

Seats fit for a queen

Volunteers to be test pilots are not easy to find in order to check whether a new device is OK for the general public use. After all, as a responsible body of Christian people we should be prepared to engage one of our own parishioners to be the first guinea pig. It is important to choose a member who has the experience and wisdom in giving feedback that will endorse the use of the device. Eileen Walker, one of our Readers, fitted the bill and just after the first installation was complete she appeared by magic or was it divine intervention? Eileen was willing to ensure that the seat was comfortable and the sensor and remote operation was working to her satisfaction...and the device was then given the go-ahead!

Flushed with success John & Peter fitted the other 4 automatic toilet seat cover devices without delay.

The NAVISANI toilet seat cover is automatically controlled by a built-in microcomputer, and operated by a non-touch sensor or the built-in button. New sanitary film then is pulled into position and stops after exactly one complete turn. The used film is destroyed by a cutter to ensure one time use only! Do not be concerned about safety...they are not connected to the national grid...having a built-in 6V rechargeable battery. They even have torque control (but not talk control) just in case someone operates the film changer when seated!



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After contacting the company we were assisted by Alice who was frankly amazing... good English and after ordering the products she tracked them continuously and



updated us as they travelled across from Xiamen on the eastern coast of China to Kazakhstan, on to Belarus, then Poland, Germany, Holland & finally Buglawton, taking 35 days by train. Alice recommended that we purchase enough film, so we have enough for about 50,000 sittings!

Furthermore, our enthusiastic Community Development officer Muktadir Khan (Muka to us) from Cheshire East Council informed the community leaders about the Covid-19 Community Response and Recovery Fund and after applying we were granted funds to assist us in making the centre as COVID-19 secure as possible... so thanks to Cheshire East Council we now have the

best toilet seats in Congleton and perhaps even the County!

St John's Community Centre supported by Alice & The Wing Company, now probably have the lowest transmission infection risk toilets in town! Many thanks to Alice & the Wing Company

Contact Us



Scan the QR Code to Visit the Website on the Phone

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Bromley Farm Holiday Food & Fun Events

The half term for young people was full of food and fun as Bromley Farm Community Development Trust offered two events as part of its Covid-19 Community Response Food Project.

We provided a free cooked lunch on Thursday and Friday for 15 young people on each of these days. On Thursday whilst lunch was being prepared young people took part in a fun and rather loud game of Taboo. Young people then sat down for a lunch of pasta and sauce with meat balls and garlic bread followed by a pudding of chocolate swiss roll and custard. They followed this with games of Among Us for the rest of the afternoon. On Friday lunch was baked potato served with sausages, beans and cheese with jam swiss roll and ice cream for desert. This was followed with games of Jenga, Top Trumps, playing cards, dancing and exercise contests.

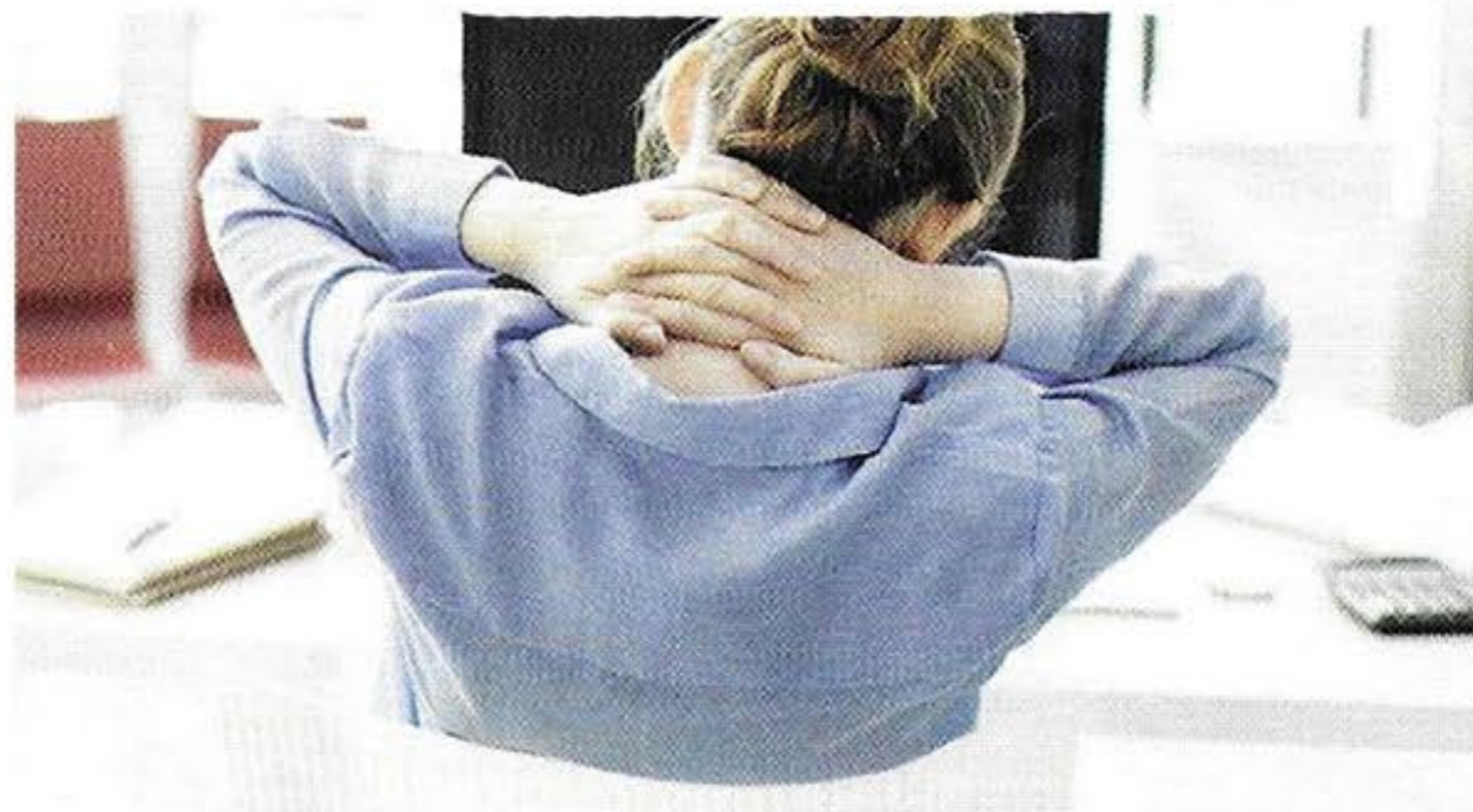


Everyone enjoyed lunch and they were very grateful of the volunteers who delivered the first of a series of Food and Fun events that will be repeated during future school holidays. Some young people also helped which is a regular element of all our provision. There have been many suggestions made by them for meals to be cooked at future sessions.

Bromley Farm (cont'd)

Glen Williams, Bromley Farm Youth Club Manager said 'Bromley Farm Community Development Trust continues to adapt to provide opportunities and solutions for the benefit of residents. The two Food and Fun sessions delivered during the October half term were very successful and young people really enjoyed themselves and were fed delicious healthy hot meals. We are grateful to Cheshire East Council who have provided the funding through their Covid-19 Response and Recovery Grant scheme and the volunteers who helped deliver two great sessions.

Glen Williams added 'The Holiday Food & Fun events are part of our wider Community Response Food Project to assist all Bromley Farm residents during the next few months. It will provide a wide range of interventions and opportunities such as community café, production of a recipe book by our youth clubs, allotment demonstrations, supply of grow at home kits and the creation of community orchards.



STAY COOL IN THE QUEUE

We've all had to grow more accustomed to standing in long queues over the past few months. Transform the mundane and frustrating into a mindful moment with this technique.

Breathe in and scan your immediate environment for a beautiful colour, moment or scene. It could be something as simple as a brightly coloured jacket, a smile on someone's face while talking to a loved one or children playing.

Breathe out while holding your gaze on your chosen subject.

Repeat a few times until you're in a more positive frame of mind – and at the front of the queue!

ENERGISE AT YOUR DESK

Stuck at your desk all day? Here's a breathing technique that you can easily enjoy on the spot.

Uncross your legs and have your feet firmly planted on the ground. Your ankles should be directly under your knees, and your legs hip-width apart. Before you start, move your legs: shake them, move your feet up and down.

Now shuffle forward a little on your chair, so that your buttocks are resting nearer the front of the seat.

With a tall spine, take your arms behind you and, with your hands, clasp the lower edge of the back of the chair. Draw your shoulder blades toward each other gently and notice a slight lift in the upper chest.

Gently tilt your pelvis and hips forward, allowing your belly to round toward your thighs. Raise your chin slightly and soften the face.

Apply equal resistance between pulling the back of the chair toward you and squeezing your shoulder blades toward each other.

Now that you're in position, begin to bring your awareness to the breath. Breathe in through the nose, press the tip of your tongue on the hard palate of the mouth and draw your shoulder blades further toward the centre of the spine.

Take in a little more air at the peak of the inhalation.

Breathe out through the nose and, when you feel you've expelled all the air, push a little more out through the nose.

Repeat this exercise for five to ten rounds.

FILM CLUB

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Royal Mail launches doorstep parcel collections service



The Financial Times and the Independent have reported that Royal Mail postal workers are now collecting parcels from customers' doorsteps for the first time through a new service called Parcel Collect. The service will cost 72p on top of standard postage costs for every parcel, while pre-paid return items will cost 60p each. As well as offering customers in rural locations a higher level of convenience, the new move could help Royal Mail adapt to the decline in people sending letters and the rapid growth in online shopping due to closures of non-essential high street shops during lockdown.

From Wednesday 21 October, people will be able to send parcels without the need to leave the house as part of a new service called Parcel Collect. Customers will be asked to pay a fee of 72p on top of standard postage costs for every parcel they send, while pre-paid return items will cost 60p each.

The new service Collect service, which was first trialled in Bristol, will not result in new jobs, a Royal Mail spokesperson said. Instead, the collection of packages will become part of the daily rounds for the UK's 90,000 postal workers. The Royal Mail said the service is one of the biggest changes it has made since the launch of the postbox in 1852. The first parcel post was introduced in 1883.

Congleton Youth Forum Young People Holiday Full of Fun Event

Following the lockdown, young people have been restricted to the many opportunities that they would normally be able to enjoy. Restricting their interaction also impacts on their mental well-being.

The Congleton Community Covid-19 Leads Group, which includes a number of representatives of the Congleton Youth Forum, identified that as restrictions were starting to lift we could offer some young people the ability to help them during the summer before they returned to school. We also thought we could find out what more needs to be provided to help them get back to a normal routine.

Congleton Youth Forum took the lead to develop and deliver an event that would help the most vulnerable young people aged 8-16 in our community who have been in lockdown in sometimes difficult and challenging family situations or have developed a sense of social isolation.

An event took place on a lovely sunny day at Bromley Farm Play Area and offered a whole range of fun and engaging activities.

The fun activities on offer included a crazy golf course a unique experience of the summer, outdoor DJ session allowing young people to create their own set. Favourites such as swingball and snakes and ladders games were available plus a large Panna Football pitch provided by Cheshire Police.



Congleton Youth Forum (Cont'd)

There was also the opportunity for young people to make their own lunch with options of different varieties of pizza and vegetable stir fries proving very popular. Later in the afternoon an arts workshop was offered where young people could make a clay model or decorate a coaster.

Thirty five young people who had been referred by organisations including Bromley Farm Youth Club, Ruby's Fund and Cheshire East Youth Support Service signed up and attended. During the afternoon, a further 15 young people joined in who came with parents and grandparents.

Every single person had a great time and provided positive feedback. It was also a beneficial opportunity to capture their experiences of lockdown and what their hopes and anxieties were for the future.

There was lots of friendly chat and signposting of other support available to them.

There was a fantastic level of social interaction that was done in a Covid-19 secure way, following all the necessary Government guidelines that were in place at the time. Each activity was restricted in numbers taking part at a time to allow social distancing and there were hand sanitising stations everywhere with equipment regularly cleaned. Young people took part in the activities in a positive way with some taking a lead on some and offering to also help out, clearing up at the end.



Dance to health

Online zoom Dance to Health class with Bettina Carpi on Wednesday mornings at 10am. £4 per session. Open to over 55s with falls prevention or other health needs.

Bettina is the Crewe Dance to Health Artist, but this session is open to all of Cheshire East at present.

Medical exclusions can be found here:

https://www.dancetohealth.org/sub/dance_to_health/Medical_Screening

It is also not that suitable for people with dementia.

Dance to Health National online class for beginners. Booked in blocks of 6. Thursdays starting at 1.30pm : <https://www.ticketsource.co.uk/aesop>

<https://www.dancetohealth.org/onlineessions>

National coffee morning for all participants. Tuesday mornings 11am. Free for active participants.

If you are interested in online sessions please contact 07493 299 721

For the national class, people can sign up via the Dance to Health website:

<https://www.dancetohealth.org/onlineessions>

Reopening the Old Saw Mill Community Cafe Congleton

As long as Government guidelines don't change we are planning to open again when the lockdown ends on Wednesday 2nd December.

We would like to make every day in December a Christmas Day with all the decorations and scrumptious Christmas food. We therefore plan to have all that you would expect such as turkey and mince pies. We will publish a Christmas menu nearer to December. Follow us on Facebook/oldsawmill or visit www.theoldsawmill.org

Depending on interest we will do a Christmas meal on some days in the week, so please get in touch if this appeals to you. Do not forget that there will still be restrictions and so the numbers will be limited.

Big Heart Lunch Club

Although the café should be opening again on 2nd December, we are still busy with the Big Heart Lunch Club which is delivering about 45 meals at £6 per meal every Friday to those that are isolating due to COVID or just fancy a day off from cooking. It is run in conjunction with Congleton Town Council, Cheshire East Council and Congleton Inclosure Trust who contribute £2 per head for those who are entitled to a discount. The remaining £4 is collected every 5 weeks making it £20. We have the capacity to produce many more meals so please contact 01260 270350 to join in! A main meal and a pudding, veggie option available, will be delivered to your door Friday morning chilled ready to microwave or oven heat at a time to suit you!

Office desk at the Old Saw Mill

If you are getting fed up with working from home without a break, why not book a desk/table in our café next to a power point, use our wifi too? From 11am to 2pm you can work at our premises for £10 and this will include a light lunch ...

Reopening the Old Saw Mill Community Cafe Congleton

Congleton Apple Juice deliveries

For those that were interested we have been delivering apple juice, cider and cider vinegar on Friday mornings ever since the first lockdown. Now that we are into our second lockdown, we would like to remind everyone of this service.

Any three bottles £8, six bottles £15, a case of twelve £25. To order email us on cafe@theoldsawmill.org

Soup deliveries

The soups are made by volunteers in the village and are delivered chilled to be warmed up with a roll donated by the Co op to over 30 local, older residents every Friday during November and December.

I volunteer my time to deliver the soups and arranged the donation of rolls from the Co op every week.

Please visit Facebook for more details:

<https://www.facebook.com/1558620727758999/posts/2792591904361869/>

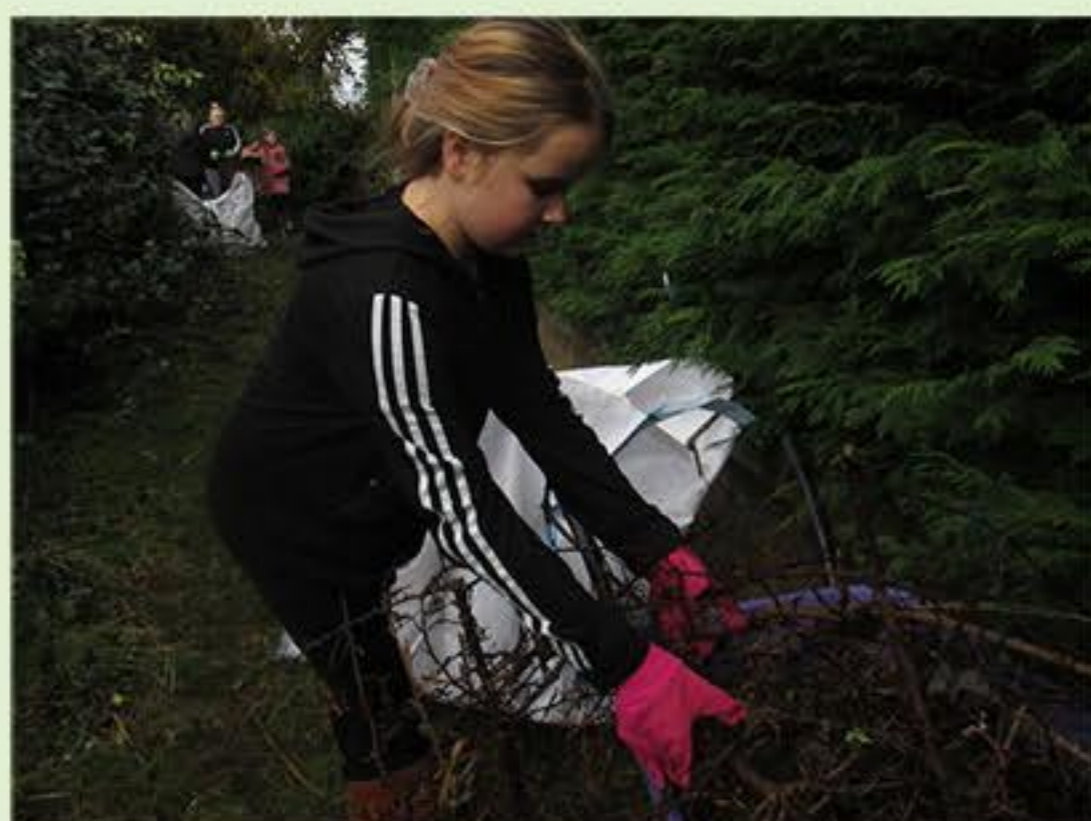
NRG Young People Community Orchard & Wildflower Meadow Project

Young people of Bromley Farm have started an exciting project to turn a piece of land off Windsor Place into a community orchard and wildflower meadow

During the October half term, 11 young people as part of our NRG Youth Project and Holiday Food and Fun sessions joined youth club volunteers and members of Congleton Town Council's Streetscape Team. We spent two hours clearing overgrown vegetation from pathways on the green open space at Windsor Place. This work was to help define some of the old pathways across the field which will allow better access and enable planting of fruit trees, fruit bushes, other trees and wildflowers at later stages of the project.



Young people helped to clear the vegetation, putting it into large sacks and loading them onto the council truck. Access pathways were cleared from Highcroft Avenue, Edinburgh Place and South Bank Grove. Tasks undertaken included cutting back hedges, strimming nettles and brambles, removing fly-tipping and carrying out a litter pick.



Young people found some interesting items of dumped rubbish including an old Christmas tree, old cuddly toys, bicycle wheels and a collection of mop handles. During the morning young people took turns to take pictures and make a video of the work.

NRG Young People Community Orchard & Wildflower Meadow Project

Following the clearance of the pathways, young people and volunteers were rewarded with a chippy lunch at Bromley Farm Community Centre.

Earlier this year an area of natural growth to provide wildlife habitat had been created off Windsor Place. With advice from Cheshire Wildlife Trust and the RHS, Bromley Farm in Bloom with Congleton Town Council and Congleton in Bloom had agreed to leave some of this area to grow naturally. The area will be future managed with the help from Congleton Streetscape and Bromley Farm in Bloom to help encourage the growth of wild flowers and grass. This will provide a more varied habitat and food sources for many animals and insects.

Glen Williams, Chairman of Bromley Farm Community Development Trust said 'Our youth clubs and youth projects have been put on hold due to Covid-19 restrictions, but we wanted to provide some safe and beneficial opportunities during half term. Young people worked hard as a team and had fun clearing rubbish to improve access to the green open space where we are to create a community orchard and wildflower meadow. They are looking forward to the next few months where we will deliver the fun aspects of the project working in partnership with the Congleton Tree Group.'



NRG Young People Community Orchard & Wildflower Meadow Project

Glen Williams added 'The project will enhance the open space, attracting a greater range of wildlife, offer enhanced access for leisure activities, provide a free community food source and increase biodiversity. It will reduce the litter and dog fouling and brighten up the entrances with pieces of art and sculpture themed to the immediate environment. The project has had a great start and has support from the local community including the young people who took part.'

The site would benefit from the following elements of the project:

- Tree planting especially fruit trees with the produce used at Bromley Farm Youth Clubs and projects.
- Creation of sensitive wildflower areas increasing biodiversity
- Hedgerow creation including fruit bushes increasing biodiversity and offering sanctuary for wildlife
- Improvements to the access pathways making them more defined and usable
- Improvements to the entrance points enticing people to enjoy the space with themed art and sculpture pieces
- Make this a pleasant destination point increasing footfall and social interaction
- Provision of food source for local residents
- Improved links with Daven Primary School bringing partners together
- Provide an Interpretation board to tell the story of the project and the site
- Offer more litter & dog fouling bins to ensure good clean management
- Formation of a working group to help with on-going maintenance
- Assist Congleton Town Council Streetscape as this has been a difficult site to manage

This project opportunity is being provided by Bromley Farm Community Development Trust through our NRG Youth Project. It is financially supported by Cheshire East Council, Margaret Williamson Memorial Fund, Congleton Santa Christmas Charity Collection, Redrow Homes and C4C and further supported by Congleton Town Council, Congleton Tree Group and Congleton Partnership.

Having a safe online Christmas is about more than just shopping.



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