

ISSUE 02 AUTUMN 2018

**JOHN
SWINDEN**

MAN OF ROCHDALE
AND SINGING JEWELLER

**LATIFAH
MCINTOSH**

MEET THE DESIGN CO-ORDINATOR HELPING
SHAPE ROCHDALE'S DEVELOPMENT

**LUNCH IN
LITTLEBOROUGH**

THE REAL ROCHDALE GUIDE TO THE
BEST EATERIES IN BORO

REAL ROCHDALE

PEOPLE - LIFE - STYLE - LEISURE - DINING



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Rochdale is undergoing a real renaissance and our magazine features the very best of Rochdale, all the events taking place, the new parks and much more.

I hope you enjoy Real Rochdale and do please get in touch with your feedback. Contact details are on this page.

FEATURING

Our roving reporter interviews the current 'Man of Rochdale', the 'Singing Jeweller', John Swinden as his year comes to an end and visits the Oasis Unit at Rochdale Infirmary.

Katie talks to Latifah McIntosh, the design co-ordinator at Willmott Dixon, who is helping shape Rochdale's new shopping and leisure development as work continues in the heart of the town centre.

Music aficionado
Kirsty Rigg interviews
Ben Boothman,
owner of The Flying
Horse, the popular
live music venue
in Rochdale town
centre.

Our man about the town centre as well as our resident hair and beauty expert. Greg takes a look at hairdressing trends and the exciting new venues in Rochdale town centre.

Our motoring correspondent reviews the new Alfa Romeo Giulia. A true sporting Alfa, and possibly the best driving executive saloon on the planet.

COMPETITION

See pages 36 - 37 for this issue's 'Big Picture'.

Entries must be from residents who live within the Borough of Rochdale.

Photos must have a Rochdale theme or connection, and have been taken within the Borough of Rochdale.

Full rules and submission guidelines can be found on the Real Rochdale website.

Entries must be submitted via the Real Rochdale website at:
www.realrochdale.co.uk/competition

The winning photograph will be in the next issue of Real Rochdale.

Cover Image
Model: Xara Taylor

Photography: Malcolm Journeaux

Styling: Kelly Turner 25Ten Boutique

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HEYWOOD 1940S DAY



Oasis of Calm

Rochdale Infirmary's Oasis Unit is the first ward in the UK to offer a specialised environment for patients with dementia.

The unit originally opened in 2014, providing a safe and suitable space for those living with dementia and confusion, supporting recovery and access to nursing and mental health staff.

Here, everything you thought you knew about hospitals is flipped on its head, with 10 colourful bedrooms, a relaxing lounge, dining area, library and a calm room.

The Oasis Unit, funded by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group, was implemented by Clinical Matron Louisa Harkness Hudson and then-sister Rhiannon Lloyd, with staff playing an integral part in its design.

Everything is more relaxed on this ward, which feels more like home than a hospital. Each bedroom is colour co-ordinated to help patients identify their own room, with numbers on the doors.

A plethora of books fills the library, featuring tomes about the local area and newspapers from days past, plus photographs of local areas to aid with remembering. Familiar wireless radios can also be found on the ward, and the staff have even made a modern flat screen television appear more as one from decades gone by.

The team also uses an ingenious invention called 'RemPods' which are therapeutic pop-up reminiscence rooms. When Real Rochdale visited, the current set up was a sunny beach hut and cocktail bar, ideal for jogging memories about holidays with families.

Ward Manager Rhiannon Lloyd said: "The service is very individual, as there are many different types of dementia and confusion. We try to make things as normal as possible. Without the Oasis Unit, the patients would be on another hospital ward where they can be seen as a nuisance."

There are no visiting hours as the ward is always open and has space for families to stay over.



'Ideal for jogging memories'

The support offered by the Oasis Unit continues after a user has been discharged, working alongside mental health nurses, social workers and end of life care.

Patients on the Oasis Unit are treated to regular activities, such as tea parties, craft afternoons and movie nights. Schoolchildren have visited to practice their reading skills. Hot breakfasts are on the menu and patients are not discouraged from eating in their rooms if they wish.

There are two consultants on the ward with two trained nurses and two untrained, which allows for individual time with each service user.

There are no plans to extend the 10-bed unit, and staff are currently raising funds for a specialised garden, designed for dementia patients.

Rhiannon Lloyd added: "We have been asking what they would have in a garden if money was no object. We have some way to go, but we are really looking forward to how we can help the patients outdoors as well."



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Mayoress Naaira Zaman

Mayoress Naaira Zaman is the daughter of the Mayor of Rochdale, Mohammed Zaman.

A former student of Balderstone Technology College, Naaira was born in Rochdale and has lived in the Milkstone and Deepdish area all her life until recently moving to Oldham.

Naaira was first asked to be Deputy Mayoress by her father in March 2017. She said: "I was delighted, it was a nice surprise."

"I believe my role as the Mayoress is to support the Mayor at engagements and events; bringing added value when we attend things together. I help the Mayor by speaking to those that he doesn't get the chance to speak to."

"I'm really enjoying the opportunity of finding out more about the borough and meeting residents that I wouldn't have had the chance to meet before."

"I'm also passionate about the services available to children and young people in the town, so the opportunity to speak to them is something I feel strongly about."

Speaking on balancing her life as a mother, working and being Mayoress, she said: "I'm finding it challenging, it takes a lot of organising. I tend to do a lot more evening and weekend events, but the key is just to make sure I'm super organised."

"I am humbled and feel proud to be Mayoress. I never thought one day I would have this position."



"I would like to think I am a role model and can be an inspiration. To go back to Milkstone and Deepdish as Mayoress, and for young people to see that there is someone from their community in this role, I think that is incredible. I'm hoping I can help to break down the perceptions of what young Muslim women are like."

"I have a positive persona and I hope I am bringing that positivity with me on this journey. I want to do the best that I can do."

ASCOT DAY



AT NUTTERS



Photos: Howard Wilkinson

SHOPMOBILITY

CELEBRATING 25 YEARS

10 September 2018 will mark 25 years since Rochdale Shopmobility opened its doors and began to provide an invaluable service to its members in the town centre.

Opening in September 1993 Shopmobility became a registered charity in June 1995, supplying members with mobility scooters and wheelchairs to access the town centre's facilities with ease and enjoyment.

The organisation receives funding from charitable grant providers, from fees paid by its members and from fund-raising activities that are organised within the borough; helping to keep Rochdale Shopmobility viable in providing a service to its members day in, day out.

Current manager, Michelle Hollinrake, started in June 2002. She said: "We have up to one hundred members making around 2,000 trips in the town centre per year.

"Our services are for anybody with mobility problems, not just necessarily those who are registered disabled.

"Members using our scooters have gained confidence before purchasing one of their own or before hiring one on holiday.

"They also use the scooters for leisure, shopping, visiting the bank, meeting friends for a cup of tea, for lunch or to visit Rochdale's Touchstones."

Rochdale Shopmobility provides members with manual and electric powered wheelchairs, powered scooters and offers the help of volunteers to escort people with sensory disabilities. Members can use

the facilities for up to three hours per day at the cost of £10 per year for membership.

The organisation vacated its previous site in the old bus station, so Rochdale Borough Council and Rochdale Development Agency could press ahead with the regeneration of the town centre.

The charity moved to a temporary site on Baillie Street whilst work on new premises took place, before officially moving into its

permanent base on River Street in July 2015.

The new premises form part of a transport interchange with Rochdale bus station, the Metrolink stop and the River Street taxi rank all close by. A cycle hub, where people can safely stow their bikes, can also be found next to the Shopmobility premises.

The new building on River Street is part of the £250m regeneration of Rochdale Town Centre and has been purpose built for the charity.



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Photo: Malcolm Journeaux

JOHN SWINDEN

The 'Singing Jeweller' and 'Man of Rochdale'

You have one of the most recognisable businesses on The Walk, J & D Alexander. How did you end up there?

The shop has been a jewellers for around 50 years. I was the manager for years before I became the owner in November 2002.

I found jewellery a very enjoyable thing to learn and I took to it like a duck to water. It fits my personality and is part of who I am.

One of the most interesting pieces I've seen was a mourning ring from the time of Bonnie Prince Charlie during the 1750s.

How did you come to be known as 'Rochdale's singing jeweller'?

50 years ago, I entered a talent contest singing 'Strangers in the Night', by Frank Sinatra. I didn't get anywhere, and I didn't sing again in public until around 2011. I perform under the stage name John Alexander. I've even had three auditions for The Voice, which was a good experience.

Tell us about raising money for charity...

I've always tried to raise money for local charities through singing. I couldn't tell you how much I've raised because I've never kept track.

I've supported the Moorland Children's Home and many individual worthy causes, and given tens of thousands of pounds of gift vouchers away for jewellery.

I do all that I can purely because I'm blessed to be in a position to do so and I love doing it.

How did it feel when you were crowned Man of Rochdale?

I am a big supporter of Springhill Hospice, which gave me the award last year: I was gobsmacked and I'm very rarely lost for words. I did get very emotional about it because I don't do anything for the recognition.

When they gave me the award, it made me realise that people in Rochdale appreciate what I do.

What do you love most about Rochdale?

I've lived here for over 35 years. I like the people because they're friendly, honest and open, and I've always had lots of genuine support.

Rochdale is a very historic place, which I love. I like that Lisa Stansfield and Gracie Fields were from here; Gracie would sing to anyone, anywhere.

I've also been privileged to sing in one of the most historic town halls - Rochdale - in Europe.

Do you have any singing dreams?

As an ex-Hillsborough lad, I would love to sing You'll Never Walk Alone to the Kop at Liverpool.

I'd also love to sing at the centenary Remembrance Parade, as my uncle died during the war when he was just 18.

A great live music venue... but more than a live music venue...

the flying horse

Kirsty Rigg talks to Ben Boothman...

What date did you take over The Flyer?

I started work at The Flyer in 1997, however I have been running around the corridors since 1989.

We bought the business in April 2011.

Tell us about your memories of the early days.

My two fondest early memories are playing on the roof and going up and down in the dumb waiter as a child (my mum didn't know about me playing on the roof... she does now).

Which was the first band to play at The Flyer?

While I have been around the pub it was a band called 'Beam' back in 1998-ish.

What are your memories of it?

I was drinking JW Lees Greengate Smooth and they played some 'Doors' tracks so I loved them.

What is your fondest memory or most memorable moment with The Flyer music nights/events?

There are a few.

Singing with The Fallout (rock band) at Sarah and my wedding reception, which was also at The Flyer. In fact, my mum and dad, most of my family, including brothers and sisters, have all been married at The Flyer.

Other memorable moments have been heckling Paul Heaton from Beautiful South as he played a gig, then doing shots with him after.

Eating breakfast my wife cooked with Paul Di'anno from Iron Maiden after he stayed over.

Having a drink with Simon Friend from The Levellers after his intimate gig.

Getting caught playing the drums with a knife and fork by the drummer of the Irish Rovers after thinking he had gone to bed.

Throwing the drummer of an Oasis tribute band out for being rowdy, then watching them try to gig with no drummer.

Who are the biggest and most memorable names that have played The Flyer?

Paul Heaton - Beautiful South
Dan Donnelly - The Wonderstuff
Simon Friend - Levellers
The Animals
Tom Hingley - Inspiral Carpets

What makes The Flyer stand out as a town centre music venue?

I think the first mistake people make is that I don't feel we are a music venue! We are a pub that has live music on. I mean, I think we do it well and we have been doing it a long time and also had lots of bands (1,600 or so) on but a music venue to me is something that specialises in live music, we don't.



We love live music, we love everything about it, we probably have more live music on than most venues, but we are not a live music venue.

We try to keep things fresh, our little corner of Rochdale, with The Empire, has a fantastic music offering now. When we both have big bands on it can drag hundreds of people into the centre.

What does the future hold for The Flying Horse?

The pub trade is a turbulent and unpredictable adventure which takes up so much energy; as things stand we want much more of the same.

What do you love the most about Rochdale?

The people, the architecture and the heritage. We gave the world the Co-op, the biggest pancake, the longest tunnels, widest bridges, John Bright, The Courteeners, Lisa Stansfield, Gracie Fields, John Milne, the resting place of Tim Bobbin, a 1,000 year old church, the finest Town Hall in the world and, more than all that, some of the friendliest people you are likely to meet.

DALE'S 2018/19 LEAGUE
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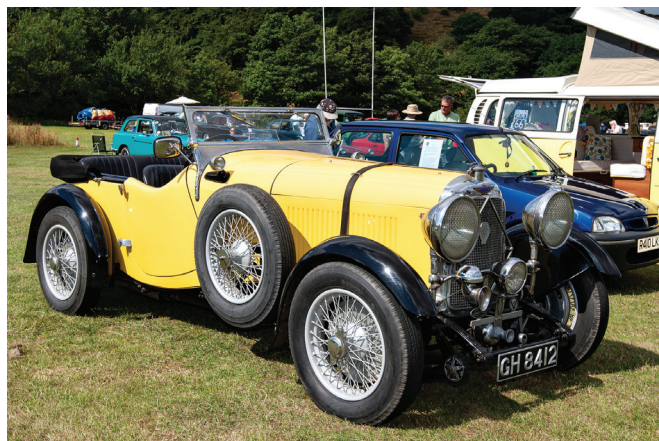
ROCHDALE VINTAGE, CLASSIC, COLLECTORS



Thousands of enthusiasts descended on Rakewood, Littleborough for the 2018 show.

There were hundreds of vehicles on display, and lots of attractions and entertainment.

The event was organised by the Rotary Club of Rochdale and all profits go to



CAR AND MOTORCYCLE SHOW

Rochdale Heartbeat and Springhill Hospice.

Ann Stott, Rotary Past President, said: "We had more vehicles on display this year and a wider variety of entertainment.

"With the weather being glorious again, it was a very busy day."



COCKADOODLEMOO COCKTAIL BAR



CockaDoodleMoo has launched a new cocktail bar in Rochdale town centre.

Cocktails include Gin and Jam, Bounty Paradise, Chocolate Orange and the Boozy Pig – made with real maple roasted bacon.

Mocktails are also available, as well as a new range of exotic beer.

Hayley Bee, general manager of CockaDoodleMoo Rochdale, said: “We decided to launch this cocktail bar because we wanted to bring a new relaxed drinking venue to Rochdale.

“Our aim is to bring the Northern Quarter to the town centre; building Rochdale into a great night out.”



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Rochdale Town Centre BID

How would you spend £1.5 million in Rochdale?

Most of us can only dream of spending millions on what we really want in Rochdale Town Centre, but what if this could become more than a dream?

Funding improvements to the area, such as additional town centre events and making improvements to the public realm, new facilities, services and projects, can become a reality, thanks to the runaway success of Business Improvement Districts – or BIDs.

Since 2004, over 300 BIDs have been proposed and approved by business communities, including Altrincham, Stockport, Chester, Manchester City Centre, Halifax and Leeds.

It's an innovative scheme that Rochdale Town Centre Management is keen to introduce locally, working with businesses to determine their priorities before implementing them with the help of a potential £1.5 million budget over the next five years.

Participating businesses have worked together to draw up a BID business plan, which is then voted on by the town centre businesses. If agreed, it is funded

through a levy based on business rateable values, plus possible additional funding to invest in delivering the plan.

This business-led programme of investment will be delivered through four strategic objectives and their related projects: 'lively and well promoted', 'safe, secure and accessible', smart and attractive', and 'a great business, leisure and cultural offer.'



Extensive surveys, interviews and workshops undertaken to develop the BID Business Plan have identified a desire to create a vibrant town centre, raise its profile and encourage the growth, development and investment of business and organisations which support the development of

Rochdale's identity.

Town Centre Manager Paul Ambrose said: “Whilst there is no denying that high streets up and down the country are having to adapt, Rochdale is ahead of the curve, due to the investment and commitment by all partners to ensure that the town centre offer is diverse.

“The BID will help stakeholders achieve their ambitions, bring all businesses together to raise Rochdale's game.”

Lorenzo O'Reilly, chairman of the BID Steering Group added: “This is an exciting time for businesses in Rochdale town centre to do the things we want which will make a difference to us.

“Rochdale is such a great place and has incredible potential. Let's make it the way we want it to be.”

Subject to the successful ballot in October 2018, the BID will operate for five years starting on 1 April 2019.

To find out more contact:
Paul Ambrose
Town Centre Manager
paul@rochdaletcm.co.uk
01706 926677.

www.rochdalebid.co.uk



Photography: Journeaux
Model: Amber Jade Wilson
Make Up: Sophie Griffiths
Hair: Greg Couzens
Styling: Designs by Xara
Assistants: Sam Kutereba-Wall & Amber Couzens

Classic Elegance at The Wellington

LATIFAH MCINTOSH

Design co-ordinator helping shape Rochdale Riverside

Latifah McIntosh, the design co-ordinator at Willmott Dixon, is helping shape Rochdale's new shopping and leisure development as work continues in the heart of the town centre.

Graduating from Leeds Metropolitan University with a degree in construction management in 2014, Latifah has taken on various roles at different construction sites, from being part of an operations team for a £15 million secondary school renovation, to working as an assistant design manager for a mixed-use development.

Now the design co-ordinator for Rochdale's Riverside project, Latifah is adding to her experience as she works further towards her goals.

She said: "I have been working with Willmott Dixon on the Riverside project since February.

"I always wonder when my interest in construction began. At college I completed A-levels in sociology, psychology, law and photography, which are clearly not construction related. As a teenager, I always had an interest in buildings and the way they look, and I liked the idea of seeing how these buildings really came together from design work, so I guess construction is just something I progressed into from my interests.

"I originally applied to my chosen university for construction project management, but that course got cancelled so I chose construction management instead and I ended up really enjoying the course. There was only one other female on the course and the rest were male.

"My second and third year of university was work experience, where I could actually see things happening on-site. I could apply what I had learnt whilst continuing to learn more about the role.



"My first work experience was at St Cuthbert's, Rochdale working on a demolition, new build and then refurbishment for a year. After that I worked on Fair Street in Manchester with Carillion developing a student block, when I finished university and was taken on full time.

"On this project with Willmott Dixon I am responsible for managing and co-ordinating the design process.

"We regularly hold design workshops to make sure the project is within the budget and I also bring together the supply chains, making sure everything is right. I manage the building control and planning side of things too, whilst issuing drawings and samples.

"My favourite part of the job is definitely the customer side of it because you're showing and talking them through the process of what you're delivering and what they are going to be using at the end of it all. There's a lot of problem solving and technical aspects too, which is always interesting trying to fix and solve something.

"The scheme benefits Rochdale as it is going to bring a lot more footfall to the area in terms of

the retail side of the town centre, especially with the cinema. There are several units for restaurants too.

"It also benefits the town as it's a modern retail complex in an open space; there are a lot of pedestrian areas in the development like the ones around Number One Riverside, as well as places for people to sit and relax, which I think is a particularly good aspect of the scheme.

"After this scheme is completed, I will most likely move on to another project, but one of my goals in 10 to 20 years' time is to move and work in Australia. With having a construction degree, it's really helpful in gaining a skilled visa."

Willmott Dixon, which specialises in leisure complexes, also constructed the £10m Rochdale Leisure Centre in 2012. St Anne's Academy in Middleton was another project.

Rochdale Riverside will have 200,000 square ft of retail and leisure space to encourage investment and the regeneration of Rochdale.

The project is due to be handed over in the early summer of 2020.



SPRINGFIELD PARK

ROCHDALE'S LARGEST PARK HAS SOMETHING FOR EVERYONE

Between Rochdale and Heywood is the borough's largest park with landscaped and wooded slopes down to the Roch Valley.

The Friends of Springfield Park was formed in 2008 to improve the sporting and leisure facilities and raise funds for community park projects. They work with the local council to improve existing amenities to preserve, develop and enhance the park.

The gardens are maintained by the park staff with help from local 'green team' members.

Springfield Park really has something for everyone...

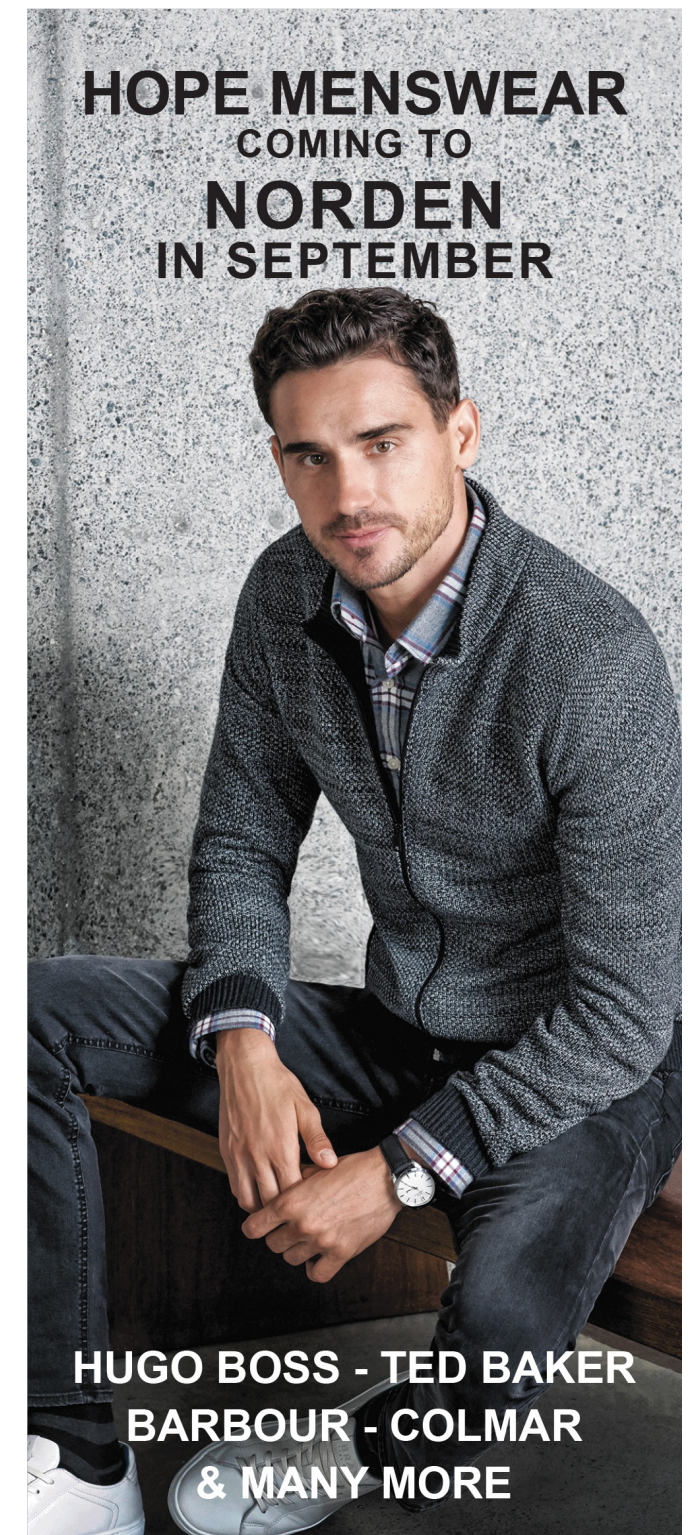
The park has lots for all ages, abilities and disabilities. There are picnic tables around the lake and grassed areas for ball games.

The park is enjoyed by families, dog walkers, children on bikes or scooters, and people just out for a gentle stroll in the fresh air.

It is even a fabulous location for a photo shoot, as photographer Malcolm Journeaux shows with this photo of Sam Briony.



**Fabulous New
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for Autumn**



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LUNCH in LITTLEBOROUGH

Waterfall Tea Room

An old-fashioned tea room nestled in the hills on the border of Littleborough. Home-made cakes from old family recipes and real barista coffees. Breakfasts, sandwiches and toasties, plus hot specials served daily. Dean Head, Todmorden Road, Littleborough OL15 9LZ



Rebecca's Coffee Shop

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Cuppaccino Bistro

Located overlooking Hare Hill Park, the bistro serves the highest quality coffees, sandwiches, paninis, burgers and home-cooked daily specials. Delicious food and a high quality service ensures a truly fabulous day out. Hare Hill Court, Inglis Street, Littleborough OL15 9LA



Cherry Tree Cafe

Recently launched by local lass, Sharon Monro, breakfasts, light refreshments and Sunday lunch is served by friendly staff indoors or outside in a fabulous garden. The cafe can also provide catering when a room is hired at the Coach House. Littleborough Coach House, Lodge Street, Littleborough OL15 9AE



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70 YEARS OF THE NHS 1948 - 2018



The NHS was formed on 5 July 1948 and has provided services that have transformed the well-being of the nation, as wealth is no longer a factor determining a person's access to health services.

In 1948 Rochdale Infirmary had 30 beds and two main wards for males and females. One small ward was provided for children.

In 1993, Rochdale became the first town to complete the new methods of nurse training introduced in Project 2000 nursing.

The hospital was first instituted in 1832, under the name of Rochdale Infirmary and Dispensary.

A new hospital was provided in 1883 by Thomas Watson, a local mill owner and philanthropist, which became Rochdale Infirmary.

In July, Rochdale Infirmary welcomed visitors as

staff celebrated 70 years of the NHS. The celebration was attended by Mayor Mohammed Zaman, members of staff, local citizens, and councillors connected to the Infirmary.

Mayor Zaman commented: "I'm proud of our NHS and the people who work hard every day to make the NHS available. The Rochdale team are brilliant."

Allan Cordwell, Head of the Emergency Planning, Resilience and Response Unit at Oldham and Rochdale, said: "My life was saved by the NHS in 1991 and because of that I ventured into nursing.

"20 years later, I've been deployed in Iraq as a medic and worked in A&E departments helping with emergency planning.

"All the staff in Rochdale supported the celebrations and we hope we can continue to keep staff trained and patients safe for years to come."



THE BIG PICTURE



HEALEY DELL
KEITH HOOK

INSPIRATION



GREG COUZENS
*Founder of Couzens Hair Studio
 The Walk, Rochdale*

Princess Bubblegum

The trend for autumn shouts out fun and embraces your femininity.

Many celebrities are enjoying the bubblegum pink look. Elle Fanning, Jesy Nelson of Little Mix, Kim Kardashian and Ariana Grande to name a few.

It's perfect for blondes who have grown tired of their usual balayage or grown out highlights. It also looks fabulous on grey hair, can be incredibly subtle and washes out in a short period of time.



What to wear with pink hair?

Let your hair do the talking, colour clashing is good, make a bold statement, it's incredibly uplifting.

Imagine waking up in the morning with baby pink hair, I guarantee that it will bring a smile to your face.

This look can be very subtle and looks fabulous on all ages, even if you are dark with a few grey hairs, the pink will not colour your dark hair, only the grey.

As we move into autumn, the trend will move a stage further, warm mauve, and for the very adventurous, bold bright fuchsia will be everywhere, so take the plunge, be brave, be proud of your feminine strength.

A 'Bubblegum Bob' is a departure from the conventional hair that has been prescribed to women over the past decade, it announces that you, a modern woman, will not be restricted by the norms of what is and what isn't 'appropriate'. Stop being dictated to, be bright, be bold, be that charismatic woman that you are.

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Once in a lifetime Royal Wedding photos



Danny Lawson, originally from Smithy Bridge, captured once in a lifetime images at the royal wedding in May, as he was positioned in the organ loft of St George's Chapel.

Having worked with the Press Association for over a decade, Danny said: "My interest in photography really began to grow when I studied graphic design at Hopwood Hall College, as photography was part of the course.

"I worked for a lot of different people and businesses in Rochdale as I tried to build up my work experience.

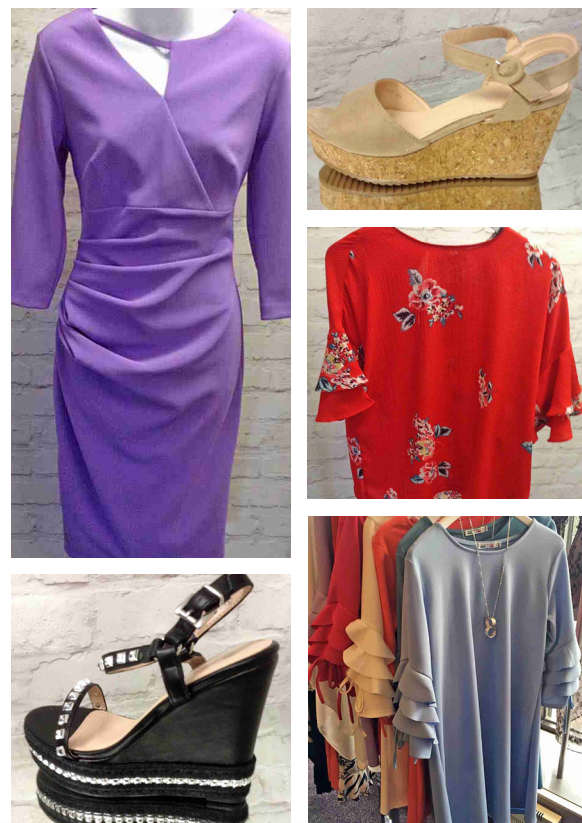
"When I found out I was covering the wedding, I was excited to say the least

"The position I had was very important as my role was to photograph Meghan walking down the aisle. I was around six metres high off the ground as I captured her from the organ loft.

"I definitely didn't expect to get the picture of the couple kissing, but with the help of my zoom lens I captured it from behind. This image and the image of Meghan walking down the aisle are definitely my favourite pictures from the day."

Photos courtesy of the Press Association





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ABOUT THE WRITER

Dr Chauhan is a respected GP, health and social care campaigner, and champion of social justice and charity.

As a local GP, he has become a powerful advocate for his patients and introduced innovative methods to improve their care. His work mentoring and employing young people has won national recognition.

DON'T FALL FOUL OF LETHARGY AND FLU THIS AUTUMN

Colder weather, coughs and sneezes spreading diseases and dark nights drawing in: the changing of the season can have a huge impact on our physical and mental health.

However, from flu jabs to brisk walks, there are steps you can take to ensure that autumn doesn't automatically mean that you become ill.

Shorter daylight hours and dipping temperatures tempt us to stay inside and be less active, which is so destructive for our health. Gentle exercise, as NHS initiatives such as 'Couch to 5K' have demonstrated, can invigorate and have a hugely positive effect on our bodies. So, get lacing up those trainers and take a daily ten minute walk to boost your health. It all counts towards your recommended 150 minutes of weekly exercise - but make sure you can be seen when strolling, running or cycling.

Darkness can have a detrimental impact on our mental wellbeing too. Seasonal Affective Disorder (SAD) can result in persistent lower mood, feelings of irritability and sometimes an unhealthy change in diet, including carbohydrate cravings. We, as a society, are beginning to open-up about mental health and everything from talking therapies to light boxes are effective treatments. Don't suffer in

silence, please see your GP if any of these symptoms manifest.

From the end of August onward, weed pollens and mould spores can trigger asthma, but it is the change to cold air that really makes the difference for many. If you have the condition, ensure you have your annual asthma check, update your asthma plan and have your reliever inhaler with you at all times (a scarf to cover your mouth is another tip, particularly moving into winter).

Those with chest complaints are also going to be more in danger, with the rise of cold and flu. From September, most surgeries will be offering free jabs to those with long-term health conditions and crucially, those who care for them. Don't hesitate, make that appointment. In my opinion, those inoculations are the reason Britain hasn't succumbed to a major flu crisis, and please don't demand antibiotics to clear up a cold or a bout of flu, they won't work and might even make you more susceptible to a superbug.

If you have suffered poor health in previous autumns, make this season the time you exercise more, have your inoculations and change your own health for the better.

EVERYONE LOVES AN ALFA ROMEO



Everyone loves an Alfa Romeo, right?

Even a certain Mr Clarkson reckons you're not a proper petrol-head until you've owned one.

So, hands up anyone who has actually bought one... thought not.

You see, when it comes to our cars we're a pretty conservative lot. We are beguiled by beauty but when it comes to laying down cash the desire dissipates, the 'sensible hat' is put on and we leave the forecourt in something German or Japanese.

However, you can now keep the desire alive, leave the hat on and drive away in an Alfa Romeo because the new Giulia is possibly the best driving executive saloon on the planet and is what all Alfisti (collective term for people who love Alfa Romeos) have been hankering for since the demise of the RWD Alfetta GT back in the 80s.

The Giulia is a true sporting Alfa with rear-wheel drive, lightweight body, low centre of gravity, punchy engines and gorgeous looks. Okay, it isn't available with a manual gearbox but trust me, you won't care once you've driven one as the eight-speed ZF auto box is an absolute cracker.

I could wax lyrical here about the £61,595 Giulia Quadrifoglio with its Ferrari-inspired (ahem) V6 engine, 510 bhp and top speed of 193 mph, but we will concentrate, for now, on the more mainstream models.

There are three engines to choose from - a 2.2 diesel with either 150 bhp or 180 bhp, a 2.0 litre petrol with 200 bhp or - in Veloce trim only - a 2.0 litre petrol with 280 bhp.

Prices start at £29,875 OTR for the Giulia 2.0 petrol and rise to £38,260 OTR for the Veloce which features an upgraded braking system.

I've been driving a mid-range Giulia Super 2.2 diesel with 180 bhp (from £33,315 OTR), which is expected to be the best-selling Giulia as it emits just 109g/km of CO2 and is capable of 67.3 mpg on the combined cycle, despite being able to hit 60 mph in just 7.1 seconds, and go on to a top speed of 143 mph.

The 150 bhp version has exactly the same consumption and CO2 figures but is a second slower to 60 mph.

From the outside you have to say that Alfa has once again produced a very good-looking car. From the front there is no mistaking it for any other marque with that large V-shaped grille and large, open front vents either side. The swooping headlights are angled down slightly at the front and give the impression the car is eyeing you suspiciously - it's dramatic and appealing too.

All models look sporty from any angle as the Giulia is quite low-slung with a slightly raised backside. The Super features dual exhausts left and right, which adds appeal at the back and to my eyes it's better looking than its main rivals, the BMW 3-Series, Mercedes C-Class and the Audi A4. I would say it even pips the striking Jaguar XE in kerb-appeal.

Inside, Alfa has made a huge effort to draw level with the Germans on quality of fit and finish, but not quite pulled it off. Some of the lower plastics feel a little on the hard side and the infotainment scroll wheel feels lightweight although generally you won't find much to complain about.

Alfa has delivered a sporting saloon that is easy to live with and very hard to beat when it comes to driving satisfaction. I also managed 48 mpg on mixed roads with quite a bit of town driving.

Mercedes, BMW, Audi and Jaguar all produce very capable sporting saloons but as things stand I would say the Giulia has them beat for sheer satisfaction behind the wheel.

Alfa is back.

VERDICT: *****

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BLOOMING MARVELLOUS

Rochdale represents the North West in the RHS Britain In Bloom competition

JUBILEE PARK

A heritage notice board at Norden's Jubilee Park signposts the pride of the village.

The park, a small oasis of trees,

hedges, and planting such as begonias and hydrangeas, is managed by community volunteers from the Friends of Jubilee Park.



GROWTH PROJECT

The Growth Project covers over an acre of land and features a wildlife pond, insect hotels, formal flower and wildflower borders and a traditional kitchen garden with unusual varieties of organic vegetable.

Run by Rochdale & District MIND, in partnership with Hourglass, the project aims to promote good mental and physical well-being through outdoor activity in a green environment.



ROCHDALE *in* BLOOM

DENEHURST PARK

Denehurst Park includes fruit orchards, sunken formal gardens, a herbaceous border, play area, scrumping lane and stumpery.

Volunteers from Friends of Denehurst Park and Rochdale Council work to maintain and restore the park.



WW1 GARDEN

The WW1 pop-up garden on Gracie Island in Rochdale town centre was created by Rochdale in Bloom volunteers as a fitting tribute to those who fell between 1914 and 1918.





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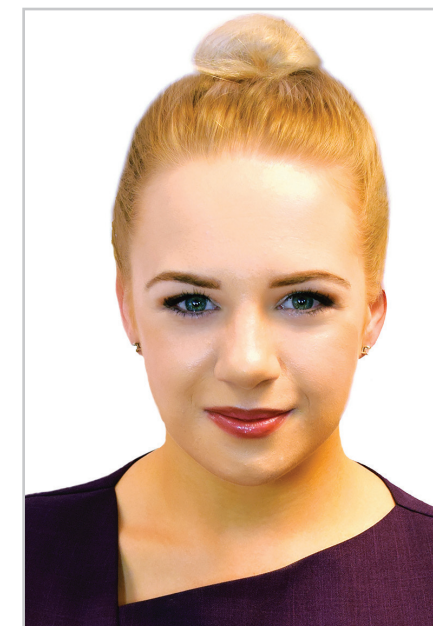


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THE FUTURE OF HAIR REMOVAL IS HERE



ABOUT THE WRITER

Becky Fletcher has been part of the Revive team for over five years, covering all aspects of beauty.

She is a CND Master L&P nail technician as well as a 'Hair no more' specialist.

Are you tired of continually removing hair with traditional methods?

It is estimated that 75% of women would like to remove areas of hair growth permanently and with today's advanced technology permanent hair growth removal has never been easier.

'Hair no more' is a treatment that uses the latest method of SHR (Super Hair Removal), which utilises the latest evolution in Laser and IPL technologies, enabling the removal of unwanted hair superfast, safe and less painful.

A 'Hair no more' treatment uses selected wavelengths of low energy light that rapidly pulse onto the skin to gently heat the target hair follicles to cause permanent damage, preventing hair regrowth.

Endorsed by leading medical experts, it is safe and highly effective.

Traditional laser or IPL treatments use high energy levels that can cause great discomfort and pain, however the 'Hair no more' treatment is gentle and

comfortable, resulting in a pleasant warming of the skin. Active skin cooling through the applicator ensures complete comfort even in the most sensitive areas.

The treatment can be performed on all skin types. The SHR technology of low energy pulses allows for the successful treatment of dark skin types, fair skin types and even tanned skin. The only exception in which the treatment will not be effective is on white hairs, as they contain no pigmentation.

Each treatment affects approximately 30% of the hair within the target area. A minimum of eight treatments is recommended, with some hair/skin types requiring more.

Using revolutionary e-motion delivery, a treatment is completed in minutes. The treatment applicator is swept back and forth repeatedly across the area whilst rapid pulses of low energy light are pulsed into the skin ensuring full coverage.



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