

BRIDGING SOCIAL ISOLATION



Photo by Sara Knowles

Welcome to Edition number 76 of Bridging Social Isolation. This week (9th—15th May) is Mental Health Awareness Week and the theme this year is one that is very close to our hearts here at The Bridgend Centre, Loneliness. Here at Bridgend our mission statement is combatting social isolation in the community. It is literally what we are here for.

On page 6, we give you more information on Mental Health Awareness week and where you can access help.

The team at Bridgend are always available if you need someone to talk to and we hope you pop in for a brew with us on our riverside decking. We also have lots of other activities going on at the Centre that you can get involved with, so please do ask us for information on what goes on.

As always, if you have any articles or ideas that you would like to see included in the next edition, please drop us a line at info@bridgendcentre.org.uk or pop in to the centre. Thanks!

Reasons to be cheerful

There is no denying that watching the news or opening the newspaper can be a difficult experience these days and its not surprising it can make us feel the weight of the world is on our shoulders. With this in mind, we have trawled the internet to find some cheerful snippets to bring a smile to your face and remind us all that there is good in the world too!

- ♥ Sea otters hold hands to prevent them drifting apart when they sleep.
- ♥ Cows have best friends
- ♥ Squirrels plant thousands of new trees every year simply by forgetting where they buried their nuts.
- ♥ The voice actors for Minnie and Mickey Mouse got married in real life.
- ♥ The Beatles used the word "Love" 612 times in their songs
- ♥ Rats laugh when they are tickled
- ♥ The Kingdom of Bhutan uses "Gross National Happiness" as an important measure of success.
- ♥ A study measuring the effects of music found that cows produce more milk when listening to soothing music.
- ♥ Google, The Periodic Table, the structure of DNA and "Yesterday" by The Beatles are all ideas that were conceived in dreams.
- ♥ Gentoo Penguins propose to their life-mate by presenting them with a special pebble.
- ♥ A group of bunnies is called a fluffle.
- ♥ Rainbows even happen at night. They are known as Moonbows and can only be seen when the moon is near full and there is mist in the air, usually near waterfalls for example.
- ♥ Every year, The Netherlands gifts 20,000 tulips to Canada as a thank you for them having sheltered the Dutch Royal family during World War 2.



Talk and Games group outing



The Talk and Games group is going from strength to strength. A couple of new people have joined the group recently and everyone is enjoying meeting up for a chat and a cuppa on Thursday afternoons.

The group have had another trip out, this time to Goostrey Home and Leisure which is just off the A50 between Knutsford and Holmes Chapel. As well as the tea room where some people sampled the gorgeous homemade cakes, there is a farm shop selling local produce and there is also a variety of indoor stalls which sell everything from clothes, gifts, craft supplies and bric-a-brac. There is

lots to see and it is well worth a visit.

Once again we used the Rainow Community bus and this time Alan was our driver. We had a lovely trip there, passing Jodrell Bank and then Alan drove us back a different route, along the country lanes through Siddington which we all enjoyed. Everyone had a good time, there was lots of chatting and even some singing on the bus on the way back!



Nostalgia Hill Race 2022



This year we would like you to consider exchanging your running shoes for your walking boots for the Nostalgia event in July as we run the event as a sponsored walk for the first time.

More details will be announced in due course but we are very excited to be hosting this event to raise vital funds for our Centre.

We wish to take this opportunity to thank everyone for all the huge support that has been shown for the Hill Race in the past, it has been a truly wonderful fundraising event for the

Bridgend for past 17 years and we have hugely enjoyed hosting it. Now we are very excited to see it in its new incarnation as a walk and we hope that many people in the community get involved

Co-op Community Causes

Bridgend team member, Anna Hatley, attended Bollington Co-op last week to talk to shoppers about how they can support the Bridgend by nominating us as their chosen community cause. When a Co-op member does their usual shopping, they may not be aware that they are also doing their bit for the community too! Every time a Co-op member buys selected Co-op products and services, the Co-op gives the member 2p in every pound to spend in store and they give the same amount to the community cause.

There are usually 2 causes to choose between and customers can log in to the member's app or on the Co-op website to choose which cause to support. If a customer has not chosen, the money will be split between both causes. We are so grateful to the Co-op for supporting us and we would ask anyone that shops in Bollington Co-op to please nominate us. It's a simple, straightforward process and all those 2ps really do add up and allow us to make a difference in our community.



Cheshire East Council Covid-19 Community Response and Recovery Grants

Covid-19 Community Response and Recovery Grants

Our community offer - responding to local need & supporting our communities to recover in 2022/2023



The Covid-19 pandemic has had consequences beyond those of the direct physical harm that the disease caused to health. Many people have found themselves facing new challenges as a result of the pandemic. Cheshire East Council established the Covid-19 Community Response and Recovery Grants in order to support organisations in the Voluntary, Community, Faith and Social Enterprises Sector to help those people who have found themselves impacted by the pandemic and to help our communities recover.

The Bridgend Buddies scheme is in greater demand than ever with many people having suffered the effects of loneliness and isolation in the last few years. We are pleased to announce that we are receiving funding from this scheme in order to support as many people as we can through Buddies for the next twelve months.

The Buddies Scheme has been very successful and we are very grateful to everyone who plays a part in it and enables it to continue.



In memory of Louis Haugty 1935 - 2022



We were very much saddened to hear about the passing of one of our much-loved volunteers, Louis Haugty, last Sunday after a short illness.

Louis volunteered in the Bridgend workshop for many years with a group of friends commonly called the 'A Team', who carried out vital work developing the Bridgend walking trails around the Bridgend countryside. In recent years Lou could regularly be seen in the workshop with his close friend Phil Jennings and together they created some beautiful commissioned items made from wood and repaired items on request from our customers.

Lou was a familiar face to many people in Bollington as he walked around regularly, chatting to people in the community and catching the bus to Macclesfield for his shopping. He will be very much missed by many in the community. This account of Lou's life was originally written by Ann Mayer in 2017 and has been adapted for this newsletter.

Louis was a master of many trades. He had been a miner, brick-maker, metal worker, engineer, foreman and joiner. Throughout his life he was always passionate about football. Louis was born in 1935 in a small town called Furness Vale, 10 miles over the hills from Bollington. His parents, Frank and Alice, had been married in 1926. *'I was named after my Uncle Louis. He was born in 1895 and was killed in 1916 in the First World War, at the Battle of the Somme.'*

At school his favourite subjects were woodwork, metalwork and cooking, but his real love was football. Ever since he could first walk, Louis would kick a ball around, gradually building up his skills.



Louis, aged 7

'I was 11 and played for Furness Vale Reserve Team. It was just after World War 2 and my team mates were a lot older, mostly soldiers come back. Somebody couldn't play and I played in their place.' Louis inherited his love of the game from his father, who had played for Horwich End Football Club in the early 1900s. Horwich End is a village several kilometres from Furness Vale. *'They'd no football kit and somebody wrote to Aston Villa and they gave them a redundant strip. After that my Dad was a life-long Villa supporter – nearly all the players were - but he never went to a match.'*

Because of the Club's generosity, his father always supported the team and Louis inherited his passion, remaining a staunch Aston Villa supporter throughout his life. His father did go to one famous Cup Final, however. *'Dad did go to Derby County, when they beat Charlton in 1946/47. Jack Stamps, he kicked the ball and it burst and Sam Barton caught it like a dishcloth!'* (Derby won 4-1 in extra time). *'My Dad worked for one or two farmers before he went into the brickworks.'* In September 1939 the Second World War started and because making bricks was vital to the war effort, Louis' Dad had to remain at home.

In 1950, when he was 15, Louis played for New Mills First Eleven. *'My Dad would watch me play.'* By the age of 20, Louis was playing for his home town team, Furness Vale FC.

'We were playing a match and it were a wet day. I slipped and this other player slipped. He were just about to kick the ball and he kicked and his boot came straight through and broke all my teeth! They were them old-fashioned boots, like safety boots today – thick leather.'



Frank & Alice's wedding in 1926



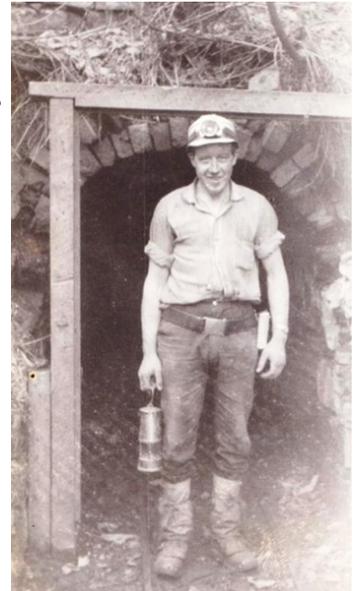
New Mills football team, Louis is at the front

In memory of Louis Haugty 1935 - 2022 continued

Having tried his hand at a variety of jobs, Louis finally found work that he enjoyed. He went down the pit, which was part of the brickworks. To produce bricks both coal and clay are needed – clay to make the bricks and coal for burning, to fire them. The clay is found in a layer below the seam of coal.

'When I first went in pit there were nearly 30 in and around the pit at any one time. You worked in a gang of two – a getter and a trammer. The getter got the coal and the trammer filled the tub with clay. At the end of the day you then filled tubs with the coal.'

Everyone worked together, supporting each other, and there was a real sense of community. *'If something went wrong, they all helped, cos they knew that otherwise they wouldn't get any work the next day. There were three levels of working in the pit. Each level had square frames of wood, left to support the roof. When you'd finished as far as you could go to get the coal, you'd draw the timber off and let the roof fall in. It was dangerous stuff. We always had good times, though. They were a right bunch of blokes!'*



Louis at the entrance of Furness Vale colliery in 1963



Louis and Pat's wedding

The pit finally closed in September 1963 and much of the machinery was dismantled. It was the end of an era and a sad day for Louis and his workmates. Then Louis joined his Dad, working in the brickworks. *'Tile-making, brick-making, I did all sorts of jobs and then finished as an engineer, when the engineer left. For the last 15 years or so, I worked as foreman, until I retired.'*

In 1970, when Louis was 35, he married Pat and five years later they moved to Bollington, because houses were cheaper there than anywhere else at that time. Even when he was 40, he still played the occasional game of football. *'Played a couple of matches for Spinners Arms pub team. You had to be registered with the local Football Association and if you weren't registered with that particular team, like me, your name was put down as 'A.N. Other!'*

In 1978 Louis's son, Martin was born. *'Martin loved playing football when he were younger. He played a few times for Bollington Juniors and then he played cricket at Pott. (Pott Shrigley is a small village 1km from Bollington) He's a supporter of Liverpool FC cos of Steven Gerrard.'*

Louis retired in 2001 and started volunteering for the Bridgend Centre. Together with Phil, Bernard and Harold, Louis formed the 'A' Team, a dynamic and versatile group with a unique combination of skills. Among the many ways they have helped the Centre, they were instrumental in constructing nine permanent walking trails around Bollington. *'When I retired, I landed here. (Bridgend) It's the camaraderie with it – you meet some interesting people, don't you? Had some great times with the 'A' Team.'*



Lou in the Bridgend workshop in recent times

Louis had a wicked sense of humour and was never one to stick to convention. The picture on the right shows the wildlife sculpture they created from old railway sleepers for the first walking trail.

Louis' funeral will be held on Monday 30th May at 3:30pm at Macclesfield Crematorium. The hearse will leave Jeremy Unsworth funeral Directors at 3:00pm and pass the Bridgend Centre on Palmerston Street where people can gather outside to pay their respects if they wish.



The 'A' team, left to right Bernard, Harold, Lou and Phil

Mental Health Awareness Week 9th-15th May



Mental Health Awareness Week is the UK's national week that aims to raise awareness of mental health and promote good mental health for all. It has been run by the Mental Health Foundation since 2001. The theme for Mental Health Awareness week this year is Loneliness. One in four adults feel lonely some or all of the time. There is no single cause and there's no one solution. After all, we're all different and face different challenges. The longer we feel lonely, the more at risk we are of mental health problems such as anxiety and depression. Some

people are also at higher risk of feeling lonely than others.

What can individuals do to combat loneliness?

- Try to do enjoyable things that will keep you busy
- Try to do things that will stimulate your mind
- Think about doing a physical activity
- Try to engage with the people you meet in your daily life
- Spend time with pets
- There are always Community Workers available at the Bridgend Centre if you need to speak to someone and we can signpost to other organisations if you need additional help. Our community café is always open if you fancy a cup of tea and the opportunity to chat to others in a



welcoming environment. We really are here to support our community so please don't hesitate to come and see us, we will have the kettle on waiting when you are ready.

- The Bridgend Centre also has outreach buddying scheme that pairs volunteers with a member of the community who may feel isolated or struggle to get out. For more information please contact us.

- Talking therapies can help—you can self refer if you don't want to see your GP. For more information on Free Listening Talking Therapies available in Cheshire East you can go to this website: <https://www.thebiglifegroup.com/service/talking-therapies-eastern-cheshire/> You can complete an online referral form or alternatively give them a call on 01625 469950.



If you need **immediate mental health crisis or emergency support** please contact:

Mental Health Helpline: Tel: 0800 145 6485 for residents of Cheshire East, West and the Wirral. Operated by local NHS staff 24/7, open to all ages.

Samaritans: Tel: 116 123, open 24/7 or email jo@samaritans.org

Attend your nearest **Accident and Emergency Department** and ask to see a member of the Liaison Psychiatry or Crisis Team or dial 999 to request an ambulance to take you there.

Contact your GP surgery and request an urgent appointment with your GP, within surgery opening hours.

Text SHOUT via 85258. Shout is a **free text messaging service** which is operated by trained volunteers **24/7** to all ages, for anyone experiencing a mental health crisis. SHOUT help people to move from a moment of crisis to a calmer state and form a plan for next steps to find longer term support.

Recipe—Mood-boosting Food Turkey burgers and Sweet potato wedges



Evidence suggests food may play a role in your overall mental well-being by helping to reduce stress, ease anxiety and even fight depression. A growing body of research highlights the importance of reducing the consumption of processed foods such as refined fats and sugars, in place of fresh, whole foods. In particular, studies have shown that a high intake of fruits and vegetables is favourable when looking to diet to support your mood. Beyond this, key additions such as omega-3 rich fats, fibre-rich wholegrains, fermented foods, proteins and dark green vegetables are notable when it comes to promoting

mood balance and well-being. Turkey is rich in mood-supportive tryptophan, while sweet potato offers a great source of fibre and B6, which aid digestion and brain function

Ingredients

1 sweet potato (about 190g), cut into wedges; 260g turkey breast mince (under 5% fat); 1 red onion; diced
2 garlic clove, grated; 1 egg, beaten; 1 apple (about 70g), peeled and coarsely grated; 1 tbsp dried oregano
1 tbsp paprika; 15g coconut oil, melted; 135g green vegetables (spinach, kale, broccoli, mangetout or green beans)

Method

Heat oven to 180C/160C fan/gas 4. Zap the sweet potato wedges in the microwave for about 6 mins on full power until just turning soft. Leave to rest for 30 secs.

While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with a good pinch of salt and pepper, the oregano and paprika. Shape the mixture into two burgers about 3cm thick. Place on a lined baking tray in the oven for 20-25 mins, turning half way through cooking, until cooked through.

Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the centre. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.) Drain on kitchen paper, then season with a good pinch of salt.

Serve the burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.

Small Kindnesses by Danusha Laméris

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass.

We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."



Brainteaser—Mindfulness Colouring

In honour of Mental Health Awareness Week, our brainteaser is more of a relaxation exercise! So grab your crayons and get creative!



Answer to last edition's brainteaser

The Message - PAY ME NOW

The Reply - THE CHECK IS IN THE MAIL

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.



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