

BRIDGING SOCIAL ISOLATION



Welcome to Edition 108 of Bridging Social Isolation. As we hit April, hopes are high for a some sunny Spring days and longer daylight hours. It has been a long, wet winter so we are certainly hoping for some brighter days! In this edition we look at ways we can enjoy Spring, whether it be through some lovely walks on the Bridgend trails in this area, or by browsing the bargains in our well-stocked charity shop and vintage fair.

We always welcome contributions and articles from people, so if you do have anything to share, please send it by email to info@bridgendcentre.org.uk.

Bollington news updates - the Tip and Adlington Road

In last month's edition of this newsletter, we informed you of a couple of developments in the Bollington area; the tip being due to be 'mothballed' from 1st April and Adlington Road being closed due to damage incurred to Gnat Hole Bridge following work on electricity cables being carried.



The tip closure/mothballing has been postponed for a couple of months while Cheshire East Council find alternative provisions for the service. The exact date for this closure is still not clear and Cheshire East Council have promised further updates over the coming weeks. Read more on this decision on Macclesfield Nub News here: <https://macclesfield.nub.news/news/local-news/closure-of-bollington-and-poynton-tips-delayed-by-a-few-months-225328>

In terms of the repair of Gnat Hole Bridge on Adlington Road, Adlington Road was closed in January for Utility company 'OCU Group' working on behalf of Electricity North West to excavate a trench and install cables along Adlington Rd. Unfortunately, while these were being done, serious damage was sustained to the bridge when one of the coping stones was knocked out. The bridge has been seriously weakened and the road cannot be reopened until it is repaired.

The repair work is scheduled in to start on 3rd June and is expected to last approximately four weeks. This will also include the installation of electricity cables by Electricity North West. As the re-open date of Adlington Road is still very unclear and a few months away, we are working on an alternative location for the Bridgend car wash and will update you on that as soon as we know the details.



Middlewood

Need help with the **NHS App** or **patches?**

Did you know that accessing the NHS App and PATCHS let you quickly and easily interact with the surgery about your care without waiting in call queues?

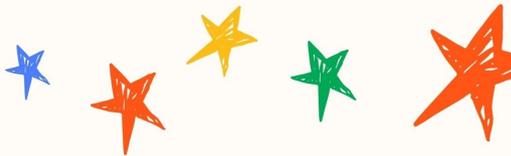
If you'd like help with the NHS App or PATCHS, please call the practice and ask to be booked in to one of the support sessions below and we'll be happy to help!

Please be aware that places are limited and must be booked in advance.

Date	Time	Location
Weds 03/04/2024	9:00am - 12:00pm	McIlvrde Medical Centre
Weds 10/04/2024	9:00am - 12:00pm	Bollington Medical Centre
Fri 19/04/2024	2:00pm - 6:00pm	The Schoolhouse Surgery
Weds 08/05/2024	9:00am - 12:00pm	McIlvrde Medical Centre
Tues 14/05/2024	1:00pm - 4:00pm	Bollington Medical Centre
Fri 24/05/2024	2:00pm - 6:00pm	The Schoolhouse Surgery
Mon 03/06/2024	10:00am - 2:00pm	McIlvrde Medical Centre
Weds 12/06/2024	9:00am - 12:00pm	Bollington Medical Centre
Tues 18/06/2024	3:00pm - 6:00pm	The Schoolhouse Surgery

Please bring your device and all required passwords with you to the session.





INTRODUCTION TO WOODCRAFT



BRIDGEND CENTRE, BOLLINGTON

WEDNESDAY AM CLASSES
10:30-12:30
24TH APRIL - 1ST MAY 2024
£15 FOR 2 WEEK COURSE
PLACES LIMITED

No prior woodworking experience necessary
All welcome!



- Learn basic woodworking skills
- Make your own **wooden serving tray**
- Make friends in a safe space



Contact Rebecca
 01625 576311
info@bridgendcentre.org.uk
 to book your place and discuss any additional requirements



Farewell to Anna B

March saw us say farewell to a familiar face at Bridgend, Anna Barker, as she takes a well-deserved retirement. Anna has worked for Bridgend for five years and has brought many skills and talents to her role while she has been with us.

Anna is a talented artist, musician and greenwood carver. She has brought music and entertainment to many a Bridgend event and her beautiful illustrations enhance the Bridgend 'Tree Trail' booklet. She has also used her significant woodcraft skills to deliver classes and workshops and support our team of woodcraft volunteers.

Anna is moving on to enjoying her passion for greenwood carving and art, and will be running workshops and selling her artwork and woodcraft items such as carved spoons, scoops and shrink boxes. For more information on this, please go to her new website www.annabarkercraft.co.uk.



Bridgend in Lego



When our eBay Co-ordinator Bev heard that Bridgend regular Anna Barker was leaving us, she decided to make her a gift to remember, a model of the Centre made out of Lego!

We are sure you will agree that her creativity and attention to detail is amazing, including miniature models of each of the staff team! Maybe you can guess who some of them are?!



Bridgend interiors style

The Bridgend charity shop is a treasure trove of bric-a-brac and homeware items to buy for your home at bargain prices. There are great opportunities to pick up items that wouldn't look out of place in a glossy interiors magazine at a fraction of the price!

Here some of our staff share some of the bargains they have bought at Bridgend that now brighten up their home.

Sam filled the shelves in her bedroom with quirky knick-knacks and books with beautiful covers to provide items of interest and colour. One of her favourite items is a hare print, which fits in nicely.

Sam also collects unusual glass and has a lovely collection from various items she has bought from the Bridgend.

Becky got many of the items to be seen around the fireplace in her bedroom from Bridgend, including the mirror that she got from a Vintage Fair a few years ago, the vase, candles and a giant illuminated B!



One of her absolute favourite items is the painting of a solidier hound, he looks like he has a story to tell!

Finally, this lovely framed print of steps up to a doorway fits in well to the warm

Mediterranean feel in Helen's hallway.

Thank you to everyone who donates such wonderful items to our shop, the sale of which raises invaluable funds for our charity and allows us to deliver so many services in the Bollington community.

Don't forget that the next Bridgend Vintage Fair will be taking place on Saturday 13th April for you to get your own quirky treasures from. The event runs for a week, but all the items are all put out on the first day and once they are gone, they will be gone!



Bridgend Centre presents...



Vintage Fair

Browse our vast collection of vintage bargains and at the same time raise funds for our wonderful local charity

Saturday 13th to Saturday 20th April 2024
In the Education Room at the Bridgend Centre
FREE ENTRY

Monday to Friday 10—4 and Saturdays 10—1
Don't delay, once the stock is gone, its gone!

The Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire, SK10 5PW
01625 576311 www.bridgendcentre.org.uk Charity no: 1123287

Bridgend Buddies

I took over the role of Bridgend Buddies Co-ordinator in June 2023, a role which had been established by Anna Hatley previously, before she moved onto pastures new.

At the time of me taking over there were six partnerships ongoing, all of which are still currently running, which is fabulous as it shows that the matching process was done perfectly!

Since I have taken on the role, I have found Buddies for four people who had requested one. We currently have seven active partnerships, with another three due to commence very soon once all the necessary safety checks and training have been carried out. Some relationships last for a very long time (years in fact!) and some only a few months, mainly due to health issues and changing personal circumstances. But however long they last, they bring companionship, meaning and a sense of independence into the lives of both parties. We also have a Buddy who visits and chats to several people regularly at a local care home.



The need for Buddies is high, and we receive referrals frequently from the local GP surgery and via self-referral. There are numerous people in our local area who have become isolated due to health and mobility issues or just circumstance. It is amazing to see the partnerships working well – to watch our Buddies bringing joy and happiness to the people they support and to themselves. They really do make a difference to the people they support! Here is an example of the project in action:

Jeff is a 90-year-old gentleman who has macular degeneration and is no longer able to drive. He is a good natured, friendly and polite man who is a widower and has no family nearby. He was referred to The Bridgend Buddies by a friend of his who had noticed how lonely he was becoming. It became obvious to me that Jeff would love to get out of the house but was not mobile enough to walk any great distance. He loves all kinds of sports especially cricket and Manchester United football club. I contacted a gentleman who had previously been a Buddy but his partnership had ended over lockdown, due to the fact they were unable to meet in person. Steve is also a Manchester United fan and is quite at home chatting about any kind of sport really! Steve is also a driver and is happy to drive his buddy around.



All three of us initially met at Jeff's home when Wimbledon 2023 was being televised. Immediately the two of them started to chat about tennis (which was on the TV when we visited!) and it was clear to me that they would both get on very well, both of them being very similar in personality, with the same interests and all-round lovely people! Since then, they have met each week, with Steve driving Jeff to the Bridgend Centre for a cup of tea and a browse, and also visiting other venues for similar. Jeff is looking forward to visiting Bollington Recreation Ground in the summer to watch the cricket being played there.



I am so proud to be part of this scheme. I find it so rewarding bringing people together to make lasting friendships. Loneliness and isolation are so detrimental to our health and wellbeing, and it is wonderful to see our Buddies making a difference.

Bev Henderson—Bridgend Buddies Co-ordinator

A rainbow shines over Bollington



Photo by Lee Wainwright

A little bit of magic came to Bollington on Good Friday in the form of a rainbow, which in some places showed as a double! These lovely photos show have really inspired us to get active and go walking in the lovely countryside around Bollington now that Spring has arrived.

There are lots of walking trails that you can download from our website to give you ideas of places to walk from the centre of Bollington (the Bridgend Centre). Just go to <https://bridgendcentre.org.uk/bridgend-walking-trails/>. Our interactive map is great to help you decide which direction you want to walk in!

Some of great places you can go to enjoy nature in this area include:

- * Ingersley Vale - Heritage Trail 4 - a lovely waterfall that tumbles down from a secluded pool, with a wood behind on the slopes of Kerridge Ridge.
- * Harrop Valley - Heritage Trail 2 - a quiet valley in which all you can hear is birdsong, only occasionally will you meet another walker here. Harrop is great for enjoying bluebells in late April to Mid May.
- * Bakestonedale Moor - Heritage Trail 5 - This wild and rugged moor stands above the Cheshire Plain and has some great views over to the Wirral and Manchester.



Photo by Wendy Butterworth

Action for Happiness - Active April

Active April 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Eating the Rainbow

'Eating the Rainbow' refers to having a diet that includes a wide variety of different coloured plant foods. While there is no evidence that doing this in isolation will provide you with all the nutrients your body needs, the benefits of it is that you will eat a wide range of different types of fruit and vegetables that will contribute towards your 'five a day' and help you get many of the nutrients, vitamins and minerals you need.

You don't have to go in search of purple carrots in order to do this.

Examples of items you could buy when you go shopping include:

Red: tomatoes, red peppers, watermelon, pomegranate, apples, chills, lentils

Orange: carrots, apricots, mango, pumpkin, squash, sweet potato, peaches, clementines, orange peppers

Green: kale, spinach, courgette, green beans, broccoli, celery, avocados, apples, peas, green peppers

Purple: blueberries, aubergine, beetroot, red grapes, plums, kidney beans, dates



Recipe - Harissa Roasted Vegetables on Mint Tabbouleh

Ingredients (feeds 4 people)

4 Sweet Potatoes
1 tin of Chickpeas
100g Cauliflower
100g Harissa Paste
Vegetable stock cube or paste
4 Garlic Cloves
240g Bulgur Wheat
250g Cherry Tomatoes
1 bunch of Mint
1 Lemon
150g Feta Cheese
150g Natural Yoghurt
Olive oil for the baking

Method

1. Preheat the oven to 220/200 fan/gas mark 7.
2. Chop the sweet potato, cauliflower and any other vegetable you wish to include into 2cm chunks. You don't necessarily need to peel. Pop into a baking tray with the chickpeas and drizzle with oil and half the Harissa paste. Season and then toss to vegetables to roast them. Spread out in a single layer. Put in the oven to roast for 25-30 minutes.
3. Peel and press the garlic.
4. Heat some oil in a saucepan, once hot add the garlic and stir fry for 1 minute. Stir in the bulgur wheat and vegetable stock cube and then bring to the boil. Simmer for 1 minute. Put a lid on the pan and remove from the heat. Leave for 12-15 minutes.
5. Half the cherry tomatoes, take the mint leaves off their stalks and zest and half the lemon. Cut the Feta cheese into small pieces.
6. Once the bulgur wheat is cooked, stir in the tomatoes, lemon zest and the remainder of the Harissa paste (this is optional, so if you prefer things milder just leave it out). Add half the mint, half the cheese and half the lemon juice.
7. Remove the roasted vegetables from the oven. Serve the Tabbouleh (Bulgur wheat with tomatoes and cheese) in bowls or on plates. Put the roasted vegetables on top of each plate/bowl. Scatter over the remaining mint, cheese and some flaked almonds if you would like.



Brain Teaser - Dingbats

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Leg Leg

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ENTURY

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DNAH

7
ECLIPSE

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Piano

9
*Lips
Lips*

10
Pack Pack Pack
Pack Pack Pack

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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I AM Print Ltd

Dingbats
Answers to

1. Square meal	4. Foreleg	7. Partial eclipse	6. Backhand
2. More harm than good	5. Long time no see	8. Upright piano	3. Hang the
	9. Tulips		

Bridgend Centre

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www.bridgendcentre.org.uk

Registered charity 1123287 We are a
Charitable Incorporated Organisation
(CIO)

 **Bridgend Centre**
at the  of our community