

BRIDGING SOCIAL ISOLATION



Sign at the side of Bollington Aqueduct by Chesney Orme

Welcome to Edition Number 85 of Bridging Social Isolation.

This week has been a sad one for us as we mourn the death of Queen Elizabeth II. Most of us had never met her but still feel affected by her passing as we have lost the constant presence that has been there for most of our lives. An event like this brings back memories of people we ourselves may have lost or thoughts about family and friends that we care about, therefore it is an emotional time for many.

The Bridgend Centre is open throughout this time if you would like to see a friendly face, have a cup of tea or a touch of normality with a browse around the shop. However we will be closed on the Bank Holiday Monday on 19th September in order to allow our staff and volunteers the opportunity to pay their respects and watch the state funeral.

We hope to see you once again at the Centre very soon.

Time for Contemplation

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.

William Henry Davies

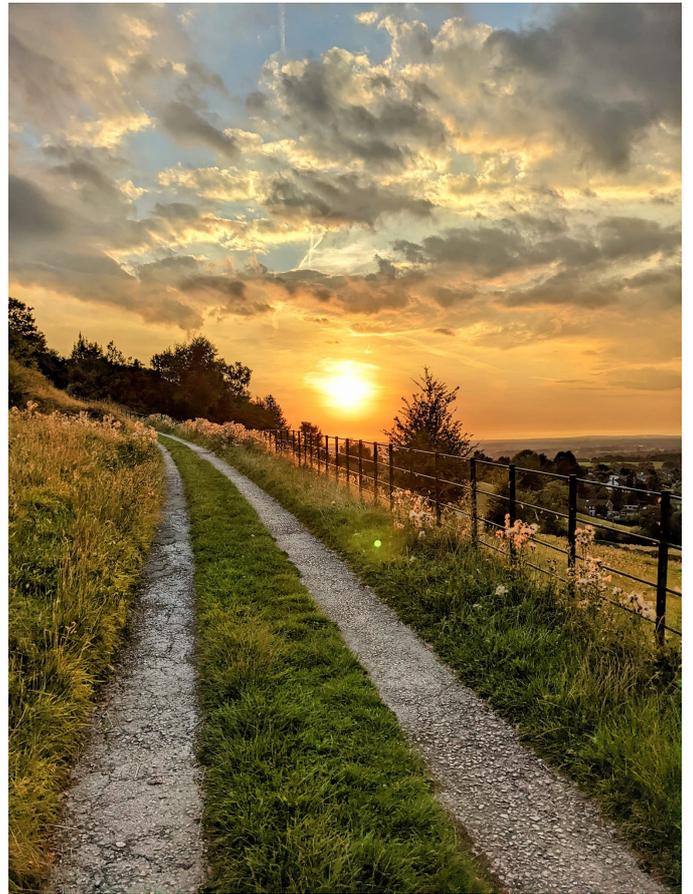


Photo by Ed Baron



Photo by Brian McGuigan—Bollington Wharf

As September arrives we start to notice Summer give way to Autumn with the first foggy mornings and a nip in the air despite the sunshine. Nature is in a period of change that seems to reflect the massive period of change that our nation is currently in the midst of. Our lives can be so very busy and full that we sometimes struggle to take the time we need to just sit quietly with our thoughts. In Bollington, we are truly blessed to live in such beautiful surroundings. Here we share some of our favourite spots that invite you to spend some time in quiet contemplation.



Photo by Andrew Brier



Photo by Kay Stevenson



Jumper Lane, Rainowlow

Take a blanket or a warm coat, a flask of tea and put your phone on silent. Sit comfortably with your feet anchored on the floor and really take the time to listen to the sounds around you, as well as your own breathing. The Bridgend Centre Contemplation Garden is open Mon-Fri 10-4 and Sat 10-1.

Queen Elizabeth II



The nation was shocked and saddened last Thursday when we heard about Queen Elizabeth II's passing at Balmoral and it was no different for us here at Bridgend.

For the vast majority of us, she has always been there in the background, on our notes, coins and stamps. Most of us have never known a time without her as a source of stability and calm, in good times and bad. What was very clear from her words and actions was her love of the people of this country and the commonwealth, her dedication to civic duty, and her consideration for others. She was a guiding light for many of us and I hope that we can try to emulate some of that here at Bridgend by attempting to serve the community the best we can, with kindness and respect for others.

The Queen will go down in history as the longest serving monarch in British history and it will be a long time, if ever, before that is surpassed. We thank her for her dedicated service to us all and may she rest in peace. Long live King Charles III.

After a great deal of thought last Friday, we decided to continue with the walking festival, which started on Saturday. We believe the event provides wonderful opportunities for people to come together, talk and reflect, and enjoy the peaceful surroundings our lovely countryside provides. An update on how the festival is going can be found in this newsletter on page 6. The exception to this was the Mayor's boundary walk, which was due to take place on Sunday. This was postponed until next year because it is considered an Mayoral engagement which need to be halted during the official mourning period.



The Proclamation to mark King Charles' ascension to the throne was read in the Civic Hall last Sunday by our Town Mayor Cllr John Stewart followed with prayers from Rev Nancy Goodridge from St Oswald's church.

There are a number of events that have been happening since the Queen's death and there are more scheduled before the State funeral on Monday, both national and locally. The local ones include:

- Flowers can be left in the Memorial Gardens in the designated sensory garden (please remove all cellophane).
- A book of condolence is available at the Town Hall from 9-30am until 2.30pm until today, Friday 16th September.
- There will be a nationwide minute's silence to be held on the eve of the funeral, Sunday 18th September at 8pm. It will be held to bring the public "together and observe a national moment of reflection to mourn and

reflect the legacy of Queen Elizabeth II", the prime minister's official spokesman said in a statement.

- The Queen's state funeral will be held the following morning at 11am at Westminster Abbey, central London. Monday 19th September is therefore a bank holiday and like most businesses and organisations the Bridgend Centre will be closed as a mark of respect to her majesty.



Looking Forward - Life (almost) beyond Covid by Jane McGill Hoyland

Sometimes it is beneficial to reflect over recent times in order to appreciate the present time. We can not live in the past, we must look to the future as we aim to keep our mental health in a positive frame. I don't know about you, but whilst I am aware that we still have Covid around us, we really are a long way out of those times in 2020 when our lives came to an unwanted and complete standstill.

There are many people who struggled immensely with being isolated during lockdown periods – and are still feeling the after effects of the loneliness and fear it caused. Wholly understandable . But now is the time to celebrate the freedom that we now have again and live life rather than just exist. In recent months I have tried to appreciate the benefits of our lives now.

We can meet with friends and families again, we can organise social outings without total fear that cancellations will pull the rug from under us, we can shop in the Bridgend again!! Activities to join social groups have resumed (fabulous minibus outings from the Bridgend have taken place and fun Thursday get-togethers) – and so much more. Have a look at our activity calendar and bite the bullet by enrolling into our choir or art class. You don't have to be the budding artist or have the voice of an angel – but you do have the opportunity to do something to add cheer and laughter to your daily life. In a nutshell we are able to go out again into the world, and we all have the option to seize that opportunity.

I know that confidence or lack of it, and fear might still be stopping us in our tracks but I would encourage everyone to take steps, however small, to start getting back into those things in life which bring pleasure and add smiles to our lives. I am not saying you should cram your diary full – small actions and 'baby steps' are just fine and act as a stepping stone to a future with laughter and feeling upbeat again.

Some thoughts -

Make a phone call to someone who you haven't caught up with for a while

Book lunch with a friend or acquaintance

Go shopping – even window shopping is good

Take up a volunteering role for a cause which is close to your heart – friends are made and lots of fun becomes the norm

Pop out just for coffee and delicious cake

Join a group which will give you the motivation and structure each week/ month to get out and about

Take a walk – Bollington is a beautiful place to live – go and appreciate how lucky you are and what a fabulous place you live in . At the Bridgend we have organised walks (the Monday evening walk is a great gentle starting point)

Pop down to the Bridgend Centre – there's always someone to have a chat with. It truly is good for the



HABITS TO HELP YOU BLOOM



Self
Compassion



Positive Self-
Talk



Sleep



Practice Self-
Care



Exercise



Practice
Mindfulness

Happy Strokes

Looking Forward - Life (almost) beyond Covid by Jane McGill Hoyland continued.....

soul. It brightens your day and probably you will brighten someone else's day too

Plan a trip to the theatre, cinema or show if possible – it makes you forget your troubles as you are transported to another world

In a nutshell – make the effort to do something, however small it may seem.

Sometimes you have to feel the fear and just take a step forward . Dig deep to find the courage to make that first move. It may feel daunting but it can truly be the key to brighter times ahead – and that is a prospect worth considering

In the last week we have sadly lost our wonderful Queen and I can't help but think that the celebrations of her life that we have seen , would not have been possible this time 2 years ago. Seeing crowds of people these days doesn't yet feel normal to me – almost a tad alien !! Lets be thankful of all those things that we CAN do now, not we can't do.

"Better days will return," said the Queen. "We will be with our friends again; we will be with our families again; we will meet again."

So in honour of Her Majesty's prudent words , let's all make the effort, dig deep and move ourselves forward to happier times ahead.



Woodcraft at Bridgend by Hilary Yates

Have you ever wanted to learn a new skill? Do something different, practical? Well I did, so I enrolled on the woodcraft course at Bridgend. I have now completed not one but two of these courses. Why two you may ask? Because after the first two hours I was hooked. From meeting Lindsey, the tutor, and being introduced to various wood crafting tools to completing my first project, a set of shelves, I realised how informative, friendly, and relaxed the course was going to be.

My second project has been making a trug. More measuring, sawing, sanding and drilling. More meeting different people and being in the friendly environment that is Bridgend.

I would recommend everyone to have a go, learn new skills at this lovely welcoming centre. You might surprise yourself.

Will there be a third project?

Maybe.

The next 'Introduction to Woodcraft' class starts on 12th October and is nearly full. If you are interested in taking part in a future class, please let us know (in person, by phone or by email to info@bridgendcentre.org.uk) and we will put you on the waiting list.



No prior woodworking experience necessary
All welcome!

Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
12th Oct- 2nd Nov 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

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

Bridgend Centre
at the heart of our community

Bollington Walking Festival

As I write this (on Wednesday) we are exactly halfway through the Bollington Walking Festival. It has gone very well for us so far. On the whole the weather has been kind to us, although the walkers on Monday morning were very brave and intrepid as it was a rather grey start. Fingers crossed the good weather continues. Here are some photos from the week so far.



Alderley Edge & wizards



Alderley Edge & wizards



Learn about local landmarks



Learn about local landmarks



Learn about local landmarks



Historical pub walk



Learn about local landmarks



Alderley Edge and wizards



Travelling in time



Dementia friendly walk

For more information on the Bollington Walking Festival, go to www.bollingtonwalkingfestival.co.uk

Bramley Apple, Chestnut and Roasted Butternut Squash Soup

A warming, hearty soup from The Hairy Bikers to make the most of the autumn apple crop



Preheat the oven to 200C/400F/Gas 6.

Place the butternut squash pieces into a roasting tin and drizzle over three tablespoons of the olive oil. Transfer to the oven and roast for 25-30 minutes, or until the squash is tender and golden-brown. Set aside to cool.

When the butternut squash has cooled, drain off the oil and peel away the skin, taking care not to burn your fingers.

Heat the remaining olive oil in a large pan over a medium heat, add the onion, garlic, potatoes and apple and fry for 4-5 minutes, stirring regularly, until softened.

Add the stock, roasted squash, thyme, bay leaves, chestnuts and the chestnut purée. Stir well and season, to taste, with salt and freshly ground black pepper.

Bring the mixture to the boil, turn down the heat and simmer for 15-20 minutes, or until the potatoes are tender. Set aside to cool.

Transfer the mixture to a food processor and blend until smooth. Return to the pan and heat until warmed through.

Ingredients

- 1.5kg/3lb 5oz butternut squash, seeds removed, flesh cut into large wedges
- 5 tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 2 potatoes, cut into cubes
- 1 Bramley apple, peeled, core removed, flesh chopped
- 2 litres/3½ pints hot chicken or vegetable stock
- 1 sprig fresh thyme
- 2 bay leaves
- 500g/1lb 2oz chestnuts, roasted and peeled, plus extra, sliced, to serve
- 400g/14oz ready-made chestnut purée
- salt and freshly ground black pepper

Falls Awareness Week

19th– 25th September 2022

The Cheshire East Council Health and Wellbeing bus will be out and about during Falls Awareness week offering free, rapid falls risk assessments for anyone (aged 65+) who feels they are at risk or are worried about falling.

Why not come along and do something positive to reduce your risk?

You can also have a FREE wellbeing check!



Where will we be?

- Tuesday 20th**
Market street, Congleton, CW12 1BP
09.30 – 15:00
Wilmslow Garden Centre, SK9 2JN
10:00 - 15:00
- Wednesday 21st**
Sandbach Library
09.30 - 15:00
Morrisons, Middlewich, CW10 9EX
09:30 - 15:00
- Thursday 22nd**
Bollington Recreation Ground, SK10 5JT
10:00 - 15:00
- Friday 23rd**
Tesco, Vernon Way, Crewe, CW1 2DD

Guide to help us help you in Cheshire NHS

If you need help or advice, your NHS is open and here for you.

Mental health

- Crisis Line (all age): 0800 145 6485 for urgent mental health help in Cheshire and Wirral.
- For non-urgent help and general wellbeing advice www.cwp.nhs.uk
- For children and young people MyMind.org.uk
- Central Cheshire Wellbeing Hub 0300 303 0369



www.111.nhs.uk

- Advice about illnesses and conditions
- Open for advice 24 hours, 7 days per week
- Advice about coronavirus

Pharmacy

With social distancing measures in place:

- Give advice about medicines and treating minor ailments
- Help if you run out of your medication
- Provide repeat prescription requests or collection services
- Dispense your prescription



GP Practice

- A range of doctors, nurses and other staff to help with your health issues
- Practices are offering face to face and telephone consultations



A&E or 999

- ONLY for Accidents or Emergencies
- Stroke
- Severe injury
- Suspected heart attack
- Severe bleeding
- Breathing difficulties



