

BRIDGING SOCIAL ISOLATION



Picture by Katie Ainsworth

Welcome to Edition 81 of Bridging Social Isolation. What an extraordinary week it has been weatherwise! Katie's photo above beautifully captured the strong rays at the start of the week. We were very glad of the cooling stone walls at Bridgend that provided welcome respite from the relentless heat.

We are very much looking forward to our Ramble and Roast fundraiser coming up on the 31st of July. It's not too late to get involved, you can find details on Page 2. If you can't make it yourself on the day or you don't fancy such a long walk, perhaps you could sponsor Becky and Anna Hatley to do it on your behalf via Just Giving. Every penny donated goes to the Bridgend, delivering services in your community. Thank you.

New member of the Bridgend Team—Bev

We would like to introduce the newest member of the Bridgend Team, Bev Henderson. Bev joins us as our new E-Commerce coordinator due to Avril Corbett moving to a new adventure up in Cumbria (a little too far to commute to Bollington!)



Bev has been a regular visitor to the Bridgend over the years and loves our charity shop so she is very familiar with us already. She used to work in the NHS so is no stranger to hard work!

Bev has two children and is a keen crafter. In addition to her Arts and Craft makes, she also loves a good Lego build.

We are very pleased to welcome her to the Bridgend team and we know she will continue the fantastic work that Avril started establishing our eBay store. To find our eBay store search Bridgend_Centre.

No prior woodworking experience necessary

All welcome!

Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
17th Aug - 7th Sept 2022
£20 for 4 week course
Places limited



INTRODUCTION TO WOODCRAFT



- Learn basic woodworking skills
- Make your own wooden trug basket
- Make friends in a safe space



Bridgend Centre
at the heart of our community

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

Ramble and Roast—July 31st

Fundraising Ramble & Roast

in support of the



Help us to help vulnerable people in your community by walking our Nostalgia Hill Race route. Enjoy the lovely countryside around Bollington, relax with a smashing hot roast sandwich at the Holly Bush and raise funds for the Bridgend Centre at the same time!



Sunday 31st July at 10:30am

£10 per head (adults) & children £5 or raise sponsorship through Just Giving. Enjoy a 10km/6.5 mile challenging route in the hills above Bollington. Finish with a hot beef sandwich with gravy (or vegan equivalent) and a drink at the Holly Bush included in the price. For more information and to sign up, please go to:

www.bridgendcentre.org.uk/fundraising-ramble-and-roast/



Generously supported
by the Holly Bush

Registered charity number 1123287

It isn't too late to join us for our Ramble and Roast fundraising event on Sunday 31st July. The route follows our wonderful Heritage Trail 5 (Digging up the Past), which travels 6.5 miles, taking in Bakestonedale moor, lovely fields and lanes of Pott Shrigley, the Macclesfield canal and returning through Styperson Woods and Long Lane.

As well as raising vital funds for our Centre it will also be a great opportunity for you to get out walking with friends (and make new ones), enjoy the lovely countryside around Bollington and enjoy refreshments at the Holly Bush at the end who are very generously supporting this event.

It is easy to get involved, tickets can be purchased on our website www.bridgendcentre.org.uk and the team in the centre can help you with this process if technology isn't your strong suit.

A team of staff and volunteers walked it last year and despite the weather, we had a fantastic day and raised funds for the centre. We would love it if you could join us this year.

If you can't make it on the day, you could sponsor Becky and Anna to walk it on your behalf. Just go to our Just Giving page: www.justgiving.com/fundraising/Rebecca-Lea7. All proceeds towards the Bridgend Centre delivering services in your community.

Footpath officers wanted

Bollington Town Council would like to recruit some footpath officers for Bollington. These would be voluntary roles.

The roles involve regularly walking the footpaths within the area and reporting back any findings/concerns to the Planning and Town Development Committee each month.

Your contribution would be valued and very much appreciated. If you are interested, please contact our Town Clerk, Julie Mason, on 01625 572985 or email on clerk@bollington-tc.gov.uk.



Rainow Scarecrow Fortnight

The ever popular Rainow Scarecrow fortnight draws to a close this Sunday 24th July. This is the 18th year of the scarecrow festival and the theme this year was pub names. Every year the Rainow fete committee decides a new theme and Rainow fete always falls in the middle weekend of the Scarecrow fortnight. The new vicar of Gawsorth judged the entries and the winner was The Slug and Lettuce, a model of a slug and a lettuce entirely constructed from straw. The event is always popular with a wide range of people including local children and walking groups. Refreshments are available at Rainow Church (some excellent home made cakes I must say!) and the proceeds raised go to Christies, the church and to support local groups. Why not pop up before it ends on Sunday?



**Monthly art demonstrations/workshops
here at the Bridgend Centre, Bollington.**

August Subject: Painting Cornflowers

Medium: Watercolours

Date: Tuesday 23rd August at 1:30pm

Price: £4

Everyone welcome be you a beginner or more experienced artist
Bring your own materials though these can be provided if needed

Please contact Bridgend to book your place on 01625 576311 or info@bridgendcentre.org.uk

Bridgend Centre
at the  of our community

Things to do with Children over the Summer Holidays

The school summer holidays are once again upon us and many people find themselves on Grandparent duty with the little ones and wondering how to fill the days. We have put together some ideas of what is available locally to give you some inspiration.

Bollington Library



Bollington Leisure Centre

The leisure centre has a number of family friendly options, from swimming to table tennis and squash. There is an on-site café, soft play centre for the under 5s and outdoor facilities with a playground and basket ball court.

The Rec and The Jubilee Playground

We are lucky to have 2 fantastic outdoor play spaces that suit a wide range of ages, the Rec playground also has a skate park facility and access to public toilets.

Macclesfield Museums

The silk museum is running a number of activity days, mainly focused on art and crafts throughout the summer holidays. Full details and booking options can be found at www.macclesfieldmuseums.co.uk

National Trust

There are several National Trust locations local to us and they all run a full events programme over the summer. We have Lyme Park,

Hare Hill, Alderly Edge, Quarry Bank, Biddulph Grange Gardens, Little Morton Hall and Tatton Park all within easy reach.

Peak Wildlife Park

Just outside Leek, this wildlife park is a great day out for any animal lover. They have loads of animal walk through areas and frequent Keeper talks at feeding times. There is a great outdoor play area and the indoor soft play has a window directly to the otter enclosure so you can watch them whilst the children play.

Home Activity Ideas

When the weather is against you or the purse strings are already stretched, there is still plenty to do. If you pop down to see us at Bridgend, we have toys, games, books and DVDs at pocket money prices. We also have loads of bits you can use for craft activities.



Picture frames makes great Stained glass windows if you remove the backing piece and use glitter glue to decorate the glass. We also sell bargain clothes so they can have a go at customising or repurposing their own outfit.

Another fun activity is to create a recycle garden. You simply use the parts of veggies that you would normally throw away. It's a great way for them to see how things grow and how different plants can regenerate themselves.



Journaling—What is it and why should we do it?

Do you keep a journal? In today's mostly digital, paperless world the idea of a journal might conjure thoughts of secret teenage crushes or something that you "used to do." But why? As you get older the benefits of keeping a journal only grow stronger. Here are some great reasons for keeping a journal.

For emergency and contingency situations

Ever need to know what you did on a specific day? This is one way a journal can be invaluable — documenting what you did and where you were. Examples include lawsuits, where you need to know exactly what you saw on a particular day. Your journal can be an important recording tool in emergency situations.



Improve your writing

The most certain way to improve your writing skills is simply to write a lot! This is more easily done if you keep a journal — especially if you write on a daily basis. In addition, any creative ideas you record in your daily journal can be reused and expanded on later.



Keep track of important decisions

A journal can be an important tool to track important decisions in your life. It's a natural chronological record of your progress and can allow you to remember the reasons behind your decision-making for those all-important life events.

Interactions with people

Over the course of your life, most likely you will have had many, many significant and even profound interactions with the people you know. Keeping a journal helps you record those interactions. Review them from time to time to remember and understand why those people were so important to you — long after the events have passed.

See your progress

Progress is a critical component of any person's growth and improvement. Did you become the person you are overnight? Of course not. In the context of your important life goals and personal objectives, a journal helps you see and keep track of the things that are truly important to you. Progress comes little by little.

Remember who you were

As a record of your personal history — all the events, decisions and important people who make you the person you are now are in your journal. Keeping an accurate and complete personal history can be extremely useful.

Enhance your organizational skills

Journals are structured. Starting and maintaining a journal is one way to organize and structure your life, line upon line — like the lines and paragraphs of a journal.



Explore your thoughts

Keeping a journal can help you record all the thoughts you have on a particular day. They may be irrelevant, but they also may be inspirational and even educational for you when you get older and reflect on them. You may never know, but it never hurts to try.



Daily reflection and self-awareness

Introspection is one of the most important human skills to master to become a more compassionate person. A daily journal allows you to have that introspection — even if it's just a taste — to reflect on who you were that day.

Bridgend Writing Group—Poem and humorous piece by Bob Langstaff

The Clearing

It is here, it is come, the day I dread,
No more I try to keep the world at bay
It is time for the clearing of the shed.
Where friendly feet of chaos loved to tread

The smirking gods of tidiness will play
It is here, it is come, the day I dread
Shelves bent and twisted; cupboards overfed
Comforting mess no painter could portray
It is time for the clearing of the shed

Decreed by she at the fountainhead
A debt that I know I now have to pay
It is here, it is come, the day I dread.

‘And on the eight day’ as the good Lord said
‘thy stuff shall be culled and tidied away’
It is here, it is come, the day I dread,
It is time for the clearing of the shed.

What is this world coming to!

Yesterday I called at W. H. Smith in Macclesfield to collect my copy of “*Pre-loved Tractor Parts Monthly*” and a Mars Bar. Who do you suppose was there at the checkout to take my hard-earned cash off me? Nobody! I called an assistant and told him that serving customers was more important than filling racks with smutty greetings cards and chatting to his mates. He said I’d have to scan what I bought onto a screen then sort my own payment out through a machine. I was appalled! The least I expected was that someone would take my money off me with a smile and a ‘Thank you’. I asked the assistant if we wanted me to do a bit of stocktaking for him or mop the floor while I was at it but my attempt at irony went right over his head. He just blinked and said ‘That’s the way things are going’. So I showed him the way I was going and left.

It seems that this is a new way of shopping. You buy something, go to the checkout, stare at a machine and press a few useless buttons while an annoying voice tells you fifty times that you are stupid, but says it in a wide variety of ways. Then you give up and either leave or try to find a human being. Bring back the corner shop!

Summer Crime Prevention advice

Now that summer is here people can become complacent about home security.

Crime reduction advice

- Ensure that windows and doors are closed and locked when you are out. Don’t leave small windows open believing them to be safe.
- If you want to leave windows open while you sleep, fit window restrictors so they cannot be fully opened, or make sure they are not large enough to allow access to a burglar.
- When out in your garden ensure that windows and doors to the front of the house are secure. It only takes a second for someone to get into your home and take things without you noticing.
- Do not leave valuables on display in front of windows or in reach of open windows or doors.
- Ensure that all barbecue and garden equipment and tools are securely locked up in a shed and out of sight. Tools can be used by the potential offender to break in to your home.
- Consider fitting outside security lighting or a visible alarm to help deter burglars. Even using pea shingle or gravel on a driveway and spiky plants in garden beds can help.
- Don’t leave any keys near entry points where they can be ‘fished’ or ‘hooked’ out through the window, letter box or cat flap.
- Ensure any internal handle operated locks on UPVC doors are fully secured with a key.

Going on holiday?

- Make your home look occupied.
- If you’re out or going away, ask a trusted neighbour to open and close your curtains for you.
- Ask a neighbour if they don’t mind parking their car on your driveway and trimming your garden to make your home look occupied.
- Cut the front and back lawns before you go away and trim any plants that burglars could hide behind.
- Cancel milk and newspaper deliveries.

Before your holiday, don’t advertise that you are going away on Facebook, Twitter etc.



Seasonal Recipes

Following on with the theme of eating seasonally and using ingredients that we can harvest now, look at these lovely vegetables that came out of the allotment this week! They include new potatoes, beetroot, lettuce, rocket and Swiss chard. We have two lovely recipes for you to try that make the most of these fabulous plants.



New potato, chard and coconut curry

Ingredients

1 tsp cumin seeds, 2.5cm piece ginger, peeled and roughly chopped
2 green finger chillies, roughly chopped, 3 garlic cloves, peeled, 30g unsweetened desiccated coconut, 400ml tin coconut milk, 3 tbsp rapeseed oil, 1 large onion, peeled, halved and thinly sliced, 600g new potatoes, cut in half lengthways, 1 ½ tsp garam masala, ½ tsp turmeric, 1 tsp salt, 200g rainbow (or normal) chard, stems cut into 4cm pieces, leaves shredded, 250g frozen peas, defrosted



Method

Put the cumin, ginger, chillies, garlic and desiccated coconut in a blender with just enough of the coconut milk to blitz everything to a smooth paste. Add the rest of the coconut milk and lightly pulse (over-mixing might split it) to a sauce-like consistency.

In a wide frying pan for which you have a lid, heat the oil over a medium flame, then fry the onion for five minutes, until translucent. Put in the potatoes cut side down and fry for around 10 minutes, until they are lightly golden brown and the onions are soft, dark and sticky.

Stir in the garam masala, turmeric and salt, then add the coconut sauce and bring up to a gentle bubble. Add the chard stalks, cover and cook for five minutes. Add the leaves and peas, cover again and simmer for a final five minutes, until the chard stems, peas and potatoes are tender and the leaves have wilted.

Roasted beetroot salad with feta and walnuts

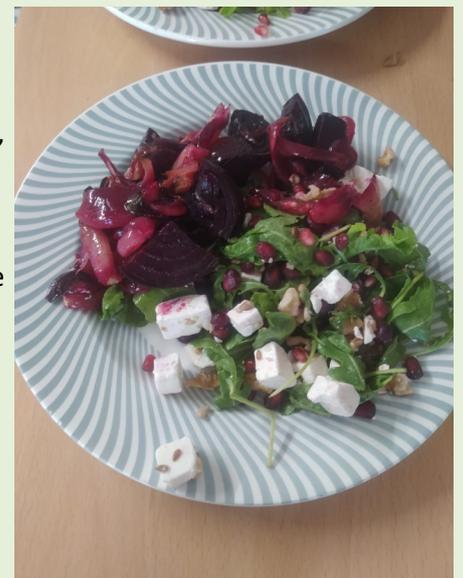
Ingredients

2 medium beetroots, 1.5 teaspoon olive oil, 1 medium red onion (cut into quarters), 125g mixed salad leaves, 90g feta cheese, 30g walnut halves, 1 heaped tablespoon of halved walnuts, 1 medium orange, pomegranate seeds.

For the dressing: 4 tablespoons of olive oil, 4 tablespoons of freshly squeezed orange juice, 1 heaped teaspoon Dijon mustard and a pinch of salt and pepper

Method

1. Pre-heat the oven to 200 degrees C/392 F.
2. Chop the beetroot into quarters, and then place on a baking tray. Add the salt and pepper and cover with olive oil. Roast in the oven for 30 minutes depending on how chunky the pieces are. After 10 minutes add the red onion and cover in some of the oil. Return to the oven and roast until the beetroot is cooked. You can tell when this is, as they will be easily pierced with a knife.
3. To assemble the salad, place the leaves in a large serving bowl. Then add the cooked beetroot and onion, crumble over the walnuts, feta and pomegranate seeds. Add the orange segments and scatter over the pumpkin seeds.
4. To make the dressing, whisk together the orange juice and Dijon Mustard. Then whisk in the olive oil and add the salt and pepper.



Brain teaser— Arrow word

Flying insects	▼	Very big	▼	Remain	▼	Limb	▼	Britpop band	▼	Surrender
▶										
Gemstone		Fish eggs		Sediment		Box shape		Bird		Mr O'Connor
▶		▼		▼	Set of beliefs	▶	▼		▼	▼
Location	Bald		Garden tool		Small particle		Sphere		Big cat	
▶	▼		▼		▼		▼		▼	
Connect		Flower	▶					Self-image		Eye complaint
▶				Zodiac sign		Entreats	▶	▼		▼
Beer		Tree	▶	▼		Pig pen	Obtain	▶		
▶			Stick		Tale	▶	▼			
Continent		Price ----- Island	▶	▼			Aged	Untruths	Leg joint	
▶		▼		Anger	Egg part ----- Tooth	▶	▼	▼	▼	Mineral
Of sound	▶			▼	▼	Floor covering	▶			▼
Age	Roman emperor	▶				Forest animals	▶			
▶			Ovum	▶		Observe	▶			

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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We are a Charitable Incorporated Organisation (CIO)

