

BRIDGING SOCIAL ISOLATION



Welcome to edition number 94 of Bridging Social Isolation, the newsletter of the Bridgend Centre in Bollington.

It has been a busy few weeks at the centre.

Our first 'Brew with the guys' group met this week and was a great success. Our walks have been well attended with lots of walkers enjoying the improvement in the weather and the promise of spring just around the corner.

We are always here with the kettle on, so pop in and see us!

Photo ID now required to vote

The Electoral Commission



Find out more at
electoralcommission.org.uk/voterID
No ID? You can apply for free voter ID

On Thursday 4 May 2023, local elections are taking place across 230 councils in England. At these elections, you will need to bring photo ID to be able to vote at a polling station.

A wide range of photo ID will be accepted, including passports, driving licences and cards with a PASS Mark.

If you don't have an accepted form of photo ID, you can apply for a free voter ID document known as a Voter Authority Certificate.

The Electoral Commission

Voter ID: A summary

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If you don't have an accepted form of photo ID, you can apply for a free voter ID document known as a Voter Authority Certificate.

Visit electoralcommission.org.uk/voterID, call 0800 328 0280, or scan the QR code below to find out more, including:

- Whether elections are taking place in your area in May
- The full list of accepted forms of photo ID
- How to apply for a Voter Authority Certificate (if you need one)
- What will happen at the polling station



Safety notice—Broadheads car park



Just a safety notice to ask that when you are walking to or past the Bridgend Centre, please always walk along the pavement and down the side path (next to the wall).

Broadheads car park is for the garage to use and the guys there are often reversing in and out of the garage and off ramps and negotiating the car park. It is a working environment and there are lots of hazards around the area, therefore for your own safety please do avoid walking across the car park wherever possible.



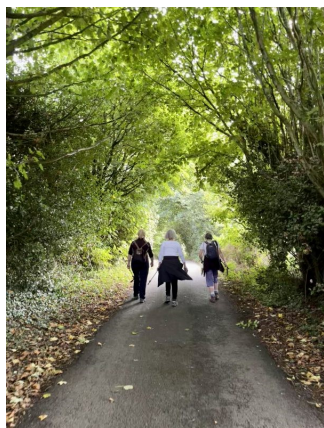
Planning for the Bollington Walking Festival kicks off

The Bollington Walking Festival organising team had their first meeting of the year last Thursday in which they started the planning for the 13th Bollington Walking Festival, which will take place later in 2023.

The dates of the next walking festival will be Saturday 9th to Sunday 17th September. The aim is to run an event of nine days' worth of guided

walks, which will be of varying lengths and difficulty. Hopefully there will also be a few 'special' events such as bus journeys to places of interest and trips out on canal boats. We also hope to organise a few walk-related socials to complement the walk programme.

The walking festival is mainly organised and run by volunteers and we could not do it without them, so a huge THANK YOU goes their way. If you are interested in leading a walk please do contact Becky (rebecca@bridgendcentre.org.uk) or Maxine (maxine@bridgendcentre.org.uk) at the Bridgend Centre for more information.



Striding on by Fiona May



Taking a break by Terry Heathcote

Money saving tips for February half term



With the cost of living crisis meaning everyone has less spare cash in their pockets, the school holidays can be a stretch on budgets for parents and grandparents who are “on duty” during the holidays. Some larger organisations are trying to ease the situation by offering free or cheap meals during the holidays.

Asda -Kids get a free breakfast or a £1 meal every day of the week, no minimum spend needed.

Beefeater and Brewer’s Faye—Up to two children under 16 can eat a free breakfast when an adult buys a cooked breakfast for £9.50.

Bella Italia—Kids eat for £1 with the purchase of an adult main course, available between 4pm to 6pm Monday to Thursday.

Dobbies—Kids eat free when an adult purchases a meal, from 12pm.

Ikea—Kids eat from 95p every day from 11am, starting February 11.

M and S café—Kids eat free when an adult spends £5 in the café.

Morrison’s Café—Get a free kids meal when an adult buys a main meal for £4.49.

Premier Inn—Kids eat free when an adult orders an all-you-can-eat breakfast from £9.99.

Tesco café—Kids eat free when an adult makes a purchase in the café and scans their Clubcard, weekdays only.

Don’t forget you can also trade in Tesco Clubcard points in their triple points scheme towards meals out, various day trips, railcards and accommodations.

So with everyone fed, what activities can you do that won’t break the bank but will keep everyone entertained.

If the weather holds, we are lucky to have so many great local places for a walk. At the Bridgend centre, we have free leaflets for local trails that tell you the history of the local area. Most of the walks start and end at Bridgend so you can use our loo, grab a hot chocolate and a bargain jigsaw puzzle or book to take home! On the subject of books, the local library has some great resources for children and the staff are really friendly and helpful.

Bollington Leisure centre runs additional swim sessions during school holidays and their prices are very reasonable.

If you fancy the cinema, Cineworld’s ‘Movies for Juniors’ screenings offer children’s tickets for £2.50.

Odeon Kids has a deal where the adults pay the same price as a child, with the deal running every day during the school holidays, as well as every Saturday and Sunday.

Vue has Mini Mornings screenings from 10am during the school holidays. Tickets for both adults and children cost £2.49 each.



**BRIDGEND
BINGO**

9TH MARCH 2023

@ THE VICEROY 6PM

TICKETS £20

ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course meal.
Purchase your tickets at the Bridgend Centre or
on our website.
www.bridgendcentre.org.uk
Charity number 1123287

 **Bridgend Centre**
at the  of our community

Sci-Fi: Is There Any Future in It?

By Jim Kennelly

Science Fiction, belittled as Sci-Fi or SF, is speculative fiction with science issues essential to the story. The Birth Mother of Sci-Fi was Mary Shelley who published **Frankenstein** in 1818. Her novel kick-started both the Science Fiction and gothic horror genres. Succeeding decades saw a flowering of technology; steam and internal combustion engines, electric motors and telecommunications prefiguring life today. Contemporary novels extrapolated from these technologies and societies' response to challenges they might present, notably those of Jules Verne and H G Wells

Science Fiction expanded beyond the format of the novel. Georges Melies' film **A Trip to the Moon**

(1902), based on the works of Verne and Welles was a worldwide early cinema success for a science fantasy story. During the 1920s space adventure was a staple of mass-market pulp fiction publications, which coined the term Science Fiction. Casual readers were enticed by the legendary lurid cover art, described as BBB – Babes, BEMs (bug-eyed monsters) and Butt-kicking heroes. Thence Sci Fi progressed to radio, comic books, Hollywood B films and television series.

New technology aka boy's toys are exciting; gleaming space rockets, space travel and ray guns. Unfortunately, the label Science Fiction is a hostage to fortune; space stories are frequently inconsistent with actual science, but you can't let the facts spoil a rollocking space adventure. Spaceships travel across vast intergalactic voids. Arriving a few hours later at pleasant, temperate planets largely populated with scantily clad nubile young ladies speaking flawless American (don't you deny it, **Star Trek!**). Problems include hyperspeed exceeding the speed of light (Einstein - such a spoilsport!) or exchanging instantaneous messages in real time across light-years distances. These are resolved by convenient Deus ex Machina black boxes labelled warp drives or sub-space communicators. Even the fabulous teleporter has issues. A human converted to energy would be equivalent to detonating an enormous H bomb on the transporter pad. This vast energy pulse must then condense back into matter at the destination, exactly



Surprisingly, the story inside is a cautionary tale of the dangers of misusing technology and the need to avoid a dystopian future!

reforming the beamed human, contradicting Heisenberg's uncertainty principle. No worries - another black box, the "Heisenberg Compensator" fixes it.

Ironically these criticisms would evaporate had pulp fiction used SF to stand for Space Fantasy. Divergence from scientific facts would be unimportant – nobody parses Mythology or Fantasy Novels for scientific correctness.

Science Fiction in its Space Fantasy incarnation is disreputable, routinely dismissed as "trashy space-operas". This disapproval was unfairly generalised to all types of science or speculative fiction with a prejudice that these stories are poorly written

and only appeal to emotionally underdeveloped adolescents.

The deeply unfashionable reputation of Sci-Fi resulted in some authors insisting their books with: alternative histories, dystopian futures, non-human consciousness and gene manipulation were somehow non-SF. Well, if it looks like a duck, waddles like a duck and quacks like a duck, maybe it is a duck.

Orwell's **1984** is rarely cited as a work of science fiction, rather a modernist dystopian cautionary tale. Yet 1984 plausibly proposes rare or yet to be invented technology to support totalitarian state power. Perhaps this was the last gasp of anti-SF prejudice – "this is one of the foremost novels of the 20th Century; with tremendous cultural heft- it can't be Science Fiction- it is on the A level English Curriculum for Goodness' sake!".

Classic SF explored time travel, but going into the past, you plunge into perilous paradox territory. Interaction with the past might devastate your own present; the subject of many pulp SF stories. That wise bird HG Wells wrote the definitive time travel story, **The Time machine**, but ensured that his time traveller only went into the future, avoiding confounding past paradoxes.

Continued on page 5

Sci-fi—is there any future in it continued.....

In **Back to the Future**, Marty McFly goes back 30 years and his future mother is infatuated with him. He realises this endangers his very existence; he must urgently transfer his mother's affections to his father. He succeeds and returns to his own time. His present, however, is changed by his time travels. This being Hollywood, his father is now a confident Sci-Fi author, the family is wealthy and he has a top-of-the-range SUV to take his girlfriend out on a date.

Stephen Fry's take is darker in **Making History**. For altruistic reasons the hero engineers the past to prevent the birth of Adolph Hitler, but this leaves a Hitler-shaped hole in history which is filled by an even nastier leader with even more terrible consequences. The only way out is to go back again and restore Hitler.

Douglas Adams' **Hitchhiker's Guide to the Galaxy** (H2G2 in the trade) wittily skewers the conceits and clichés of pulp Sci-Fi to comic effect. If time travel were possible, people would repeatedly use it for financial gain in the present. H2G2 suggests there would then be a Campaign for Real Time to protest the pollution of history by easy time travel. H2G2 has the ultimate black box fix, the Infinite Improbability Drive, which when plugged into a Brownian motion generator (such as a nice hot cup of tea) enables instantaneous travel

to anywhere in the universe. It also has the best chat up line in the Universe: "Hi Doll - this guy boring you? Come and talk to me instead I'm from a different planet!"

Science fiction is a blank canvas; the author models a worldview to compare and contrast with our current experience. This has provided serious works such as **Brave New World**, 1984, **The Man in the High Castle** and **the Handmaid's Tale**.

Sci-Fi in its many forms is certainly worth a look, but keep in mind that **Star Trek** is not a science text book.



A Brew With The Guys

Fancy a brew?
I'll stick the kettle on...



A male focused social group led by Simon
Activities, chat and inspiring speakers

Thursdays 2:00—3:00

Starting February 16th

Cost £3



Health & Wellbeing

Cheshire East Council is offering
FREE wellbeing checks across Cheshire East
to help you to stay healthy and well

**BRIDGEND CENTRE,
104 PALMERSTON STREET,
BOLLINGTON SK10 5PW**

**Thursday 2nd March '23
11:00 – 15:00**

Everyone welcome

No appointments necessary.

For more information please visit:

cheshireeast.gov.uk/wellbeing

How to report...

... a pothole or other road condition issue



If the issue presents an immediate danger, call Cheshire East Council on:
0300 123 5020 (during working hours) or
0300 123 5025 (out of working hours)

Where there is no immediate danger, report potholes or other road and pavement issues online at
<https://fixmystreet.cheshireeast.gov.uk/>

Tip: if safe to do so, take and include a photograph of the issue, including a tape measure to show the size and depth.

Cheshire East Council is the authority for highways:
<https://www.cheshireeast.gov.uk/> / 0300 123 5500

How to report...

... an issue with a street light



If the issue presents an immediate danger, call Cheshire East Council on:
0300 123 5020 (during working hours) or
0300 123 5025 (out of working hours)

If the situation is not dangerous, such as a light out or a flickering light, report it online at
<https://fixmystreet.cheshireeast.gov.uk/>

Tip: if safe to do so, take and include a photograph of the issue. Reports with photos in them tend to get fixed more quickly.

Cheshire East Council look after most street lights on adopted roads:
<https://www.cheshireeast.gov.uk/> / 0300 123 5500

How to report...

... a grounds or trees maintenance problem in a council park, play area or open space



Report issues with the following to Cheshire East Council via their Grounds Maintenance webpage:

- grass cutting
- tree maintenance
- hedge cutting
- shrub pruning
- maintaining play ground equipment
- flower bed displays
- hard landscaping - for example maintaining paths, fences, benches and gates in the park

Tip: include a photograph of the issue if possible

Private landowners are responsible for the grounds maintenance / trees on their own land.

Please visit the Cheshire East website for further guidance:
<https://www.cheshireeast.gov.uk/> / 0300 123 5500

How to report...

... an issue with street cleansing, litter or fly tipping



Report dog fouling, fly posting, fly tipping, full or damaged litter bins or dog bins, graffiti, dead animals, littering, removal of needles and syringes, or request street sweeping or new litter bins at:

<https://fixmystreet.cheshireeast.gov.uk/>

Cheshire East Council is the authority for street cleansing, litter and fly tipping:
<https://www.cheshireeast.gov.uk/> / 0300 123 5500

How to report...

... a flood (Part 1)



If there is an emergency or risk to life always call 999

If your home is at immediate risk of flooding, see thefloodhub.co.uk for practical advice.

Flooding on roads:

To report an urgent incident phone 0300 123 5020
 To report an urgent incident out of working hours (after 5pm and before 9am, including weekends) phone 0300 123 5025.

A multi-agency team responds to flooding within Cheshire East. This includes teams from Cheshire East Council, the Environment Agency, United Utilities and the Emergency Services.

Further information can be found at
<https://www.cheshireeast.gov.uk/> / 0300 123 5500

How to report...

... a flood (Part 2)



If there is an emergency or risk to life always call 999

Flooding problem	Agency responsible
Flooding of major trunk road (A55, A483, A556/A550)	Highways England
Rivers and Canals	Environment Agency Floodline - 0345 988 1188 (24 hour service)
Sewers or water pipes	United Utilities
Canals	Canal and River Trust
Electricity and power line emergencies	National Grid ESO
Gas emergencies	National Grid Gas

Further information can be found at
<https://www.cheshireeast.gov.uk/> / 0300 123 5500

Recipes—Pancake day Tuesday 21st February

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven”. Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients. The pancake has a very long history and featured in cookery books as far back as 1439. In some areas, there are organised Pancake races on Shrove Tuesday where people in fancy dress race whilst flipping pancakes, the most well known of these takes place in Olney, Buckinghamshire. There are also competitions for pancake tossing too!

Put 100g plain flour and a pinch of salt into a large mixing bowl.

Make a well in the centre and crack 2 eggs into the middle.

Pour in about 50ml from the 300ml of semi-skimmed milk and 1 tbsp sunflower oil then start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.

Add a good splash of milk and whisk to loosen the thick batter. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.

Heat the pan over a moderate heat, then wipe it with oiled kitchen paper.

Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Quickly pour any excess batter into the mixing bowl, return the pan to the heat.

Leave to cook, undisturbed, for about 30 secs. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn.

Flip and cook the other side for the same amount of time.

Fill with your chosen topping.

Suggested Toppings

Sugar and Lemon

Chocolate Spread

Banana and chocolate chips

Fresh Fruit

Ice-cream (messy but worth it!)



Pancake recipe

100g plain flour

2 eggs

300ml semi-skimmed milk

1 tbsp sunflower oil or vegetable



Reduce your food shopping bills at the same time as reducing food waste...

Bollington Town Council alongside Cre8 are starting a community grocery using surplus food donated by local supermarkets, shops and food charity FareShare, which otherwise would end up as landfill.

It costs £3 to shop. In return you will receive **3 bags of food** (fruit and veg, store cupboard and chiller / freezer).

Everyone is welcome there are no restrictions / requirements.

Find out more <https://www.facebook.com/Cre8Grocery>

WHERE AND WHEN:

Each Thursday @ 3pm outside Bollington Town Hall, Wellington Road starting January 26 2023.



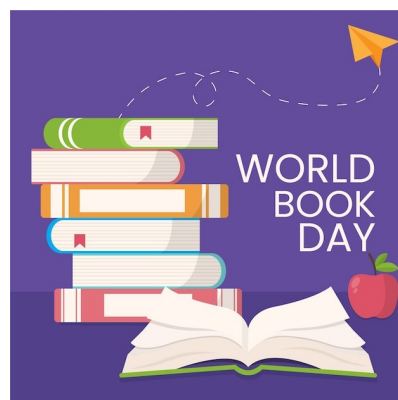
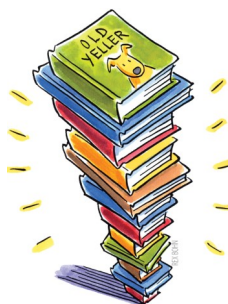
Puzzle— World Book Day Quiz 2nd March

World Book Day 2023 will be on 2 March 2023, children of all ages will come together to share the joy of reading for pleasure. In the quiz this week we test your knowledge of Children's Books. Answers can be found at the bottom of the page.

1. Name the race of small people who help Willy Wonka operate his factory in *Charlie and the Chocolate Factory*?
2. Who wrote the book that follows the antics of Peter Rabbit as he is chased about the garden of Mr. McGregor?
3. Who lives in a children's residential care home nicknamed "The Dumping Ground"?
4. Who wrote the children's novel *The Wind in the Willows*?
5. Which fantasy novel by Mary Norton features a family of tiny people who live secretly in the walls and floors of an English house?
6. What sort of food does Paddington Bear like?
7. Carlo Collodi created which famous children's character?
8. The White Witch who rules Narnia made it always winter but never what?
9. In which children's book by Dr. Seuss does the vocabulary of the text consist of just 50 words?
10. First published in 1969, complete the title of Eric Carle's book "The Very Hungry"?
11. *Of Thee I Sing: A Letter to My Daughters* is a children's book by which very famous author?
12. Sophie uses her local knowledge to take the BFG to which location in London?



- Answers
1. Oompa-Loompas
 2. Beatrix Potter (The Tale of Peter Rabbit)
 3. Tracy Beaker (by Jacqueline Wilson)
 4. Kenneth Grahame
 5. The Borrowers
 6. Marmalade
 7. Pinocchio
 8. Never Christmas
 9. Green Eggs and Ham
 10. Caterpillar
 11. Barack Obama
 12. Buckingham Palace (The BFG by Roald Dahl)



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.



Bridgend Centre, 104
Palmerston Street, Bollington,
Cheshire. SK10 5PW

Email:

info@bridgendcentre.org.uk

