

## BRIDGING SOCIAL ISOLATION



*Photo by John Howarth (Bollington Photographic Society)*

Welcome to the 82nd edition of Bridging Social Isolation! We hope you are having a lovely Summer. It certainly hasn't quietened down at the Centre and we continue to be very busy with people coming in for drinks, chats and to take part in our many activities.

We were very excited this week when the leaflet for Bollington Walking Festival was launched. The Bridgend Centre plays an integral role in the organisation of the festival and we were thrilled to see months of hard work come to fruition with the leaflet, which contains the details of around 40 walks scheduled in over the nine day period. We do hope to see some of you at some point over the festival!

## A visit from Orcadia

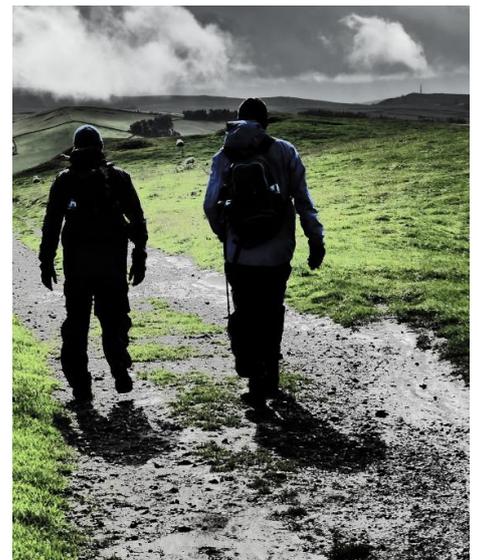
We had a lovely time last Tuesday when we had a visit from a group from Orcadia Day Care and Residential. The team regularly make the journey over from Disley to enjoy refreshments and some retail therapy in the safe and accessible environment of the Bridgend Centre. It was great to see them enjoying the veranda and drop-in café kitchen on such a lovely day.



## Bollington Walking Festival—Leaflet launched

Bollington Walking Festival 2022 will be taking place from the 10th to the 18th September 2022 and we are very pleased to announce that the leaflet is now available for you to look at. You can download it from the Bollington Walking Festival website ([www.bollingtonwalkingfestival](http://www.bollingtonwalkingfestival)), or alternatively you can also obtain a lovely glossy copy from the Bridgend Centre or from various other outlets in Bollington such as the library.

There is a great programme of walks and social events on offer. This year we have planned around 40 walks and activities to cover all abilities and age ranges. For 2022 we are very glad to say that we have further extended the variety of walks available and maintained our partnerships with local walking groups.



### Volunteers wanted for Community Café



Can you spare some time to help in our community café? We need people to make drinks, keep the kitchen clean and tidy, load the dishwasher and chat to customers.

If you would like to help in this fun and rewarding role, please contact us.

Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW  
01625 576311—[info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)—[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk)

We do hope you find some walks or events that interest you and we hope to see you in September.

***The Bollington Walking Festival Team***



## Bridgend Ramble and Roast

A lovely time was had by all on Sunday when we held the Bridgend Ramble and Roast walk to raise funds for the Centre. Over 40 walkers joined us for the challenging 6.5 mile/10km walk, which follows the same route as the Bollington Nostalgia Hill Race. It was a warm day and the rain very kindly went away after some early drizzle.

We finished the walk with a drink and lovely hot beef sandwich at the Holly Bush. We also had a shout-out from Cerys Matthews on national radio station 6 Music. Wow! Thanks to Town Mayor John Stewart for calling in on our behalf.

If you would like to walk this lovely route yourself, just pick up the Bridgend Heritage Trail 5 leaflet (Digging up the Past) from our Centre or download it from our website. There is an accompanying activity sheet for children to keep the little ones entertained.

A huge THANK YOU goes to everyone who walked with us, sponsored us and also the wonderful volunteers who manned our lovely two refreshment stalls and were our standby emergency standby support. We ended up raising £XX for the Bridgend Centre. See you next year!



*At the start*



*Setting off on the Gritstone*



*The big hill!*



*Coming up the big hill!*



*The first refreshment stop*



*The second refreshment stop*



*Wonderful volunteer Babs*



*Bridgend Trig point*



*The final stretch on the canal*

## Middlewood Partnership News

The Middlewood Partnership has started to produce a new newsletter, which aims to keep patients and partners up to date with news from the partnership. The Partnership is made up of four practices; Bollington Medical Centre, Schoolhouse Surgery in Disley and Mcllvride and Priorsleigh in Poynton.

You can download the newsletter here: <https://middlewoodpartnership.co.uk/middlewood-partnership-newsletter-july-2022/>

Articles of interest this month include the following:

### Calling all Carers – there's support available for you

If you provide unpaid care for a few hours a day or over a 24-hour period of time to a relative, neighbour or friend, then you're a carer and the partnership want to support you. Perhaps you help with washing, dressing, eating, attending regular appointments, offering emotional and social support. If you think you're a carer, then do let your surgery know so they can take your carer responsibilities into consideration when you contact them.

They've also created a new section of their website that has lots of useful information for carers and young carers.

### Support for dementia

A new guide for people with dementia and their carers has been launched. It contains information about services, support and groups which are available in Bollington, Disley and Poynton. You can get copies from [Sharon.duke@poyntontowncouncil.gov.uk](mailto:Sharon.duke@poyntontowncouncil.gov.uk). It can also be found in a new dementia section of the Middlewood Partnership website which is packed with useful information for patients and carers.



### Helping you find more support about your health and wellbeing

The Middlewood Partnership doctors have developed new Self Help information on their website to help you find out more about your health and where you can access help and support. They know there's a lot of information on the internet and it can be overwhelming. So, they've simplified things by collating information on health issues that are important to you – all from trustworthy sources.

There's also links to lots of local support that you can access yourself, support for parents and carers, young people and much more. Self-help can really help you feel empowered by giving you greater control over your health, so do pay the new Self Help section a visit if you have access to the web.

### Welcome to the new Diabetes Team

The new Middlewood Diabetes Team, who hold clinics in Bollington, Disley and Poynton, is here to support you through your diabetes journey and help you navigate the twists and turns of living with diabetes. From helping to manage diabetes through diet, oral medication, or injectable therapies, they want to provide you with the knowledge and information to make the decisions that are right for you. The team are keen to hear from you with ideas as to how they can support you better, so please speak with them at your next appointment.



Here are some recent frauds to look out for. Please share with family, friends and community.



### Fake Paypal emails

Paypal is a secure way to pay for goods and services online.

But, the National Trading Standards Scams Team is warning us about fraudulent emails pretending to be from Paypal.

The emails say your account is “suspended”, or “about to be suspended”, “you’ve been paid” or “you’ve been paid too much”. They then have a link to click on to sort out the issue.

Look out for these emails and never click on the links. Always access your Paypal account independently to check what’s happening.



### Fraudulent Congleton Council phone call

Residents in Congleton have received a scam call, saying they are from Congleton Borough Council. They are asking to carry out an insulation survey.

Congleton Town Council

has advised that this is a scam. Congleton Borough Council has not existed since 2009.

This is an example of taking time to listen exactly to what is said when you’re called out of the blue. If you receive a call saying they’re from your council, you can always check by calling the council on an independent number to see if they tried to contact you.



### BP fuel giveaway scam

Fraudsters are promising a £200 fuel gift card in return for

answering a few questions and paying £1.78. They contact people through social media and emails. They make the offer sound plausible by playing on the Ukraine crisis and linking it to pulling out of Russia.

They ask for personal and bank details for you to pay the nominal amount.

Remember - this really is an offer that’s too good to be true.



### Courier fraud

Last month, we had a focus on courier fraud.

Cheshire police

have asked us again to remind people that they, or any other police force, will never ask you to withdraw money to post to them or for a courier to collect.

If you receive a phone call asking you to do this - hang up, wait for the line to clear and then report the matter to Action Fraud on 0300 123 2040.

The Older Persons Scams Awareness & Aftercare Project is brought to you by



in partnership with



## Art and Woodcraft workshops at Bridgend

We still have some spaces available on our afternoon beginners woodcraft sessions (from Wednesday 17th August in the afternoon) where participants can learn to make their own trug. We also have an art workshop on 23rd August with Anna Barker (cost £4). If you are interested in attending either, please drop in to the centre and we can book you a space.

## What I learned volunteering at 'busiest-ever' Bollington Beer Festival by Alex Greensmith

*Macclesfield Nub News is a fantastic free news and events service for Macclesfield, Bollington and the surrounding villages. They offer daily online updates from the region and welcome contributions from readers. The article below was written by their intrepid reporter Alex Greensmith.*

At the weekend, myself (Macclesfield Nub News Editor Alexander Greensmith) volunteered at the Bollington Beer Festival. (Two months after I volunteered at the Macclesfield one). It was a chance to further integrate myself into the area I serve with 15-20 news articles per week, and get to know some of the people that have been reading Nub News, and indeed find some future leads for stories.



But for me, the event became a lot more than that. A realisation that came as soon as the Festival began. The friendliness, homeliness, and camaraderie with everyone at the event made it realise 1. How great of a place Bollington is, and more pressingly 2. The power of community. I met some people who said this was their first event since the first lockdown, or at the least, the first time they'd seen some of their neighbours and friends in over two years.

I gawked at the long-list of sponsors, that must have included almost every business in Bollington on the list. And most personally, I was welcomed like I was a resident, even though I wasn't, and chose to volunteer for slightly selfish self-promotory and networking purposes. (This included having a few tasters of beer, of which, my favourite was a strawberries and cream dark, which I managed to flog to plenty of punters).



Bollington Beer Festival Volunteer Lead Keith Farman told me on the Friday night it was the *'busiest-ever Festival we've ever had', and that was before the Saturday afternoon and evening sessions! The main Bollington Festival in 2024 and the Bollington Arts Centre are the beneficiaries, but I don't know in what proportion or how much each is likely to get,*' he revealed. *'I do know there were 48 cask ales from 20+ different breweries, plus 20 ciders and perries. Also, over 3,000 pints and 400 G&Ts were sold. Early indications are we had a record year, but that will need confirming. Provisional dates for next year are 7/8 July 2023. Thank you to everyone for your support.'*



A special shoutout to the organisers for letting me volunteer, and indeed being very understanding and still grateful for my service despite being 20 minutes late.

While smaller than Macclesfield's Beer Festival, the event had its own charm, which almost felt like a village-fete, particularly with the local musical talent shining in performance as well. Regardless of whether I am Macclesfield Nub News Editor, this is an event I'd love to help out at next year, and I can't wait to hear (and report on) how much in total it has raised for charity.

The event was hosted at The Bollington Arts Centre, and is presumed to be (albeit not confirmed) next year. This year's event was the first since 2019. Previous years have raised a total of £14,000.

<https://macclesfield.nub.news/>

<https://bollingtonbeerfestival.co.uk/>

## Seasonal Recipes

*Courgettes have really come into their own in the last week or so and they are currently being produced at an eye-watering rate in British gardens up and down the country ! Tomatoes, beans and peas are also doing very well, as well as soft fruit such as raspberries.*



### Ratatouille (serves 4)

*Ratatouille is a very easy recipe that takes advantage of some of these fabulous ingredients and is healthy too!*

#### Ingredients

45 ml / 3tbsp extra virgin olive oil, 1 Large onion chopped, 3 Cloves garlic crushed, 1 Red pepper deseeded and diced, 1 Green pepper deseeded and diced, 1 Orange or yellow pepper deseeded and diced, 2 Medium aubergine diced, 1 Large courgette, 400 g Can chopped tomatoes, 30 ml / 2tbsp Tomato puree, 1 tsp Mixed herbs, 60 ml / 4tbsp Water, Salt and freshly ground pepper. Parmesan or vegan hard cheese optional garnish.

#### Method

1. Heat 2 tablespoons oil in a pan and soften the onion and garlic for about 10 minutes
2. Add 1 tablespoon oil, the peppers, aubergine, and courgette and fry continuously for about 5 minutes
3. Add the tomatoes, tomato puree, herbs, seasoning and water
4. Cover and simmer for 10 minutes
5. Serve with freshly grated parmesan or vegan hard cheese



### Simple Courgette cake

*Courgette isn't just for main course! It makes a lovely moist cake that is a great way to use up a bumper harvest.*

#### Ingredients

80ml/2¾fl oz vegetable oil, plus extra for greasing, 150g/5½oz light brown sugar, 2 free-range eggs, 160g/5½oz courgette, coarsely grated, 180g/6½oz plain flour, 2 tsp baking powder, 2 tsp ground cinnamon, ¼ tsp fine salt, 2 tbsp demerara sugar, for sprinkling.

#### Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Grease a 900g/2lb loaf tin and line with a long strip of baking paper.
2. In a bowl, mix together the oil, light brown sugar and eggs until smooth. Stir in the grated courgette.
3. In a separate bowl, mix together the flour, baking powder, cinnamon and salt. Tip the dry ingredients into the courgette mixture and stir until just combined.
4. Transfer the batter to the prepared loaf tin and sprinkle the top with demerara sugar.
5. Bake for 45–55 minutes, or until a skewer inserted into the centre of the loaf comes out clean. Leave to cool in the tin for 20 minutes, then turn out onto a wire rack and leave to cool completely before slicing.



## Brainteaser— Begin and End

Each phrase below is a clue for an answer that begins and end with the same letter

1. A continent at the south pole \_\_\_\_\_
2. Payment to stockholders \_\_\_\_\_
3. A word used by magicians \_\_\_\_\_
4. Physical exertion done for fitness \_\_\_\_\_
5. One television show in a series \_\_\_\_\_
6. One who reviews and gives judgments \_\_\_\_\_
7. A brief advertisement \_\_\_\_\_
8. A place for performers \_\_\_\_\_
9. An amount over and above what is needed \_\_\_\_\_
10. A great work of art or literature \_\_\_\_\_
11. A ray of moonlight \_\_\_\_\_
12. An edible seed of a liture \_\_\_\_\_
13. Accepting of others \_\_\_\_\_
14. Handwriting skill \_\_\_\_\_
15. Blue-green \_\_\_\_\_
16. An official list of names \_\_\_\_\_
17. One thousand years \_\_\_\_\_

### 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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