

ISSUE 11 AUTUMN 2021

REAL ROCHDALE

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MAGAZINE

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AT TATTON PARK FLOWER SHOW

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EDITOR'S WORDS

A warm welcome to Real Rochdale



Hello and welcome back to the latest edition of Real Rochdale.

This time, we're celebrating achievements. Our home-grown sailor Stuart Bithell, earned a well-deserved gold medal in this year's Olympic Games, whilst Robbie Stockdale, Rochdale AFC's new manager, took some time from his busy schedule to tell us about his aspirations for the club.

Our cover image is the garden at RHS Tatton Park Flower Show, created by Rochdale-based homelessness charity Petrus Community's service users, volunteers and staff. The garden was awarded a bronze medal and won the People's Choice Award.

Rochdale town centre became the subject of an exciting archaeological dig over the summer – which residents were invited to take part in. Katie Davies delves into the history of the Packer Street area, where some exciting historical finds were made.

Speaking of history, this year marks 150 years of the Rochdale Hornets Rugby Club. Michelle Kight takes us on a journey through the formation and legacy of one of the world's oldest rugby clubs.

Moving forwards, civil engineering company Hovington celebrates 40 years of business, whilst funding has been secured to bring a new research facility to town over the next few years.

Most towns have a Rotary club, which are volunteer organisations working for good causes. There are five in the Rochdale borough, and we've shone a spotlight on all of them. Perhaps you might become their newest member?

Natasha at the award-winning Brown's Cakes has created a sinfully delicious tiramisu to enjoy, whilst our Dr Chauhan reminds us not to overindulge this autumn, no matter how tempting this may be!

As always, thank you to our advertisers and contributors – and we hope you enjoy this issue.

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Petrus (Rochdale) garden at the RHS
Flower Show Tatton Park

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Claire Flett

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ROBBIE STOCKDALE - ROCHDALE AFC MANAGER

Rochdale Football Club appointed Robbie Stockdale as the first team manager in July.

The 41-year-old former defender enjoyed a successful playing career at clubs including Middlesbrough, Sheffield Wednesday, West Ham, Rotherham United and Hull City. He was also capped five times by Scotland.

He started his coaching career at Grimsby Town in 2010 before going on to join Sunderland two years later.

Robbie spent six years on the staff at Sunderland and was part of the first team set up under the likes of Sam Allardyce, as well as having three stints as caretaker manager.

After leaving Sunderland, he was appointed

assistant at Hibernian in 2019, before reuniting with Allardyce in 2020 when he joined the back room staff as first team coach at West Bromwich Albion.

Real Rochdale editor Claire Flett caught up with Robbie at the Crown Oil Arena to find out more about him and his plans for the team.

CF: Why this job now; why this club?

RS: I did my research on the club and Rochdale has always had a good history of producing players, which is something I take great interest in. It is where my background started, where I'm still heavily influenced.

Then I spoke to Simon Gauge [the chairman] and the rest of the board about their vision of

the club and what it meant to the supporters and it was really exciting.

It was something that I've been ready for quite a long time; I've done the hard yards, I've worked the academy and I've worked under some exceptional experienced managers and now I feel it's my time for me to step up.

CF: What are your targets for the season?

RS: I've told the players our aim has got to be promotion, whether that's through play-offs or automatic promotion. I'm not afraid to say that; I might be setting myself up for a fall, I accept that but I've come to win and I want the players to accept that challenge as well.

CF: What would you consider to be the most important quality in a player; what do you look for?

RS: I think with my experience of working with younger players coming through, the ones that have made it have had drive and the right attitude. I think that's really the most important thing. Of course they have to have ability, but ability gets you in the building, attitude keeps you in there.

The players represent the club, that represents the fans. So you need to see somebody on a match day that is a hundred percent committed. I think then if you see that - win, lose or draw - you go out satisfied that they have given their all. You know, they won't particularly get praise from me for doing that, because I see it as a given, but it isn't always, so we need to make sure we instil that in them.

CF: The managers you have worked with in the past, as a player or a coach, which one have you learnt the most from?

RS: You learn from every single one. I know that's a real cop-out, but you do. If I wasn't doing that, I don't think I would have been doing my job properly as a young coach coming through at the time.

I have seen different managers deal with different situations in completely different

ways, but still get the right outcome at the end.

I've been fortunate to work with two or three who are exceptional at man-management, so that was the biggest learning curve.

CF: Do you have a message for the supporters?

RS: We want them to come to games and enjoy themselves, we want to play entertaining football. We want to be difficult to score against. I want to be accessible to supporters as well, I think that's really important, and if they feel part of the journey with us - I hate the word journey, sounds like X-Factor - but if they feel part of the process, then we get that buy-in, and that could be a really powerful thing.

Claire also asked new Dale chairman Simon Gauge about the decision to appoint Robbie.

CF: When you met Robbie, did you know straight away he was the right man for the job?

SG: He was impressive straight away; he really stood out.

When Brian [Barry-Murphy] went, the first thing we did was to try and build an identity for the club here.

We wanted a young guy who is hungry and ambitious, someone that really wants it, and with Robbie that came across in abundance straight away.

We wanted someone who has a good background in academies, because obviously that is an important part of this club as well, bringing people through the academy and getting them to the first team, and possibly selling them on, is massive, so he ticks all those boxes.

The other impressive thing at the interview was he didn't just turn up and talk about himself. He had actually done a hell of a lot of research into Rochdale... match reports from our games that he had done for himself last year that he had watched.



DALE SUPPORTERS

T R U S T

The Dale Trust is much more than an old fashioned supporters' club. Having formed in 2004, we see our primary role as acting in the best interests of our members and also of the football club. We do this by meeting regularly with the club, and reporting back to our members.

We are a democratic organisation and are driven by the wishes of those members. We regularly engage with supporters and feedback to the club to ensure the wishes of the fans are met. All major decisions and donations have to be backed by the members.

We currently have over 1,100 members which is a record total by some distance. This is mainly in part due to what can only be described as a summer of chaos at the club, with two directors removed from the board, a new board and chairman appointed and then a fight against a hostile takeover. This is all new to what is traditionally one of the most stable clubs in the EFL.

These are worrying times for any supporter of a lower league football team with the lack of money filtering down from the Premier League coupled with almost eighteen months without crowds due to Covid. With that, it is essential that the club and the supporters are on the same page. We believe we have that with the new board that are now in place, and we would stand against anything which challenged that or would be detrimental to the club.

We often hold social events such as quiz nights and fans' forums – not to mention our legendary curry nights where we invite a former Dale great to join us. Our exiles branch for fans outside of Rochdale now has over 300 members from all across the club.

If you wish to join us, you can either do so online at daletrust.co.uk or come and see us in the Dale Bar before any home match at Spotland. Membership is just £5 for the 2021-22 season.

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PETRUS AT RHS FLOWER SHOW

Rochdale-based homelessness charity Petrus Community celebrated a double victory after winning two awards at this year's Royal Horticultural Society (RHS) Flower Show Tatton Park.

Their exhibition, a double back-to-back garden titled 'Full Circle', featured innovative ideas for dealing with excess water to highlight the impact of flooding.

Featuring repeated planting of bamboo along a back wall and a green roof on a seating gazebo, not only to attract wildlife, but help slow rain fall, the garden was inspired by Rochdale being increasingly affected by flooding in the last few years.

Amid climate change concerns and increased local flooding, Petrus service users, volunteers and staff designed the garden to reflect the need to go back to nature to find solutions.

The features included can be achieved in almost any garden to reduce water runoff, and the Petrus team shared what the community and gardeners can do to help the situation and become more flood resilient at Tatton Park.

Going off a public vote, Petrus was announced as the People's Choice Award winner for Full Circle. Not only this, but the garden was also awarded a bronze medal overall.

This is the second time the group has been part of the show, after receiving a silver medal in 2019.

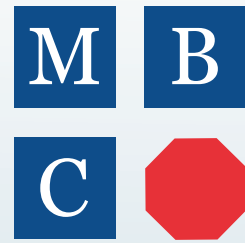
Announcing their win on social media, Petrus Community wrote: "We're speechless and incredibly grateful to everyone who voted for and loved our service users and volunteers' garden. This means so much to them and our charity."

Many of Petrus' service users and volunteers have multiple and complex needs or have experienced homelessness and engage with the charity's community allotment - Petrus Incredible Edible Rochdale (PIER) - which supports individuals out of negative routines through improved social, mental, and physical wellbeing.

Designed by Rachael Bennion and Petrus Community, sponsors of the garden were M&Y Maintenance and Construction, Regenda Homes, and The Rotary Club of Rochdale.



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PROTECTING INNOVATION AND CREATIVITY



Aamna Mohammad, a trainee solicitor at Molesworths Bright Clegg, explains how people and companies can protect their Intellectual Property with copyright, trademarks and patents.

Rochdale has a rich history of innovation and creativity, from the likes of Hamlet Nicholson who, in 1860, invented the first compound cricket ball, which is still used in modern cricket today, to the writer, comedian, songwriter and musician Bill Oddie OBE.

Rochdale's passion for innovation continues to thrive in the 21st century with the recent announcement that the Advanced Machinery & Productivity Institute (AMPI) will be built here, after government funding was secured (see page 38).

AMPI will form a new UK hub for machine-related technology research and development, technical skills, and industrial-academic collaboration, with a single ambition to develop new machines, technology and people needed to manufacture the products of the future.

Innovation and creativity will be the heartbeat of AMPI, but how do we protect the ideas and inventions (collectively called 'Intellectual Property Rights') that will be generated?

You may ask yourself what is 'Intellectual Property' and what 'Rights' do you have?

Intellectual Property (IP) refers to creations of the mind, such as: inventions, designs, symbols, names, and images used in business. IP is protected in law by, for example, copyrights, trademarks and patents.

Copyright, put simply, is a legal right that protects the use of your literary, artistic, or musical work once your idea has been physically expressed. Today, all EU countries grant copyright lasting for a minimum of 70 years after the author's death.

There is no official system of registration of copyright in the UK. The copyright arises automatically as soon as a piece of work is created. In practice, one product tends to give rise to multiple rights. For example, a TV show is likely to have separate copyrights in the dialogue, sound recording and music. If the show originated from a book, that book would also attract its own copyright.

Unlike copyrights, trademarks do not arise automatically. A trademark is a sign used to distinguish the goods and services as belonging to a specific company and recognises the company's ownership of the brand.

Typically, trademarks take the form of words or logos though it is possible to protect more usual forms of trademarks such as colours, slogans, shapes of products or packaging, sounds, motions and even smells.

A registered trademark gives its proprietor certain rights to prevent unauthorised third parties using identical or confusingly similar trademarks. In 2017, over 80,000 applications were made to register a trademark in the UK.

In addition to copyright and trademarks, you can also protect certain types of technical innovation, in the form of a patent. A patent protects new inventions and may cover aspects such as how things work, what they are made of and how they are made. The invention is set out in a patent document which is registered at an Intellectual Property Office.

The patent system rewards innovation and the improvement of industrially applied techniques.

If a company has spent time and money developing new technology, it can protect it by registering a patent.

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Rail revival on track



Ambitious proposals which form part of Rochdale Council's rail strategy could transform the area around Castleton railway station.

The plans include up to 7,000 new homes, over 100,000 square metres of employment space to create up to 11,000 new jobs, and the extension of the East Lancs heritage railway into the area.

Improvements to the railway station, including additional parking facilities and an improved entrance, are part of the plans, to encourage more sustainable travel.

Rochdale Borough Council is also working with the Greater Manchester Combined Authority (GMCA) on proposals for major transport improvements. The area would play a key role in the extension of the Metrolink into Heywood and Middleton

and a new rail station at Slattocks, with the aim of creating a tram-train network to link Oldham and Manchester with Heywood via Castleton. The innovative system would see trams travel along existing, but rarely used, train lines.

The proposals form part of wider plans to regenerate the areas around the borough's five railways stations, as part of the council's multi-million pound rail strategy.

A new community rail partnership, with representatives from Calderdale Council, Rochdale Borough Council, community groups and businesses, has been created. The partnership's aim is to engage communities along the Calder Valley line and harness smaller scale improvement projects to support the wider rail strategy.

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MARGARITA CAPAS



Photo: Kristina Zvinakeviciute

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- Bachelor's Degree in Piano Performance
- Second prize at the International Young Pianists Competition in Copenhagen in 1997
- Diploma and a prize for the best performance of a work by a Lithuanian composer at the Second International Competition of Student Accompanists in 2005

FROM LITHUANIA TO CASTLETON

Margarita Capas is a pianist and piano teacher based in Castleton. She was born in Klaipeda, the third largest city and only port in Lithuania, in 1984, 'a small, cosy town near the seashore where you hear seagulls early in the morning and jazz late at night - it has a very special place in my heart'.

Both her parents were musicians; her late father played trumpet and her mother is a pianist who studied at the Lithuanian Academy of Music and Theatre.

Margarita started to play piano at the age of eight, practising at least couple of hours a day. She explained: "I did show interest much earlier by trying to figure it out on my own. I had a piano method book (which I still have and will cherish for the rest of my life) and I used to sing words from the book and play random notes searching for correct harmonies. I always wanted to play like my mum and was very frustrated that I could not. Only later I realised that it takes years, decades of consistent practice and incredible determination - no matter the talent!"

Following in her mother's footsteps, Margarita also went on to study at the Lithuanian Academy of Music and Theatre. During her six years at the Academy, she married and gave birth to her son before graduating with two master's degrees.

After graduating, Margarita successfully auditioned for a scholarship at the Royal Northern College of Music (RNCM) as a Junior Fellow in Accompaniment - hence the family move to England in 2009 when she was 25.

She explains from being young she always felt she would leave Lithuania because whilst she loves the country, she knew she would want to also live 'somewhere else'.

Margarita and her husband decided to settle in Castleton to be near her cousin's family.

The move wasn't easy: the first year she struggled with the language and there were many other challenges in the early years. She said: "I am so grateful for all the people here that helped me. I have met so many kind, generous and helpful people here, which I will always appreciate."

Her first taste of 'teaching' piano came as a teenager when her mum let her earn some pocket money by helping with "practice assistance" for her students.

She went on to gain Qualified Teacher Status, and now teaches piano from her home studio. She currently has 40 students, and a waiting list.

Margarita said: "I tell my students this journey will not, should not, stop. There is an incredible amount of piano repertoire to explore, technical challenges to overcome, thousands of events to play at. The concerts that we organise (themed piano concerts twice a year) are one of those. Oh, what incredible, emotional, exciting events these are!"

Her dreams include: "Opening a music school, which could include other instrumental teachers; organising master classes, festivals, and competitions; write a piano method book, and a book about my teaching experience, but I will leave the latter one to the far away future, because even though I have seen a lot already, it still feels like I have just started."

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TOWN HALL SQUARE DIG

Led by archaeologists from Salford University, a team arrived on 14 July to dig deep into Rochdale's working past and found the foundations of homes belonging to wool merchants from the 18th century under the surface between The Flying Horse Hotel and Rochdale Town Hall.

Before it concluded on 31 July, residents were invited to a final talk and tour of a large-scale archaeological dig at Rochdale Town Hall Square.

Archaeologist Joe Brooks said: "Packer Street was known to have been a key part of the trans-Pennine textile trading route from Yorkshire, so people would come and bring wool up Packer Street to St. Chad's Church steps and over to Manchester.

"Over time as the industry developed, from the medieval period right through to the 19th century, the street got more built up and different buildings were knocked down for new ones to be developed. Then, in 1870, they built the town hall and just demolished the lot.

"The first thing we found was a glazed brick yard surface, which was probably associated with the town hall, possibly separating Packer Street from what were the town hall gardens. Beneath that is what were all the old buildings on Packer Street."

It is known that in 1851, Rochdale residents had 'cottage industries' within their homes, working and spinning wool, making toffee, selling boots, plus baking bread and selling and preparing meat to earn money.

A particularly exciting find was an intact ginger beer bottle belonging to 'S Casson' of Rochdale. This was found where resident Samuel Casson, aged 20 in the 1851 census, once lived at 13 Packer Street as a ginger beer brewer.

Examples of domestic fine ware were also found including an 'Old Mother Hubbard' nursery rhyme plate, chinaware in a 'classic Victorian willow pattern', thimbles, hair clips and cutlery.



"A base of what we think was a jug, vase, or bowl has been of particular interest," said Graham Mottershead, Excavations Manager at Town Hall Square. "It is early 17th century, possibly pre-1650, which has been amazing to find as we don't find many like this.

"Tobacco pipes, beer bottles, and a lot of remnants of shellfish have also been found, all telling a little story of a pub of the past.

"As The Flying Horse [opened in 1691] is older than the town hall, that is why this area has been of particular interest."

The fact that none of the buildings beneath the surface of Packer Street have cellars or basements also sparked interest in the team, as it means it is possible that medieval Anglo-Saxon history could 'hopefully be beneath'.

Part of the wider £400 million regeneration of Rochdale town centre, the 'Big Dig' was the first public event as part of the restoration of Rochdale Town Hall, where residents of all ages helped historians dig out the site, process, catalogue, and clean the finds.



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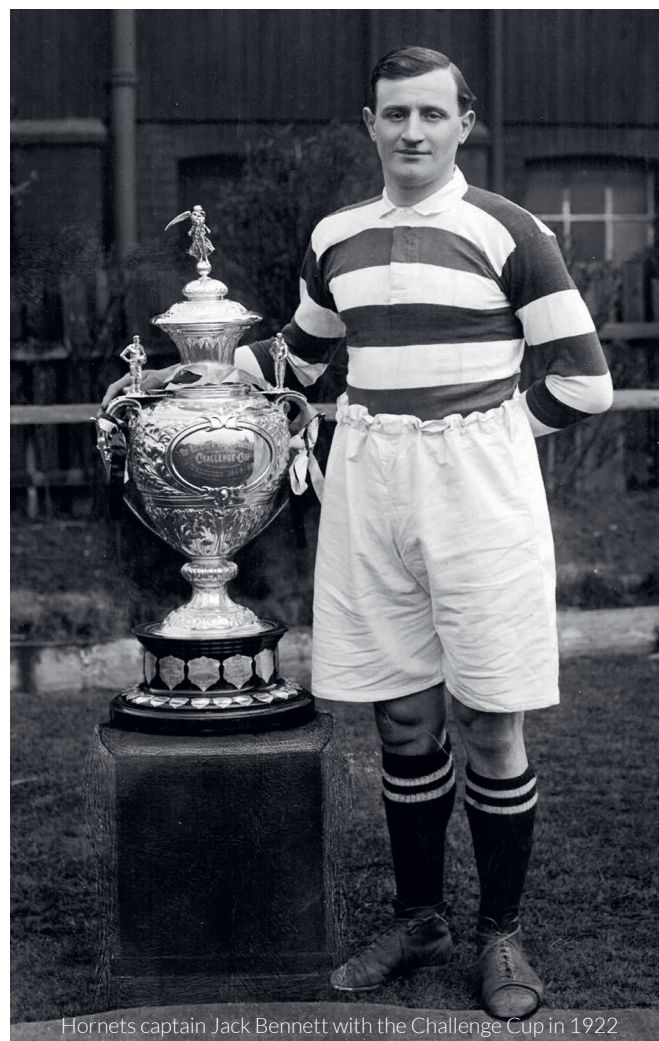
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ROCHDALE HORNETS 150TH ANNIVERSARY



Hornets captain Jack Bennett with the Challenge Cup in 1922

One of the world's longest-surviving rugby league clubs celebrates 150 years of playing the full-contact sport

Rochdale has a rich history of rugby league: its Hornets team is one of the oldest surviving in the world, founded after an epochal meeting between the directors of Rochdale Wasps, Rochdale United and Rochdale Football Club at the Roebuck Hotel in 1871.

Having joined forces to form a senior team to represent the whole town, Rochdale Hornets – and the iconic amber and black kit – was born, mostly made up of working-class men.

One of the original 22 clubs which formed the Northern Union in 1895 (which became Rugby League in 1922) the Hornets have overcome several periods of difficulty over the years, including financial crises, losing several players in World War One, plus a fatal match injury – but equally have had numerous triumphs to be celebrated, on and off the pitch.



The Lancashire Cup winning side of 1911

Cup success and memorable matches

The match on 23 November 1878 against Halifax saw an attendance of 5,000: a Rochdale record at the time. It was also played under electric light, which was still a relatively new invention.

The game against Swinton in the 1884-5 season was left unfinished. Hornets had scored a try and were looking to win the game with a conversion. However, with excitement running high, the crowd broke onto the pitch, the game was suspended and the kick never taken.

In the half-season of the spring of 1919, Rochdale Hornets not only won the Lancashire League but also carried off the Lancashire County Cup.

In 1922, Hornets won the Northern Union Challenge Cup by beating favourites Hull 10-9 at Leeds. This would be Hornets' one and only Challenge Cup final and was a real underdog's victory. Incidentally, the club's record attendance was set the same year earlier in the cup; a crowd of 26,664 turned out to watch the derby against local rivals Oldham.

Their biggest win against a senior side came in 1989 with the 92-nil defeat of Runcorn Highfield.

Hornets set an all-time Rugby League record in 2005 when they defeated the amateur side Illingworth 120-4 in the Challenge Cup: the highest score ever achieved by a team in the cup.

Under the guidance of Ian Talbot in 2013, the Hornets were led to their first trophy since 1922 when they won the Kingstone Press Championship 1 play-off final against Oldham. Talbot's successor, Alan Kilshaw, would also enjoy resounding triumph. In his first season, Hornets became champions of the Kingstone Press League 1 division after a resounding victory over Toulouse Olympique on 17 September 2016.

This was the first time Hornets had been champions of a division for 97 years.



A Fijian legacy

In 1961, two Fijian players arrived: Orisi Dawai and Josefa Levula became the first of their countrymen to play in England and create a Rochdale legacy.

Their arrival would create a link to the Pacific nation which still exists to this day as Rochdale hosts the second largest Fijian population in the UK outside of London.

Voate Drui and Liatia Ravouvou soon followed in early 1962, and the strong connection between the club and Fiji lives on: Mike Ratu senior, son Emon, and grandson Mike junior all represented the Hornets, whilst Joe Taira is a current squad member.

Kit changes

Whilst the club's most notable colours are amber and black, Hornets have played in other strips over the years, including cerise and grey, white, green and black, and red, white and blue.

The 2021 home shirt features bold hoops and red sleeves, inspired by the 1921-22 Challenge Cup shirt worn by captain Jack Bennett, plus the 150th anniversary crest.

The club's original colours formed the main inspiration for the 2021 away shirt: thin hoops which scoop into a U-shape on the front and back, representing the body of the hornet. The bold amber and black colours were last present on the 2016 change jersey, which the club wore in their victory over Toulouse Olympique.

Home sweet home

The Hornets have played from various grounds, spending a considerable number of years at the former Rochdale Cricket Ground (now home to an Asda supermarket) until 1894.

From there, the club moved to the Athletic Grounds on Milnrow Road, purchasing the grounds in 1913. Hornets would remain there until 1987, when financial woes meant selling the land for a Morrisons supermarket.

After the sale of the land, in 1988 the Hornets moved to Rochdale AFC's Spotland Stadium – now the Crown Oil Arena.

Ownership and co-operation

Weighed down by increasing debts and facing a winding-up order from HM Revenue and Customs, shareholders voted to put the original Rochdale Hornets Football Club Company Limited into administration in January 2009.

Assisted by Supporters Direct, a group of loyal supporters stepped in to save the club from extinction. On 29 January 2009 Rochdale Hornets was re-formed as a supporter-owned

co-operative: the first professional Rugby League club to be owned and run by its fans.

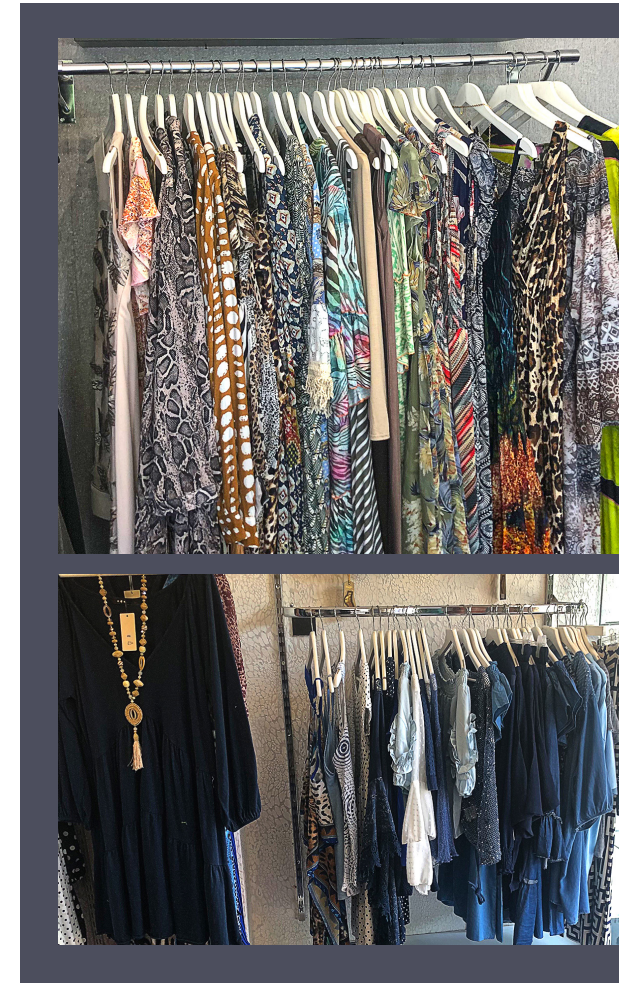
During the co-operative era, the club punched well above its weight, winning the Kingstone Press Championship 1 play-off final in 2013, before being crowned league champions three years later.

However, in 2020, the members voted to place the club back into private hands, handing over control of the club to a consortium headed by former Swinton chairman, Andy Mazey.

The future

Today the club boasts three main teams: men, women and wheelchair (created in 2017). Formed in 2019, its women's side is fittingly led by Rochdale's Olympic judoka Sophie Cox, who at 11, became the first girl to play rugby league at Wembley in 1993.

Hornets avoided relegation from the Championship in 2018 due to a league restructure, but failed to sustain its second tier position. Winning just one league game all season, the club succumbed to relegation at the end of 2019 and now compete in League 1 under manager Matt Calland, a former player.



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Floral photography

by Malcolm Journeaux

Sun Protection Factor

When we think of SPF (sun protection factor), most of us only think we need it when being exposure to bright sunshine and ensure that it is packed ahead of our holidays. Here is our guide to SPF and protecting your skin from UV rays.

What is SPF?

SPF (sun protection factor) indicates how long it will take UVB (burning) rays – the main cause of sunburn – to make the skin red. For example, SPF 15 means it will take 15 times longer for our skin to go red with the cream on than without. UVA (ageing) rays are different, these penetrate the skin more deeply and they play a major participation in accelerating the signs of skin cancer and premature skin ageing. They are the same rays emitted from sunbeds. To protect your skin from both UVA and UVB rays, you should ensure that the SPF is 15 plus AND that it says, 'broad spectrum'. This means that the product has ingredients to protect against both of these UV rays. However, it is recommended to use a higher protection of SPF 30 or 50.



SPF isn't just for summer or sunny days

Our skin is exposed to UV rays every single day, photo damage or UV exposure can occur from daylight exposure through clouds, rain, glass, snow, and even fluorescent lighting!

You should wear a generous amount every day to protect your skin as it helps slow down the effects of premature ageing.

Approximately 90% of photo ageing is preventable by wearing your SPF every day.

ABOUT THE WRITER

Beverley Watson is a director and therapist at Revive Me with 24 years' experience in the beauty industry, including seven years as a lecturer and assessor. She is skilled in all aspects of beauty, HD Pro Brow stylist, CND L&P master nail tech.



Chemical versus physical

Chemical sun cream works by absorbing UV radiation and is generally more popular as the sun cream absorbs into the skin, meaning it feels lighter and is less noticeable.

Physical sun cream works by reflecting or scattering UV radiation. On the skin, it can feel heavier and looks more noticeable, however it provides more coverage and is more resistant to swimming and sweat.

How much should I use?

Creams and lotions deliver better protection than spray formulations. The recommended amount of sun protection for our face is one teaspoon of sun cream to give you the SPF protection stated on the bottle's label.

The equivalent of one shot glass of sun cream is sufficient enough to protect the rest of your body, but this must be topped up every two hours, or after swimming or exercise.

SPF for your face does not have to be the sun protection you use for the rest of your body, as in many cases it can be too heavy and clog the skin.

It is recommended that you consult a skin therapist who will recommend the perfect SPF for your skin's needs.

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Baileys Tiramisu

by Natasha Brown - owner of Brown's Cakes

Our tiramisu recipe was devised as a solution to use up the offcuts from our many celebration cakes we bake. Each week, we have a tray full of surplus cake trimmings – which happen to create an excellent base for this delicious Italian dessert. It would even be worth baking a sponge cake just to cut it up to make this tiramisu.

You may not have cake offcuts, and maybe you don't want to bake a sponge cake for this, but this recipe can be used as a way to use up any leftover cake you have. Alternatively, you could use a cheap Madeira cake from a supermarket, or a couple of packets of sponge lady fingers – but I like cake better!

This recipe **MUST** be made the day before you plan to eat it to give the sponge time to soak up all the moisture. Whilst that means you save time on the day if you're going to be busy cooking, it does mean you need to be organised.

It doesn't take too long, so that's a bonus too.

The tiramisu will last a couple of days in the fridge, but be aware that it has fresh cream on top. The Baileys can be substituted for another alcohol: rum, Cointreau, brandy would be lovely, and if you don't want to add the alcohol, this can be made with a coffee syrup substitute such as vanilla syrup.

I've arrived at this recipe by experimenting with ingredients, please feel free to experiment yourself. You could try different flavour cakes, such as coffee and walnut cake or try lemon drizzle cake with Limoncello and omit the coffee.

Just have fun and enjoy.

Ingredients

8 tsp instant coffee
150ml Baileys
3 eggs *
250g mascarpone
75g caster sugar
400g vanilla sponge cake
300ml double cream
2 tsp cocoa powder

*Eggs with a British Lion stamp mark are considered safe to be eaten raw.



Recipe

- Dissolve the coffee in a little boiling water then add cold water to make up 150ml of coffee, then add the Baileys.
- Separate the eggs and beat the egg yolks with the sugar until pale and fluffy. Beat in the mascarpone and put to one side.
- With a clean whisk, beat the egg whites until stiff peaks form then gently fold this into the mascarpone mixture.
- Cut the cake into slices and create a layer of cake along the bottom of a trifle dish or other suitable serving dish. Drizzle about a third of the Baileys/coffee mixture over the cake (if using sponge lady fingers dip them in the mixture first, but cake tends to fall apart if it's dipped).
- Spoon about a third of the mascarpone mixture over the cake.
- Repeat this process by adding another layer of cake, drizzle with another third of Baileys/coffee mixture and then spoon over another third of the mascarpone.
- Repeat again. If you run out of mixture just drizzle a bit of neat Baileys over the cake, there will be enough coffee flavour in the sponge below but you can never have too much Baileys!
- Spoon the last of the mascarpone on top of the cake.
- Now cover the dessert and put it in the fridge overnight.
- Before serving the tiramisu, whip the double cream and spread it over the top of the dessert and give it a good dusting of cocoa powder.



STUART BITHELL OLYMPIC GOLD FOR LITTLEBOROUGH SAILOR

Bithell and partner Dylan Fletcher win first-ever 49er sailing gold for Team GB in Tokyo

Stuart Bithell is an elite sailor who learned and honed his sport at Hollingworth Lake. He won a silver medal at the London 2012 Olympics, and earned a gold at Tokyo 2020 in one of the most dramatic Olympic regatta races of all time.

Alongside his sailing partner, Dylan Fletcher, the 34-year-old claimed a dramatic men's 49er gold medal at the Tokyo games on Enoshima waters on 3 August.

The duo, once rivals on the water, clinched the win after narrowly edging out both Germany and New Zealand by centimetres in the final race to land their victory.

Bithell and Fletcher's gold is the first-ever 49er sailing gold for Team GB – a dream come true for Bithell.

He said: "Dreams come true, kids. I've certainly never seen a race this close in the Olympics, not in the 49er class.

"It must have been thrilling to watch; it was terrible to be in. Dylan talks about it being a long road since Rio but for me, it's been nine years.

"I missed out last cycle to Dylan, so it's been a long part of my career just really chipping away and working hard. This is my last Olympics, almost certainly.

"As you can imagine it's so nice to come away with the gold; it's been the dream since when I was a little boy."

Bithell previously won a silver medal in the 470 class at London 2012 with Luke Patience,



Dylan Fletcher and Stuart Bithell
Photos: Sailing Energy / World Sailing

but he nearly called time on his career when he was pipped to Rio 2016 selection by his fellow gold medallist Fletcher.

Back on the waters of Weymouth, the pair were racing one another in foiling Moth dinghies when they had a lightbulb moment: why not team up for a tilt at Tokyo 2020?

The decision brought victory: within a year, Fletcher and Bithell had become a force to be reckoned with, winning the 49er European and world championships in 2017.

Bithell learned to sail at Hollingworth Lake Sailing Club as a child, where his parents, Leslie and Vivian, watched his winning race with club

members on 3 August. He began competing for the club aged 12 and went on to work as an instructor at Hollingworth Lake Water Activity Centre.

Since its formation in 1946, the Hollingworth Lake Sailing Club has played a prominent role in the sport of British dinghy sailing. The club is home to a number of national and world champions, including Bithell – and one of its younger members is proving that she too has the makings of an elite athlete.

Its top junior, Daisy Fisher, then 14, became the first female member of the club to be accepted for a national squad and is now the top sailor in the Topper class throughout the North of England.

Daisy already has several titles under her belt and recently won the last event of the season at Budworth Sailing Club in Cheshire, returning home with an armful of trophies.

With stiff competition, it came down to the winner of the very last race to decide the outcome and Daisy sailed away from the fleet for an emphatic victory to cement her place at the top.

Daisy began sailing on the national circuit in 2019 – just two years after taking up the sport.



DAISY FISHER JUNIOR TOPPER CHAMPION

Rochdale Development Agency

Rochdale Development Agency was established to promote Rochdale as a central investment location while continuing to support and assist existing investors. It actively encourages and assists investment and promotes the borough as one of the most business-friendly locations in the UK.



Photo: Malcolm Journeaux



The RDA has strong links with both the council and the commercial sector and has helped many businesses relocate to the area including Dachser, JD Sports, ASDA (Wincanton), Takeuchi and Nobilia.

To make business relocation as smooth as possible, the RDA is able to assist businesses in many areas including commercial property searches, advice and guidance on expansion and relocation, advice on financial assistance and support with recruitment and training.

There is a rapid response to all investor enquiries and a single point of contact is allocated within the team to co-ordinate all aspects of investment enquiry.

Once a business has located to Rochdale, the RDA has a dedicated aftercare service. This ensures businesses here thrive.

Research undertaken by the ONS, showed that business survival rates in Rochdale have consistently been higher than for Greater Manchester as a whole.

Rochdale Development Agency is a local authority controlled company of Rochdale Borough Council.

www.investinrochdale.co.uk



Photo: Malcolm Journeaux

40th ANNIVERSARY FOR HOVINGTON

Rochdale civil engineering company Hovington is celebrating its 40th anniversary in 2021.

Established in 1981, Hovington has evolved into a specialist groundwork, highways, remediation, utilities and drainage contractor working across a number of sectors including retail, industrial, commercial, public sector and student accommodation.

Clients have included IKEA, Tesco, Sainsbury's, Asda, John Lewis, Airbus, Safestore, Universal Container Services and Lidl.

Earlier this year, John Maloney Jr and Martin Quinn exited the business and John's son, Jack Maloney, became the financial director, with Mike Penny appointed as the construction director, and Nick Green assuming the role of managing director.

Jack Maloney, who is the third generation of his family to work for Hovington, said: "Hovington has been in my blood all my life. I remember coming in from the age of five or six helping my Dad around the office.

"Martin and Dad decided that in the year of our 40th anniversary now was the right time for them to step away. They've built the foundations and values of today's business and I'd love nothing more than to add another 40 years to the Hovington legacy and hand it on to the next generation."



Managing director Nick Green described Hovington as one of "the North West's best-kept secrets." He said: "Ironically, you don't see a lot of what we do because a lot of our work tends to be buried. IKEA in Sheffield is a good example of the type of projects we undertake. It's a very imposing building but our job was to take a former foundry site and get the land ready for an IKEA to be built on. It was worth £4m to us."

The company has been involved in string of projects including the groundwork for the retail and leisure destination Rochdale Riverside (see photo below), the infrastructure for the newly refurbished JunctionNINE Retail Park in Warrington, the car park and external works for Hopwood Hall College in Rochdale, the IKEA store in Ashton, works at Oldham College and creating the structure that Manchester's famous archway in Chinatown is built on.

The company is also working with Willmott Dixon on the second phase of Rochdale Riverside, which includes plans to build 220 apartments and a new hotel.



Rochdale Training celebrates its 30,000th learner

Independent training provider Rochdale Training will welcome its 30,000th learner in September, as it celebrates over half a century of helping Rochdale residents into apprenticeships, work-based training programmes and employment.

Rochdale Training works with hundreds of local businesses, helping them to fill apprenticeships and meet their on-the-job training needs. Its training has a 81% success rate, 13% above the national average.

Mark Whittaker, Skills Advisor at Rochdale Training, said: "We will be announcing the 30,000th learner in September, and to celebrate the milestone, we're keen to hear from past learners to share good news.

"We'd love to hear from anyone with personal experience of working with Rochdale Training. Are you now managing others,



recruiting apprentices or maybe own your own business? If so, we'd love to hear your stories."

Rochdale Training was founded in 1966 and today is a training provider of charitable status, headquartered on Fishwick Street. It offers a huge range of apprenticeships and courses in subjects as diverse as business administration, customer service, engineering and childcare.

Rochdale Training's Talent Academy

This eight-week pre-employment course is a flexible education and training programme, for young people aged 16-24.

In partnership with the Prince's Trust, Rochdale Training is offering an eight-week training programme that will include work experience, £50 weekly attendance allowance and the chance of moving onto an apprenticeship or full-time employment.

The course will focus on Health & Social Care, Early Years and Teaching Assistant environments. Everyone accepted onto the course will have the chance to complete digital training, first aid, health & safety alongside an accredited qualification in either Health & Social Care or Early Years.

Mark Whittaker, Skills Advisor at Rochdale Training, said: "This course is designed to be fun and will help 16-24-year-olds who are currently unemployed get into employment. This practical course will help you make new friends, improve confidence, get accredited qualifications with work experience. You will be supported every step of the way with a personal mentor and career coach. Employers are waiting to meet you; what are you waiting for - apply now!"

At the end of the eight-week course, learners will be supported to apply for apprenticeship roles across the borough.



Call Nathan Finn on 01706 631 417, email nfinn@rochdaletraining.co.uk or visit rochdaletraining.co.uk

£22.6m funding secured for new manufacturing research facility

Funding has been secured for a new research facility in Rochdale, which will support the rapid growth of the UK's machinery manufacturing sector.

Machinery manufacturing is used in a wide range of industries like pharmaceuticals, food and drink, and automotive components.

The Advanced Machinery and Productivity Institute (AMPI) will stimulate and support the sector as it transitions to automated and autonomous robotic systems. It will also enable invention, and increase the adoption of new machinery and robotics through UK equipment manufacturers.

NPL will be working in partnership with Rochdale Development Agency (RDA), Rochdale-based companies including precision machine tool maker PTG Holroyd and CR Solutions as well as Fives Landis, Wayland Additive, and several universities including Huddersfield, Salford and Manchester.

It is hoped that support provided through AMPI and its partner organisations will benefit businesses across the region, and positively impact direct and indirect local employment, as well as UK industry export.

Long term, AMPI is expected to grow the UK's advanced machinery capability to a £2bn export capacity within 10 years, establishing over 30,000 high value manufacturing sector jobs.

Gareth Edwards, the AMPI Programme Director at the National Physical Laboratory, said: "Through this programme the team will



deliver ground-breaking innovation, provide a platform for UK industry to develop its ideas and be a beacon of diversity and opportunity for people coming into the field."

Dr Tony Bannan OBE, CEO of Precision Technologies Group (Holroyd), said: "Manufacturing is not only a key driver of economic growth, but also an essential part of the UK economy, contributing £192bn per year.

"Through AMPI our aim is to help ensure UK manufacturing is equipped to lead the way in the creation of tomorrow's intelligent, integrated manufacturing technologies – as well as the materials those machine tools will use.

"We believe that the creation of a new, highly accessible centre for innovation in specialised machinery and machine tool technologies and productivity will help put UK manufacturers of all sizes ahead of their counterparts in Europe and beyond, by focusing on the development of advanced manufacturing processes that don't exist today."



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A professional audio mixing desk setup with multiple monitors, speakers, and a keyboard. The setup is on a desk, and there are large speakers on either side. The background is a warm orange color.

HAIRDRESSING TREND

by GREG COUZENS

TWILIGHTING

Twilighting is all about brightening up a brunette base colour with little to no required maintenance, using subtle, lit-from-within, cooler tones. The secret of this beautiful technique is subtle tone while increasing a brilliant shine, it adds a hint of lift with a sumptuous cool sheen. It's fresh, new, with a twinkly glow and is suitable for all brunettes.

We asked senior technician at Gregory Couzens, Georgia Matthews how to achieve this look.

Georgia said: "First of all, you have to determine the undertones of the skin colour. This is unique in everyone and is crucial in deciding on the best choice for colour.

"Amirah has cooler skin tones, so to complement this I recommend taking the base colour slightly lighter, this creates a brighter look with softer undertones. I then added a mix tone of purple; this is the exact opposite on the colour wheel to yellow and is the secret to achieving a beautiful cooler sheen."

Is Asian hair difficult to colour?

"First of all you have to understand the various colours and textures within the Asian community. Generally speaking, individual strands of Asian hair are much thicker and stronger because they have a lot more cuticle layers. In order to achieve a beautiful result, we have to open up the cuticle to allow the colour pigments to penetrate; I recommend using much more colour and increase the processing time.

"Asian hair tends to be dark brown; this deep colour contains a higher amount of natural red pigment, so, when lifting the natural hair colour a few shades lighter, it can have a tendency to have an orange reflection in bright sunlight."

Twilighting is the new must-have look for the year: lighter, brighter, but much cooler.

Model: Amirah Mohammed
Hair: Georgia Matthews
Photo: Gregory Couzens

Rotary Clubs around the Borough of Rochdale

Rotary clubs are membership organisations which help the local community and support a number of fantastic causes by raising money and other donations, mostly through events.

Rooted within their own communities, but with a global outlook, Rotary brings like-minded people together from all walks of life to give back to the community for the benefit of everyone.

There are five Rotary clubs in the Rochdale borough, and all of them would welcome you as a new member.

Rotary Club of Rochdale East

The Rotary Club of Rochdale East was formed in 1970. During the pandemic, club members met via Zoom each Tuesday evening and are now in the process of returning to regular face-to-face meetings at Rochdale Golf Club. Here, a meal is enjoyed by all before a talk or presentation from a guest speaker.

The club strongly believes in supporting and contributing to the local community.

President Graham Knox said: "We have given £1,300 to various causes, including polio, which is a big Rotary worldwide project, and a number of community-based interests that we

have supported for a long time.

"We are linked into a lot of schools, especially for young achievers such as for 'Photographer of the Year' and 'Chef of the Year'.

"We also accessed computer equipment that could be recycled for use by those children that didn't have access to that equipment."

New members are welcome. Contact the club secretary:

Email: frank.hauxwell@btinternet.com
Web: www.rotaryclubofrochdaleeast.org.uk

Rotary Heywood 2020

Rotary Heywood 2020 started on 9 March 2020, and within days of the club coming into existence, the world went into lockdown.

The club adapted its plans and set to work helping the community wherever it could, delivering medication and hot meals to those who were vulnerable and shielding.

Through the year the club came up with new and innovative ways that the club could still operate as a service organisation.

Through hard work and the commitment of members, the club is now recognised throughout the town as 'Rotary Heywood 2020, People of Action Acting in the Community'.

Membership is made up of men and women who all share the same vision: 'To improve the

lives of the people of Heywood and the international community'. In working towards achieving that aim, the club has made donations to local charities and causes as well as giving to international emergencies when called upon to do so.

President Mel Caffrey said she looking forward to "building on our achievements with some great projects planned for the coming months."

Contact club secretary, Edwin Partridge:

Email: EdwinPartridge2@gmail.com
Web: www.facebook.com/RotaryHeywood



Rotary Club of Rochdale

Rotary Club of Rochdale is celebrating its 95th anniversary in 2021, and has 24 active members, three honorary members and a friends group consisting of 13 people.

The club meets on the first and third Thursday of each month at the Royal Toby, Manchester Road, Castleton.

The club has provided continued support to Petrus and the Rochdale Foodbank and organises an annual Ascot Ladies Day at Nutters Restaurant in aid of the Rochdale Branch of the NSPCC.

A classic car show, which returns in 2022, has raised over £20,000 for various charities. Returning too in 2022 will be a cricket dinner, organised by former International umpire and former club president John Holder. Past guests have included Michael Holding, David Gower and Jonathan Agnew. The proceeds fund coaching for youth cricket throughout Rochdale.

The Geoff Butterworth Gallery run by the club can be found in the Rochdale Exchange Shopping Centre and is open from 10am

Thursday to Saturday with free admission. Regular fund-raising raffles are held to win Geoff's artworks.

Other schemes supported by members include Rotary Shoebox, Urban Farm and Youth Speaks. The club is working with Rochdale Sixth Form College to produce future Youth Health Champions.

Club President Merrilyn Chadwick said: "I would recommend Rotary to people; it is a chance to give back to society and to help those in need, whether they are around the world or around the corner. The like-minded fellowship of our members gives the club a very special feel. I am looking forward to supporting our long-term projects as well as raising money to help my personal charities which are, Rochdale RSPCA, Rochdale Children's Moorland Home and Mercy Ships.

"We are always happy to welcome new members and have a friends group for people who like to support our work."

Email: rotaryrochdale@gmail.com
Web: www.rotaryrochdale.org

Rotary Clubs around the Borough of Rochdale

Rotary Middleton

In comparison to other Rotary clubs, Middleton could be considered as small with just 15 members, however, these members plus, a good number of friends, achieve a phenomenal amount.

One of the highlights of the year is the Christmas float that has become a Middleton tradition for generations, since its first running over 50 years ago. Each year the float collections bring in funds that are used to support local groups, charities, and individuals. For example, over the last few years the club has funded defibrillators, sports equipment, archaeological digs, cooking equipment for uniformed groups, helped support school trips, supported the local 'In Bloom' efforts and helped to support local world champion junior ballroom dancers.

The club looks to partner local groups and charities to deliver projects around the town.

Partnering with the Friends of Hopwood Hall, the club is planning to organise an open-air concert next summer at Hopwood Hall, which will raise funds for both parties.

The team also raises money each November with a whisky tasting event, where guests are invited to sample up to six whiskies and learned

connoisseurs impart their knowledge and experience of each tipple. That event raises money for the Rotary Foundation, which is Rotary International's own charity, and Mikoroshoni Primary School in Kenya.

Meetings are likely to be a mixture of online Zoom meetings for Rotary business and 'hopefully' get together to meet socially and catch up with each other. It is often during these social times that the best ideas come forward and they are then developed at the club's business meetings.

President Lee Wolf said: "I believe that Rotary isn't just about fundraising, although this is important, it is more about 'giving your time in service'. Being a member of Rotary Middleton fulfils my desire to give something back to my community, that something is my time. We at Rotary Middleton are a group of impassioned volunteers who care for their community and take pride in doing their service well. We are always looking for new members and if you think you like the sound of what we are doing, please consider joining us at a meeting to see us in action."

Email: rotarymiddletontrustees@gmail.com
Web: www.middletonrotary.org.uk



Rotary Club of Heywood

The Rotary Club of Heywood began in 1933. Like all Rotary Clubs, it works throughout the year to help both local and international charities – these may be for world disasters or local groups in need of help.

The club is supporting Springhill Hospice this year, and recently has donated to Rotary Foundation, Bury Hospice, Heywood Foodbank, tree planting, Shoe Aid, and a local football club. The club is also supporting the Little Monkeys charity shop in Heywood, with any quality used clothing and other items suitable for re-use.

Members give their time willingly, and regularly go out litter-picking, cleaning up around shops, and 'grot-spot' areas identified by the public.

The club's standout is its Christmas Santa Sleigh, which is a massive attraction for excited local children, with its sound system for carols, and snow spray.

Christmas first begins with visits to several retirement homes in Heywood, giving residents a good festive party with mulled wine, chocolates and entertainment from talented local youngsters. Club members form 'The Heavenly Choir' and perform carols to finish the evening off in style.

Club secretary Carol Cadwallader said: "We are always seeking new members, both men and women, interested in joining Heywood Rotary, to enjoy both our charitable work, and our fortnightly social meetings.

"So please contact us, we will make you most welcome."

Email: heywoodrotary3605@gmail.com
Web: www.facebook.com/The-Rotary-Club-Of-Heywood



REVEREND ANNE GILBERT BECOMES THE NEW VICAR OF ROCHDALE

A Church of England priest in Manchester Diocese and formerly curate of St Andrew's, Dearnley, Reverend Anne Gilbert has officially begun her new role as the vicar of Rochdale Parish Churches.

Revd Gilbert was welcomed as the new vicar during a ceremony at St Chad's Parish Church on 29 June.

The night also marked new beginnings with the bringing together of a new team of churches – as St Chad's, St Mary in the Baum, and St Edmund's are now joined by St Luke's Deepdish and St Peter's Newbold.

The celebratory event was attended by the Mayor of Rochdale Councillor Aasim Rashid, and Sir Tony Lloyd MP, as well as local councillors, faith representatives, members of congregation from the churches, and representatives from Revd Anne's curacy churches in Dearnley and Wardle.

Anne was welcomed by the Bishop of Middleton, Mark Davies and the new Area Dean, Revd Canon Karen Smeeton.

"I am very excited about this new beginning and the future for our churches," said Revd Gilbert. "This is the bringing together of a new family, and a new ministry team.

"I look forward to serving with them and finding ways to work with other leaders, both faith and civic, to find ways to best serve the people of Rochdale."

As the daughter of a Church of England vicar, Revd Gilbert was born in Goodshaw Vicarage, Rawtenstall where her late father, Fred, was vicar of St Mary and All Saints.

She grew up in vicarages across the region, including that at St Aidan's in Sudden, Rochdale where her father was the vicar from 1975 to 1980.

Anne was ordained in Manchester Cathedral in 2018.



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Junk the jibes and get the flu jab

From the moment a now-discredited doctor floated the unfounded notion that the MMR vaccine resulted in autism, people have been more reticent to get inoculated.

Getting your flu vaccine has never been as important as it this autumn. The World Health Organization reckons, globally, up to 650,000 people die each year of influenza. And you don't need me to remind you that a certain virus has left our NHS battered and bruised, if not yet defeated.

We simply do not know how Covid will pan out in the coming weeks and months, but booster jabs might be on offer at this time of the year. Make sure you have them.

Prevention of both flu and colds is literally in your hands. I suppose we have all become a little more hygienic, washing our hands frequently and catching our sneezes in a handkerchief. If those who are entitled, augmented that with flu and pneumonia jabs, the odds on us not getting the shivers and the sniffles would improve.

A fall in flu is not all we want to see this autumn. The nights may be drawing-in, but exercise regimes perhaps begun during lockdown should be kept up – so that everything from type two diabetes to heart conditions are abated.

Turning up the heat at home can release the kind of dust mites that result in allergies, and you may need antihistamines. Those who endure asthma due to cold air should have about them their inhaler, at all times. The chill can exacerbate arthritis too and Seasonal Adjustment Disorder raises its ugly head, causing feelings of



ABOUT THE WRITER

Dr Chauhan OBE 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 and he was awarded an OBE in 2020 for his creation of the Homeless-Friendly charity.

depression and lifelessness as the light dissipates.

Pests become exactly that during the season as they search for warmth in our homes. Remember rats carry serious infections and even roosting birds cause conditions such as pigeon lung.

My top health tip for autumn is to keep boosting your immune system - vitamins, super fruits and vegetables can help improve your health and stave off everything from sinusitis to poor hair and nails.

The temptation might be to hibernate and be sedate and eat fodder that is rich in fat, salt, and sugar to comfort and fill us as the autumnal nights draw in and the mood descends.

A walk among the leaves, eating seasonal root vegetables and bolstering your immune system would do you infinitely more good: as would ignoring the voices of the dissenters and ensuring you and yours get inoculated against the flu.

MEMORY LANE



Ten years ago, in September 2011, the wrecking ball moved in and started to demolish the massive office building on Royle Barn Road, which, prior to its closure in 2009, served as the Woolworths call centre.

The red neon sign spelling out 'Woolworths' once graced the High Street of over 800 towns and cities in the UK. At its peak, Woolworths Group PLC, the listed British company that owned the high-street retail chain, employed over 30,000 people.

Whilst the first UK Woolworths store was in Liverpool, opened in 1909, the head office and distribution centre, in Castleton, was a major employer in Rochdale.

Woolworths Group PLC originally was the British unit of F.W. Woolworth, of America, but operated independently as a separate company from 1982, running the high-street retail chain, Woolworths, in the UK, Isle of Man, Jersey and Guernsey as well as other brands such as the entertainment distributor Entertainment UK and book and resource distributor Bertram Books.

The Woolworths store chain was the main enterprise of the group, selling many goods and having its own LadyBird children's clothing ranges, Chad Valley toys and the WorthIt! value ranges. The chain was the UK's leading supplier of Candy King "pick 'n' mix" sweets. It was often referred to as 'Woolies' by the general public and UK media.



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