

ISSUE 15 AUTUMN 2022

REAL ROCHDALE

FREE LOCAL
MAGAZINE

BIRTHDAY HONOURS
ROYAL RECOGNITION FOR LOCALS

FEEL GOOD FESTIVAL
PHOTO GALLERY

ADAMSONS
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EDITOR'S WORDS

A warm welcome to Real Rochdale



Hello and welcome to the latest issue of Real Rochdale.

Our cover image shows the picturesque Blackstone Edge reflecting on the canal at Littleborough. Rochdale Feel Good Festival returned in August for the first time since 2019 with some amazing acts including returning headliners, The Fratellis. Check out our photo galleries of this and the returning Rochdale Classic Car Show.

Springhill Hospice's tearoom Coffee @ the Craven has reopened with a refreshed new look after being closed for over two years.

Local homelessness charity Petrus won two awards at this year's RHS Flower Show Tatton Park, and also let us in on some tips on how to keep perennials protected as the cold weather hits.

Local business Salt Separation Services is eyeing up doubling turnover in the next five years and Adamsons Estate Agents celebrate 80 years of business.

Courtesy of our new columnist David Hayden, head chef of Hayden's Kitchen at The Gallows in Milnrow, our black pudding potato cake recipe might seem familiar, if you watched Come Dine With Me: The Professionals this summer.

Follow this with Natasha Brown's delicious apple pie – a true autumn staple – and you'll be set to host your own dinner party.

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

CLAIRE FLETT
EDITOR

Address
122 Yorkshire Street
Rochdale
OL16 1LA
info@realrochdale.co.uk
01706 523583

Advertising
Lois Walker
advertising@realrochdale.co.uk

Printing
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Reflections of Blackstone Edge
Photo by Ian Lord

Contributor
Michelle Kight

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FEEL GOOD FESTIVAL

Returning for the first time since 2019, Rochdale was left feeling fantastic after thousands of appreciative music lovers enjoyed a day of sunshine, music, food and comedy as the Feel Good Festival returned with a bang on Saturday 13 August.

After a three year wait, the town centre was filled with a feast of music, food and entertainment in the summer sunshine. With Rochdale basking in temperatures of over 30 degrees for most of the day, the town centre was busy from early afternoon, with a large crowd gathering at the main stage.

Now in its 13th year, the main stage for the first time was situated at Hopwood Hall College due to the ongoing restoration of Rochdale Town Hall and the surrounding square where the festival is usually held.

Headlined by The Fratellis – a returning headliner having made their Rochdale debut in 2016 – Rochdale was left on a high after a set of indie rock ‘n’ roll favourites in front of a crowd of over 3,000. Their rousing, celebratory set kicked off with Henrietta and closed with their hit Chelsea Dagger and the 60s classic Runaround Sue.

Also appearing on the main stage was rock band HAiG, The Northern Soultrain, Abbie Ozard, guitarist Aziz Ibrahim, Britain’s Got Talent finalist Sign Along With Us, dance act ENTT, indie/folk duo Firewoodisland, DJ Dave Sweetmore and local band The Sprats.



Photos: John Wall



Coffee @ the Craven reopens with a fresh new look

Springhill Hospice's tearoom Coffee @ the Craven had its grand reopening in August, celebrating a brand-new look.

Members of the community, loyal customers, trustees of Springhill and the Mayor Ali Ahmed were in attendance for a wonderful morning in celebration of all the hard work that has gone into getting the establishment back up and running after two years of closure.

The tearoom and coffee shop originally opened in December 2014 to help raise funds for the hospice, but closed in March 2020 as it was no longer generating income for the hospice, which requires £3.2million a year – or £8,928 every day – to remain open.

With a delectable array of cake samples on offer, prosecco on arrival, and the unveiling of the new Coffee @ the Craven branding, the day was a fantastic success and enjoyed by all.

Liz Broadhurst, the new manager, said: "We worked extremely hard to get Coffee @ the Craven back open and turn it into a place that people love to pop in and say hello.



"We've been very busy with visits from new customers and previous regulars alike all coming down to support us, which is just amazing.

"The grand reopening was so busy; it's been wonderful to see how much this place was missed by the community."

Coffee @ the Craven is open Monday to Saturday (10am-3pm) with a delicious variety of sandwiches and cakes available daily – every slice supports Springhill Hospice.



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Photos: Howard Wilkinson



Hundreds of people lined the streets on Saturday 18 June for the first ever eco-friendly Milnrow & Newhey Community Districts Community Carnival. This year's theme was 'celebration' which saw people commemorating: the NHS, the 80s, life, and much more.

As always, many local groups, schools and businesses took part in the carnival including Milnrow Brass Band who fronted the parade followed by local MP, Sir Tony Lloyd and Mayor of Rochdale, Councillor Ali Ahmed.



Milnrow & Newhey Districts Community Carnival



Adamsons Estates 80th Anniversary



Graham and Nigel Adamson holding a painting of Ronald Adamson

Adamsons was established in 1942 by founder Ronald Adamson. Ronald’s previous experience as an accountant, and his keen entrepreneurial spirit, led him to expand the business into car and van hire, before eventually moving on to start selling houses.

The founder’s grandson and current owner is Nigel Adamson. Talking about his grandfather, he said: “My grandad had built up a good reputation in Rochdale throughout the course of his career both as an accountant and as an entrepreneur, as well as through his public dealings as a councillor and member of the Rochdale Chamber of Commerce.

“His trustworthy character and widespread connections laid an excellent foundation for the sustained growth of our business over the years.

“He set the tone for our current ethos which is to provide a no-nonsense, reliable and high quality service to our clients.

“I think these have been the key principles behind our firm’s longevity and success. One of the main reasons we’ve been around so long is because people trust us.”

The business passed from Ronald to his son Graham Adamson, who joined the firm in 1961, which coincided with a rapid boom in house ownership throughout the 1960s.

Nigel added: “When dad joined the company, the number of clients increased dramatically due to the boom in house ownership and we went from selling between five to 10 houses per month to selling between 25-30 per month.”

Nigel joined the firm in 1981 after qualifying as a chartered surveyor, eventually becoming the third family member to own and run Adamsons.

Adamsons recently commissioned RO Web Solutions (part of Rochdale Online) to develop a new user-friendly website.

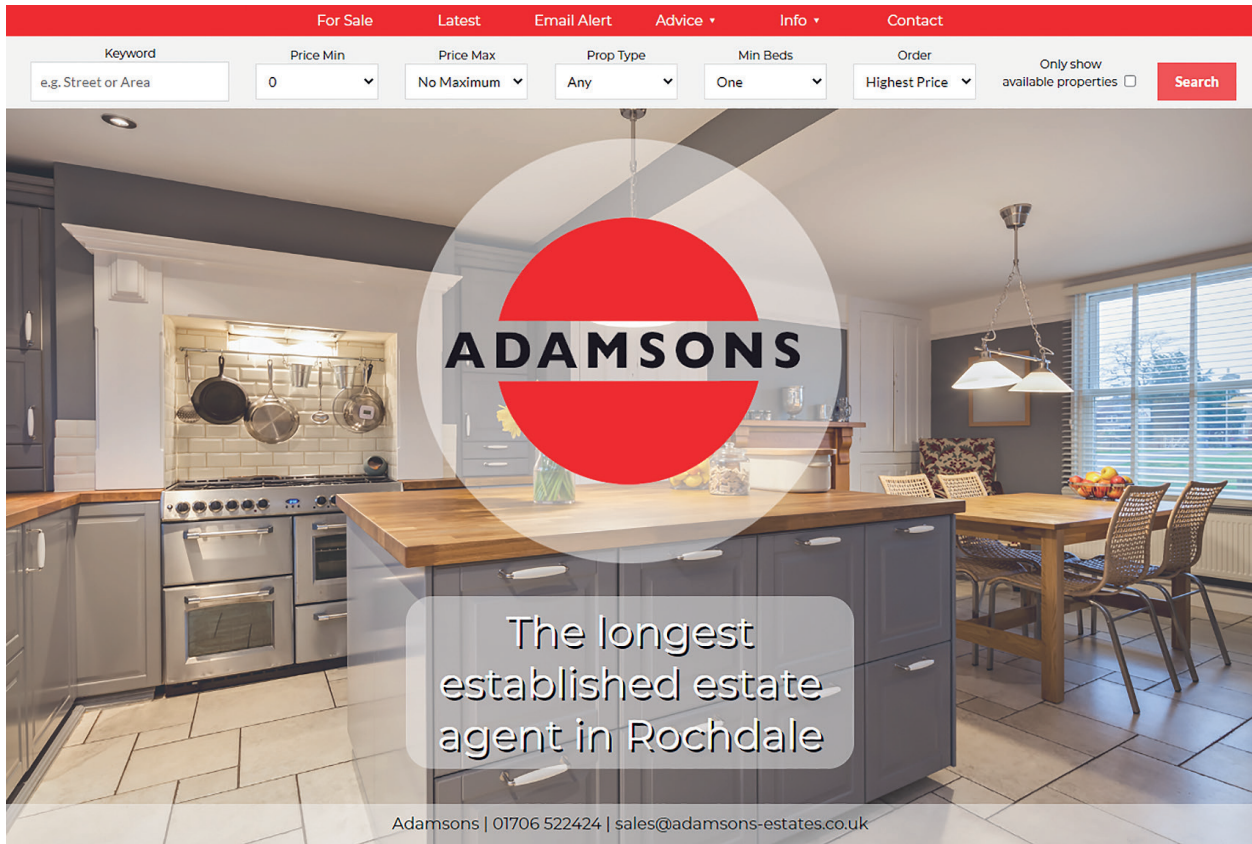
Suzanne Mulligan, of Adamsons, oversaw the development, she said: “We recognise Rochdale Online as the first port of call for news in the borough.

“Rochdale Online is a professional company which has hosted our website for many years and we are delighted to have chosen them again to design a new site to celebrate our 80th anniversary.

“This site will be even more user-friendly which we believe is the essential requirement of any agent’s site; however it still incorporates the ethos and traditions for which the Adamsons name stands so proudly within the town.”



Suzanne Mulligan



Screenshot of the new Adamsons website - www.adamsons-estates.co.uk

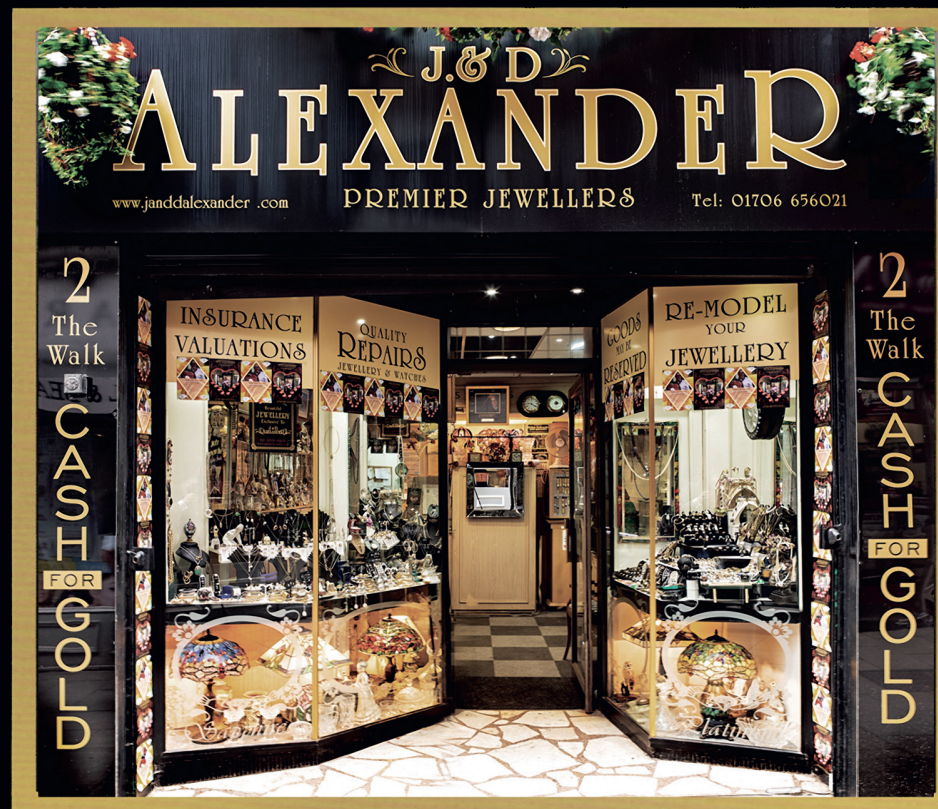
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Rochdale town centre on the up

With progress actively taking place across the town centre, Rochdale is definitely a town on the up, with no signs of slowing down.

Rochdale's transformation can be traced back to 2011 when exciting plans to regenerate the town centre were underway. With major projects being brought to fruition – such as the reopening of the river and the vibrant shopping destination, Rochdale Riverside – the town centre continues to flourish.

Rachel Byrne, centre manager of Rochdale Riverside, said: "The centre has become a focal point for residents and visitors; it's great to see people socialising, from lunchtime groups to families visiting for a bite to eat and to visit the cinema.

"Since opening two years ago, there's been continuing investment in our facilities and we've welcomed new stores including Deichmann, Dunkin' Donuts and Nando's, hosted events including the Artisan Markets and taken part in local community initiatives.

"As well as being an exciting addition to the town, Rochdale Riverside has led to the creation of more than 450 jobs which is great for the local economy. By investing in local amenities, people can be proud of what Rochdale has to offer."

Anchored by M&S, Rochdale Riverside comprises a mix of popular high street retailers, including River Island, Next, H&M, Superdrug, JD Sports, The Works and Boots, as well as leisure operators like Reel Cinema, Puttstars mini golf, Bean Coffee, Greggs, Crust and Heavenly Desserts plus the latest retailer, Europe's largest footwear brand Deichmann.

Any good town centre knows that retail is only part of the attraction, balanced by complementary bars, clubs and restaurants – and the town centre's food and drink offer continues to gain recognition.



Paul Ambrose, BID manager, said: "It is clear that the investments made over the last ten or so years are paying dividends, insofar as footfall is increasing, vacancies have declined and there are now multiple reasons to visit the town centre."

What is also apparent is that over the last 10 years is the ongoing investment in the public realm with significant and eye-catching improvements being made within the Baillie Street Quarter which now benefits from improved lighting, street art and over 50 colourful hanging baskets.

Paul added: "This repurposing journey will continue as over the next 12 or so months Upperbanks, which features a Hilton Hotel and over 240 apartments, will be completed as will be restoration of the Town Hall and Town Hall Square.

"The BID and its partners will continue to lead the long-term transformation and evolution of the town centre with the overall aim being the creation of community hub designed around health, education, culture, housing, leisure, art and crafts, along with retail.

"Whilst consumer habits will continue to change, I am confident that the town centre can now offer something to everyone."

Rachel agreed: "As we look towards the end of the year, we are confident that Rochdale Riverside will continue to be a go-to destination."



"Mischief" at Touchstones this Autumn

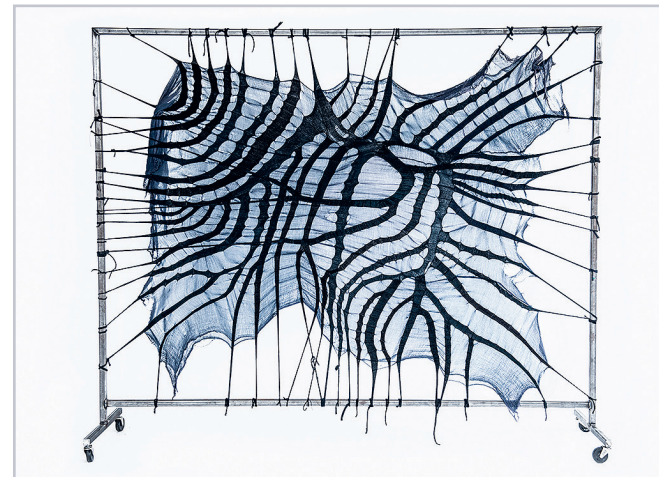
American queer feminist artist, Liz Collins, is bringing her first European exhibition to Touchstones Rochdale.

Starting on 1 October 2022 and running until 8 January 2023, Mischief will take over all four gallery spaces, exploring the boundaries between art and design through textiles and fibre.

Liz Collins is a Brooklyn based accomplished artist, having exhibited in numerous key galleries across the US. Alongside exhibiting contemporary installations, Liz has also taught in many prestigious US art schools as well as serving as a mentor in the Queer Art Fellowship Program.



Zagreb Mountain by Liz Collins



Veins.Darkness by Liz Collins

The Mischief exhibition, created in collaboration with guest curator Dr Julia Bryan-Wilson, will see immersive installations transforming spaces with intricately hand-stitched wall pieces to industrially manufactured sculptural works. Collins is a master of transforming everyday life inspirations into bold, explosive patterns and colours creating a fun, mischievous aesthetic.

Complementing the Mischief exhibition will be "Queer, People, Places and Things", an extra special exhibit co-curated by a group of LGBTQ+ Rochdale locals, providing a platform for the voices of queer artists.

Chase Waterman, part of the group involved in the special exhibit, said: "Taking part in the Liz Collins project so far has been a great experience, and my first queer artistic experience of this kind. It's been inspiring to look at so much art throughout history from queer artists and creators, to learn about their lives and to feel connected to them in such a personal way.

"Weaving my own ideas and personal experiences into the exhibition and collaborating with other LGBTQ artists is a new



Epaulet by Liz Collins

experience for me and it's something I'm really enjoying."

This one-of-a-kind exhibit will include works curated from the Juan Yarur Torres Collection – Fundación AMA in Chile, a leading arts organisation which manages, researches and develops collections of modern and contemporary art by Chilean and South American artists, many of which include a queer aesthetic. The Fundación AMA also provides scholarships and support for emerging artists to undertake international residencies, championing the diversity of Chilean culture and art on the world stage.

Twenty pieces of work, chosen by Collins and Bryan-Wilson, will be shown alongside some significant pieces from the Rochdale borough collections, The Walker Art Gallery, Bolton Museum & Art Gallery, and Whitworth Art Gallery, all presented through a queer lens.

Helen Beckett, Curatorial + Collections Engagement Coordinator at Touchstones, added: "It is really important that the collections and exhibitions at Touchstones reflect the diversity of the borough's population and we are all too aware that the 'traditional' approach to collecting has often left

certain groups hidden or even completely erased from historic narratives due to discrimination and prejudice.

"Whilst it's important that our staff contribute to the process, we can only genuinely reinterpret our collections through collaboration with local LGBTQ+ identifying people, who have ownership over their culture and heritage in order to bring these stories, perspectives and interpretations to light."

Mischief is at Touchstones from Saturday 1 October 2022 – Sunday 8 January 2023.



Liz Collins

Touchstones Rochdale offers a wide variety of exhibitions in the Heritage Gallery and the Art Gallery's four gallery spaces including those from the local community, selections from the borough's impressive art collection and work by contemporary artists.

As well as the changing exhibitions spaces, there is also a permanent museum which aims to tell a potted history of Rochdale.

The museum is ideally suited to visitors with an interest in the history of Rochdale or families.

There are interactive exhibits, films, audio and objects from the borough's collection on display.

Touchstones opening times
Wednesday - Saturday: 10am - 5pm
Sunday: 10am - 4pm

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Rochdale's relationship with Fiji celebrated with new project



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A £61,400 grant has been awarded to the Rochdale Hornets Sporting Foundation to celebrate Rochdale's unique and special relationship with Fiji.

The Bula Rochdale! project will focus on celebrating the fantastic Fijian heritage in and around Rochdale and the surrounding areas. Rochdale has a long-standing link with the island nation which dates back to the 1960s when several high-profile Fijians signed for the Rochdale Hornets.

Chris Tomlinson, Business Development Director of the Rochdale Hornets Sporting Foundation said: "This was a fascinating and significant time in history – for Rochdale, for Fiji and for rugby league in general. It's important that we collect and record memories from this time.

"Rochdale is said to have the largest population of Fijians outside of London and I'm delighted the support from The National Lottery Heritage Fund will allow so many people in Rochdale to learn more about their town's unique history and heritage."

Chris is interested to hear from anyone with memories of the original Fijian pioneers who arrived in Rochdale in the 1960s.

Please get in touch via email chris.tomlinson@hornetsrugbyleague.com or call 01706 648004.

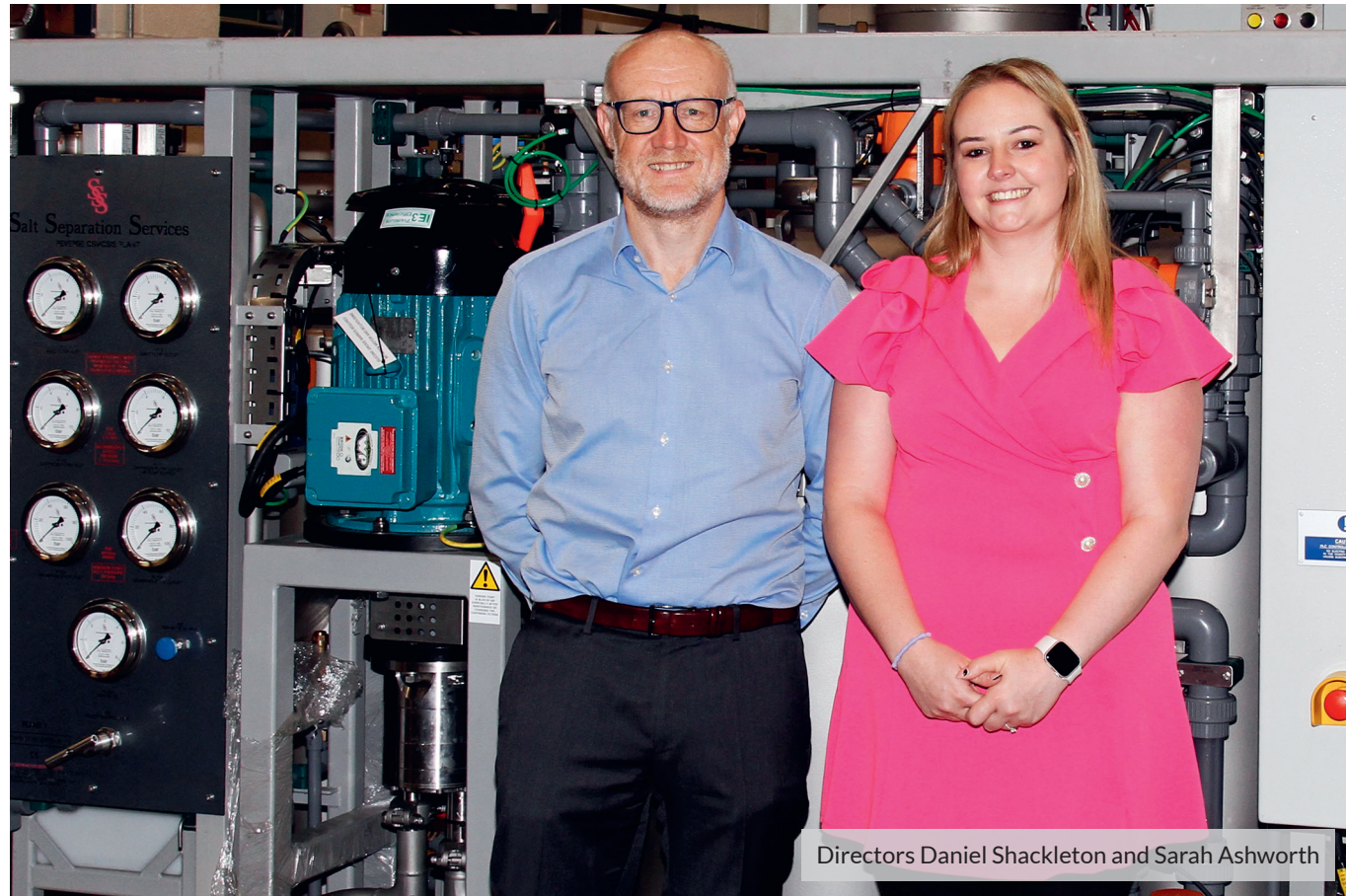


Fijian players Voate Drui, Orisi Dawai, Joe Levula and Liatia Ravouvou being interviewed at Hornets in 1963

Supported through The National Lottery Heritage Fund, the project will involve a series of events, activities and educational programmes, including:

- A primary school programme to educate young people about Rochdale's links with Fiji.
- An exhibition at Touchstones Museum and heritage evenings hosted by a historian.
- Creating a heritage film with Fijian community members, plus historical interviews and footage.
- An art project in partnership with Redwood Art Club, creating artwork celebrating and depicting the friendship between Rochdale and Fiji.
- A primary school tag rugby festival where the schools will compete for the Mike Ratu Cup, honouring one of the original Fijians who signed for Rochdale Hornets in the 1960s.
- A collaboration with Rochdale Music Service to learn traditional Fijian hymns.

Salt Separation Services



Directors Daniel Shackleton and Sarah Ashworth

The Rochdale-based independent water treatment company is aiming to double turnover in the next five years.

Salt Separation Services - which sells water purification technology to the cruise ship industry, offshore oil and gas sector and the Royal Navy – has a turnover of around £8.4m, employs 81 staff and has contracts in place for the next decade.

Director Sarah Ashworth says the company is on a trajectory to keep growing and reach a £15m turnover in the next five years, a far cry from its humble beginnings 32-years-ago when it was founded by her father, Stephen Grindrod and Kevin Shackleton.

Sarah became a director of the company when Stephen, tragically died in a motorcycle accident in 2019. Kevin's son, Daniel, took over the reins when he retired in 2011.

She said: "We've had a turbulent few years but we're trying to change our culture. We've launched a career development programme and an apprenticeship scheme using Rochdale Training and the local college.

"We had an estimated turnover of £8.4m last year and we hope to double in size in the next five years. We've just grown and grown over the last 32 years."

Sarah was eight months pregnant with her daughter when she became director, and says she learnt a lot in that period of her life.

"I put myself on several leadership courses. In a way, being director is like being a mum; I used the same skills which I found easy to replicate in

the workplace," she explained. "I do see myself as the mum of the business.

The apprenticeship scheme was launched in April 2022, with at least one employed in each department. Sarah hopes to take on two more welding apprentices and plans to look at a graduate scheme after a big site renovation.

She continued: "Before this year we had a couple, but we noticed a big driver was succession planning. With the market being very niche and bespoke, we thought, why not have apprentices in every department up to specialist level.

"We've got a big site renovation this year; we're going to move things round for more space and build a new workshop."

The company recently held a successful family and friends open evening on the back of July's National Manufacturing Day. On the day, manufacturers across the UK throw open their doors to give local communities the opportunity to see potential careers in the sector.

For security reasons and the nature of Salt Separation Services' business, staff held a family and friends open evening in lieu of opening to the public.

Sarah added: "The evening went really well. It was lovely to see the staff and their family members.

"We thought it went so well that we're doing another in October, as a family fun event for charity with a barbeque and bouncy castle.



"It is a family-run business and we try to keep that element as one of our core values. We want everyone to have a close-knit relationship."

Salt Separation Services works in the offshore oil and gas, marine (both naval and commercial) and industrial markets, where it removes salt from water using reverse osmosis and nanofiltration. This ensures that water is suitable for drinking, process and industrial purposes. Their plant types can treat tap water, right the way through to producing fresh water from seawater on-board ships.

The company has previously been rated one of the 100 most innovation small businesses in Greater Manchester, whilst Stephen and Daniel were both named joint winners of the Business Man of the Year award at the Rochdale Business Awards 2012.



Some of the current and former apprentices employed at Salt Separation Services

ROCHDALE CLASSIC

CAR SHOW

Rochdale's annual Classic Car Show made a triumphant return in July 2022 at a new venue, Falinge Park. Classic car owners came from all over to display a wide variety of vehicles.

Around 2,000 people attended the event, which featured hundreds of vintage, classic and collectable cars and motorcycles, stalls, music, entertainment and refreshments.

The event was organised by the Rotary Club of Rochdale and supported by the Rochdale District Freemasons. All profits will go to the Rotary Club of Rochdale President's charities. Volunteers from around the district played vital roles, from managing teams welcoming and positioning vehicles on display, staffing pay-stations for visitors and helping to clear the site at the end of the day.



LATTICE APPLE PIE

by Natasha Brown - owner of Brown's Cakes

Ingredients

For the pastry:

- 350g plain flour
- 200g cold butter cut into small cubes
- 2 tablespoons icing sugar
- 2 egg yolks
- 2 tablespoons cold milk

For the filling:

- 900g cooking apples (about 5 large apples)
- 1 tablespoon butter
- 75g dark brown sugar
- 75g caster sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon mixed spice
- Zest of 1 lemon
- Juice from 1 lemon
- 2 tablespoons cornflour
- Egg wash and sugar to sprinkle over pie

The pastry:

The easiest way to make the pastry is to put all the pastry ingredients into a food processor and pulse them until they start to come together. Tip the ingredients onto your worktop and gently squeeze the pastry together into a ball. Don't overwork it, just squeeze it together.

If you don't have a food processor, you will need to rub the butter into the flour and icing sugar with your finger tips. When the mixture resembles breadcrumbs, stir in the cold milk and bring it all together to form a pastry. Alternatively, you can buy ready made pastry in a supermarket but it's definitely worth having a go at doing your own if you have the time and the inclination.

Once the pastry is made, cut it into two pieces (one a little bigger than the other) and form two balls. Roll the larger ball on a floured surface until it is large enough to line a 9" flan dish. Line the flan dish with the pastry and trim around the edges. Put the flan dish in the fridge to chill for at least an hour and squeeze any off cuts in to the other ball of pastry, cover it in cling film and leave to one side.

The filling:

Peel and core the apples and cut them into equal sized slices.

Melt the butter in a large pan and gently cook the apple slices with the sugar, lemon zest, lemon juice and spices for about 15 minutes (until the apples are soft but still hold their shape).

Add the cornflour: you may not need it all as it depends how much juice was in the lemon so add it half a tablespoon at a time.



To assemble the pie:

Tip the apple mixture into the flan dish. Roll the second ball of pastry into a circle the size of the flan then cut it into 10 – 12 strips.

Wet the edge of the flan with a little milk and lay 5 – 6 strips of pastry vertically across the flan. Peel back alternate strips then place a fresh strip of pastry horizontally across the flan. Bring the peeled back pastry back in to place and fold back the other alternate strips. Lay another fresh strip of pastry over the flan and keep repeating this process until the whole flan is covered with the criss-crossed pastry.

Use a fork to squash the edges of the pie together then trim around the edges. Pop the pie back in the fridge to chill for about 20 minutes.

Preheat the oven to 200°C/180°C(fan)/Gas 6.

Beat together an egg and a splash of milk to make an egg wash and apply it over the pastry. Sprinkle the pie with some sugar and bake for approx. 40 – 50 minutes until the pastry is golden brown.

The pie can be served hot with custard or can be chilled and served with cream and ice cream. If you'd like to jazz it up you can add blackberries, raspberries or wimberries. These can be stirred into the cooled apple mixture once that has been cooked. However you serve it, whatever fruit you put in... enjoy!

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Double award win for Petrus at RHS Tatton Park

Petrus, a Rochdale-based homelessness charity, won two awards at this year's RHS Flower Show Tatton Park with their Journey Home entry.

Journey Home was designed and built by staff, volunteers and service users from Petrus, offering a place of quiet reflection on what home means to each of them.

Journey Home received a Silver Gilt award from show judges, the highest award Petrus has received at RHS Tatton Park, having won bronze and silver medals in 2019 and 2021.

Petrus' garden also won coveted People's Choice Award for Best Garden – voted for by visitors – for the third year running.

Rachael Bennion, Petrus Service Manager and the garden's primary



designer, said: "You can only have a front garden if you have a home, and the path some people take to their own front door isn't always easy.

"It's incredible what we can do with the right opportunities and support."

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GARDENING TIPS FOR AUTUMN



ABOUT THE WRITER

Silvana Devine is a social and therapeutic horticulture practitioner at Petrus Incredible Edibles Rochdale (PIER) which is a community allotment on Belfield Road in Rochdale.

Autumn is here and the nights are getting shorter but there's still a lot to do in the garden. A great way to save money is to check the perennials in your garden. Popular perennials like agapanthus and dahlias need to be protected during winter.



Agapanthus

Our Silver-Gilt medal winning garden at the RHS Flower Show Flower Park had 50 agapanthus plants (50 agapanthus for our 50th anniversary)!

To protect agapanthus from a harsh winter, leave the foliage on the plant (cutting off any remaining spent seedheads) and cover the crown with straw or fleece over winter to protect from frost.

If your agapanthus are in containers, move them into sheds/greenhouses or a very sheltered spot near the house.

If your agapanthus are around five years old, you can divide congested clumps by lifting the clump from the container or ground and using a sharp spade (or old bread knife) to divide, ensuring there are growing points in each divided section.

Dahlias

Dahlias need to be lifted and stored ready for next year. Cut back all the stems to about 10cm above the ground, dig up the tuber with a garden fork, being careful not to damage the tuber. Remove any excess soil and leave tubers upturned in a cool, dry place for around a fortnight.

Following this, they can be stored in a box with peat-free compost, with their stems protruding above the surface, ready to be planted next spring.



Other perennials that can be divided at this time of year include geraniums, delphiniums, crocosmia, hostas and salvias. Dividing plants is a great way to increase your garden stock without the expense. It is also another way to garden sustainably, so it's great for the planet too.

If you have vegetables, harvest the last potatoes and leave in a dry spot (greenhouse/ windowsill) before storing in a brown paper or hessian bag for longer term storage. Plant out spring cabbages, garlic and onions, but only do so if the soil isn't too damp.

If herbs are still growing outside, such as mint, parsley and basil, repot on kitchen windowsill for use over winter. Alternatively, harvest all the leaves and freeze using ice-cube trays, so you can continue to flavour your cooking with herbs all year round.

Autumn is a great time to take stock of your gardening and make plans for next year. If you'd like some inspiration or more information and gardening tips, pop along to the PIER allotment on Belfield Road, Rochdale.



Chef David Hayden and wife Rachael run The Gallows in Milnrow, which won Come Dine With Me The Professionals this summer.



David, who has catered for premiership footballers, TV stars and other celebs, shares with us his versatile recipe for black pudding potato cake, topped with a soft poached egg and white wine and chive cream sauce – a winning combo as seen on TV. A perfect starter or serve a couple for a fancy brunch.

Black pudding potato cake



Ingredients:

- 2 potatoes (suitable for roasting)
- 300g black pudding
- 1 bunch of chives, finely chopped
- 100g panko bread crumbs
- 50g plain flour
- 100ml full fat milk
- 2 eggs, whisked
- 4 eggs to poach
- Salt & pepper
- Micro herbs or cress

Potato cakes

1. Bake the potatoes on the top shelf of the oven for 45 minutes to 1 hour at 170°C -190°C or gas mark 5/7 until soft.
2. Cut the jacket potatoes in half, scoop out the potato and mix with crumbled black pudding, chopped chives and salt & pepper.
3. Mould the mixture into four cakes and put into the fridge for at least 20 minutes to set.
4. Coat the cakes first in seasoned flour, then milk and the whisked egg combined and then finally panko crumbs, to form a nice coating.
5. Shallow fry the cakes for 2/3 minutes on either side until golden brown.
6. Place the cakes in the oven for 5 minutes to keep warm whilst preparing the poached eggs and cream sauce.

Poached eggs

1. Bring a pot of water to a gentle boil, then salt the water. Meanwhile, crack an egg into a small cup.
2. With a spoon, begin stirring the boiling water in a large, circular motion.
3. When the water is swirling like a tornado, add the egg/s one at a time. The swirling water will help the egg white wrap around itself as it cooks.
4. Cook for about 2½ to 3 minutes for one egg and 4 minutes for more.
5. Using a slotted spoon, remove the eggs and serve.

Quick white wine cream sauce

Ingredients

- 240ml double cream
- 50ml white wine
- Chopped chives

1. Place the double cream and white wine into a pan. Bring the mixture to the boil then reduce the heat until it thickens.
2. Add chives and salt and pepper to taste.

Present the golden panko crumbed black pudding cake on a warm serving plate, place the soft poached egg on top, then spoon over the quick white wine chive cream sauce and garnish with cress or micro herbs. Et voila - enjoy!

QUEEN'S BIRTHDAY HONOURS FOR INCREDIBLE FOUR

Humera Haqqani, Catherine Connolly and Pamela Scarry have been named Members of the British Empire in the Queen's Birthday Honours for their outstanding achievements and services, whilst Brian Morton has been granted The British Empire Medal.

Pamela Scarry MBE

Pamela Scarry is the Head of Development, Continuous Improvement Service at HM Revenue and Customs. She received her MBE for public service.

Pam, of Newhey, led a team of around 80 people who were responsible for creating the Government's covid schemes including the Coronavirus Job Retention Scheme (CJRS) and the Self-Employment Income Support Scheme (SEISS).

Pam and members of her team also volunteered to help deliver the NHS vaccination programme, and she vaccinated people and stewarded at venues around Greater Manchester.

She said: "I'm proud, privileged and honoured to receive the MBE. You do things in a community and in work because it's what you do. For someone to nominate you is beyond words; you think 'wow!'"



Catherine Connolly MBE

Catherine 'Kate' Connolly is the headteacher at Brownhill Learning Community which provides educational provision for pupils who are out of mainstream schools for a variety of reasons (including exclusion, emotional and behavioural difficulties, medical reasons, pregnancy and young mothers).

She received her MBE for services to the education of disadvantaged and vulnerable children and young people.

Mrs Connolly said: "I feel very honoured and proud to be a recipient of the MBE.

"I have had an amazing 38 years working in education, firstly in Manchester and for the last 21 years in Rochdale.

"The children and families at Brownhill are incredible to work with and inspire me every day to do the best I can. It has been a real pleasure to lead such a dedicated and hardworking staff team especially through the challenges of the last two years. They are the ones who deserve to be honoured."



Humera Haqqani MBE

Humera Haqqani is the managing director of Let's Talk, a Rochdale charity offering a 'wrap-around' mental health service. She received her MBE for services to business and the community.

Humera moved to Rochdale in 1999 from the Netherlands: she now runs an annual event to help new migrants integrate. She hosts a community radio show in Urdu, which encouraged hundreds of listeners to get vaccinated against Covid, and helped organise virtual Islamic burial prayers during lockdown.

Since 2015, qualified driving instructor Humera has offered free driving lessons to victims of domestic abuse who cannot afford to pay.

Humera said: "I was very surprised and shocked. I'm just doing my duty as a human and I hope to be able to give more of my time like this."

She also runs weekly free courses, a soup kitchen, drop-in sessions for the over 55s, a drop-in women's club, a girls' youth club and general drop-in sessions for domestic violence victims or potential forced marriage victims.

She also arranges a drop-in medical health check event, and has organised donation collections for international asylum camps.

Brian Morton BEM

Brian Morton received The British Empire Medal (BEM), for services to the community in Milnrow and Newhey during Covid-19. During lockdown, Brian worked up to 14 hours daily as a local delivery driver.

Known for his community spirit and support, Brian gave his contact details to all elderly and vulnerable residents so they could contact him for support if they were struggling.

Within days, he was running all sorts of errands for the vulnerable.

To lift morale, he gave out little wooden pocket 'hugs' to those who were lonely, to give them hope and remind them they are not alone.

He said: "I feel very proud and honoured to have received this, but I don't feel like what I did was any bigger than what everyone else was doing."

All this work was carried out by him voluntarily, motivated by his care for those who are worse off.



It's not too late to enrol for an adult course at Hopwood Hall College and University Centre

Lifelong learning is alive and well in the community – and now is your opportunity to secure a place on a course that can change your life forever.

Hopwood Hall College and University Centre will be enrolling adults aged 19+ onto its diverse range of pathways throughout the month of September.

It's a fantastic opportunity for anyone who wants to upskill, retrain or simply learn something new on a part-time basis.

Courses delivered face to face are particularly popular because people can use the excellent facilities and state of the art equipment located at Hopwood's campuses in Rochdale and Middleton.

Just some of the career-boosting routes about to start include courses that can achieve qualifications in fields such as counselling, culinary skills and barbering.

You can now even gain a coveted Level 3 qualification for FREE* to ensure that you're perfectly positioned to stand out in the job market.

It's never been easier to secure your spot on one of these courses, with a number of twilight enrolment sessions being held from 5pm-7pm this month.

You simply need to stop by either campus to complete the process on Thursday 15, 22 or 29 September.

The in-person pathways really have the potential to fast-track you to success in your personal and professional life, but they're not the only options to choose from.

Instead, there are many amazing routes for people looking to ease themselves back into education after a few years away. You can even enrol online.



This includes flexible learning courses, online qualifications that can earn you a highly desirable Level 2 qualification.

The big benefit of this free option is that you get to choose the time and place to study and have the freedom to fit it around a busy schedule.

In addition, you can also choose to study short online courses that give you access to easily digestible, bitesize information to aid you in standing out in the workplace or simply bring you up-to-date on new skills.

You can choose five of these for free and even use them as a form of Continuing Professional Development (CPD).

Finally, the taster sessions on offer are ideal for giving you an exciting glimpse of courses before deciding which subject you'd like to pursue in more detail.

Hopwood welcomes drop-ins for its twilight enrolment, but you can also confirm a timeslot by visiting: hopwood.colleigestore.uk.

** subject to eligibility criteria.*

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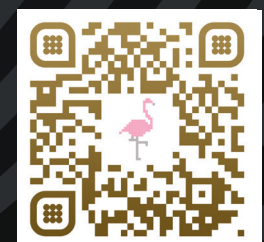
Dedicated event for School Leavers

Thursday 17th November

4.30pm - 7pm

Adult Learners and School Leavers

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TIME TO GET LASHED?

With so many lash options out there it can be confusing to know what each one is and which the best is for you.

Classic Lashes (also known as Individual Lashes) involves applying one individual lash to one natural eyelash. They come in a range of lash lengths so you can choose the look you want and how 'natural' you want them to be! Classics can also look amazing on somebody with a lot of lashes.

Who are they good for? – Perfect for those who want a natural lash look day-to-day or who want to look like they have mascara on.

Volume Lashes are a fan of lashes applied to each natural lash. Each fan is created using up to six individual eyelashes. This creates much fuller, fluffier eyelashes. Even though there are six lashes applied they are perfectly safe for the natural lashes. This is because the volume lashes are practically weightless. In fact they are thinner in diameter than a human hair! In comparison, one classic lash is the same weight as a volume fan. This is why you can apply so many to one lash.

Who are they good for? – Perfect for those who want a fuller, more dramatic look.

Hybrid Lashes are a mixture of classic lashes and volume fans. There are a few different styles that can be achieved with this type of lash.

Who are they good for? – Perfect for those who want lashes that look fuller than classic lashes but not quite as dramatic as a full set of volume lashes. They are ideal if you want that wispy eyelash look, or the 'Kim K' spiky look that is bang on trend at the moment.

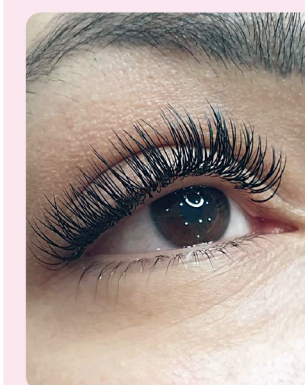
Mega Volume Lashes are the biggest, most dramatic lashes. They involve applying a fan of 10 lashes to each lash. They give a super full, thick and dark look.

Who are they good for? – If you want the thickest, darkest lash look then these are for you!



ABOUT THE WRITER

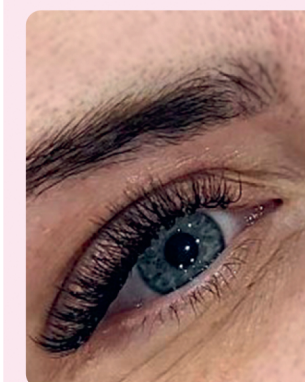
Lucy Atherton is the owner of the award winning 'The Beauty Establishment' in Bamford. She has been in the beauty world for over 10 years. Lucy is skilled in all aspects in beauty, but her specialism and passion is lash extensions and permanent eyebrows.



Classic Lashes



Volume Lashes



Hybrid Lashes



Mega Volume Lashes

HAIRDRESSING TREND

by GREG COUZENS

SPICED CHERRY

Spiced cherry: the juiciest new hair colour for autumn.

Natural red hair colour is only found in under 2% of the human population. Variations of all these shades are being requested in salons more than ever before.

The variations range from deep burgundy, spiced cherry, burnt orange, red orange, bright copper, cinnamon spice to strawberry blonde, characterised with a high concentration of the red pigment pheomelanin. Its success depends on the right shade to compliment your skin tone and eye colour.

We asked Georgia Matthews, senior technician at Gregory Couzens, for her professional opinion.

“Red hair is really having a moment,” she explained. “I think that the initial inspiration started with The Queen’s Gambit on Netflix: Anya Taylor-Joy burst onto the screen with a beautiful cinnamon spice striking colour making a bold statement. Two years later we progress towards spiced cherry red with a ruby mix; the combination and creation is bold, beautiful and creates a dramatic hue.

“The look works well for Amber; it compliments her blue eyes and complexion.

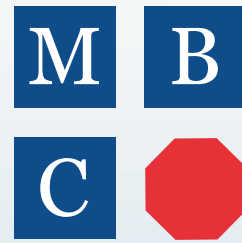
“This bright and somewhat intense shade is not for the faint hearted; it’s high impact, it draws lots of attention, this shade is for the wild ones! The whole world is now looking at you; enjoy the moment and the attention.”

Embrace the warmth of autumn: ask your colour technician to recommend the right shade for you.



Model: Amber Couzens
Hair: Georgia Matthews
Photo: Gregory Couzens

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TO BE FOREWARNED IS TO BE FOREARMED

MOLESWORTHS BRIGHT CLEGG employment solicitor, Adam Salkie and trainee solicitor, Aamna Ali reflect on the possibility of a four-day working week.

The natural response of an employee to a four-day week is likely to be positive; that of leadership may initially be more negative, or even cynical. Can a balance be struck which promotes well-being and maintains (or increases) productivity?

Prior to the pandemic, numerous companies around the world had experimented with a four-day workweek. However, in a post Covid-19 world, momentum towards the shorter working week has again increased – and organisations have found social needs, mentoring, learning and development can be achieved with technology.

Around 200 companies in Spain will experiment with a trial four-day week, whilst trials in Iceland between 2015 and 2019 were heralded a great success. Researchers claim 86% of Iceland's workforce have either moved to shorter hours for the same pay or will gain the right to.

A UK trial to see whether employees can be more productive with longer weekends was announced in January 2022.

Can employees operate at 100% productivity for 80% of the time?

Pros

Increased motivation. Employees are encouraged to work hard to maintain the benefit of an extra day off and are trusted to get their work done in less time.

Increased productivity. Microsoft Japan found this to be as high as 40% in 2019. More focused worktime = more focus during the hours in worktime to complete tasks.

Less downtime. A Henley Business School poll of business leaders reported 62% fewer sick days being used as employees have an extra day to make various appointments.

Cost savings and reducing the company's carbon footprint, thanks to a 20% reduction in travel and energy use.

Attracting and retaining talent. Avoiding burnout and focusing on wellbeing is key to potential and current employees.

Cons

One size does not fit all. Like working from home, this isn't possible for all employees in all sectors. Consider workforce morale if some work a four-day week and others do not.

Balancing shift patterns. Certain days of the week might be more popular to work or not work. Too many – or too few – people in the office can cause coverage problems for customers and

co-workers (and potentially more work).

Internal scheduling problems. Impromptu or emergency meetings can be difficult to manage.

Added stress and increased pressure. The problem with 10-hour workdays is that people can only focus and work effectively for so long before diminishing returns set in.

Less time to get things done. Employees need to ensure everything is done in fewer days. Are staff being asked to meet the same targets in less time?

Cost. From an employer's perspective, giving staff the same pay for less hours can feel like giving them a pay rise. Especially if sceptical that reducing hours could increase productivity.

Conclusion

A four-day week won't work for everyone. If you are planning to implement it, it is worth assessing things carefully, including the views of the workforce, before perhaps looking at a pilot programme during slower months.

TURN YOUR GARDEN INTO A HEDGEHOG HAVEN

Hedgehogs are a quintessential part of British wildlife, but are a species in critical decline. The spiky mammal was listed as 'vulnerable to extinction' on the Red List for Britain's Mammals 2020, whilst a report released earlier this year revealed their population has continued to decline since 2000.

The reasons for the decline are complex, but two of the main pressures hedgehogs face in both rural and urban areas are lack of suitable habitat and habitat fragmentation. Thankfully, there are some steps you can take to help this garden favourite.

The British Hedgehog Preservation Society and People's Trust for Endangered Species, who together run nationwide campaign Hedgehog Street, are urging people to connect as many gardens in their area as possible.

This will allow local hedgehogs to roam between them in search of food, mates and nesting materials – a small action vital for the species' long-term survival.

The idea is simple: connect as many gardens as possible via 'Hedgehog Highways' (a 13cm or CD case sized square gap under garden fences or walls).

Hedgehog Street hedgehog officer Grace Johnson said: "Hedgehogs are a much-loved native species, and helping them, particularly in urban areas, is easy and affordable.

"We want to encourage people to get creative – think about front and back gardens, as a street with five houses on could be part of a 20-garden 'Hedgehog Street'. Tunnels could join gardens, or ramps can be placed between gardens on different levels.

"We know gardens can be havens for hedgehogs, but only if they're connected to let hedgehogs in and out."

For top tips on how to help hedgehogs visit www.hedgehogstreet.org

What else you can do

Leave areas of your garden wild: piles of leaves, logs or compost all make attractive nests for hedgehogs and the invertebrates they like to eat (beetles, caterpillars, worms, etc.)

Leave out foods like tinned dog or cat food and crushed cat or dog biscuits. If the hedgehog is very young - roughly apple-sized - you'll need to soak the biscuits in water first. You can also get



Photo: Howard Wilkinson

good quality, meaty hedgehog food from wildlife food suppliers.

Never feed hedgehogs milk or bread - milk can cause diarrhoea and bread isn't very nutritious.

Always remove any uneaten food each day, and clean the dishes using hot, soapy water to reduce the risk of spreading disease.

Cover any holes: hedgehogs can easily fall into uncovered drains or holes.

If you have a pond, place bricks or stones at the edge, or create a slope so they can climb out.

Avoid slug pellets and pesticides as these can poison hedgehogs.

Always disturb bonfires before lighting as hedgehogs or other wildlife could be nesting or hiding inside.

What to do if you disturb a hedgehog

If the hedgehog is hibernating, gently put it back into its nest, re-cover it with the nest material and leave it alone. If this isn't possible - for example, because the nesting site has already been destroyed - then place the hedgehog in a part of the garden where it will be safe and sheltered, with as much of the original nest as possible.

If there's not much natural shelter available, you could use a large box instead, but make sure the hedgehog will be able to get out of the box easily when it next wakes up.

If the hedgehog isn't hibernating and has young hoglets, re-cover them with the nesting material and leave them alone. If this isn't possible, please contact the RSPCA for more advice.



Photo: Phillip Horwood



Photo: Tony and Pam Francis



Lesley Kaengele wins NHS schools' competition

A 10-year-old schoolgirl from St Gabriel's RC Primary School in Castleton has won a top prize in a contest thanking NHS staff, while learning about the many careers it provides.

As part of the 'Step into the NHS' competition run by Health Education England, Lesley Kaengele created a rainbow poster with showing the diversity and range of health service staff with a 'thank you' message to the NHS.

Lesley was awarded the top prize for the north west region in the contest, which saw 916 entries from more than 1,080 pupils in 36 primary schools across England this year.

As well as encouraging students to challenge gender stereotyping in health professions, pupils had the chance to say 'thank you' to the NHS in their own personal and creative way.

In a special prize presentation assembly, Lesley received a certificate, a £25 Amazon voucher and an exciting goody bag.

Lesley said: "I learnt that the NHS is a lot bigger than it seems; it's not just doctors and nurses but computer scientists, and cleaners, and they're all as important as each other.

"My mum inspired me because she's strong and puts her strengths into helping other people which inspires me to be just like her.

"To me, the NHS means a huge diverse army that helps everyone from all backgrounds without judgement."

Lianne Powers, ward sister, Rochdale Infirmary said: "The artwork was outstanding and really showed the diversity of the NHS. Seeing how engaged and hearing how many of the children's parents and family worked within the NHS was very humbling and made me feel proud to be a nurse within our local community."

Health Education England runs the competition each year to raise awareness of over 350 career opportunities in the NHS, while supporting the career aspirations of young people in education.

GET BRONCHITIS OFF YOUR CHEST

Autumn brings with it a fall in temperature and a rise in coughs, wheezes, and sneezes.

Sadly, the dying embers of a cold can morph into bronchitis, the first condition listed under the acronym COPD (Chronic Obstructive Pulmonary Disorder), which for one in twenty patients can then progress to pneumonia. There is also a chance that your lungs may become scarred, which may mean a hospital admission.

Bronchitis is typified by a hacking cough and the bringing up of mucus. The coughing can be so severe, it might even lead to a sore chest and tummy.

Bronchitis is usually an infection that enters the air passageways. Given that it is usually caused by a virus and not a bacterium, antibiotics won't treat it. Rest, plenty of fluid and if you already have breathing problems, steroids, are the best way to beat bronchitis.

Covid has reminded us that keeping hands and surfaces clean curbs the spread of viruses. The best way to avoid any chest complaint is to stay off cigarettes. Yes, quitting is not easy; but it will make you breathe easier and is essential for long life.

Asthma is another potentially dangerous condition that can flare-up with plummeting

temperatures. Colder air is one of the most common causes of irritated bronchial tubes and keeping your inhaler close at hand is imperative.

You have probably heard the word "norovirus" more frequently over the last few years. This causes stomach inflammation and regular vomiting and cramps. Bouts of this hyper-contagious virus begin in autumn and typically stretch throughout the winter. It is transmitted from person to person (though recent research has also claimed it is carried in seafood) and so those maxims around cleanliness apply again.

Weather change and indeed lower spirits mean that physical and mental health typically deteriorates during the autumn; but I see it as a season that prepares us for winter, and invites us to make every attempt to care for ourselves.

We all know that Covid has caused a backlog in appointments and so we must play an even bigger role in self-care, whether by getting our flu, Covid and pneumonia jabs or modifying our diet, increasing our exercise and giving-up the smoking.

That way we can all breathe a little easier this autumn.



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.

MEMORY LANE



Yellowway Coaches celebrated its centenary anniversary in 2015 with a mobile museum outside Rochdale Town Hall. This included seven coaches as well as pictures, posters and other memorabilia. Throughout its 100-year existence, Yellowway has been a popular choice of travel with its coaches becoming an iconic part of town. In 2008 Courtesy Coaches bought the rights to the Yellowway name.



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