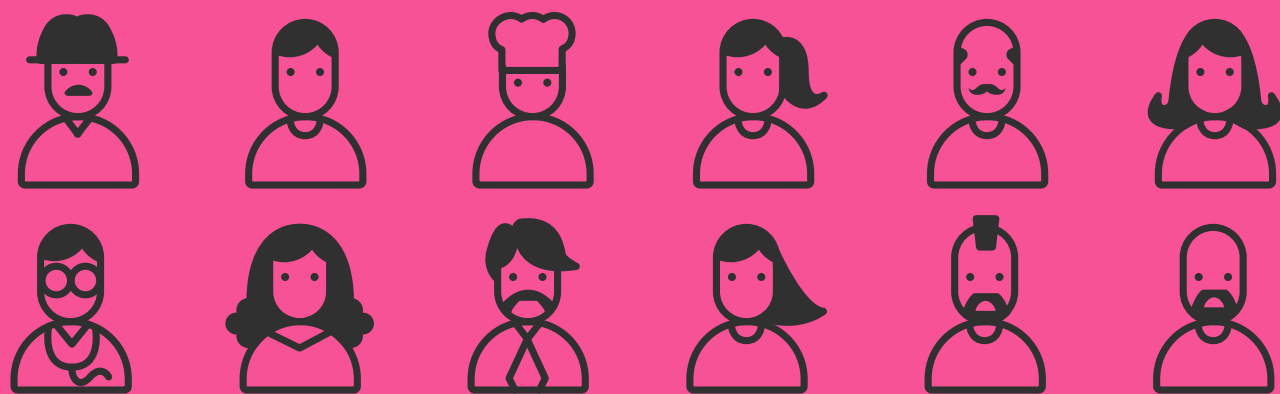


REAL ROCHDALE

ISSUE 06 AUTUMN 2019



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EDITOR'S WORDS

A warm welcome to Real Rochdale



In this latest issue of Real Rochdale, we are celebrating several exciting anniversaries, achievements, and ambitions.

A local mother and daughter have both received OBE honours from the Queen, and we have some serious sporting talent to watch out for in the future.

Independent furniture retailer Lovicks has been serving the borough for an incredible 100 years, whilst Hope menswear has been dressing the men of Rochdale for 60 years.

Katie Davies sat down with the new head coach of Rochdale Hornets, Matt Calland, and the Managing Director of Crystal Doors, Richard Hagan.

Appointed on a one-and-a-half-year deal, Matt told how he plans to guide Hornets to success and improve the club's performance next season, and Richard revealed his hopes to turn Rochdale into 'a hub for advanced manufacturing' whilst maintaining eco-friendly and carbon neutral.

Michelle Kight visited the borough's very first zero waste shop, and found out about the 80-year history of the Rochdale RSPCA animal centre on Redcross Street.

Newly-elected councillor Elsie Wraighte told us about her big plans to help others from a similar background as her, which I'm sure will resonate with many.

Finally, learn all about the history of the rush bearing tradition and take a walk through the historical Ashworth Valley.

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The Rushcart being pulled at
Littleborough Rushbearing Festival

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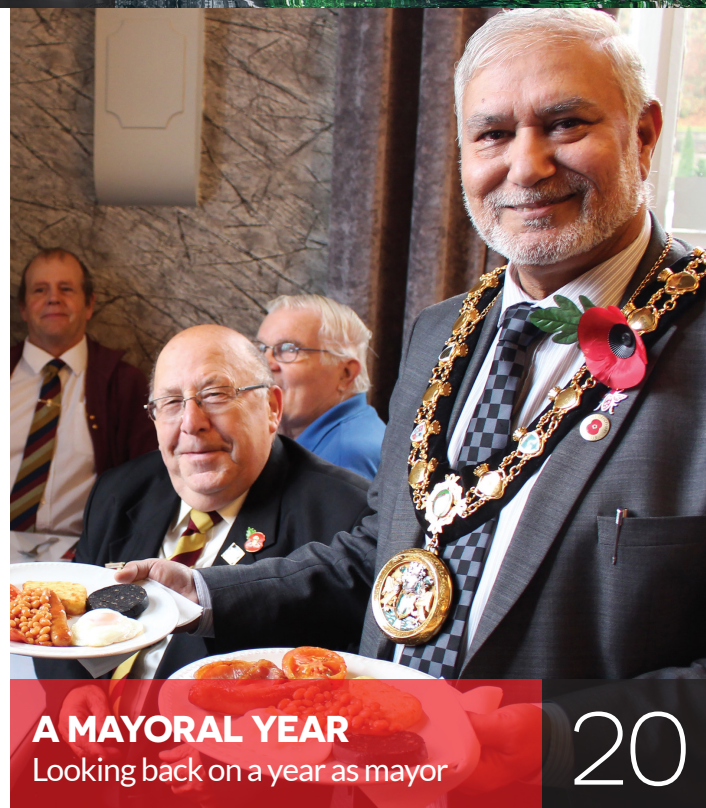
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TAKE A WALK IN ASHWORTH VALLEY

Keen photographer and walker Ste Walton takes us on a tour of his favourite place in Rochdale.

This walking route follows public footpaths and country roads through part of Ashworth Valley following Naden Brook through Carr Wood.

The walk takes a couple of hours depending how often you stop to take in your surroundings, views and the wildlife the area has to offer.

Keep an eye out for deer through the woods and the hermit's cave just before you reach the caravan park.

Walking boots or similar are a must, as some of the paths can be quite muddy and take a while to dry out. The route is suitable for dogs and very popular with dog walkers.

In the late 1500s coal had started to be mined in the valley by a man named John Blackwell.

By the 17th century there were small communities in the valley with their own mines.

Mills started to appear in the valley during the 18th century, mainly producing cotton and paper.

This walk will take you past the remains of two of the mills left standing in the valley today, the fulling mill and then Coal Bank Mill.

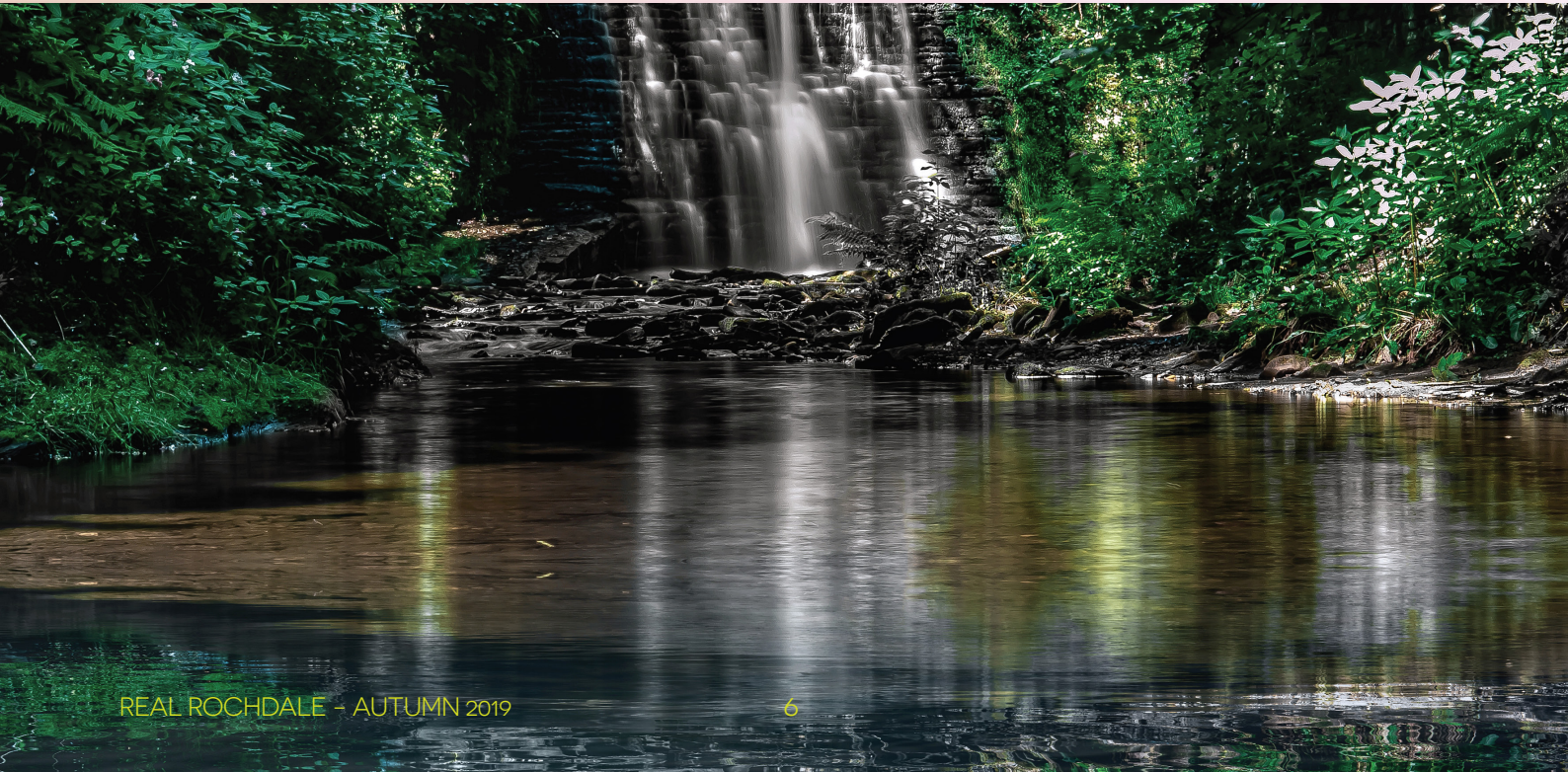
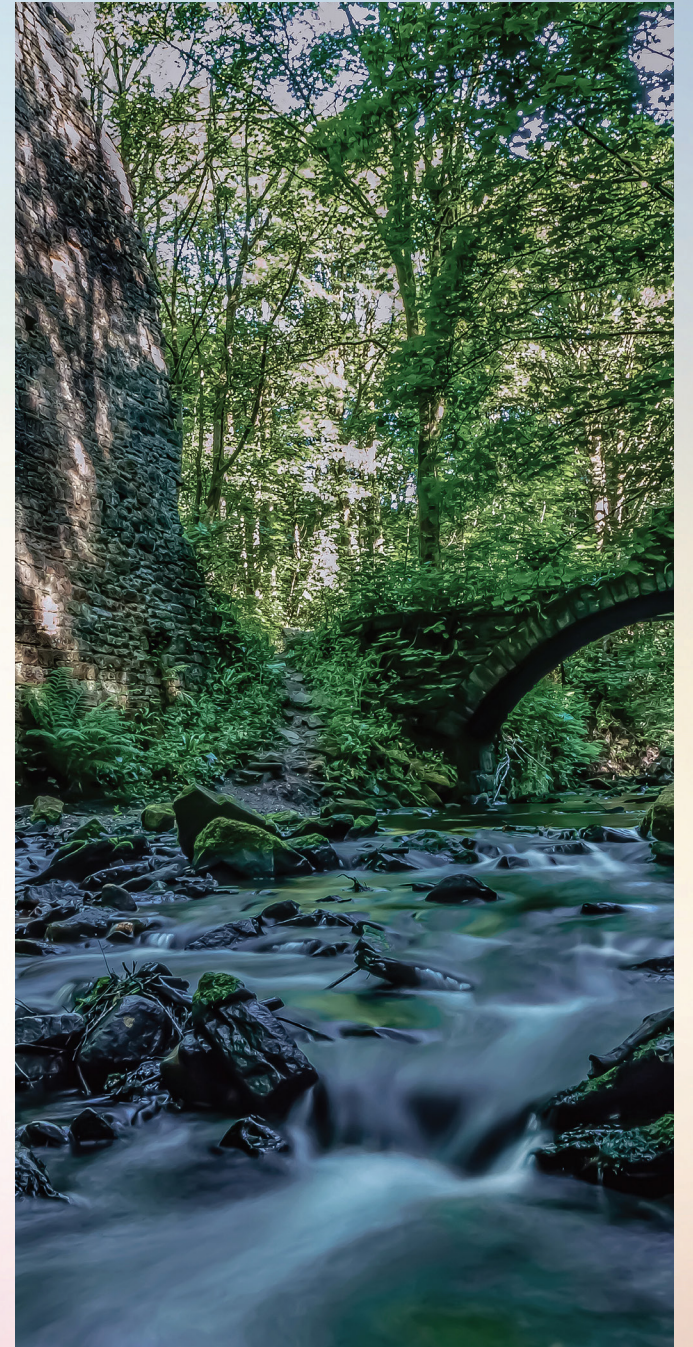
The walk begins on School Lane where Naden Brook runs under the road.

There is a small lay-by that's used as a passing point that you can park in.

From the lay-by, head down to where the river runs under the road and take the dirt track on your left.

Follow this past the farmhouse on your right and through two kissing gates. Now it is just a case of sticking to the path until you reach the gate into the caravan park at the other end of Carr Wood.

Don't be afraid to venture off the path and do a bit of exploring to find the fulling mill and the waterfalls.



When you reach the gate, go through it and walk through the caravan park, then turn right when you exit, up Ashworth Road.

Carry on up Ashworth Road until you reach School Lane on your right.

Head down School Lane back towards where you started the walk.

Across from the dirt track you took at the start of the walk you will see a public footpath on your left. Take that footpath until you reach the

remains of Coal Bank Mill.

Now it is just a case of retracing your steps back to where you parked at School Lane.

If you do the walk on a Sunday or a Bank Holiday, head over to Millcroft Tea Gardens and grab yourself a bite to eat: Roods Lane, Norden, Rochdale OL11 5UE.

If you fancy a drink, there are a few nearby pubs in Norden or there is the Owd Betts pub on Edenfield Road, Rochdale OL12 7TY.

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RUSHCART

The annual Littleborough Rushbearing Festival weekend begins on a Saturday in July with a procession from the King Bill before parading to St Barnabas' Church for a blessing.

From there, it moves on to Littleborough Square for morris dancing and 'mumming' outside the Wheatsheaf Pub and onwards to Hare Hill Park for the final dances and a multitude of activities.

On Sunday, after dancing at The Wine Press the rushcart procession heads to The Waterside, before parading to the Square and presenting the rushes at Holy Trinity Church.



RUSHBEARING

Rushbearing began in the 10th century when Pope Gregory decreed that rushes should be taken to church on its Saints Day to cover the earth floor for warmth.

At Grasmere in Cumbria, the rushes are still carried, but in Lancashire and parts of Yorkshire the procession became more elaborate with the rushes being conveyed on decorated carts.

The tradition continued in many areas until Victorian times when it was banned for encouraging 'drunkenness and lewd behaviour'.



Littleborough 2019 Rushbearing

OAKENHOOF

Littleborough Rushbearing was revived in 1991 by Rochdale Morris. The project was successfully achieved with the help of Littleborough Action Group and has become an important part of Littleborough's calendar of events. It is now organised by Littleborough Events and Associations Forum (LEAF) in conjunction with Littleborough Oakenhoof Cloggers.



RICHARD HAGAN

MANAGING DIRECTOR OF CRYSTAL DOORS THOUGHT TO BE ONE OF THE UK'S GREENEST ENTREPRENEURS

Based in Rochdale at Transpennine Trading Estate, Crystal Doors employs 30 people and has a turnover of £2million, manufacturing vinyl-wrapped products.

Richard took over the business in 1994, when it employed just 12 people, and has already spent more than £1million on energy-saving technology in the factory including installing solar panels on the roof. He has also announced plans for the company to be carbon neutral by 2030 – 20 years ahead of the UK's own target and eight years ahead of Greater Manchester's.

The company has been measuring its carbon footprint for the past four years and is now looking into carbon offset – wanting to plant 11,000 trees to make the company carbon neutral. It also utilises highly advanced robotics and other 'Industry 4.0' technologies to gain efficiencies in its production process.

Combined with the energy-saving measures Richard has introduced, the company's energy bill is now a quarter of what it was seven years ago.

He said: "Working with Manchester's Business Growth Hub I had an energy audit done of our factory in Rochdale and it identified 16 energy-saving measures I could take. I haven't looked back since.

"From then, it has been quite a transformational change. Adopting digital technology such as automation within my business allowed us to leapfrog the competition. The efficiencies such processes bring impacted massively on our bottom line, and I would encourage any Greater Manchester manufacturer, from any sector, to explore how business initiatives like Made

Smarter North West could change the way they work.

"I supported the launch of the Made Smarter programme with the Growth Company and Chief Executive of Siemens, Juergen Maier, in November 2018. Siemens is a multinational company, but totally committed to making ambitious cost and efficiency savings over the next four years. I thought if a big company like Siemens can do that, then I can do more.

"We are now looking at alternative raw materials and looking at our supply chain for carbon neutral products and alternatives."

The father-of-two has also made changes at home, including buying a Nissan Leaf electric car so he no longer needs to buy petrol, and cutting back on foreign holidays.

His ambition is to make Rochdale a hub for advanced manufacturing whilst reducing the impact on the environment.

"Business people have to lead and can not leave the job of protecting the environment to the next generation.

"From my point of view as a manufacturer, it is a very exciting time to see the recent investments in Rochdale.

"Rochdale is a town well worth living in. We have got a good commute to Manchester, we have got a lot of very accessible countryside, an improved town centre which is getting better and then the big idea of Rochdale being committed to building 12,000 houses between now and 2038.

"The increase in investment in Rochdale began



some years ago and now the momentum has picked up, everybody's seeing the benefits. It is only going to increase further as we attract more companies to Rochdale, providing jobs in advanced manufacturing.

"We already have Rochdale Sixth Form College and Hopwood Hall that are absolutely outstanding, but now what we need to do is join the dots up, get these students into the best universities and then ready for working in jobs in Rochdale with companies that are doing advanced manufacturing.

"What we need is the level of education where local students can be leaders in the North West, and hopefully in the world, to do research and development into new products.

"I am a big advocate of Industry 4.0, which has revolutionised the manufacturing process through the latest technology.

"I am a Fellow of IN4.0 Group which aims to

empower businesses and the education sector with the knowledge and the application of Industry 4.0 technologies. I attend UCLan and Salford University to network with lecturers and I have connections with Manchester University. Local companies struggle to access students with qualifications to be leaders in Industry 4.0, where now the IN4.0 Group is addressing this huge demand."

He concluded: "I'm a Rochdale Business Ambassador and if we want to safeguard the environment for our children and our children's children, then we all need to do more.

"My job, now I am on the board of Rochdale Ambassadors, is to speak to all the 200 plus manufacturing companies in Rochdale and form a co-operative. In the next 10 years, I can see Rochdale rising above and becoming the hub for advanced manufacturing, certainly in the North West and definitely within the Greater Manchester region."

LOVICKS CELEBRATES CENTENARY OF BUSINESS IN ROCHDALE

Independent furniture retailer Lovicks is celebrating 100 years of business this year.

Now one of Rochdale's longest-established retailers, the Yorkshire Street store was launched in November 1919 by William Lovick, who used the demob money he received for his service in World War One.

The business is still family-owned, now into its fifth generation, and is still located at the premises where it all began, employing eight members of staff.

Expansion started in 1920 to a site just down the road at a charitable hospital dispensary on the corner of Yorkshire Street and Elliott Street.

The store also expanded into several neighbouring stores in 1959, instantly recognisable as the store which stands today.

William's son, Alan, joined the business in 1930, later taking over the company after William's death in 1939 from gas poisoning that he had suffered during World War One.

Alan was joined 18 years later by his son, Bill, who became managing director in 1970.

These days the store is run by Bill's children, David and Helen, who have been involved since the 1980s and are both directors.

Lovicks provides a range of furnishings for every room in the home, from beds and headboards, frames and mattresses to dining room furniture, upholstery and carpets, plus more.



Much of what Lovicks offers is displayed over four floors at the large Yorkshire Street showroom, which also has free car parking for customers.

Director David Lovick said: "We try and maintain a marked presence as Rochdale's number one furniture store, offering value for money with a quality service to match."

"Thank you to all our loyal customers for their support over the last 100 years of trading. We hope you will continue to support us for the next 100."



MATT CALLAND – ROCHDALE HORNETS HEAD COACH



Photo: Katie Davies

How did you get into rugby?

My dad was a mad Widnes fan when they were a good team in the 1980s. I was about 10 years old when he took me to my first game and I have been hooked ever since. I started playing rugby when I started high school; a guy called Neil Wood introduced the school to rugby league. I played for St Helen's team on a Saturday and then Pilkington Recs at Under 18s level.

My coach was best friends with Steve Deakin, who coached Oldham St Anne's at the time, so when I was 18, I moved to Oldham to live in Royton.

I had a year with Oldham St Anne's, met some friends for life, and played for Lancashire and Great Britain. That is how four of us ended up signing for Hornets: myself, Martin Kay, Adrian Belle and Steve Gartland, who has sadly passed away. Hornets was my first professional club.

So you have come full circle - Hornets was your first professional team and you are back coaching Hornets.

Yes, that is the reason I am back really. I have been coaching at Hopwood Hall College since 2003. I started the academy there; the college didn't even have a rugby team at the time. I was given a five-year target to become national champions and we won within three years. In 2007, I joined Halifax to assist Martin Hall, who I initially met at Hornets. I had a couple of years assisting before he promoted me to head coach. We reached three grand finals and won the Championship in 2010. This was the first time they had won a cup since the Challenge Cup in 1987, so it was a really successful stint.

After that I went to Rochdale Mayfield and spent 10 years there still playing and coaching. We won the national cup in 2016, which was the year Steve Gartland passed away. We actually won the cup on his birthday; it was one of those moments you never forget.

How did it feel to come back to Hornets?

The last three months have been the most testing times of my career. The Championship is such a good standard and the squad we've got currently just isn't strong enough. We have tried to make changes but it is too late, so it is a case of rebuilding for next season, reshaping the team and bringing in people who want to play and compete for Rochdale. We have been relegated now to League One, but obviously the plan is to get back up eventually. It is still not easy; this isn't a quick fix and could take years. You have got to be realistic.

Steve Kerr, Hornets CEO, said that you are the 'missing piece of the Hornets puzzle', why does he think that?

I had a long professional career, got to a high level of performance and have been at the Hopwood academy for 16 years, so I know the game inside out locally. I have probably come to the club at the worst possible time - I have joined a sinking ship which has been really tough to take on. My teams generally win, I usually create a winning culture, and coming to a losing one like this has really opened my eyes. There needs to be big changes for next season and I think I can be the man to do that.

How will you improve the club's performance?

I think we need to create a pathway; we need to use the academy to attract younger players and get them ready to play for Rochdale Hornets. We are trying to get as many local players as we can so that most of the players live nearby. I want the nucleus of the squad to be Rochdale people and have Rochdale at heart.

How do you plan on getting Hornets back up to the Championship?

Clubs at the top end of the Championship are spending a whole lot of money to push to get into the Super League, and we don't have those funds to spend so it is virtually impossible to compete with those clubs.

My long-term goal is to create a winning team, get a winning culture and get a feel-good factor about the place but then the bigger goal is to get Hornets into the Championship and have a sustainable organisation so we can sustain our position. We need to make sure we're ready, can get up and stay up.

I coached Mayfield from 2006 – 2009 then again from 2011 – 2018, and I played last season too in centre position. I love playing rugby; it's the only time I feel like that's where I am supposed to be. I can not play now and the transitional period is very hard, you feel sort of lost. Coaching is so frustrating because when you play you have just got yourself to worry about, but coaching means you worry about the whole squad.

Everyone learns in different ways and everybody is motivated in different ways, you have just got to try and get everything right, it is a lot more complicated being a coach then being a player.

It is all worthwhile though, when you get a squad all on the same wavelength and working hard.

In terms of who you have coached, who has been your greatest achievement?

Jack Ashworth is probably the most successful. He came to Hopwood Hall. I saw something in him – how hard he trained and how he was in the gym. I took him down to St Helen's and he's now a full-time Super League player and will be playing at Wembley in the cup final. He is a local Rochdale lad, so it is a great achievement.

What is your favourite memory from playing?

I have got so many. When I signed as an amateur for Rochdale, being a 19-year-old playing with players who were already my friends, it was such a good time for me. All I ever wanted to do growing up was get paid to play rugby. Playing for Rochdale Hornets was a dream come true. I went playing in Australia which was a really good experience. I left England a boy and came back a man. I signed for Featherstone when I got back, then I moved to Bradford, which was the best move of my career. That is where everything kick started – I played at Wembley twice, got selected to play for England with players like Jason Robinson and Martin Offiah. We won the Super League in 1997, so you could say that was the pinnacle.

Founded in 1871, Rochdale Hornets is the borough's only professional rugby league club and competes in the Championship, the second tier of English rugby league. Hornets is one of the original 22 rugby clubs that formed the Northern Rugby Football Union in 1895, making it one of the world's first rugby league clubs.

80 years of Rochdale & District RSPCA

The Rochdale & District branch of the RSPCA is celebrating 80 years of operation from the Rochdale Animal Centre on Redcross Street in October. It opened in 1939 as a joint venture with the former National Veterinary Medicine Association (known today as the British Veterinary Association).

The Rochdale branch of the RSPCA was originally established in 1890, operating across a number of local premises, before moving to the former Woodman Hotel on the corner of High Street and Redcross Street in 1939.

In 1916, the branch donated a considerable sum of money to a government appeal to establish an equine hospital for horses injured during World War One.

The original building was eventually demolished and rebuilt as the animal centre which still stands today.



The centre closed in 1998 for a £750,000 refurbishment. However, in 2004, the St John Ambulance gave some adjacent land to the local

branch, allowing the construction of a state-of-the-art cattery – the largest in the north west.

The centre finally reopened in 2006 with new facilities including a large meeting room and the new cattery.

An adjacent plot of land was donated to the cause two years later by the local authority, allowing the construction of a secure car park for visitors and a specialised area to exercise dogs.

The local branch takes in over 600 animals and birds each year. Domestic pets such as cats, dogs, rabbits, guinea pigs, etc. all receive care and veterinary treatment before being rehomed.

The north region has serious animal cruelty issues and the Rochdale branch would like to increase its capacity to provide care for abused and ill-treated dogs, in response to the huge demand.

The animal centre also acts as a holding centre for wildlife casualties rescued by RSPCA inspectors which, after veterinary assessment, are transferred to the RSPCA's wildlife centre at Stapeley Grange in Nantwich, or released back into the wild. In the last 12 months, the Rochdale branch has taken in around 400 wildlife casualties.

Though most wildlife is eventually transferred to Stapeley Grange, it is hoped that the Rochdale branch can develop and improve its own facilities for wildlife. The staff have had specialist training in the care of the wide variety of animals and birds that are brought in.

Trustee David Canavan is firm on the local branch's stance on euthanasia. He said: "We never, ever euthanise a healthy animal. All pets are rehomed and any wildlife capable of surviving is given that opportunity.

"The centre supports people as well. Mental health organisations have reported that animals are so therapeutic for people: they provide

"Volunteering gives me a reason for living."

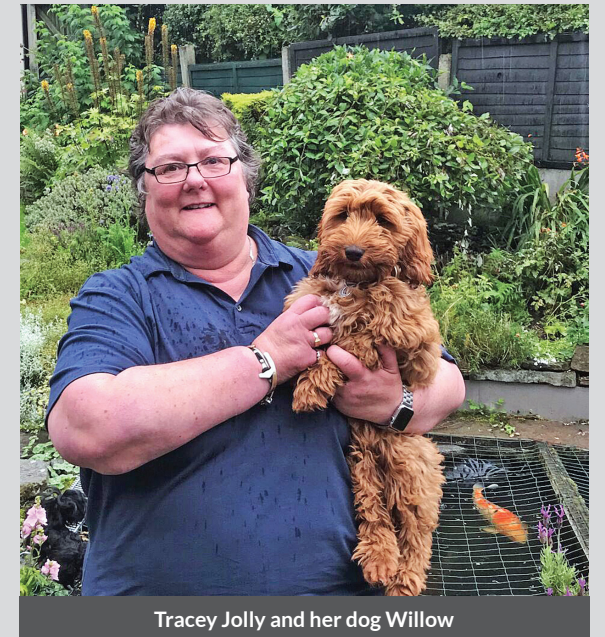
Tracey Jolly, of Shawclough, has been a volunteer with the RSPCA Rochdale & District Branch for just over three years. She volunteers twice a week and told Real Rochdale about what being a volunteer means to her.

"I had been told that I was in remission from having cancer, and I found it really hard to cope.

"When you are being treated, you have that security of the team around you, but when I was told I was in remission, I found that very hard.

"I was very down, and a friend of mine and her daughter had just adopted a couple of cats from here and suggested volunteering.

"It gave me a reason to wake up in the morning and you never know what you're walking into.



Tracey Jolly and her dog Willow

"The biggest shock to me was learning that the branch is self-funded.

"It doesn't get boring and I've learnt so much through being here. Anyone who is thinking of giving it a go, try it. I really love doing it."

companionship and a reason for living."

With these obvious benefits in mind, David and the rest of the Rochdale branch trustees are looking at refurbishing unused accommodation in the centre into a community hub providing all-important company for animals and humans.

The refurbishment and wildlife developments are expected to cost around £45,000 and the branch is hoping to attract local support.

David added: "It will be a place for people to bond with their common interest in animals, to allow a space for people to meet and also engage with our domestic animals.

"We believe this could make a meaningful contribution in addressing isolation and loneliness whilst building our network of supporters and volunteers."

The branch currently has around 50 volunteers from all walks of life who lend their time – from college students studying animal care and

management to retired people who want to give something back or those who just love animals.

Whilst the Rochdale branch has ambitious plans to ensure their hard work can continue, it has to raise the majority of its own funds.

Volunteers make a critical contribution to the work of the centre. There are currently 11 charity shops: though run by managers, many volunteers help in them by sorting and selling donated goods.

Ways you can help

Contact the centre on 01706 861897

For advice or information, visit the website: www.rspca-rochdale.org.uk

The Animal Centre on Redcross Street is open each day between 11.30am and 3.30pm, excluding Wednesdays.

HIGHLIGHTS OF A MAYORAL YEAR

Councillor Mohammed Zaman completed his year as Mayor of Rochdale in May 2019. Katie Davies spoke to him about his highlights.

Attending as many events as I could, I met various individuals and groups - acknowledging and appreciating all the work they are doing within Rochdale and beyond. I feel very lucky to have had the opportunity to witness all the good work throughout the borough and to become friends with those who make a difference and add value to others' lives.

People ask me what my highlights were as the Mayor of Rochdale, or what special things I did, and when I look back and reflect on the different engagements I attended, the wonderful things I observed and the kind people I met, I think my highlight is that my main focus was achieved. I wanted to bring people together from different areas of our borough, and of different cultural backgrounds and faiths, making sure everyone received the respect they deserve.

I chose six charities to benefit from the Mayor's Charity Appeal last year:

- Springhill Hospice
- Parkinson's UK
- Moored Development Trust
- Petrus
- Rochdale Community Partnership
- British Heart Foundation

I also made donations to smaller groups alongside the main charities I chose, as they are all doing excellent work which, I felt, can go unrecognised.

A total of £70,000 was raised over my year for the Mayor's Charity Appeal. Thank you to all who donated during my time, it was greatly appreciated.



Mayor Mohammed Zaman and Mayoress Naaira Zaman

VETERANS BREAKFAST CLUB

Held in the Clock Tower Dining Room at Rochdale Town Hall every Thursday, the Veterans Breakfast Club is attended by approximately 70 to 90 veterans and serving members of the armed forces. Many of the veterans served in World War Two, others in more recent campaigns such as Iraq, Afghanistan, Bosnia and the Suez Crisis.

The veterans meet up for comradeship, support and a sense of belonging, or just to chat and catch up with their friends. I always felt welcome and enjoyed speaking to the veterans about their experiences, which they happily shared. It was nice to hear their memories and learn about all the different places they had been in the world.

I admire the veterans in our community and think it's very important to remember their roles and their service. I presented the club with a £350 donation, certificate of appreciation and engraved plate after my mayoral year was over.



Mayor Mohammed Zaman serving breakfasts to veterans

COMMUNITY IFTARS

I attended many Iftar events (when Muslims break their fast) at different mosques and community venues during the holy month of Ramadan this year.

Hundreds of people unite to enjoy Iftars every year. They are held as the end of Ramadan approaches to reflect on patience, worship, self-discipline, charity, forgiveness and revival of spiritual wellbeing.

Ramadan is a month for Muslims to reflect on their lives and encourages them to look at those who are less fortunate and extend a helping hand through charity; a lot of people raise funds for charities throughout Ramadan to help others around the globe.

HEYWOOD CHARITIES FETE

Organised by the Heywood Charities Fete Committee, this traditionally takes place annually on the first Sunday in September and is supported by many local voluntary groups, organisations and local businesses, including Heywood Rotary and Heywood Lions Club.

Beginning with a parade through the centre of Heywood, followed by activities and entertainment at Queen's Park, this event is one of the biggest and the most long-standing in the calendar of Heywood, having taken place since 1933. It is good to see families and young people enjoying the fete and the committee work hard every year to make the event better than ever.

With thousands attending in 2018, the Charities Fete provides a great opportunity to raise funds that are distributed between a number of charities throughout the upcoming year.

I want to send my thanks to members of the fete committee, Friends of Queen's Park, the volunteers who help, and Heywood Lions Club for hosting this amazing event each year.



Mayor Mohammed Zaman at Heywood Charities Fete in 2018



PERM

MODEL: JOANNE DUNNE
HAIR & MAKE UP: GEORGIA COUZENS

HAIRDRESSING TREND

by GREG COUZENS

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A-list celebrities are rocking this new look, including Emma Stone, Jaime King and Mica Argañaraz.

Even men are taking the plunge with lots of inspiration from 'Game of Thrones' with the Jon Snow effect.

Georgia Couzens, a senior technician who created Joanne's look, said: "It all started when beach hair suddenly became the look; clients started asking for more texture and movement. For example, Joanne has a small amount of movement and for years she has straightened her hair. This involves using straightening irons every day and consequently, the condition of her hair suffered.

"Joanne can now just wash and leave her hair and she absolutely loves it."

Before considering having a 'new wave', do make sure that your hair is in the best condition: stop using harsh products and straightening irons for at least six months prior to the 'new wave'. Always use a quality conditioner and comb through to keep the cuticles smooth, and maintain regular haircuts to prevent the ends from splitting.

Each 'new wave' is customised to each individual man or woman: it is all about how you place the rods and the size we use, making it uniquely personal - on longer hair it should last up to twelve months, shorter hair is approximately three months.

Are you brave enough to take on this new trend?

If so, then talk to your technician about the preparation needed.

Mother & daughter both receive OBE in Queen's birthday honours

A Rochdale mother and daughter have both been awarded the Order of the British Empire in the Queen's Birthday Honours this year for their respective services to community projects and "exceptional leadership and support" for the UK Government during humanitarian crises.

A former teacher in Rochdale, Debbie Lye, Chief Executive of the Spirit of 2012 charity, and her daughter, Amanda McLoughlin, who led the UK's response to the Syrian refugee crisis in Lebanon, received their honours on the same day in what Debbie described as "an amazing coincidence."

Debbie took on the role of founding Chief Executive at Spirit in 2013, after spearheading the design and delivery of the London 2012 international sport and social legacy programme, which reached 25 million children and young people in 20 countries worldwide.

After reading English at Cambridge, Debbie returned to Rochdale where she married and had three children, including Amanda, teaching at several schools including Oulder Hill, Balderstone and Falinge Park before moving to

Rochdale Technical College, then Hopwood Hall College as Head of English.

Debbie moved to London to join the Civil Service in 1999 before later joining Spirit.

Amanda, who lived in Rochdale until she left for university at age 18, played a leading role in designing the response to one of the world's worst refugee crises.

The former St Cuthbert's pupil was the Head of the Department for International Development (DFID)'s office in Beirut between 2013 and 2017 where she led the UK's response to the Syrian refugee crisis in Lebanon, which has seen 1.5 million Syrian refugees take refuge there since the Syrian war began.

Through Amanda's engagement, Lebanon presented a comprehensive and ambitious plan for supporting refugees at the 2016 Syria Conference in London, the basis for international support and improvement in refugee situations.

She is now studying Arabic full-time in Lebanon.



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ELSIE WRAIGHTE

Elected as councillor for Kingsway in May 2019, Elsie speaks to Claire Flett about overcoming a tough childhood and how she wants to help others from a similar background

I am from Barrow-in-Furness and I grew up with my mum and my brother, Chris. We did not have the easiest time growing up. When I was three, my mum left my dad and we lived in a refuge. We were in the homeless shelter for a few months. Then we moved from council flat to council houses and we were in private rented for a while so it tough, but I did have my mum there, who was very keen that I should go to school and get a good education.

I was the first person in my family to go to college, and the first to go to on university. I went to the University of Manchester where I studied politics and international relations.

At college and university, I was with people who were affluent or from different backgrounds and had completely different experiences to me. I would say that has shaped my outlook, my beliefs and my politics and my wanting to become a political activist and, ultimately, to become a councillor.

On graduation, I worked as a think tank researcher and then I worked for a charity called the Social Mobility Foundation, which was about getting people from disadvantaged backgrounds into the top professions and universities.

I came to Rochdale in 2015 to work for the local MP. I then worked as a PA at Rochdale Council and then as a political advisor/office manager for Tony Lloyd MP, before moving to my present job as an assistant transport strategy officer.

There was not a lightning bolt moment when I decided I would like to become a local councillor; I thought I was well positioned to do it now and I saw that some of the people here face a lot of socio-economic challenges - that was my incentive to try to make things better for people. I knew that I had strong Labour values of fairness and equality, and wanting to make things better. Getting my current job and buying a house in Littleborough means I am in a stable place, I am settled, so the timing is right.

When I was first elected as a Labour councillor for Kingsway (in May 2019), I was very keen to talk to as many people as

possible to find out what people's concerns were so that I would be a better representative - I feel that deeply and I take my responsibilities seriously.

In the time I have been a councillor, I have attended lots of meetings and done a lot of casework. This is people coming to me with housing problems, antisocial behaviour, policing, the cleanliness of the local area and local environment.

I am currently working on a social mobility initiative. Its provisional name is Pioneering Rochdale and the idea behind it is to help young people from disadvantaged backgrounds in Rochdale, giving them some of the skills that children from disadvantaged backgrounds sometimes do not have, like networking, confidence, giving presentations or even being aware of how to speak to other professional people. It is a really important point that they get the academics right, that is so key, but there is another side, like presenting yourself well and being able to express yourself.

Having graduated and spoken to people from a similar background to mine, it is a real issue so the idea behind the initiative is to get Rochdale-based professionals involved.

It is important that it is a Rochdale-based initiative, Rochdale-based young people, Rochdale-based businesses and professionals, to do a few different things.

One component is mentoring, another is to have some inspiring professionals' panels where a businessperson speaks to a group of young people about what they do and how they got to where they are and their background, and in the future, hopefully, work placements in different sectors.

I have only just started speaking to the council leader and the cabinet member responsible and having early meetings with officers, and will hopefully start to do something early next year. I am hoping that local colleges and apprenticeship providers will refer young people to the initiative.

I am really keen to do this; my own experience has made me sure that this is the right thing to do in Rochdale.



Photo & Hair: Greg Couzens



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Safety in Aesthetics

It is undeniable that, in recent years, the demand for aesthetic procedures has dramatically increased. Whilst previously, the general public may have only been aware of Botox® and little else when it comes to non-surgical procedures, this is rapidly changing. As well as Botox®, or other anti-wrinkle treatments, many now know not just of the procedures available, but of the multitude of benefits they can have in the skin. Even treatments that were previously considered outlandish are now a regular staple of clinics across the country, including fillers, PRP, chemical peels, and medical-grade skincare.

Whilst this has often been attributed to the rise in celebrity culture and social media, this boom in aesthetics is linked to a fall in the number of people seeking surgical correction, offering a non-invasive, safer alternative with far less downtime, and an improvement in the accessibility of such treatments.

However, there is a marked downside to the rise in prominence of such treatments. Shockingly, there is little regulation in the aesthetics industry. This has led to many under-qualified and inexperienced practitioners cropping up in salons and high streets across the country.

Whilst this has undeniably lowered the cost and improved how accessible aesthetics treatments are to the majority of people, it opens up the potential for unsafe procedures that negatively impact both health and appearance.

Prospective patients should always take the utmost care when selecting where to go for their aesthetics treatments. Unfortunately, there are far too many unscrupulous practitioners out there, and it can be difficult to know what to look for in order to make the best possible choice.

With this said, there are also several signifiers that patients are in the best possible hands that are simple to find and easy to understand. For example, any practitioner you visit should be a healthcare registered professional and also be registered with the Care Quality Commission, or CQC, for medical or surgical treatments, such as PDO thread lifts. The qualifications of their practitioners should be clearly displayed, allowing patients to be totally at ease with their decision. It may also be helpful to look at patient testimonials and reviews on social media in order to gain a full insight into how other patients found their experience.

Whilst practitioners with less experience may be happy to perform whatever treatments you ask for, it is the sign of a highly competent, skilled aesthetics professional to decline your requests if they feel them inappropriate or not in your best interests.

In most reputable clinics, a thorough consultation is required to assess your concerns, allowing professionals to recommend and carry out the most suitable treatments for your skin.

This often differs from what patients think they may need, and as such, it is important to bear in mind that searching for the exact treatment you may wish to undergo may not be the best strategy, but rather the concern or condition you are looking to correct. Make sure that you do thorough research into your clinic and practitioner; a well-qualified practitioner should make you feel comfortable and at ease. They should help you to fully understand the risks and possible side effects associated with your treatment, and you should leave your initial consultation feeling educated and fully informed, and with enough of the facts to make a decision as to whether to proceed with your treatment.

If you are having treatments such as Botox® or Hyalase to dissolve dermal fillers, a consultation with a doctor, dentist or nurse prescriber is always required by law to assess suitability for treatment and to order the Prescription only Medicine (POM) in your name. A second appointment would then have to be booked for treatment.



Deborah Vines is a Registered General Nurse, Nurse Prescriber and the Medical Director of Face Medical Clinic based in Heywood. She has been a full time Aesthetic Nurse for eighteen years and owns one of the longest established Medical Aesthetic Clinics in the North West and has recently gained her Care Quality Commission Registration for medical treatments.



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Zero-waste shopping comes to town

The zero-waste movement landed in town when Littleborough business The Veggie Vixen underwent an extensive rebrand this summer.

Formerly Littleborough's first plant-based café, The Veggie Vixen Store and Coffee Shop on Victoria Street has introduced a zero-waste section of store cupboard and cleaning essentials to tackle the scourge of single-use plastic.

The zero-waste movement is fast gaining traction across the UK, thanks to a public backlash against single-use plastics.

A versatile material, the horrors of plastic have recently been realised after shocking images of plastic-choked oceans and piles of waste sent abroad for recycling have surfaced.



Some action is taking place nationally, with the 5p bag levy, the UK ban on microplastic beads in cosmetics, and paper bags for fruit and veg, or even in place of standard plastic carrier bags.

Several supermarkets have introduced a 'bring your own container' scheme to cut down on unnecessary plastic usage, but the rise of zero-waste shops has largely been fuelled by independent businesses going one step further.

Whilst the shop isn't fully zero-waste, Veggie Vixen founder Naomi Rhys Thomas hopes to have a sizeable impact closer to home with zero-waste and refill stations.

All refill products stocked by the Veggie Vixen are vegetarian, vegan, cruelty-free and environmentally friendly, with compostable bags, or glass jars, to go from shop to shelf.

Liquid refills – starting from 20p per 100ml – include shampoo and conditioner, laundry detergent and fabric conditioner, disinfectant and multi-use cleaners, handwash, glass and mirror cleaner, and toilet cleaner.

The store also serves coffee and cake, plus a wide range of packaged goodies suitable for all.



**The Veggie Vixen is open Thursdays and Fridays (11am to 6pm)
and Saturdays and Sundays (11am to 5pm).**



SING! LITTLEBOROUGH

A community singing group for the locals of Littleborough and beyond, 'Sing! Littleborough' has been raising the roof at various venues and events with their joyful song and smiles since October 2017.

Led by the vocal coach and musician Phil Reynolds, the choir is taught a range of songs, both new and old, to entertain their audiences, meeting at The Falcon pub in Littleborough Square.

Sing!'s first rehearsal two years ago saw over 50 people come through the doors. Within the hour, members were singing in three-part harmony, belting ABBA's 'I have a dream' followed by a bit of James Bay's 'Hold back the river'.

Since their formation, Sing! has played a myriad of gigs from Heart Radio to local care homes, concerts at Gorton Monastery and even sang at Manchester Together with One Voice in Albert Square last year, marking the first anniversary of the Manchester Arena bombing. They performed Faith Hill's 'There You'll Be' to a crowd of approximately 15,000, which was screened across Cathedral Gardens and MediaCityUK.

When asked how the singing group came about, co-founder Sarah Williams said: "I really love singing, it is so uplifting and good for the soul, so after the unexpected closure of the Rock Choir in Littleborough, myself and a few singing friends

(Joan Cook, Liz Creagh and Joanne Bottomley) put out some feelers online and were overwhelmed with the response.

"Finding a choir leader and venue were the next steps, and both Phil and The Falcon Inn were keen to help us get the group off the ground."

Phil Reynolds, who also runs the Rochdale Carers Choir and Tameside Voices, said: "I already knew Liz and Joan from other choirs and they'd been gently nagging me for a couple of months to come and set up a choir - it was one of the best decisions I've ever made.

"I've worked hard to make it a fun weekly social event whilst providing a variety of performing opportunities (over 30 in 18 months) and the choir has surpassed all my expectations."

Most recently in July, Sing! performed their current favourite song, Chasing Cars by Snow Patrol - the most played song on UK radio in the 21st century - at Milnrow Wellbeing Festival.

Phil added: "Singing is proven to have a huge positive physical and emotional impact on health and wellbeing, and many of the choir members rely on rehearsals as a lifeline for lots of reasons."

Sarah added: "We are changing lives: the number of members who say how much they love choir and how uplifting it is, is really humbling."

One member who has personally felt the uplifting effects of the Sing! Littleborough choir is Janet Birch. Janet said: "Sing! Littleborough has changed my life. It's not about your singing ability. It's amazing; I've had anxiety issues in the past, but being part of the choir has built my confidence.

"You can just let yourself go when you're singing, and nobody judges you. I have discovered that I really enjoy entertaining people. For me it was a life changer, not the singing but the social side of it. I love it and I don't know what I'd do without it."

Do you fancy joining Sing! Littleborough?

Sing! welcomes new members all the time - join them at the Falcon Inn, Littleborough from 7pm - 8.30pm each Wednesday (term time).

Sessions begin again after a summer break on Wednesday 4 September 2019.

Sessions are £5 each.

No auditions, no need to read music, and if you can talk you can sing.

The choir's next gigs for 2019 include:

- Rochdale Heartbeat Autumn Serenade - 28 September at Littleborough Cricket Club
- Rochdale Half Marathon - 6 October at The Wine Press, Littleborough
- Music at the Monastery - 13 October at The Monastery, Gorton, Manchester

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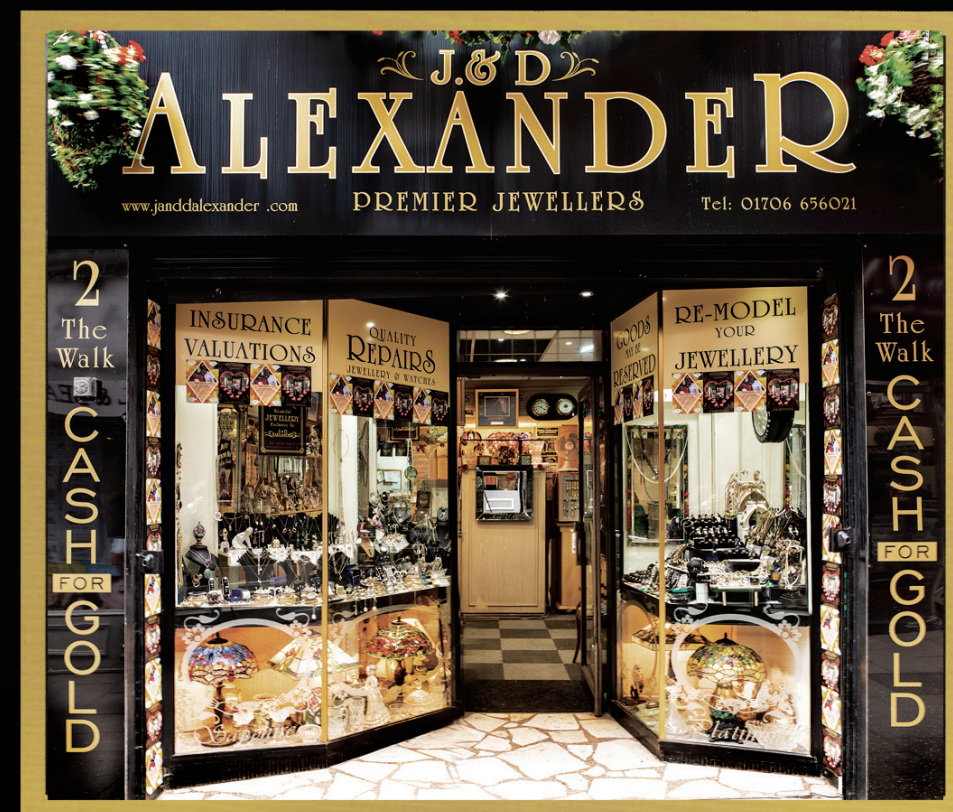
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SJ JOHNSON

SJ Johnson is a local singer who is hoping for chart success with her recent release 'Lady'



SJ fronting Crimson Scarlet at her first gig in 2005

SJ began her singing career in 2005, when she was 22, after successfully auditioning for a local band, Crimson Scarlet, who at the time needed a replacement vocalist.

Following a two year stint gigging and recording with Crimson Scarlet, SJ began working at the Back Door Music project in Rochdale where she met D J Absolut - regarded by many as being one of the best 'scratch masters' in the business, and she left Crimson Scarlet to concentrate on a new musical direction as a session vocalist recording 'Trance' in a studio.

SJ secured a publishing contract with 23rd Precinct Music/Notting Hill Music and has been featured on a number of Notting Hill music releases .

During this time she met Si Paul (aka 'Lost Witness'), a DJ and record producer who had a number of singles released on major electronic dance label Ministry of Sound.

In the recording studio, SJ also met record producer Jim Neild, who she went on to marry in 2007 and divorce in 2014.



Photo: Malcolm Journeaux

Jim encouraged SJ to start writing her own material and her first ever trance song, produced by Si Paul, was snapped up by Armada, the biggest dance label in Europe.

'Chasing Rainbows' reached number 4 in the Beatport charts, number 2 on Armada's Spotify chart and was featured by Armin van Buuren, a Dutch DJ who hosts the radio show 'A State of Trance', which is broadcast to more than 37 million weekly listeners in 84 countries on over 100 FM radio stations.

SJ made a move from recording Trance to House music and has been featured on a number of different House labels, including one signed to 'Armada Deep'. Deep House music is a fast growing genre.

Released in August, SJ's latest song, 'Lady', was co-written with Sally J Crawley and was produced by well known remixer and radio show host Morlando. 'Lady' is described as a 'bubbly, fresh deep house groove with lyrics that will have the clubs in harmony' .

The track is already proving popular and is being played by Des Mitchell on his daily dance radio show for Radio One Mallorca.

The song can be found on Spotify, Beatport, iTunes, and other streaming platforms and, along with a promotional video filmed in and around Rochdale, on Youtube.

Along with continuing her House music career, SJ has recently returned to her musical roots and after a 12 year gap, is collaborating with local guitarist/songwriter Malcolm Journeaux on new material, which they will soon be recording.

SUMMER OF SPORTING SUCCESS FOR LOCAL STARS

The summer of 2019 will be one to remember for these local sports stars, as they have enjoyed the sporting season of a lifetime. From football and lacrosse to underwater hockey and judo, Michelle Kight look at how they have made an impact on the sporting world.

Basketball

Mollie Campbell, of Whitworth, and the Great Britain women's basketball team made history in July by finishing fourth in the EuroBasket tournament, the best placing by a British team at a European Championship.

Their placing means that team GB is now guaranteed to play in February's qualifying tournament for the Tokyo 2020 Olympics.

Mollie was the youngest player of England's basketball squad that won a silver medal at the 2018 Commonwealth Games in Australia.

Her basketball career began at the age of 12, when she followed in her brother's footsteps and took up the sport, playing for Manchester Mystics. She now plays for Leicester Riders in a centre forward position, and hopes to take part in the next Olympics.



Football

Rochdale-born midfielder Keira Walsh, 22, played an integral part in this year's England Women's football team, which finished fourth in this summer's FIFA World Cup.

England's opening match of the 2019 World Cup – Walsh's World Cup debut – was watched by 6.1 million viewers on BBC TV, a record for the women's game.

She signed her first professional contract in 2015 with Manchester City and made her debut for City in a 1-0 win over Notts County Ladies in July 2014.

Since then, she has blossomed and has gained international experience at youth level with England.

In 2016, Walsh helped City to a league and cup double, also making her Champions League debut and scoring the match winner in a last 16 triumph over Brondby IF.

Defender Axel Tuanzebe, 21, signed a new contract with Manchester United in July 2019 after a year on loan at Aston Villa.

Tuanzebe was raised in Rochdale after he was born in the Democratic Republic of the Congo.

A former pupil at St Cuthbert's RC High School, Tuanzebe was signed by Manchester United when he was just 11.

Mixed Martial Arts

Kyran Sturrock, 18, of Castleton, came home in June from the Mixed Martial Arts European Championships in Rome with a bronze medal.

Sturrock, who plans to pursue the sport at a professional level, has been involved in the sport for six years, training at the Full Contact Performance Centre (FCPC) on Queensway and the SBG gym in Manchester.

Underwater Hockey

At the time of printing, three players from Rochdale Underwater Hockey Club have been selected to play for Great Britain in the Underwater Hockey World Age Group Championships in Sheffield in August.

Tiegan Alexander, 18, and Ella Tomlinson, 15, have been selected for the women's under 19s team, whilst Isaac Rhodes-Dawson, 17, has been selected for the men's under 19s team.

Tiegan has been playing underwater hockey since she was 10 years old and Ella since she was nine, and they have both played for Rochdale's junior teams at all age levels.

Isaac joined the club when he was nine and has played for the Rochdale junior teams and currently competes with Manchester A team at the highest-level competitions.

One of the only sports to be played in three dimensions, underwater hockey is a team-based sport, played with a plastic-coated lead puck on the bottom of the swimming pool.

The puck is moved using small bats approximately 30cm long, players wear a mask, snorkel and a pair of fins and are required to hold their breath while underwater and playing the puck.

Lacrosse

Three Rochdale Lacrosse Club players were part of the England squad who won the inaugural LAX Under 20s European Championships in July.

The team, which included Rochdale players Daniel Madeley, 18, Tom Teal, 17, and Alex Halliday, 17, beat Germany in the final, whilst their fellow Rochdale teammate, Josh Croney, played for Wales in the same contest.

The Rochdale Lacrosse Club is one of the five oldest clubs in the UK with the sport having been played locally since 1888.

Judo

Rochdale Judo Club's Isobel Kitchen, 16, Jake Brearley, 14, and Dave Hulme, 26, will be competing at the Commonwealth Judo Championships in Walsall in late September, the first to be hosted in England since the inaugural edition in 1986.

Isobel, who has been training for around nine years, placed ninth in the 2019 European Youth Olympic Festival in Azerbaijan in late July, after she was selected as one of the British Olympic Association's 44 athletes representing Team GB.

The European Youth Olympic Festivals sees around 2,500 athletes from 48 European nations compete across 10 Olympic sports.

She also won silver at the British Championships earlier that month, following on from previous golds at the 2019 English, Scottish and Irish open tournaments.

Jake and Dave were also selected for the British Teams Championships, winning bronze medals.



Photo: Team GB

Shout until you are hoarse – you won't get an autumn course of antibiotics

The move from summer into autumn is bound to see a rise in familiar health conditions such as coughs, headaches and chest infections.

One thing that will be different this year is that GPs will be giving the cold shoulder to prescribing antibiotics and the patient will have to manage chest infections and sore throats better.

Resistance to antibiotics is partly caused by too many needless drugs being prescribed. This can make bacteria in your body resistant to the drug. Not being able to respond to antibiotics means that more patients will die of drug-resistant infections.

Instead of badgering your GP for antibiotics, concentrate on clearing colds through painkillers and taking on plenty of water and bed rest. Stop the spread of viruses by keeping your hands clean and catching a sneeze in a handkerchief.

Although it does not create a barrier against all sniffles, the flu jab has a healthy success rate and if you are living with a lifetime condition or caring for someone who has one, you could qualify for a free injection.

Those toddling off to school for the first time should have had their four-in-one pre-school injections to boost immunity against diphtheria, tetanus, polio and whooping cough. This should be administered when a child is four months and three years old, so if your child still needs this vaccination, contact your GP.

Perhaps less well-known is the inoculation of teenagers, and especially those going to university, to prevent the deadly diseases meningitis and septicaemia. Cases of both have risen dramatically.



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.

For some people, shorter days and reducing temperatures are more than just inconveniences. They include those suffering from seasonal affective disorder (SAD), for whom the symptoms of depression are more apparent. As the saying goes, 'it is okay not to feel okay' and contacting your doctor about SAD is essential.

Some asthma sufferers will also not be relishing the onset of autumn. Cold air and damp can trigger flare-ups and even attacks and so proper use of your inhaler and sticking to your asthma plan is vital.

The wind and the rain can also make those joints stiffen for rheumatoid arthritis sufferers. The expert advice is to keep yourself warm, wear extra layers, put a blanket in every room of your home and insulate it if it is draughty (you could spend some time searching for grants available to help you do this).

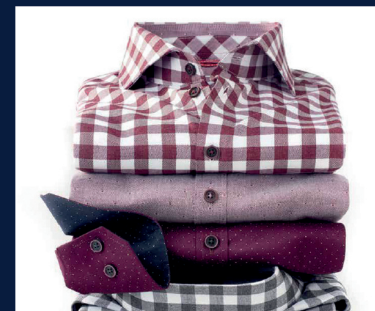
The change in seasons to autumn can have an effect on our health, but there are things we can do all year to help ourselves, such as good diet, cutting down on alcohol, getting plenty of exercise and not smoking.

Don't fall foul of autumn ailments. Instead make it a season of change - for the better.



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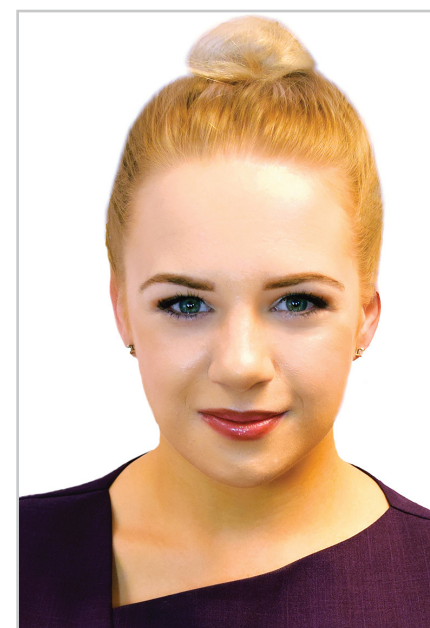
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PROFESSIONAL
beauty
REGIONAL AWARDS
2018 FINALIST

TEEN ACNE versus ADULT ACNE



ABOUT THE WRITER

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

She is a CND Master L&P nail technician, as well as a Dermalogica Skin Specialist.

Adult Acne

Skin therapists are commonly asked by adult clients: 'Why am I breaking out at my age?'

Contrary to common belief, acne isn't just for teenagers, it can affect anyone.

Thanks to stress, hormonal changes, busy lifestyles and an increasingly polluted environment, this all contributes to more adult acne and congestion.

Breakouts tend to be more inflamed (red, sensitive) and are generally located around the mouth, chin and jawline.

To help with adult acne, it is recommended to:

- Avoid over-drying the skin by looking for ingredients such as salicylic acid or glycolic acid to help remove dead skin cells.
- If skin ageing is also a concern, look for ingredients such as Niacinamide to help balance uneven skin tone, as well as Retinol, a smoothing ingredient designed for wrinkles.
- Avoid picking or squeezing the breakouts, as this can result in more breakouts. Seek a professional skin therapist for extraction.

Teen Acne

Teenage acne is part hormonal, part genetic and largely in part thanks to puberty. Teen acne is usually predominant on the face, chest and back, and teens tend to experience more blackheads and whiteheads than adults with acne.

These types of breakouts often come up due to the rise in androgens, the 'male' hormones that both guys and girls have.

Teen skin has a faster cell turnover and is more resilient than adult skin, which results in the skin recovering quickly from breakouts.

To help with teen skin, it is recommended to:

- Focus on maintaining a good skincare routine and skincare habits i.e. changing pillow cases every night, not picking or popping breakouts.
- Avoid products containing pore-clogging ingredients, e.g. Lanolin.
- Look for products that include salicylic acid to exfoliate away dead skin cells.
- Moisturise and wear SPF daily as dehydration and environmental factors can trigger more sebum production and existing breakouts can appear worse. If your skin is oily, use an oil-free moisturiser.

HOPE CELEBRATING 60 YEARS



DENIS HOPE, one of Rochdale's oldest independent family businesses is celebrating its 60th birthday.

It all began in 1959 when Denis, who was working at Edward Taylor's in Heywood, decided it was time to start up on his own.

With a vision and a passion for the clothing industry, Denis aimed to provide ranges sourced from throughout Britain and Europe, coupled with unbeatable customer service.

He opened the doors to a small Drake Street shop in September 1959, and such was the success, that the shop was extended into the property next door.

Years later other stores were opened in Oldham and Bury, and a ladies department created within the flagship Drake Street store.

There has always been a family feel to the store; the business has seen three generations of the Hope family working in it, and has also served three generations of customers. Many customers fondly recall shopping at Denis Hope with their parents.

When Denis retired the business was handed over to his son Michael and new labels were added to the already strong brand mix, the

biggest addition being Hugo Boss. Hope is now one of the biggest stockists of Hugo Boss outside Manchester City centre.

The business continues to go from strength to strength, and though there are no longer Oldham and Bury stores, there is now a stunning mens and ladies store in Clitheroe.

The Rochdale ladies department was moved four years ago to its current location in Norden, where it continues to flourish.

In October 2018, the flagship store in Rochdale was relocated to Norden due to the decline of Drake Street.

Incorporated in the move to Norden was a rebranding to HOPE Menswear, in keeping with the other HOPE stores.

Grandson Oliver, now in charge of the Norden store, has recreated a welcome atmosphere and pressure-free shopping environment.

Now occupying 794-798 Edenfield Road is the menswear store, formal hire department and the existing HOPE Womenswear.

Despite the changes and rebranding, the stores still hold true to the original values and ethos that Denis insisted on.

Queen Victoria's Christmas Ball

Friday 20 December 2019, 7pm- 1am
Saturday 21 December 2019, 7pm – 1am

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£50.00*
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*Price of general admission will
be £65pp after 25 October 2019.

To book **Rochdale.gov.uk/events** or call **01706 924797**

NSPCC Ladies Day @ Nutters



Autumn Vegetable Soup

by Natasha Brown

owner of Brown's Cakes

I like a recipe that can be adapted. When making soup at home, I throw in any vegetables that I have left over and if I don't have a particular ingredient that's listed in the recipe, I might just leave it out. Butternut squash makes a lovely smooth soup and sweet potatoes thicken soup nicely, so I would not leave these out of this recipe but adding any other veg is fine.

1 medium sized butternut squash	2 cloves garlic
2 medium sweet potatoes	2 vegetable stock cubes
2 onions	Salt and pepper
4 carrots	Cream (to serve)

There are two ways to make this soup, the first way is to chop all the vegetables and toss them in olive oil. Spread on to a baking tray and bake in a preheated oven at 180°C / gas mark 6 for 25 minutes. This creates a lovely caramelised flavour to the soup. If you don't have time for that, just chop all the veg and place it straight into a large pan.

Cover the vegetables with water, add the two stock cubes and bring to the boil.

Simmer gently for 30 minutes (if you roasted the veg in the oven, it won't need as long to simmer).

Blend the soup with a handheld stick blender and season with salt and pepper. If the soup is too thick, add boiling water until you have a good consistency.

I like a drizzle of cream on the soup before serving.

Soda Bread

250g wholemeal flour	450ml whole milk
250g plain flour	Juice of a lemon
1 tsp salt	Pumpkin seeds
1 tsp bicarbonate of soda	

I only recently discovered the beauty of making soda bread, and now I think everybody should learn how to make it. It takes just 10 minutes to mix together, then half an hour in the oven and you have a fabulous fresh loaf! In the time that the veggies are boiling for the soup, you can have a soda bread loaf knocked up and on the table piping hot.

My one piece of advice would be to get all your ingredients, bowls, baking tray, etc. together before you start. Once the milk mixture and the bicarbonate of soda mix together, they will start to react so you need to work quickly to get it all combined and in the oven.

Preheat the oven to 200°C / gas mark 7.



Add the lemon juice to the milk and leave to stand for 5-10 minutes.

Mix all the dry ingredients in a large bowl. Using a rounded knife, stir in three quarters of the milk mixture. Once it starts to combine, add the rest of the milk and stir it all together.

Knead the mixture together to make a dough. Shape this into a ball and flatten slightly by patting it down.

Mark a deep cross with a knife across the top of the dough and sprinkle with the pumpkin seeds.

Dust some plain flour over the loaf and onto a baking tray. Place the loaf on the baking tray and pop it in the oven.

Bake for 30 minutes and check it's cooked properly by tapping the base to make sure it sounds hollow.

Tear the loaf gently to open it up and serve warm with lashing of butter and your homemade soup. Bliss!

MEMORY LANE



PHOTO: MALCOLM JOURNEAUX

FIJI 32 - 14 IRELAND

**RUGBY LEAGUE WORLD CUP
SPOTLAND STADIUM
28 OCTOBER 2013**

A sell-out crowd of 8,872 at Spotland, including what seemed like the whole of Rochdale's sizeable Fijian community, saw a dominant Fiji pack out-muscle Ireland to score a resounding victory in their opening Rugby League World Cup Group A fixture.

Outnumbered in the stands, out-sung by the Fijian fans and out-played on the field, the Irish were still smiling, but it was the Fijians who were dancing at the end of the game as winger Akuila Uate scored three tries to put Fiji, a semi finalist in 2008, on course for the quarter finals.

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Hospitality at the Dale this
Christmas

Rochdale v Bury Saturday 14 December, Crown Oil Arena, 3pm KO

STARTER Goats Cheese & Pear Salad with a Roquefort Dressing

MAIN COURSE Roast Turkey & Cranberry infused Sausage Served on bed of crushed sage & onion and skin on mashed potato

DESSERT Christmas Pudding with Brandy Sauce

HALF TIME Tea / Coffee & Mince Pie

Rochdale v Fleetwood Town Boxing Day, Crown Oil Arena, 3pm KO

STARTER Crayfish & Crab Waldorf Salad

MAIN COURSE Fillet of Chicken with a Creole Sausage Stew Served over skin on mashed potato

DESSERT Sticky Toffee Pudding with JD Ice Cream

HALF TIME Tea / Coffee & Cup Cake

Adults £55 • Concession (U18 / 65+) £40
Junior (U16) £30 • Season Ticket Holder £30

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