

ISSUE 19 AUTUMN 2023

REAL ROCHDALE

FREE LOCAL
MAGAZINE



HANSON SPRINGS
CELEBRATING 60 YEARS

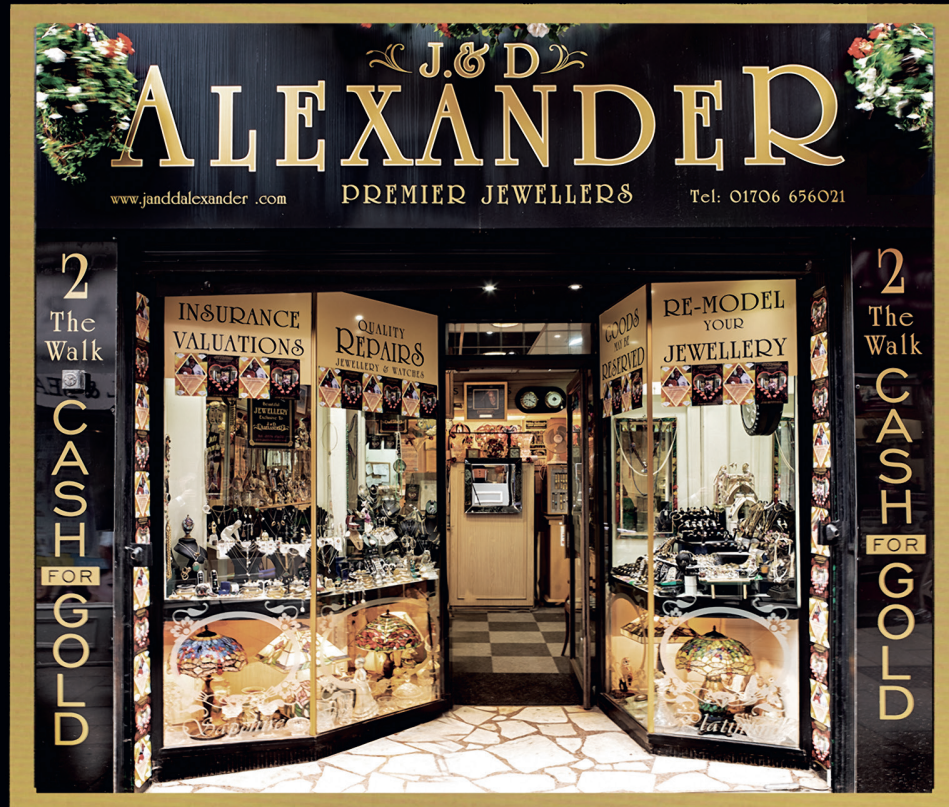
DAVE MARSHALL
RED ARROWS ENGINEER

HARE HILL HOUSE
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EDITOR'S WORDS

A warm welcome to Real Rochdale



Hello and welcome to the latest edition of Real Rochdale.

Our cover image this quarter is from the Tour of Britain, a 102-mile race which passed through Rochdale during its Greater Manchester stage on 3 September. A gallery of more race photos – taken from New Broad Lane – is on page 32.

In this edition, we welcome our new columnists, Gemma Broome and Suzanne Cooper. Gemma opened a new independent veterinary practice in Milnrow this summer, and shares her tips for helping dogs cope with noise phobias, including fireworks.

Complementary healthcare therapist Suzanne, of Lakeside Therapies, tells us more about staying well this autumn using principles of traditional Chinese medicine.

Michelle Kight delves more into the history of Hare Hill House, starting with the Newall family, on page 28, and also learns more about how Sergeant Dave Marshall became an engineer with the famed Red Arrows, on page 6.

This issue features lots of celebrations: Hanson Springs, one of the world's largest independent spring manufacturers, turns 60; the Hollingworth Lake Rowing Club won four medals this summer; Petrus won a silver medal at Tatton Park, and two of our local fashion retailers were shortlisted for the prestigious Drapers Independent Awards.

David Hayden and Natasha Brown have once again created two wonderful recipes: a delicious garlic chilli chicken and gnocchi dish served with parmesan cream and tenderstem broccoli, followed by a delightfully zesty lemon drizzle cake.

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

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Tour of Britain cyclists
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Photo: Alpha Photography

DAVID MARSHALL

RED ARROW ENGINEER

A weapons technician with the Royal Air Force, Sergeant Dave Marshall tells Michelle Kight all about a once in a lifetime role with the Red Arrows.

Since joining the RAF in 2002, Dave, originally from Rochdale, has enjoyed a lucrative career which has seen him enjoy stunning scenery from all over the world.

A former student at Whitworth Community High School, he completed his A-levels at Hopwood Hall in Middleton and “would have” gone on to a business degree at the University of Huddersfield after a tough upbringing, but always had the RAF in the back of his mind after a suggestion from his cousin.

“I was quite good at maths, business and accounting. My cousin mentioned the RAF and it was always in the back of my head. I didn’t pay attention to it until I was older and I initially

went for a regiment officer position. After three days, I decided it wasn’t quite for me, so asked for my aptitude test scores and what other positions I could consider,” he said.

Following his impressive test scores, Dave landed a role as a weapons technician, working on engines and aircrafts such as the Harrier, the Tornado and the Typhoon, travelling back to Rochdale on his days off to see his two children, aged 10 and 8.

Dave specialises in the maintenance of the aircraft assisted escape systems and has completed five tours of Afghanistan and two in Cyprus, where he was based when the opportunity arose to join the Red Arrows,

the RAF’s aerobatic team. The Red Arrows are considered one of the best display teams in the world, known for their trademark Diamond Nine shape, and combination of close formations and precision flying.

“I was really low at that point; it was during lockdown and I wanted out. My sergeant put in a good word for me, but I still had to prove myself and complete the training. I’ve never looked back.”

Dave successfully landed the role of a lifetime as part of the ‘Circus’ – the team of aircraft engineer technicians who support and fly with the pilots onboard the distinctive red Hawk fast jets which are based in Lincoln.

As the Circus’ weapons trade senior non-commissioned officer for 2023, his role includes servicing the aircraft before and after every display when operating away from the team’s home base.

Preparing for the role included undergoing rigorous training which has included sea-drills and “being ejected off the coast of Cornwall,”

low-oxygen hypoxia training and centrifuge G-force training, as well as several weeks practising display performances in Greece, plus medical training, which he says was “the hardest part.”

The father-of-two flies alongside Flight Lieutenant Richard Walker in Red 2, part of the front section of the formation, which also has their names painted on the side.

Dave said: “The pilots each have their favourite jets because they all fly differently. We always fly with the same pilot; Rich and I are usually in Red 2. The engineers pick and choose the jet to fly in because we service them and are aware of their flying hours. If a jet needs maintenance, you can lose four to six weeks – you have to fly in a different jet then.”

The Red Arrows’ Circus team changes each year as it can prove very demanding and fatiguing – and there’s high demand for the role. Once the display season is over, they return to their normal team duties. Pilots typically change after three years.





Photo: Alpha Photography

“The main positive is you get to fly in a Red Arrow, and by changing up the team, it gives more people chance to do it,” Dave explained.

Each year the Reds have to go through a rigorous assessment to be granted Public Display Authority (PDA) ahead of the display season. The season takes place each year from 1 June to 1 October and sees the formation perform at 60 UK displays, as well as abroad, plus flypasts at 1,000 feet.

With the Blackpool Air Show in July, Dave requested flypasts over Rochdale Town Hall and his uncle’s house in Castleton due to Rochdale’s location between Lincoln and Blackpool.

“We didn’t think it would be possible due to the close proximity of Manchester Airport and conflicting flightpaths, but Paddy, our navigator who does the routes, had organised a flypast for Clitheroe and we were able to get a flypast in for Rochdale [over Castleton] on 13 August.”

He added: “They make people happy, which is what it’s all about.”

With 2023 being the year King Charles III was coronated, the Red Arrows – including Dave – conducted flypasts over Buckingham Palace and Windsor Castle for the coronation and the King’s birthday.

Dave cites some of the best flights with the Reds as visiting Croatia, Greece, and a flight to Dublin: “We were over the Welsh coast and

we could see the Irish coast and were there in seconds. Every flight is different, and sometimes I go quiet, just taking it all in.

“The worst flight was through a thunderstorm in Portugal; we were flying down near Lisbon from Nice in France. We couldn’t go around because we didn’t have enough fuel and we just had to go through. I didn’t realise how bad it was until the pilot said! You can really see everything because of the glass dome canopy around us.”

He concluded: “I was in the right place at the right time. The medical training is probably the hardest part. It does strain family life, but if I didn’t do it, I’d look back and think, ‘why didn’t I?’ It is worth it but I do miss Rochdale sometimes.

“I’ve ‘only’ got A-levels, but I hope this inspires people to join up and get off the street.

“I don’t want it to end, but I am down as a reserve for next year, so I might get a few more flights in.”



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r R E S I D E



Feel Good Picnics are highlight of summer

The annual August Feel Good Festival was this year replaced by a series of Feel Good Picnics in parks across Heywood, Middleton, Littleborough and Rochdale, due to the ongoing restoration of Rochdale Town Hall and creation of a new town square.

The new Feel Good Family Picnic welcomed almost 10,000 people to free events in Queen's Park, Limefield Playing Fields, Hare Hill Park and Falinge Park in July.

The spaces were transformed into a busy spectacle of live theatre, puppetry, circus, dance, storytelling, music and more with over 20 free different attractions each day.

A carnival procession travelled around the parks, led by carnival arts company Global Grooves, featuring giant puppets, costumes, funky drumbeats, flags and dance.

Music was performed by Flat Cap Brass, The Ski Band and Northern Dholis, who played traditional Indian drums.

The outdoor shows were staged to packed audiences including 'Do what your mamma told

ya' by Just More Productions, a comedy circus show and 'FLOOD' by Theatre Temoin which used circus, music and acrobatics to show how our coastline and communities have been affected by climate change.

The storytelling tent was very busy with performances every day including mesmerising Gav Cross who presented his hilarious 'Twisted Tales for Terrible Children' show.

Colour the Clouds Theatre Company presented two shows. 'BUZZ', the story of a young worker bee who doesn't think what she does really matters, was performed in Middleton and Rochdale.

Families at Littleborough and Heywood saw Pip's Garden, an interactive story about a girl who finds herself with a vegetable patch but no idea how to grow anything.



Rochdale's M6 Theatre performed their brilliant play 'The Street Where I Live' and Skylight Circus Arts presented an aerial circus display featuring a host of daring acrobatics, as well as hosting workshops to give an introduction to circus skills.

Visitors got chance to try a range of popular sports and games including precision ball game boccia, rounders, tennis, dance and football with staff from Your Trust and there were workshops and taster sessions, covering a range of fun activities including yoga, and martial arts.

The Feel Good Family Picnics were staged by Rochdale Borough Council in partnership with Without Walls.

Council cabinet member for events, Councillor Janet Emsley said: "There were so many smiles, the atmosphere was lovely and feedback we have had has been superb.

"The parades were so visually stunning, the shows were excellent and there were plenty of activities to keep everyone busy. I can't wait for next year!"



Hanson Springs celebrates 60 years



Finance director John Hanson and managing director Malcolm Hanson

Hanson Springs celebrates 60 years' business in 2023 as one of the world's largest independent spring manufacturers.

Hanson Springs was founded in 1963 by Malcolm Hanson when Rochdale was one of the centres of the UK spring-making industry. Back then, there were around 30 spring companies in Rochdale alone.

Today Hanson Springs is one of the largest independent valve spring manufacturers in the world, working extensively with the oil, gas, nuclear, power generation and railway industries.

Hanson Springs employs 230 people and is on track to a hit turnover of £32m in 2022/23.

Around 85% of everything made by Hanson goes to export, including the US, where the company has a US distribution warehouse in Dallas. Its headquarters remain based in Rochdale on Gorrels Way, and there is also a second local site on Mellor Street.

Malcolm remains managing director of the flourishing family-run business, joined by his children – John Hanson, who is the finance director, and Lisa Jenkinson, who is the strategic purchasing director.

John said: "We started out making springs for

the textile industry but moved into general engineering.

"By the mid-1970s we'd focused on the oil and gas and power generation sectors, which today accounts for 95 per cent of what we do, producing around 15 tonnes of springs each day."

Lisa's children, Luke Jenkinson, 23, and Ellie Jenkinson, 20, along with John's daughter, Amy Hanson, 19, have all joined the Rochdale manufacturer in recent years.

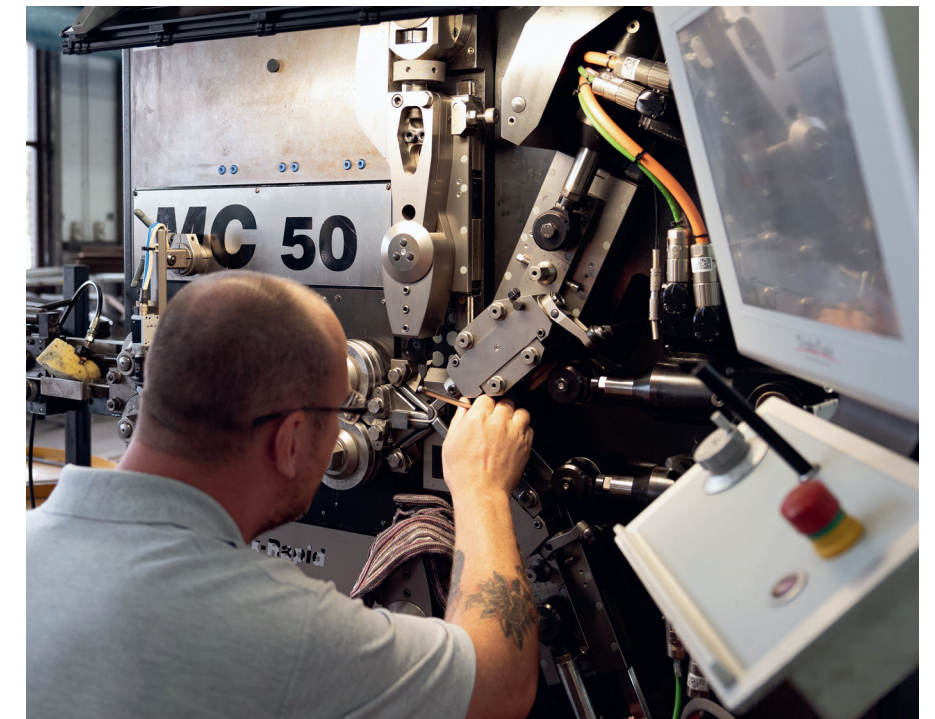
Lisa said: "We're proud to be a family business. We're delighted that Luke, Ellie and Amy have joined but lots of staff also have relatives in the business and that family feel is one of the reasons for our longevity and success."

John added: "We have a very loyal workforce. We find when people have worked for us for five years, they tend to stay for 30-40 years."

In the last 10 years, the company has invested around £15m in upgrading the plant and machinery facilities at its Gorrels Way site.

Improvements included the installation of a second £750,000 automated hot coil production line in 2021, enabling the company to boost its capacity by nearly 50%.

The new production line was described by John as "the missing piece of the jigsaw,"



The next generation: Amy Hanson, Ellie Jenkinson and Luke Jenkinson

allowing Hanson to create larger springs weighing between 30kg and 100kg, broadening its customer base and helping meet a burgeoning order book.

With two sites in Rochdale, John said the town was the 'perfect base for a business'. He said: "It's amazing to think we're 60 years old.

"Other than a few years in

Todmorden, we've always been based in Rochdale.

"Rochdale is blessed with brilliant connectivity, so we have quick access to the motorway network and Manchester Airport.

"We're very proud to be 60 years old and playing our part in Rochdale's booming business sector."

New independent vet practice opens in Milnrow

Milnrow Village Vets is a new independent veterinary practice in the heart of Milnrow.

The Newhey Road practice opened in July at the former GP surgery, Village Practice, and is owned by veterinary surgeons Clare Farnsworth and Gemma Broome - Real Rochdale's newest columnists.

Clare and Gemma, who have nearly 30 years' experience between them, will be bringing you sound veterinary advice throughout our issues.

They said: "We knew Milnrow was the perfect location as there was a gap in the area for a vets, meaning owners were having to travel with their pets to seek treatment.



"We are passionate about providing a personal, reasonably priced veterinary service to the pets of Milnrow and surrounding areas. We aim to be a community base service, where the vet knows you and your pet, and the experience is positive for the whole family.

"We like the community feel and like getting to know our patients and their owners."

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Noise phobias in dogs

At this time of year, many pet owners are worrying about how to help their dogs with the upcoming firework season. Noise phobias in pets are very common and there are lots of different ways in which we can help them cope during difficult times.

Dogs can show many different signs when suffering with anxiety; these can include hiding, repeated yawning, ears back and tail tucked in, crouched stance, panting, shaking and pacing.

The signs your dog shows can vary a lot and may only be subtle. Signs of anxiety can get worse over time, therefore it's important to help your pets as early as possible.

Create a comforting environment

- Close the curtains so they cannot see the fireworks.
- Create an area with beds and blankets where they can hide and feel safe (this could be a dog crate or quiet corner).
- Put on the television or radio so that they cannot hear the fireworks as clearly, but try to put on something without sudden loud noises (e.g. classical music).

Pheromone therapy

- Pheromone treatment for dogs uses dog-appeasing hormones (DAPs), which are released by bitches when feeding their puppies. The smell of the hormones is believed to relax dogs and help with anxiety.
- There are many different brands of pheromone treatments, many in diffuser and spray options, but also collars. They can also be used as an ongoing treatment for other forms of unwanted behaviours.

Nutraceuticals

- Nutraceuticals are products that come from natural food sources and can provide nutritional and medicinal benefits.



ABOUT THE WRITER

Gemma Broome recently opened a new vet practice in Milnrow with her fellow vet, Clare Farnsworth. Between them, they have over 25 years of veterinary experience.

- There are many nutraceuticals that can provide relief from anxiety in dogs, your vet will be able to advise you on the best options for your pet.

Noise desensitisation

- It is possible over time to desensitise your dog to the noises that cause them anxiety.
- By introducing the sounds of fireworks gradually over time during positive interactions, the dog begins to think of the noise in a positive way and it does not trigger a negative anxiety response.
- There are many internet resources that can be guide through the desensitisation process.

Anti-anxiety medication

- Not all dogs need medication, and their anxiety can be managed with the steps above. However, if your dog is struggling with noise anxiety or any other form of anxiety-triggered behaviours then your veterinary surgeon can advise you on the most suitable forms of treatment.

LEMON DRIZZLE CAKE

by Natasha Brown - owner of Brown's Cakes

This lemon cake combines a wonderful zesty filling and the traditional crunchy lemon drizzle to make a delicious teatime treat.



Preheat the oven to 180°C. Grease and line two 8" round cake tins.

We use the all-in-one method for most of our cakes; it's simple and easy.

For best results, start with all your ingredients at room temperature. Put the eggs, self-raising flour, caster sugar, margarine and lemon zest in a large bowl and beat well with an electric mixer. Give the batter a really good beat until the mixture goes pale and is very soft.

When well-beaten, divide between the two tins and smooth down. Bake in the centre of the oven for approx. 35 minutes.

While the cake is baking, mix the juice of 1 lemon with twice as much granulated sugar

Ingredients

- 5 eggs
- Zest of 1 lemon
- 340g self-raising flour
- 285g caster sugar
- 285g Stork margarine

For the drizzle

- Juice of 1 lemon
- Approx. 80g granulated sugar

For the filling

- Lemon curd
- 125g softened butter
- 200g icing sugar, plus extra to dust

(for example, my lemon juice weighed 36 grams so I added 72 grams of sugar.) Stir these together to dissolve the sugar.

Check the cakes are cooked by inserting a wooden skewer and checking that it comes out clean: if they're not baked, keep them in the oven and keep checking every five minutes until they are done.

Once baked, take them out of the oven and pierce the top of one of the cakes multiple times with a skewer. Slowly pour the drizzle over this cake, covering the whole top whilst it is still warm, then leave the cakes to cool.

To make the buttercream, beat the softened butter with the icing sugar (this can be messy so you may want to cover the bowl with a tea towel whilst mixing but be careful).



When the buttercream is combined and fluffy, stir in a couple of teaspoons of lemon curd. Taste to check you've put enough in to give a light lemon flavour.

Once the cakes are cool, cut the rounded top off the cake that doesn't have drizzle on as this will be the base of the finished cake.

Spread a generous amount of lemon curd over the flat top of this cake then add a thick layer of buttercream.

Place the second cake with the drizzle on the top and give the cake a gentle dusting of icing sugar to finish.

Delicious!



GEM APPEAL STRAWBERRY SPARKLE LUNCH

This year's Strawberry Sparkle Ladies' Lunch at Rochdale Golf Club raised £3,367 for the GEM Appeal charity, a fabulous afternoon of raising money for research into rare genetic diseases.

Singer James Cockerill and Tricia Penrose provided entertainment, with special guests, actors Chris Hargreaves and Jason Done.

GEM Appeal chairman Karen Johnson gave a heart-rending speech about how pioneering research at Royal Manchester Children's Hospital has resulted in enzyme replacement therapy treatments being developed.

Research at the hospital's Willink Unit laboratory, named after Karen's sons Simon and Mikey, means rare genetic conditions, such as Hunter Syndrome – which both boys suffered with – no longer means a death sentence, as it did for them.

The next GEM Appeal fundraiser is the Fizz Fashion Show at Rochdale Golf Club at 7pm on 2 October 2023. Tickets £5. Full details: www.gemappeal.org.uk



Photos: David Howles

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Budding photographer's snap of Ellenroad Engine House Steam Museum wins monthly contest

Jane Walton's black and white photo of the Ellenroad Engine House Steam Museum in Newhey won the May South Pennines Park photography competition.

An amateur photographer and nurse, Jane loves escaping from her professional life and taking photographs to help her unwind.

She said: "I've enjoyed spending time looking at the detail and trying to get the right shot."

"I thought black and white would suit it as it's quite vintage; I was chuffed to bits when I won."

"Winning has encouraged me to develop my skills further and keep pushing myself."



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HAIRDRESSING TREND

by GREG COUZENS

BUBBLE BOB

As a seasoned hairdresser who cut his teeth in the early years of Vidal Sassoon's empire, I'm thrilled to see a resurgence of a timeless classic, the Bubble Bob. This iconic style, reminiscent of the 1960s, strikes a chord with anyone who values the unique blend of sass and sophistication in their look.

The Bubble Bob, with its rounded proportions, brings an instant voluminous charm that no other haircut can compete with. Rooted in our iconic history and reinvented for the modern era, this haircut gives a nod to vintage glamour while keeping up with the fresh, carefree spirit of today.

This hairstyle is not merely a trip down memory lane. It's a bridge that connects the daring sophistication of the past with the carefree spirit of the present. It's an embodiment of the philosophy that has guided us since the early Vidal Sassoon days - that a great haircut is not just about looking good, but also about feeling confident, empowered, and effortlessly stylish.

As I invite you to embrace the Bubble Bob, I am confident that this classic-yet-contemporary haircut will captivate you. It will draw you into its bouncy, swishy charm, leaving you feeling just as fabulous as it looks. It's a haircut that doesn't merely rest on your shoulders; it dances, it sings, and it celebrates the unique individual you are.

After all, isn't that what a great haircut should always do? The Bubble Bob does just that and more. Try it, and let your hair do the talking.

Model: Amber Couzens
Colour: Georgia Matthews
Haircut & Photo: Gregory Couzens



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Town hall restoration: new stained glass windows for Mayor's Dining Room

Rochdale Town Hall is renowned for its beautifully decorated stained glass windows throughout the building. From the kings and queens of England in the Great Hall to the many different countries Rochdale has traded with in the Grand Staircase, each window tells a different story.

At some point in history, the round panels of glass in the Mayor's dining room were unfortunately lost – replaced by extractor fans. Removing the fans and replacing the glass was always intended as part of the ongoing restoration made possible thanks to the National Lottery Heritage Fund.

The replacement windows have been created by glass artist Louise Watson, who creates architectural and kiln-formed bespoke glass installations.

Louise was particularly drawn to, and inspired by, the structure and detailing of Rochdale Town Hall, understanding the importance of social heritage and what that brings to the local community.

Working in collaboration with Beggars Belief Collective to draw inspiration from community workshops, Louise has created two modern stained glass roundels, celebrating the restoration.

The workshops included drawing leaves, flowers, fruits and vegetables linking to the nature and decorative art motifs in the town hall. Participants were encouraged to think about composition and using lines to separate shapes and colours.

Children involved in the workshops produced bright and bold drawings which helped form the final designs.

Louise then hand-crafted the new panels, which were installed in June by York Glaziers Trust, which also restored the Great Hall's Oliver Cromwell window last year.

The trust looks after historic buildings throughout the UK, but is mainly known for its work to care for and conserve the stained glass in the world-famous York Minster.



The designs by children from Caldershaw Primary School



The designs by children from St Peter's Primary School

ROCHDALE CLASSIC CAR & BIKE SHOW



Classic car owners came from all over to display a variety of vehicles at this year's annual Rochdale Classic Car Show in Falinge Park in July.

The event featured hundreds of vintage, classic and collectable cars and motorcycles, stalls, music, entertainment and refreshments. Rochdale's Fireground museum volunteers also brought two fire engines for visitors to explore.

The event was organised by the Rotary Club of Rochdale, and supported by Vintage Worx Community Development Trust and Premier Automotive. All profits – a total of nearly £7,500 – will go to the Rotary Club of Rochdale President's charities, Place2B and Papyrus, which support children with mental health issues and those at suicide risk. Next year's show is on Sunday 21 July 2024.



Photos: Ken Rowlatt, Rochdale & District Camera Club



A short history of Hare Hill House: The Newall Family



Hare Hill House in Littleborough was originally the home of four generations of the Newall family from 1775 until the 1900s, a family which played a significant role in the development of Littleborough as a thriving and important Pennine Township for 14 generations, from 1453 to 1901.

It also served as the town hall for the now defunct Littleborough Urban District Council, offices for Rochdale Metropolitan Borough Council until 2010 and is now used by the local community for a variety of causes.

The house's grounds would later become Hare Hill Park, now a Green Flag park with several Grade II listed features.

The oldest part of the house is the back of the building, originally a two-storey weaver's cottage which dates back to at least the early

1700s. The land and cottage were sold to the Newalls in 1774. The following year, a Lawrence Newall – son of Lawrence Newall of Town House – is shown in 'Burke's Landed Gentry' as 'Lawrence of Hare Hill', suggesting that the house was in place. It would have been two-storeys with a frontage similar to that at Town House.

The house underwent a major overhaul in 1870 with the addition of a bay window, a mansard roof (allowing for six rooms to be added on the top floor) and a large conservatory and hot house to the side.

Third generation Newalls Henry and Maria had 11 children together (although there is evidence of a 12th); their eldest daughter, Sybil 'Queenie' Fenton Newall would go on to become a future Olympic champion archer, renowned golfer and croquet player.



Sybil 'Queenie' Fenton Newall
at the 1908 Olympics

Queenie is best known for winning the gold medal at the 1908 summer Olympics in London, a feat which made her the oldest female gold medal winner in any sport, having been 53 when she won.

She followed this by becoming national archery champion in 1911, 1912 and 1914.

Queenie still holds the record for being the oldest female gold medal winner at the Olympic Games and Great Britain did not win another women's archery medal at the Olympics until 2004.

A blue heritage plaque in Queenie's honour was installed at Hare Hill House and unveiled at a commemoration event marking her achievements in August 2016.

Queenie's father Henry Newall had a lot of influence in Littleborough. He and his brother Lawrence owned the first gas works in the town, were involved in the wool industry, and Littleborough's first fire station was built on Hare Hill Mill, which Henry owned.



Mayor and Mayoress of Rochdale, Ray and Elaine
Dutton unveiled the blue plaque in 2016

The Newall family were major contributors to the building of the first Littleborough Chapel in 1471 and again when Holy Trinity Church was rebuilt in 1820.

Henry also formed the Protector Lamp and Lighting Company Ltd., a company which is still in business today and makes the miners' lamps used in the Olympic torch.

He initially bought the patent for the 'Davy lamp' from William Edward Teale, set up the company in 1873 and put William in charge. One such lamp appeared on the BBC's Repair Shop in January 2023. In his obituary Henry was reported to own, be a major shareholder or a director of around 50 companies.

In recent years the Newall Heritage Trail was created: an approximate two-mile walk exploring the influence the family had on the development of Littleborough.

In the next issue of Real Rochdale we will look at the history of Hare Hill House from 1901, and its future going forward.

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Success for Hollingworth Lake Rowing Club at the European Championships

Two members of the Hollingworth Lake Rowing Club picked up four gold medals at the European Masters Regatta in Munich, Germany, over the summer.

Nigel Price, from Todmorden, and Keith Lawton, from Newhey, competed in both sweep and sculling events in the 65-70 age category.

In the quadruple sculls event, they combined with two Newark members, who they had been training with specifically for the event, and saw off German, Irish, Austrian and an international composite in their final to record the fastest time in the event.

Later in the regatta, the four combined with four rowers from Star Club in Bedford to win both the 60-65 and 65-70 gold medals.

Nigel said: "It did help to have two ex-Oxford Blues in the boat and the ex-GB captain."

The 60-65 category eight clocked 46 strokes a minute off the start and quickly built a lead that they fought and managed to retain for the race.

Nigel completed his regatta with success in the singles sculls, winning the 65-70 category over Czech, GB, Italian, French and German finalists.



Graham Price, Ian Walter, Keith Lawton and Nigel Price

Over 2,250 rowers from 41 nations and six continents competed across 633 races in the event, which is held annually at the Olympic Regatta Centre in Oberschleißheim.

The Hollingworth Lake Rowing Club used the European Masters Regatta as a 'springboard' for the World Masters Championships that take place in South Africa from 21-24 September.

Anyone interested in taking up the sport should contact the club via its website: www.hollingworthlakerowingclub.co.uk.



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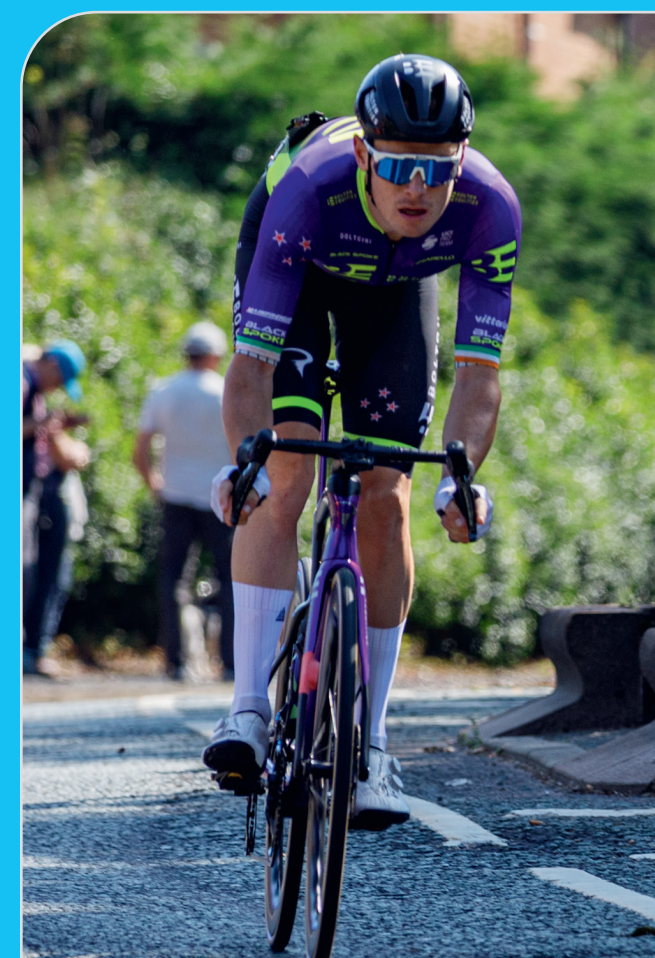


Cyclists taking part in the Greater Manchester stage of the Tour of Britain were welcomed to Rochdale on Sunday 3 September.

Spectators lined the route to cheer on the peloton as cyclists made their way from High Crompton on Broad Lane to Oldham Road, before turning right at the central retail park onto Wood Street, Molesworth Street and up John Street.

The route then headed left onto St Mary's Gate with riders turning right onto Spotland Road, continuing onto Edenfield Road and through Norden towards Edenfield.

The 163.6km anti-clockwise route around Greater Manchester started in Altrincham and finished at Deansgate.



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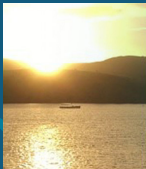
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Health and wellbeing during Metal season

The five elements found in nature – wood, fire, earth, metal and water – form the foundations of traditional Chinese medicine. As we are also part of nature and have these elements inside us, they need to be balanced in order for us to stay healthy.

Metal is the element which covers the season of autumn. If we think of metal, it can represent the refining process. This shows us autumn is the ideal time to review where we are to date, ensuring that what is carried forward is relevant and necessary and also to discard things which are not.

Nature shows us the way: we notice the trees shedding their leaves which reminds us to trust the process of letting things go that no longer serve us. We know that what follows is a period of rest before we usher in the new.

In traditional Chinese medicine, the organs of the body are paired up into yin and yang complementary forces, as well as according to the elements. The organs relating to the metal element are the lungs and large intestine, which deal with purification and elimination.

The lungs govern our life force (qi) which affects our body systems. Lung qi moves body fluids as well as controlling skin, as it regulates the opening and closing of our pores.

Imbalances of the metal element can show up as physical issues, such as being prone to coughs and colds, lowered immunity, asthma, bronchitis, skin issues like psoriasis, tight chest and throat, digestion issues, hormone imbalances, migraines, etc.

Diet plays an important part in staying healthy during metal season. As the weather turns cooler, we need to adapt by eating warmer foods to nourish and protect our bodies from illness.



ABOUT THE WRITER

Suzanne Cooper is a complementary healthcare therapist using the principles of traditional Chinese medicine.

Foods which are gentle on the digestive system – such as porridge, soups and stews – are good. Pears, apples, flaxseeds, almonds, spinach, mushrooms, and sweet potato help to provide moisture to the lungs. Leeks, onions, garlic and ginger provide warmth and also help support the immune system.

Exercise in this season is more suited to building muscle strength rather than going for the burn in the gym. Getting outside in the crisp autumn air for a walk, or cycling, is beneficial.

The lungs and throat are vulnerable in cooler and windy weather, so dressing appropriately for the season with a jumper and scarf will help protect them and minimise the chance of colds or flu.

Having reflexology or aroma-reflex may help you as the metal element can be supported by boosting your immune system and help to ease any other issues you may have.

These therapies also help you on an emotional level by assisting you through the stages of processing and releasing in a safe and gentle way.

Chef David Hayden and wife Rachael run The Gallows in Milnrow.

They were winners of Come Dine with Me: The Professionals last year.



David, who has catered for premiership footballers, TV stars and other celebs, shares his recipe for garlic chilli chicken with gnocchi and parmesan cream.

Ingredients for the gnocchi:

- 2 large floury potatoes (eg Maris Piper)
- 50g ricotta cheese
- 90g plain flour
- 1 free-range egg, beaten
- Sea salt and freshly ground white pepper

Ingredients for the chicken and cream sauce:

- 2 chicken breasts
- 1 tsp of crushed garlic
- 1 tsp of chilli
- 1 tbsp of vegetable oil
- 500ml of double cream
- 200g grated parmesan cheese
- 250g of tenderstem broccoli

Gnocchi

1. Preheat the oven to 200°C/Gas 6.
2. Bake the potatoes in their skins until they are tender; this will take about 1 hour to 1 hr and 15 minutes. Whilst the potatoes are still warm, remove the flesh from their skins and mash until they are smooth.
3. Mix in the ricotta, salt, white pepper and flour before making a well in the middle and adding the beaten egg.
4. Begin to combine the mixture with floured hands and work until you have a smooth dough. Be careful not to overwork the dough as it won't expand when cooking if it becomes too dense.
5. Cut the dough in half and roll it into a long tube about 1.5cm thick. Using the back of a floured butter knife, cut each length into 2cm pieces to make individual gnocchi 'pillows'.
6. Gently press each gnocchi pillow in the centre using a floured finger: this means each piece will hold more sauce and flavour.

Garlic chilli chicken with parmesan cream, gnocchi and seasonal tenderstem broccoli



Chicken, cream sauce and broccoli

1. Prepare the chicken breasts in advance by cutting them in half horizontally to form a butterfly, and marinate with 1 tsp of crushed garlic and 1 tsp of chilli, and a tbsp of vegetable oil and leave in the refrigerator for an hour.
2. Put 500ml of double cream in a pan and warm it through until it reduces to half then add 200g grated parmesan cheese. It will thicken naturally.
3. Place the butterfly chicken in the oven for 8 minutes at 180°C/Gas 3 until firm to the touch and cooked through.
4. Bring a large pan of water to the boil.

Add the gnocchi, tilting the pan from side to side briefly to stop them sticking together, then simmer for about 1½–2 minutes until they start to float. Drain the gnocchi and leave them to steam-dry for 1–2 minutes before adding to the parmesan cheese sauce. If you don't want to make your own gnocchi you can always use pre-prepared to simplify the dish.

5. Cook the tenderstem broccoli in salted water until tender and keep warm.
6. To serve, place the gnocchi and parmesan sauce on the base of the serving plate. The tenderstem broccoli goes on top and then the chilli chicken breast.

"It's right on your doorstep and it deserves to be romanticised."

Tom McNeeney's love letter to Healey Dell

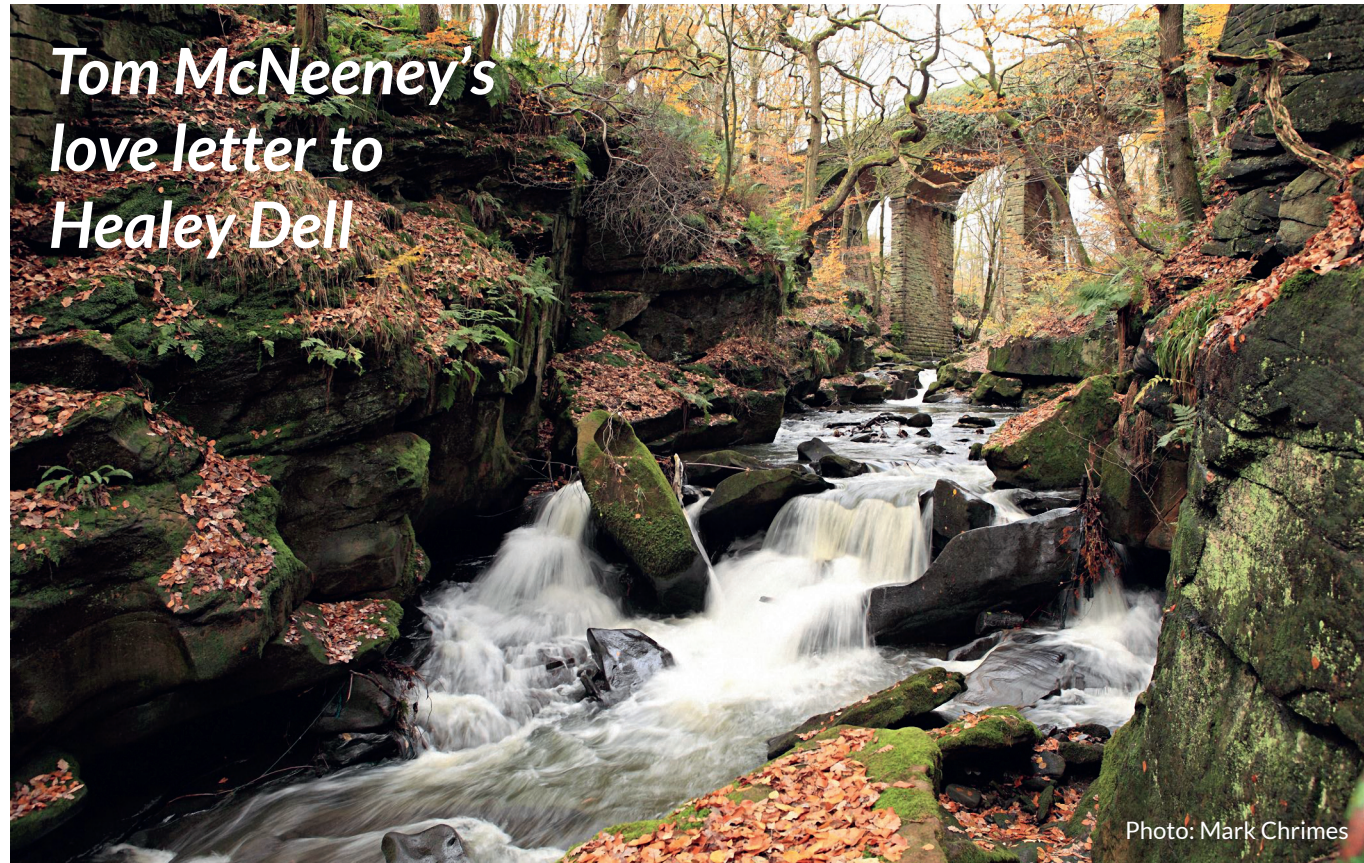


Photo: Mark Chrimes

Walking through Healey Dell in lockdown was like being in a restaurant that had just opened. For a month or two it was the place to be, just absolutely packed with couples and families all taking pictures and talking (from a respectable distance, naturally) about just how lucky we are to have it on our doorstep.

Regardless of anyone's views, one great thing that came out of lockdown was this realisation that you'd struggle to walk ten minutes from almost anywhere in Rochdale and not fall over somewhere green; we really are lucky to have all these spaces on our doorstep.

From Queen's Park to Ashworth Valley, we all really got a newfound appreciation for these dreamy, leafy spaces and the Dell seemed to be the one everyone flocked to the most.

Since then, a huge amount of people seem pretty happy to forget how lucky they felt in that weird time; these spaces that felt like such a lifeline not so long ago feel strangely empty again, which is understandable really because there's loads of other stuff to do now.

That being said – for a few bizarre months – this place that's always been so special to me was just as important to so many other people, and I'm thrilled I was there to see that.

I went to nursery in Healey Dell, I go for the odd brew in the tea rooms and adore how lovingly they've been expanded and cared for, all my terrible Couch to 5k attempts have been through the Dell. It would be impossible for me to continue my love letters to Rochdale without here being double underlined.

I couldn't count the times I've walked the seven different routes that run through it: the one that takes you right under all 32 dizzying meters of Victorian viaduct, the one that takes you up to Station Road right past the incredible waterfalls (complete with scenic photography area), or the one that has somewhere to stop for a beer by the river next to an art gallery... It's all very cosmopolitan for a nature reserve.

As for the valley itself, it's steeped in history on top of history – with more history on top for good measure. I don't have the space to tell you all of it (or the talent to do its story justice), but there's a good amount of literature on boards all around the Dell covering its history, folklore and wildlife, put together by a team who really know what they're talking about.

Again, I could do some serious research to tell you all about the munitions factory in the Dell and the part it played in the war. I could talk about the fairy bridges, the waterfalls, how a steam train used to go over the viaduct in the most Harry Potter fashion imaginable but that's all a Google search away if you really want to know.

What you can't Google is how it feels to have a good slow wander through somewhere like that when the seasons are changing, countless different shades of oranges and yellows taking over the greens of summer, something about it makes this shift towards



Photo: Mark Jolly

the colder months that much more bearable.

There isn't a search engine on Earth that can tell you how stopping on a walk over the viaduct and taking a deep breath of October air on a clear day is going to make you feel; you really do need to just go try it out.

I have this one really distinctive memory from when I was little, when we used to live above a pub in Shawclough. It was one of those multicoloured October days we'll soon be in the thick of: we'd been wrapped up to head out into the Dell, looking, I can only assume, adorable. And off we toddled with my dad to go pick brambles on an autumn day.

We came home with armfuls of conkers, and we all made bramble jam like we were a family in a yogurt advert; it was all deliriously wholesome and it's one of those moments

in life that'll just stick with me. The beautiful thing is, you can still go do all of that and I can't stress enough how much you really should.

Recently I've found, autumn has become really American-feeling. We obsess over pumpkin spiced lattes, photo opportunity pumpkin patches and forever making Halloween bigger and bigger, but there is an alternative right on your doorstep, and it deserves to be just as romanticised when it comes to getting excited about the nights drawing in.

My advice? Pull on your wellies and take a long walk through the dell, play Poohsticks, stop for a cup of tea, kick leaves and head home with at least one decent conker in your pocket. Trust me, you'll feel better for it, because even though times have changed, we're all still really lucky to have this out there waiting for us.



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How late is too late to start saving for retirement?

When you're considering your future and what to do with your money, it's vital to ensure your financial security will continue into later life, when you're no longer earning an income. But is it ever too late to start saving?

The answer is no, and this isn't just a Pollyanna response from a pensions expert.

Why you should save money for retirement

Retirement has changed substantially; it used to be the norm to spend a 30-year career in one profession and for people to stop working entirely once they reached retirement age, which was usually around 60 to 65 years old.

For previous generations, retirement was often seen as the beginning of one's twilight years, but nowadays, 60 is not 'old', given that many people who are currently in the workforce can expect to live much longer.

The life expectancy calculator from the Office for National Statistics predicts that a man aged 50 today will live to an average age of 84 years old.¹

Life expectancy rises sharply for younger people; a woman aged 30 today has an average life expectancy of 88.²

With so many years ahead of you, it's important to work out how you will fund them. Saving enough money to last someone for 30 or 40 years is a bigger challenge than when retirement lasted for ten or twenty years, as with previous generations.

Many people fund their retirement from a range of sources, including property, Cash ISA savings, Stocks & Shares ISAs, earnings, state pension and private pension pots.

This can be beneficial, because money can be withdrawn from each of these in different ways; for example, ISA savings can often be withdrawn tax free on demand (depending on the type of ISA), pensions allow people to withdraw a tax-free lump sum at retirement age, while income from a rental property may be monthly.



ABOUT THE WRITER

As director of Front Row Financial, Steven Worrall provides a truly holistic approach that demystifies financial advice and puts you in control, with tailored solutions and ongoing support to help you achieve your financial and lifestyle goals.

Why planning is important

It's not enough to have savings, you also need a plan – and that's why it's a good idea to seek financial advice. It's best to meet with your financial adviser regularly so they can look at your situation and at what age could you retire, what kind of lifestyle can you expect to have, could you go part-time, could you take a year off, or if you increase your saving, how would that improve your retirement prospects?

Reaching retirement age is not an ending; it's the start of a new chapter in life. Putting the right plan in place will help ensure you can enjoy the future you want.

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Sources: 1 & 2 Life Expectancy Calculator, Office for National Statistics, accessed 6 July 2022.

SJP Approved 17/08/23

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Rochdale scent company inspires employee to write children's novel

A Rochdale company which creates unusual scents and smells for the likes of Alton Towers, Thorpe Park and Madame Tussauds has inspired one of its employees to pen a children's book.

Liam Findlay says AromaPrime is to thank for inspiring much of his upcoming children's novel, *The Doom Town Dummies*, which will be out this September.

The Doom Town Dummies is a fully-illustrated adventure for children aged 8+. It follows the tale of Colette Planchette, who can speak to the dead with a supernatural sense of smell. Her ability comes in handy, considering her best friend Lucian is a ghost.

When the two find themselves in a village of eerie shop-window dummies, it soon becomes clear someone, or something, is watching. The story is full of references to smell - how it can trigger emotions or maybe give a clue to help solve a mystery.

The Doom Town Dummies is available from Amazon and the AromaPrime website.



Liam said: "AromaPrime is very much like if Willy Wonka made pong.

"They create the likes of anything from T-Rex breath to pirate ship, and working for them has helped me see the world through smell.

"With this in mind, it was great to write my children's book from a smell perspective. How does a girl with a smell superpower navigate the world? I have tried to describe smells in great detail, and they are tied into the story in many interesting ways. There is even a company in the book inspired by AromaPrime!

"It is my hope to inspire children to pay more attention to the weird and wonderful world they can access through their noses."



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Rochdale Masonic Hall

The Rochdale Masonic Hall on Richard Street was built in 1926/27 as a permanent home for the local Freemason groups (Masonic lodges) meeting in the area.

Freemasons are one of the oldest social and charitable organisations in the world. Freemasonry arrived in Rochdale on 14 June 1791; today, there are 12 lodges active in Rochdale.

The site chosen – part of the area owned by the Rochdale Canal Company – was purchased for £640.

Messrs Smith and Sons of Rochdale were the chosen architects, but most of the work was carried out by the architect Roderick Hildigore Baxter, a prominent Freemason of St Martin's Lodge, which met in the Blue

Pits Tavern in Castleton before the opening of the Masonic Hall.

Erected by local company Messrs W H Ashworth & Sons, the building has a frontage on Richard Street of 120 feet including the caretaker's lodge.

The hall, then known as the Masonic Temple, cost £12,500 to build, with the furnishings costing an extra £2,500.

The hall was opened and dedicated on 1 November 1927 by The Earl of Derby, who laid the foundation stone the previous year on 26 September 1926.

After the dedication, a magnificent banquet consisting of 10 courses was held and reported on by the local newspaper.

New specialised dementia garden launched at Springhill Hospice

Specially-created dementia garden for patients to enjoy outside space whilst suiting their specific needs.

The launch of the Springhill Hospice dementia garden in July was a huge success with patients and loved ones alike getting to make the most of the new space in the sunshine.

The garden features sensory areas, kinetic sand, and carefully selected plants to entice all the senses, and the hospice team is thrilled with how well the garden has been received.

Springhill extends a massive 'thank you' to the team of community volunteers, and



everyone else who worked tirelessly over the last few months to bring the garden to life and make the launch a success.

The hospice plans to build even more therapeutic spaces for patients.

Rochdale Masonic Hall

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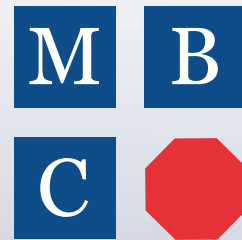


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A TYPICAL WEEK FOR A FOOTBALL LAWYER

MOLESWORTHS BRIGHT CLEGG employment and disputes solicitor, Adam Salkie and trainee solicitor, Katy Dunn reflect on a week in the life of a football lawyer.

"Some people believe football is a matter of life and death. I am very disappointed with that attitude. I can assure you it is much, much more important than that."

The words of the legendary Bill Shankly are often quoted when people think, and talk, about the beautiful game.

But what is it really like to be a football lawyer?

The week is always busy and often varied. Especially when the transfer window is due to close! Here is a diary of the week for us:

Monday - Employment

- Considering five players' contracts, with two years, or less, to run on their current deals. Reviewing and negotiating contracts, endorsement deals and sponsorship agreements.
- Meeting with a football club's representative, at the club's premises, to discuss the details of an impending transfer. This is with a view to drafting the employment contract. The transfer window is about to close.
- Taking instructions from a client on drafting the contract for a new team fitness coach. Client wants to look to alleviate a growing injury problem at the club.

Tuesday - Commercial/IP

- Meeting with a football club representative, at the club's premises, to discuss the details of an impending transfer – image rights contract considerations.

- Reviewing club's current multi-million-pound shirt sponsorship deal.
- Presenting the first in a series of three seminars on current sports law topics to club officials.

Wednesday - Property/Immigration

- Acting for a club using the 'international sportsperson' route for three players to join the club.
- The players will need properties in time for their impending arrival. Sourcing various accommodation options and liaising with property management company to secure rental properties for six months each.

Thursday - Criminal

- A footballer client has been charged with a driving offence. Attending the Magistrates' Court on his behalf and dealing with the matter.
- A fan of a client club was arrested at a midweek game for launching objects which hit an opposition player. Advising the club on various sanctions available.

Friday - Disputes

- Meeting a footballer at our offices, in relation to his current dispute over his image rights. Taking detailed notes to provide advice and next steps.
- Discussing mediation considering misuse of image rights by a third party abroad, case tactics and next steps. Taking detailed instructions.

SILVER FOR PETRUS AT TATTON



ABOUT THE WRITER

Rachael Bennion is the service manager for Social Prescribing at Petrus which includes the community gardening projects at PIER and Petrus' Nature For Health programme. Rachael is the design lead for Petrus' RHS Tatton Park Flower Show garden entries.

Petrus Incredible Edibles Rochdale (PIER), is homelessness charity Petrus' Community Allotment located on Belfield Road in Rochdale. It's a beautiful, relaxing and therapeutic piece of land that grows fruit and vegetables and a member of the wider Incredible Edibles network, representing Rochdale. Their vision is to create kind, confident and connected communities through the power of food.



Every year, Petrus staff, service users and volunteers come together to design a garden to build for the RHS Tatton Park Flower Show.

Our 2021 entry, Full Circle, was even featured on the cover of that year's autumn issue of Real Rochdale, raising awareness of the impact flooding has had in the area, demonstrating what gardeners and the community can do to work with water and increase flood resilience.

We take part in the flower show to raise awareness of our charity and demonstrate the impact of the social prescribing work taking place at our community allotment PIER.

Through the activities we run at this special place, we help people break negative routines, find friendship, and build confidence.



We bring something quite unique to the Tatton Park Flower Show through our gardens, which are truly collaborative projects, bringing together the ideas of our staff, service users and volunteers.

Our gardens give us the opportunity to show what people can achieve when they are empowered, trusted, and believed in, challenging some of the negative stereotypes associated with homelessness and perceptions of what people who have experienced things like homelessness can do.

This year, we created 'The Empowerment Garden,' to highlight how community food-growing projects can empower people and communities. Part of the new 'terraced garden' category, the garden showed how small spaces can be both productive and attractive. Growing edible plants and creating pollinator-friendly spaces doesn't have to come at the expense of an aesthetically pleasing and relaxing garden space!

After three weeks of hard work, in quite literally all weathers, we are proud to

have secured a silver medal from the judges.

The validation and support from the judges and wider community that our service users experience throughout the show creates a powerful sense of belonging, helping them as they continue to overcome the challenges they face as a result of their experiences.

We can't wait to return to the show for a fifth year in 2024. If you would like to find out how to be a part of this journey, please visit our website www.petrus.org.uk/tatton

New 'Chatty Café' to reduce loneliness and social isolation opens in Rochdale town centre

A new 'Chatty Café' reducing loneliness and social isolation has opened at the Bean café inside Number One Riverside in Rochdale town centre.

The Chatty Café Scheme is the UK's leading non-profit organisation tackling loneliness, providing face-to-face meet ups around the UK and the service has been introduced in collaboration with Rochdale Borough Council, and Living Well, which aims to help tackle the main causes of long-term ill-health in the borough linked to lifestyle choice and also provides a separate telephone 'chatter' service.

Launched on 17 August, the Bean Chatty Café offers a face-to-face listener to anyone in the borough (aged 18+) who wants to take



a break, let go of a worry or just chat about anything, in order to reduce social isolation and loneliness.

The Chatty Café Scheme at Bean, Number One Riverside, takes place each Thursday from 10.30am to 12.30pm.

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Local independent fashion retailers shortlisted for Drapers Awards



Two of Rochdale and Littleborough's independent fashion retailers have been shortlisted for the 2023 Drapers Independent Awards.

High-end men's clothing retailer Buckley Menswear, Rochdale, is one of the 10 finalists for Best Independent Menswear Store, whilst women's boutique Pretty Parade – which has stores in Littleborough and Ramsbottom – has been named as a finalist in two categories: Best Customer Experience and Womenswear Independent of the Year.

Buckley Menswear boasts two floors filled with quality and classic menswear, including casual collections and formal tailoring. It previously was named a finalist for Drapers Best New Retailer in 2019, after opening on South Parade in 2018.

Owner Phil Buckley described the experience as "a real honour," adding: "[It's] a big deal as the category is full of top indies doing great work all over the country.

"To be recognised is a great reward for all the hard work over the last five years in getting 'Buckley Menswear' established and trying to present ourselves in the right way."

Pretty Parade opened its Church Street boutique in November 2018 before establishing a second store in Ramsbottom in July 2022.

Its director and founder, Mollie Butterworth, said being recognised amongst the top independents across the country was "an incredible honour."

She said: "It is an exciting time for a small independent business to be recognised for two prestigious awards.

"None of this would be possible without the unwavering support from our amazing customers. We feel extremely lucky to be part of such an amazing community."

The esteemed Drapers Independents Awards by the Drapers trade magazine celebrate the best fashion retailers and brands across the UK and Ireland, recognising customer service, innovation, grit and community spirit shown by the top independent multi-brand retailers.

The winners are announced on 21 September at a special awards ceremony in London.



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