

BRIDGING SOCIAL ISOLATION



Photo by Jan Slinn

Welcome to the first edition of Bridging Social Isolation of 2024.

New Year, new you! Or is it? We think that we shouldn't put unrealistic expectations on ourselves at this time of year and just go with the flow, perhaps enjoying a visit to the Bridgend in the process.

We have lots of interesting articles this month, we hope you enjoy it.

Give yourself a break this New Year

After the excesses of the festive period, we are unceremoniously dumped into January with a bump. Known for being cold, dark and notoriously long, January is nobodies best friend! On top of that we then decide that resolutions to change our ways must be made, diets started, luxuries done without and belts tightened. Well I propose that we need to go easier on ourselves! The middle of winter, when we are short on sunlight and dodging germs left and right, is the time to pamper ourselves a bit rather than cracking down on ourselves.



I think it is a great opportunity to find new interests, why not try an activity at Bridgend for example? Book a haircut, read a novel (did I mention books are only 10p here at Bridgend?!) and generally pamper yourself a little bit. It is particularly important to watch our vitamin intake in winter, the majority of adults in the UK are having below the daily recommended amount of vitamin D during winter when we rarely see the sunlight. This can have a detrimental effect on both physical and mental health.

Exercise is also often talked about at this time of year with unrealistic, punishing plans to start going to the gym starting now and rapidly being abandoned by February. There are so many ways to get active whilst having fun, such as our Armchair dancing class on a Friday afternoon or our very sociable regular walks on Mondays and Wednesdays.

Many people find themselves feeling more isolated in January particularly after the contrast of having family and friends around at Christmas. We always have the kettle on down here and there are community workers and volunteers always on hand to have a chat and share a brew. Come down and see us and have a happy New Year.

Happier January 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together

The Oliver Trust

The Oliver trust was set up to provide financial help to improve physical and mental health of the people of Bollington. The Trust offers support in the form of small one-off grants (of up to a maximum of £300) to help people fund specific items during difficult times.

Edmund Lomas Oliver entered the firm of Thomas Oliver and sons at the age of 17. He was the second son of Thomas Oliver, who owned the Waterhouse Mill, a steam and water-powered



Waterhouse Mill c.1910

cotton mill. It appears that the Oliver family had always shown concern for their workers as demonstrated by their foresight to lay in stocks of cotton prior to the American Civil War. This ensured his work force had jobs, thus avoiding the distress suffered by the many who were unemployed locally.

Edmund found the Trust in 1926 to alleviate the hardships caused in the aftermath of WW1. The trust must have been a godsend to many local folk during the Great Depression of the 1930's, when industrial towns like Bollington were plunged into grinding poverty and unemployment ran at over 20%. This was a time before the wonders of our free NHS, where men and boys even resorted to diving into the canal in search of coal that had fallen off the barges, in a desperate attempt to keep their families warm.



E.L. Oliver



DANCE / EXERCISE CLASSES

The Bridgend Centre, 104 Palmerston St, Bollington, Macclesfield. SK10 5PW

Starting 10th November, Every Friday 2pm - 2.45pm
£4 per class

This class is a fun, creative dance/exercise class with inspiring music led by dance artist Lewis Bailey.

Sessions can be taken seated or standing.

Become part of your local community with this fun and engaging class in the heart of Bollington.



In present times the philosophy of aiming to improve physical or mental well-being through practical means remains the same.

Over the last few years, grants have been given towards the purchase of a variety of items such as a washing machine, a vacuum-cleaner, school clothing and a reclining chair for a person with mobility issues. Help has also been given towards utility bills and the purchase of food vouchers during crisis situations, house repairs and short-term taxi costs for an isolated person to attend weekly activities. One recurring request has been for funding towards the installation of stair-lifts to enable individual to stay in the security of their own homes as their health deteriorates.

If you feel that you, or anybody you know that lives in Bollington, is experiencing difficulties with their physical or mental health and could benefit from some financial support, please contact the Trust by emailing Jane.Ryan@tiscali.co.uk.

To book a place on the class visit the centre in person, email info@bridgendcentre.org.uk or call 01625 576311

'Introduction to Woodcraft' review by Sue Stephenson

I recently attended a woodcraft course at The Bridgend Centre led by Lindsey, a talented artisan. There were just four of us, inexperienced crafters but very eager to learn basic woodworking skills. The focal point of the course was to create a lidded box.

We learnt fundamental woodworking techniques including accurate sawing, measuring and how to make sturdy joints which resulted in aesthetically pleasing and functional boxes. Lindsey's style encouraged questions, fostering a supportive environment with participants sharing insights and tips which helped to create a sense of camaraderie.

I was left with a new found confidence in my abilitiesthe Woodcraft Course was an excellent investment of time and effort.

Sue Stephenson Jan 2024



No prior woodworking experience necessary
All welcome!



Bridgend Centre, Bollington
Wednesday am classes
10:30-12:30
6th - 27th March 2024
£30 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 and discuss any additional requirements



Bridgend Centre presents:

Shuttle to the Shops

A new bus service from Bollington every fortnight

Available to all - £4 per trip
Wednesday afternoons

Places are limited. For more information and details on how to register please contact:
Tel: 01625 576311 or
Email: info@bridgendcentre.org.uk



Wed 10th January - Cheadle (John Lewis and Sainsburys)
Wed 24th January - Handforth Dean (Tesco, M&S and Next)
Wed 7th February - Macclesfield Barracks Mill
Wed 21st February - Wilmslow Garden Centre
Wed 6th March - Cheadle (John Lewis and Sainsburys)
Wed 20th March - Handforth Dean (Tesco, M&S and Next)



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Pun corner

I couldn't take my Sid James rucksack AND my Kenneth Williams satchel onto the flight because I was only allowed one piece of carry-on luggage.

A shop assistant fought off an armed robber with his labelling gun. Police are now looking for a man with a price on his head.

Walking home last night I passed a hot fudge, a lemon cheesecake and a slice of apple pie. I thought to myself....the streets are strangely deserted tonight.

I invented a reusable teabag....but Tetley's have taken out a restraining order...



Kerridge countryside on TV

Eagle-eyed people familiar with Bollington may have recognised some of the sights on an episode of 'Celebrity Escape to the Country' that aired on BBC TV over the festive period. Married Strictly Come Dancing professional dancers Aljaz Skorjanec and Janette Munrara were filmed in their search for a house in the Cheshire countryside and one of the houses featured is on Higher Lane in Kerridge.



The house has been called both Endon Cottage and Ivy Cottage in its history and is very close to Endon Hall. It will be familiar to many of the keen ramblers among our readers as historical landmark the 'Rally Road' turns into a set of precipitous steep steps at this house and ascends the flanks of Kerridge ridge to Windmill Lane.

The term Rally Road is a corruption of rail road and resembled what we would call today a tramway. It was constructed in the 1830s by William Clayton from Bridge Quarry, high on the west side of Kerridge Hill to Macclesfield Canal, where the dry dock and wharf are today. The purpose of the tramway was to transport stone extracted from the quarry to the canal for transportation to the wider world. The house was built before 1849, again by William Clayton, and he built several other houses in the vicinity, including Endon Hall, Endon Lodge and Rose Cottage. It has been rumoured that William Clayton came from Endon in Staffordshire, hence the names of several of the buildings, but there is no firm evidence of this.



The historic photo below shows an arch to the side of the building, which is the approximate location of the Rally Road (although the arch is likely to have been built after the Rally Road was used for industrial purposes). The more modern photo shows an extension, which was built partly over where the Rally Road would have been.

The first 90 metres or so of track of the Rally Road was laid in the mouth of what was then known as Victoria quarry. From just above Windmill Lane the next 90 metres is very steep, an incline, and wagons were lifted and



lowered on a cable or rope. A steam engine was located at the top with a large winding drum to hold the cable. Victoria Bridge (below), was built to carry the lane over the tramway incline and carries a date stone for May 24th 1837. There were two sets of tracks, one for loaded wagons being lowered, the other for empty wagons rising and providing some counterbalance to the descending wagons.

The two tracks would have continued down what is today the driveway to Endon Hall and Endon House. The slope here is much less

than the incline and horses would have been used to hold back the loaded wagons and draw up the empties. Just before crossing Oak Lane the two tracks became one for the journey to the canal. Once the line crossed Oak Lane the gradient became easier all the way to the canal.

While Aljaz and Jeanette didn't chose to buy this house in the end, they were very impressed with its lovely décor and surroundings and it certainly has an interesting history!

Thanks to happyvalley.org.uk for some of the information and photographs in this article. You can watch this episode of Celebrity Escape to the County on the BBC i Player.



Lovely winter colour in a vase



I have a confession to make. After nine years of working in the Bridgend Centre charity shop and seeing these funny shaped vessels come in most weeks, I thought they were a vase for normal cut flowers. I did not know they were for growing hyacinth bulbs in.

I recently found out at our local garden centre that they are officially known as 'forcing vases' and have a wide base to contain the water and roots of a Hyacinth bulb, and a narrow neck to hold it so it doesn't quite touch the water.

To grow Hyacinths this way is very easy and can provide a lovely burst of colour in your home during the winter.

To do it, put the bulb in the top of the vase and make sure it doesn't touch the water, but sits just above it. Place the glass in a cool

(below 10°C), dark place for six weeks for roots to form. Once the main green shoot is about 7-10cm tall, move the glass into full light and watch the flower gradually develop. Turn the glass around by a few degrees every day to prevent the plant leaning towards the light and toppling over. Top up the water as necessary.

Forced bulbs grown in water should be treated like an annual and disposed of after they have flowered.



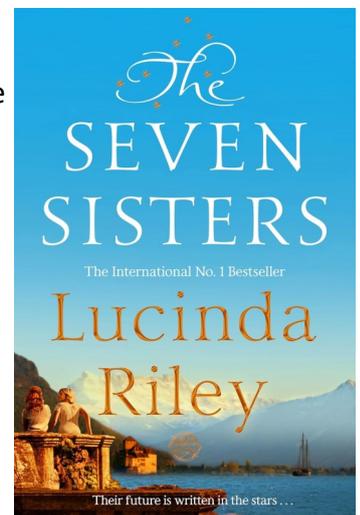
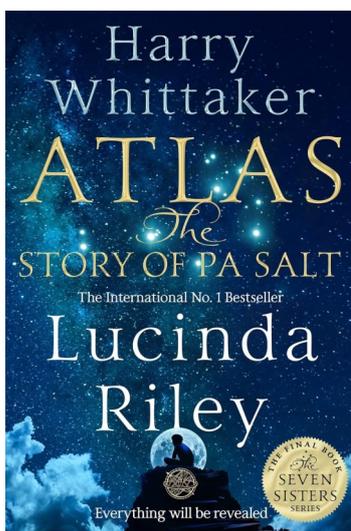
Book review—the Seven Sisters books

If you are going to be indisposed for a few months, need something to occupy large amounts of time and you enjoy historical fiction, you wouldn't go wrong in reading the Seven Sisters series of books by Lucinda Riley. There are eight books in the series and follow the lives of seven sisters and their father, Pa Salt. If you are expecting works of literary genius, this probably isn't the place to come but if you want entertaining for long periods of time, these are for you.

The series is based on the fact that Pa Salt is very rich and travelled the world finding baby girls to adopt and bring to his mansion on the shores of Lake Geneva. Each girl's name is based on a star in a famous constellation and has an intriguing backstory.

When Pa Salt dies (which happens at the beginning of the first book) they each go on a journey of discovery to find their roots. The voice of each girl and their characterisation sound exactly the same and you might be forgiven for thinking they are the same person. That doesn't matter too much because each story sucks you in and takes you to a different country at a different time, usually tying in a famous character or two. They are large books but very easy to read quickly.

The eighth book, Pa Salt, only came out very recently and is still only available in hard back. I would wait until it is in paperback as it weighs a ton. Lucinda Riley tragically died before she could finish it, so it was completed by her son Harry Whittaker. I am hoping it ties up the mystery of who Pa Salt was, how he made his vast fortune, why he adopted all those girls and what happened to him. I can't wait to read it!



Recipes— Chicken Pot Roast and Simple Flapjack



Preheat the oven to 240C/220C Fan/Gas 9, or as high as it will go.

Put the chicken into a large casserole dish, drizzle with oil and season with salt and pepper. Roast for 15 minutes to brown the chicken, then remove from the oven and reduce the temperature to 220C/200C Fan/Gas 7.

Transfer the chicken to a plate, then put all the ingredients except the spring greens into the casserole. Lay the chicken on top and cover with the lid.

Set the casserole over a high heat for 3-4 minutes, until you hear the liquid in the bottom of the dish start to boil. Transfer to the oven and cook for 40 minutes, or until the chicken is cooked through completely.

Carefully remove the chicken from the pan with a pair of forks or tongs and set aside to rest for 15-20 minutes.

Meanwhile, stir the spring greens into the vegetables and pearl barley, cover with a lid and leave to stand while the chicken rests.

Carve the chicken and serve with the vegetables.

- 1.5-1.8kg/3lb 5oz - 4lb chicken
- olive oil, for roasting
- ½ swede, peeled and chopped
- 3 carrots, cut into chunks
- 2 onions, chopped
- 100g/3½oz pearl barley
- 2 chicken stock cubes
- 500ml/18fl oz hot water
- 2 garlic cloves, flattened
- 1 tsp dried thyme
- 1 head spring greens, shredded
- salt and freshly ground black pepper

Simple Flapjack



- 175g butter
- 175g golden syrup
- 175g light muscovado sugar

350g porridge oats

Preheat the oven to 150C/130C Fan/Gas 2 and line a 20cm/8in square baking tin with baking paper.

Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger.

Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.

Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out onto a chopping board and cut into squares.



Keeping warm and well: staying safe in cold weather

Plan ahead



Check the weather forecast and the news



Make sure you have sufficient food and medicine



Take simple measures to reduce draughts at home

Keep yourself warm



Heat rooms you spend most time in to 18°C if you can



Keep bedroom windows closed



Wear multiple layers of thinner clothing

Prepare your home



Check what financial support may be available for you



Use energy saving tips to save money on heating



Make sure appliances are safe and working well

Look after yourself and others



If you're eligible, get vaccinated against flu and COVID-19



Check on others who may be vulnerable

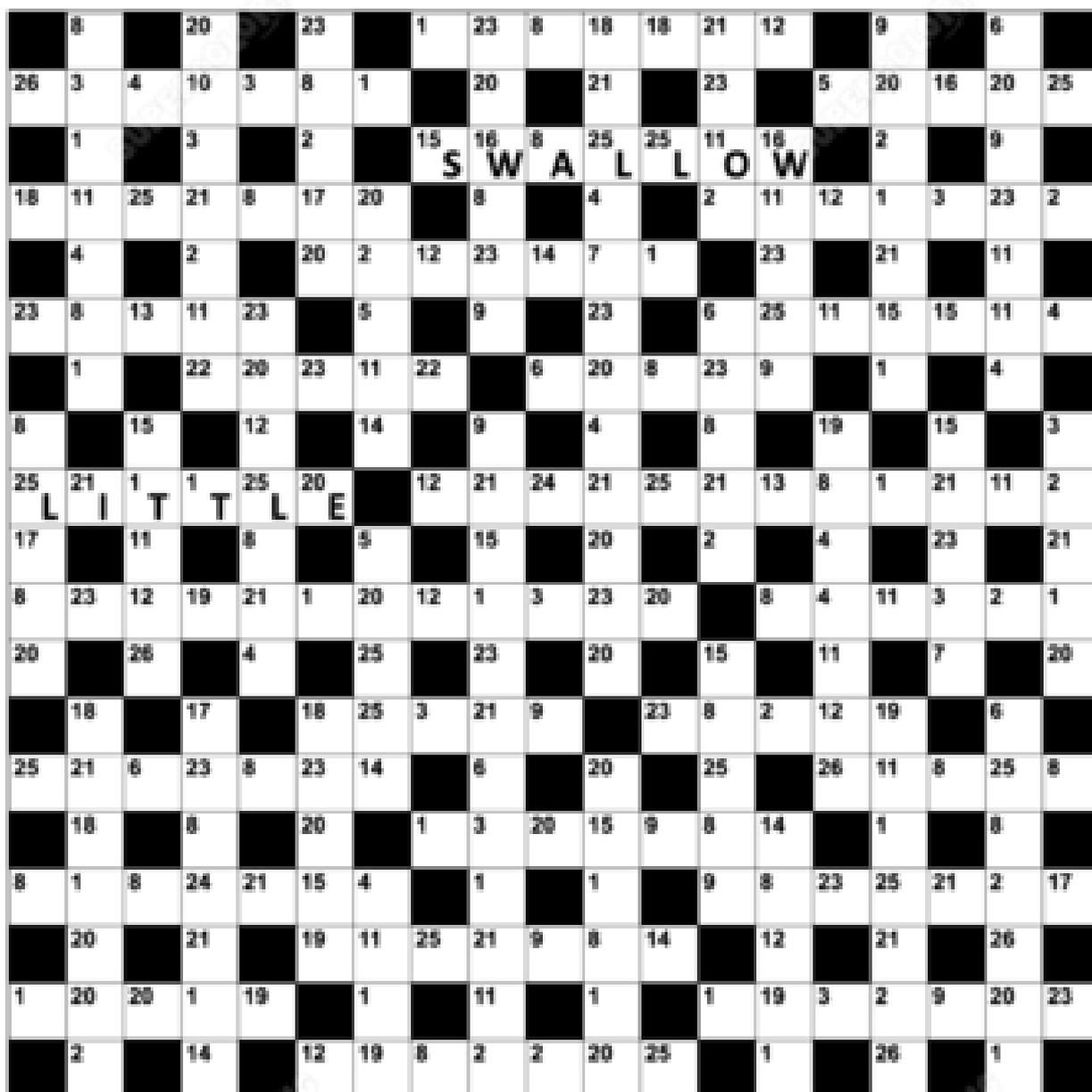


Get help if needed. Call NHS 111 or in an emergency 999

For more information go to:

[Top tips for keeping warm and well this winter - www.GOV.UK](https://www.gov.uk)

Brain teaser—Code Breaker



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

ANSWER 1-1'2-N, 3-U, 4-M, 5-I, 6-B, 7-P, 8-V, 9-D, 10-Q, 11-O, 12-C, 13-Z, 14-Y, 15-S, 16-W, 17-Q, 18-F, 19-H, 20-E, 21-I, 22-X, 23-R, 24-V, 25-L, 26-K.

A huge 'thank you' to the Theodore Maxxy Charitable Trust for funding this newsletter. We greatly appreciate it!

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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