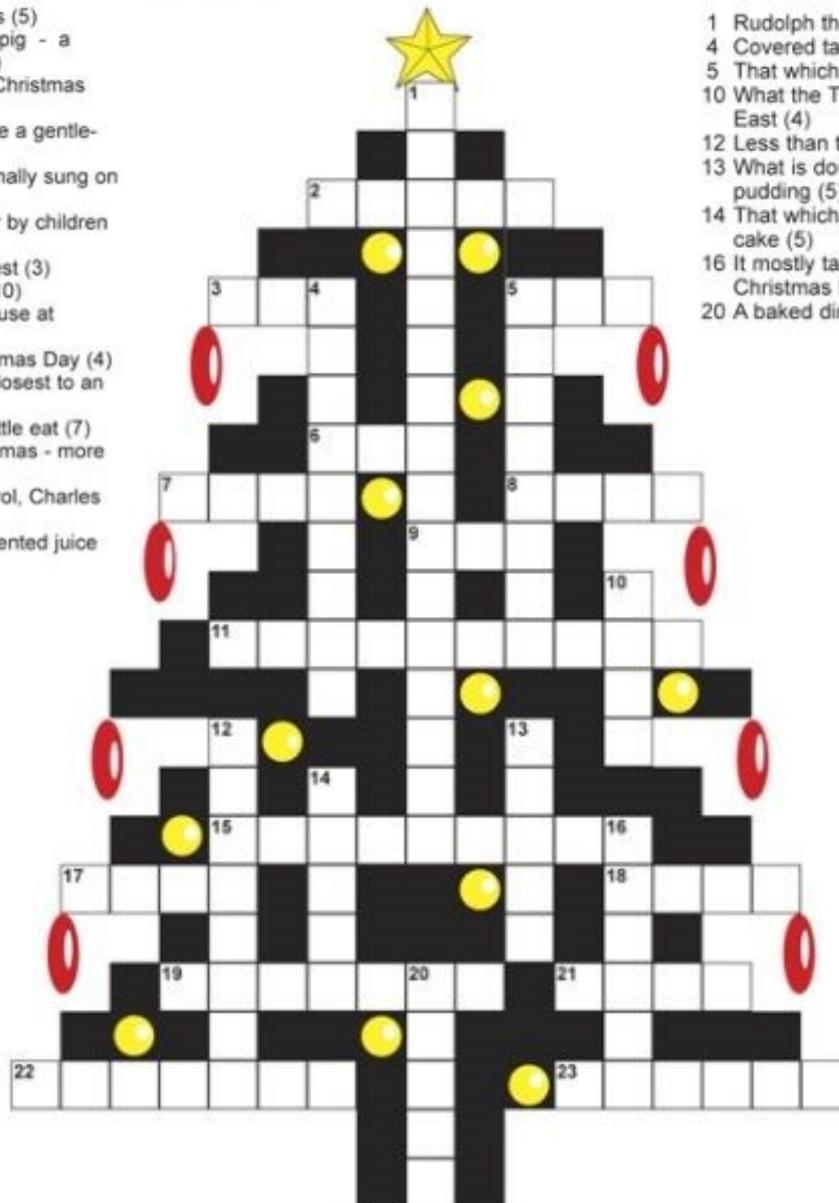
Quiz—Christmas Tree Crossword

Across

- 2 The expressed juice of apples (5)
- 3 One of the rear quarters of a pig - a Christmas Dinner delicacy (3)
- 5 A pear-shaped fruit eaten at Christmas (3)
- 6 One who does not behave like a gentleman at the party (3)
- 7 Auld Lang ... , a song traditionally sung on New Years Eve (4)
- 8 Christmas presents hoped for by children (4)
- 9 A Hebrew judge and high priest (3)
- 11 Monday to Friday evenings (10)
- 15 What must be done to the house at Christmas (9)
- 17 That which is eaten on Christmas Day (4)
- 18 A person who is seen to be closest to an admired stereotype (4)
- 19 Stable troughs from which cattle eat (7)
- 21 White flakes that fall at Christmas - more in other countries (4)
- 22 The writer of A Christmas Carol, Charles ... (7)
- 23 A spirit distilled from the fermented juice of grapes (6)

Down

- 1 Rudolph the ... (3-5,8)
- 4 Covered tarts, filled with mincemeat (5,4)
- 5 That which is done on Christmas Day (8)
- 10 What the Three Wise Men saw in the East (4)
- 12 Less than twentyone (5-3)
- 13 What is done eagerly to the Christmas pudding (5)
- 14 That which often covers the Christmas cake (5)
- 16 It mostly takes place in the middle of Christmas Day (6)
- 20 A baked dinner (5)



Answers to last edition's Quiz

- | | | |
|--------------------|------------------|--------------|
| 1. Wolves | 9. red sky | 17. Tee |
| 2. Hindu | 10. Pear | 18. Anglesey |
| 3. Austria | 11. Lightning | 19. Taurus |
| 4. Cos | 12. Tate | 20. Stomach |
| 5. Knee | 13. Baker Street | |
| 6. Agatha Christie | 14. Llandudno | |
| 7. 5 | 15. Shrimp | |
| 8. Fire of London | 16. Herr | |

I am Print printed 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.

the paper copies 'at cost',



COMPLETE DIGITAL PRINT SOLUTIONS
I AM Print Ltd

**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)



Bridgend Centre
at the  of our community