

BRIDGING SOCIAL ISOLATION



Photo by Heather Rachel Catlow

Welcome to Edition 75 of Bridging Social Isolation. We hope you had a great Easter Bank Holiday and managed to enjoy some of the lovely sunny weather. We have another full edition for you and we would like to thank Age UK Cheshire East for their informative article about scam prevention, Bruce Kendrick for his article about April birdlife and also Lucie Culley for sharing her ideas on making your money go further in the kitchen.

We have an update for you on our groups at Bridgend and if you would like to join in our activity sessions, please get in touch as we do have spaces in some of our groups—why not learn a new skill and make friends whilst doing it?

Our one-off Fantastic Fabric Sale starts on Saturday 23rd and runs until Saturday 30th, so please tell the crafters in your life so they can come and make the most of the bargains!

If you have any articles, ideas or photographs that you would like to be included in the newsletter, please drop us a line. We really do welcome your input!

What's Happening at Bridgend

With life starting to feel a little more back to normal, Bridgend is once again a hive of activity. It is really lovely to see our groups back in full flow; learning new skills and making friends. We thought we would update you with what's going on at the centre. Details of all activities can be found on our website or in the

Walks for Health returns

Monday saw the return of our short evening walks for health. The walks are designed to be less challenging than our Wednesday walks, approximately 2 miles in length with no major climbs or stiles along the route. They are a great way to begin exercise in a friendly group setting. The walks depart from a different meeting point each week in order to keep things interesting and varied. Full details of meeting points can be found in our leaflet available at Bridgend or on our website.



Art and Craft Tuesdays

Run by Bridgend Staffer and talented artist Anna Barker, we have Craft on Tuesday mornings and Art in the afternoons. In Craft, each week is a different skill from wood whittling to textiles and materials are provided.

In Art, Anna will run a demonstration each week and be on hand to help and guide participants in their own projects. We have space available in both groups if you fancy joining in!

Woodcraft

Our first short course in woodcraft for beginners has just ended and it was such a success that we are running another soon. Details of how to get involved can be found on page 7.

Talk and Games

On Thursday afternoon, Maxine runs our social group for seniors. Sessions are full of tea and chat and in addition there are regular organised outings on the Rainow Community bus. Why not tag along?

Choir

Visitors to the centre on a Friday morning can't have failed to hear our Community choir in full voice. Anna leads the group in song with her guitar to really lift the spirits before the weekend.

Zoom

We still have some online sessions ongoing. With Spanish and creative writing running online rather than at the centre.



JOB VACANCY

Casual Community Centre Assistant

Variable hours - £9.50 per hour

The Bridgend Centre has been providing support and activities to the people of Bollington, Macclesfield and surrounding areas for the last 32 years. We are a registered charity offering weekly health and educational activities for all ages and abilities.

We wish to recruit a Community Centre Assistant to join our friendly team and support us on an ad-hoc basis when we require it on a zero-hours contract, throughout the Summer. This would be a great opportunity to get experience of working in a community charity.

We are looking for someone to help in our community kitchen, serving drinks and keeping it clean and tidy. We also may need assistance in our charity shop, operating the till, and sorting and pricing goods. The role does involve a degree of heavy lifting.

Someone who is energetic, enthusiastic and a great people person would be ideal. It would be great if you love chatting to people. We are a small team and a flexible approach to duties would be an advantage. We are looking for someone who can start as soon as possible.

To apply, please submit your CV to info@bridgendcentre.org.uk or on paper to the Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW. For more information please ring us on 01625 576311 or drop us an email.

Closing date for applications: Tuesday 3rd May at 5:00pm

Subscription traps happen when you sign up for free or low-cost trials of products, only to find that you have been unwittingly locked into costly repeat payments. This can start off as an offer through the post, on the phone, in an email or online. Sometimes the fraudsters pose as well known legitimate companies. Locally, people have been charged anything from £7.99 to over £100 per month for several months on subscriptions they weren't aware they'd signed up to.

With the cost of living rising, we're all after a bargain. So, we can all be vulnerable to a subscription trap. Here's a few to look out for, all of which have happened locally in Cheshire East:



The P&P only trap: You spot a product that's just right for you. This could be beauty products, gardening items and plants or home meals delivery (or anything else!) They have a special offer where the product is free and you only have to pay post and packing costs of a few pounds. You send off your order with the small amount either by cheque or by giving your card details. The goods arrive but then, a month later, more goods arrive and a much larger payment has been taken from your bank account. Even worse, a monthly amount continues to be taken but no further goods arrive.

The free trial period trap: You buy a product or service that you want to try and it offers a free trial period. This could be anything from gym membership to free delivery from an online retailer for a month. You may be offered the free trial as you're finishing your purchase online, and it may not be obvious how you can avoid it. The trap comes when, at the end of the trial period, the subscription is automatically renewed and money is taken from your account each month.



The catalogue purchase trap: Catalogues, either paper versions or online, are often an easy way to buy products and have lots of special offers. However, some people have reported buying an item - from sun loungers to mobility aids - and then finding out that they've been signed up to a rewards club, which takes a monthly payment for benefits they don't want. This can sometimes be a misuse of personal data collected when the original product was purchased.

The Royal Mail bot trap: [Which?](#) has recently reported a subscription trap linked to a fraudulent email, pretending to be Royal Mail arranging delivery of a parcel. When you enter your bank details to have the (fake) package delivered, you are unwittingly signing up to an expensive monthly subscription, which will be taken every 30 days, for no goods or services in return.



- Spot a trap by being cautious, read all the terms and conditions carefully. If it sounds too good to be true it is!
- Check your bank statements regularly to spot any unexpected payments
- Stop all future payments with your bank. You do not need permission from the company that set it up.
- Request a refund if the charges weren't explained when you bought the product or service. But be aware without a copy of the terms and conditions your claim may fail. For more help contact Citizen's advice on 0808 223 1133 or Alternatively speak to your bank.
- Report it to Action Fraud by calling 0300 123 20 40 on www.actionfraud.police.uk

Sweet April Showers

We are in that in spring month of April where the position of our jet stream has a strong influence on just how soggy those showers will be. It's not winter but it sure isn't summer. But fear not, the old saying goes, *April showers bring May flowers*. This is not always the case but right now in the UK where we have a cooler, climate than our near neighbours in Spain and France, the lower temperatures push back much flowering till late April or early May. The phrase itself is thought to come from an early poem with the line "Sweet April showers, do spring May flowers."

We are in the in-between time - we are not sure to plant out our greenhouse veggies for fear of late frosts and for our migrating avian friends from the southern hemisphere, there is also many risks, but they take on those risks as their reward is a relatively safe place to raise their young with long daylight hours and a plentiful supply of food. It is calculated that up to 400 million birds make this journey from North Africa to Spain every spring.

Most of their risks are due to nature but a few are man-made. High in those lists of risks is the threat of predation. The favoured route to migrate north from Africa's equatorial forests is via the short crossing from Morocco to Spain. The shortest journey of just 16 kilometres across the Gibraltar Straits is favoured by the larger birds such as kites, eagles, vultures and storks. Some weaker birds still struggle on this journey and from the coast near Tarifa, I have seen several Yellow-legged Gulls down a struggling young Bonelli's eagle and once in the sea, it did not recover. The gulls had a feast.



The graceful Swallow

Passerines, a name covering all sorts of 'perching' birds are not so intimidated by the sea and can cross the Mediterranean Sea at its widest point but one species of falcon, called Elenora's Falcon, nest on the cliffs of the Balearic Islands, Mallorca being the largest, and time their own breeding activity to late in August so that they can feed their own young on these passage migrants when they make the return journey south.

And then man comes along and places further obstacles on their, well established, migration routes. Lighthouses were notorious for bird deaths, attracted as they were by light and once too close, blinded by the light. At the request of the RSPB, many lighthouses were then properly illuminated, reducing the death rate but the move towards GPS navigational schemes has made many of these lighthouses redundant. Bardsey Island, off the Llyn Peninsula in north Wales is on a migration path and as many as 40,000 birds have been known to descend on the island in bad weather, no doubt helped by the attraction to the light. But many birds were killed as well. The solution was to fit a red light, which can be seen by mariners but birds are not attracted to the new light. I was there in the summers of 62 and 63 and often collected the dead birds after a night of heavy migration.

So when you see your first swallow, think of the journey from South Africa and think of all those risks along the way, particularly crossing the empty vastness of the Sahara. Be aware also that swallows will return to the same nest site, year after year. Quite remarkable.

Bruce Kendrick



A yellow-legged gull



A majestic Falcon



Bardsey Island

Life Lessons from Geese by Jane McGill Hoyland

I think that geese are fascinating birds, but beyond that, their behaviour can teach us many lessons, particularly pertaining to teamwork. We are very lucky to live in a location where we have the opportunity to regularly see geese – particularly the Canada Geese which tend to frequent this area. The local canal can be an excellent viewing spot to watch them. I am sure you will have seen geese flying overhead in a V formation.

Did you know

- When geese fly together in this V formation, each of them provides additional lift and reduced air resistance for the goose behind it. It is estimated that a flock of geese are able to fly 70% further than a goose flying solo on account of the reduced energy each individual requires.
- Geese rotate leadership of the flock
- When the goose at the front begins to tire, it drops out of front position and moves to the rear of the formation where air resistance is lightest. At this point another goose will assume lead position. During a long journey, the rotation of the lead position will happen many times.
- Geese honk loudly when they fly together (I am sure you will have heard them often as they fly overhead). It is thought that this is their method of communicating and 'cheering' each other on to achieve their collective goal on long and short flights.
- Geese help and care for each other. If a goose becomes ill or injured, two other geese will fall out of the formation and remain with and protect the poorly goose until it is able to fly again, or dies.

I can't help but think that we have seen many wonderful human behaviours in recent times which reflect how geese behave, particularly when teams have come together to help others.

It is so uplifting to see behaviours and results of team work and what can be achieved with more than one pair of hands (or wings). Here at the Bridgend Centre, we have so many examples on a daily basis of fabulous teamwork from our volunteers, the staff team and our Trustees. None of us could offer our services singlehandedly, but together we all achieve more.

So next time you are working within a team, whether it be a voluntary group or a business group – Think Geese !!



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Recipe—3 recipes, 24 portions 0 waste for under £20 by Lucie Culley

With cost of living increasing, Lucie has put together this thrifty way to make your money go further to make three meals. The prices are based on Aldi.

Beef Mince 20%	1.79
Mixed Peppers (3)	0.92
Carrots	0.39
Potatoes	0.89
Celery	0.39
Brown onions (3)	0.39
Beef Stock Cubes	0.35
Chicken stock cubes	0.37
Extra-Large Whole chicken	4.19
Mushrooms	0.79
Cheddar cheese	1.79
Tinned Tomatoes (2)	0.56
Tomato Puree	0.31
Basmati Rice	1.35
Penne Pasta	0.29
Natural yoghurt	0.49
Curry powder	0.79
Mixed herbs	0.39
Lentils (dried)	0.99
Garlic	0.79

Put your chicken in to roast. You want to cook this slow and low so that the meat falls off the bone as that way you'll get the most out of it. I always put mine in upside down and covered in foil nice and tightly so that the juices run through the breast meat and the moisture stays in. I usually go for about 180 degrees for 3 hours for this chicken.

Use the package guidance instructions to make sure it's cooked properly.

When the chicken is done, take it out and rest it and begin your batch cook.

Prep all your veg. Dice all your peppers, onions, celery, and mushrooms and 6 cloves of garlic. Peel and chop 3 potatoes.

TIP – keep all your clippings from the celery, onions, carrots and garlic for your soup stock. Chuck the pepper and potato clippings away.

Pasta bolognaise bake

I do a bake instead of leaving it separate because it just seems to go further!

Fry mince in large frying pan (no need for oil, the fat is enough in this particular mince) and add in 1 chopped onion, 1 chopped green pepper, about 1/3 of your pack of mushrooms, 2 chopped carrots, about 1/2 of your celery and 2 chopped garlic cloves. Fry it all together until it's a bit coloured, and then add in 2 beef stock cubes, salt, pepper, a teaspoon of mixed herbs and about a mug full of boiling water. Let it simmer for a minute or two whilst stirring, and then add in your tin of chopped tomatoes. Let it simmer gently for about 30 mins or so.

While it's cooking, empty the whole bag of penne into a big pot and boil with some salt as per instructions.

When it's done, strain, run cold water over it (so it doesn't cook any more and go soggy) and put back in the big pot. Tip in your bolognaise and mix it all together.

Now you can either leave it as it is, or you can put in roasting dish and melt some cheese on it, or you can separate it into take away containers and freeze for a later date.

Next...

Your chicken should be nicely rested now and a bit cooler ready for you to take the meat off.

Remove the wings and drumsticks and thighs and put all the dark meat into a bowl. Make sure you get right under the chicken and use your fingers to remove all the meat you can.

Take off the breasts and set to one side.

Now with the carcass and the juices, chuck everything into a pot with some salt and pepper put all your veg clippings in and let it boil gently for about an hour (or more if you've got time) gently while you make your curry.



Curry

Take one (chopped) onion, the rest of your mushrooms and peppers and 3 cloves of garlic and cook together in a large saucepan or pot with oil. Add in 4-5 tablespoons of curry powder and stir (make sure there's enough oil in there or the curry powder will burn)

Chop up your cooked chicken breasts and add to the mix. Add 2 chicken stock cubes, a mug of boiling water, a cup of lentils and simmer for a couple of minutes whilst stirring.

Spoon in a big dollop (or 2) of yoghurt, a tin of chopped tomatoes and let it cook down for 30 mins or so. Add salt and pepper to taste and a squirt of tomato puree if it needs thickening up a bit.

While your curry is cooking, cook the rice as per the instructions on the packet.

You can either eat straight away and keep the rest in the fridge or separate into takeaway containers for freezing.



Chicken soup

Prep-wise, you should have leftover some celery, an onion, a garlic clove, 3 chopped and peeled potatoes and 4 carrots.

Throw all of this in a saucepan with a cup of lentils and pour over your home-made chicken stock, add in a teaspoon or 2 of mixed herbs, and all the dark meat from your chicken and a good squirt of tomato puree. Put in 2 chicken stock cubes (and more water if you need to) and let it simmer gently for about 30 mins.

Again, this freezes really well and there will be a lot of it so put some away in your freezer if there's too much for right now!



Introduction to Woodcraft

- Learn basic woodworking skills
- Make your own small coffee table or stool
- Make friends in a safe space

Contact Rebecca
01625 576311
info@bridgendcentre.org.uk
to book your place

Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
4th–25th May 2022
£20 for 4 week course
Places limited

No prior woodworking experience necessary

All welcome!



Bridgend Centre
at the heart of our community



Bridgend Centre presents...

Bridgend Centre
at the heart of our community

Fab Fabric Fair



Browse our huge range of fabric pieces and raise money for our work within the Bollington community at this

one time only event

Prints to heavy woven patterns, plain and printed cord, velvets, plaids, stretch.....

Dress patterns and haberdashery also available

Saturday 23rd April to Saturday 30th April 2022

Monday to Friday 10—4 and Saturdays 10—1

@ Bridgend Centre, Bollington

All fabric will be sold per pre-cut piece by weight. Apologies but we won't be able to cut the pieces down on the day

104 Palmerston Street, Bollington, Cheshire, SK10 5PW

01625 576311 www.bridgendcentre.org.uk Charity no: 1123287

Brainteaser—Sudoku

5	3	4					9	
	9			6				
6	2		4				8	5
			6	1				
2		9	7		4	6		1
				5	2			
1	4				7		6	9
				9			7	
	7					1	2	3

Answers to Last Edition's Quiz

1. Book Crook
2. Long song
3. Broom Room
4. Pink drink
5. Dry fly
6. Loud crowd
7. Free bee
8. Sad dad
9. Funny bunny
10. Swift lift

Thank you to the Garfield Weston Foundation

The Bridgend Centre would not exist without the huge generosity of our donors and funders.

A huge 'thank you' to Garfield Weston Foundation who have awarded us with a grant towards core costs for this financial year (2022-2023). Core cost grants and donations are so important to the Bridgend as they allow us to pay for the basic costs of running the Centre, including utilities, staff and office costs.

Established in 1958, the Garfield Weston Foundation is a family founded charitable grant-making trust which now gives away approximately £80 million a year to charities across the UK. Having established one of the most respected charitable institutions in the UK, the Weston Family Trustees today remain highly active and hands on. The Foundation's funding comes from an endowment of shares in the family business – a successful model that still endures today and as the businesses have grown so too have the charitable donations. Each year the Foundation gives away its income and donations have continued to grow. Since it was established it has donated over £1 billion, of which over half has been given away in the past ten years alone. In the most recent financial year the Foundation gave away over £79 million to over 2,100 charities across the UK.

Garfield Weston has supported us for many years and have played a key role in our charity's development and sustainability, so again, we extend our great thanks to them.

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. Thank you so much to I Am Print, it means the world.



Garfield Weston
FOUNDATION

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)

