

ISSUE 04 SPRING 2019

REAL ROCHDALE

WALKING TOUR OF BLUEBELL WOOD

PLUS OGDEN, KITCLIFFE &
PIETHORNE RESERVOIRS

ANTONIO SHELDON

MIXED MARTIAL ARTIST

HMR CIRCLE

AN INCREDIBLE YEAR FOR THE
NOT-FOR-PROFIT SOCIAL ENTERPRISE

THIS IS ROCHDALE

PROMOTING ROCHDALE AS A
DESTINATION FOR BUSINESS

LOL GOODMAN BAND

GEARING UP FOR STATESIDE TOUR

LITTLE MISS MIRACLE

ELLA CHADWICK

People - Life - Leisure - Business

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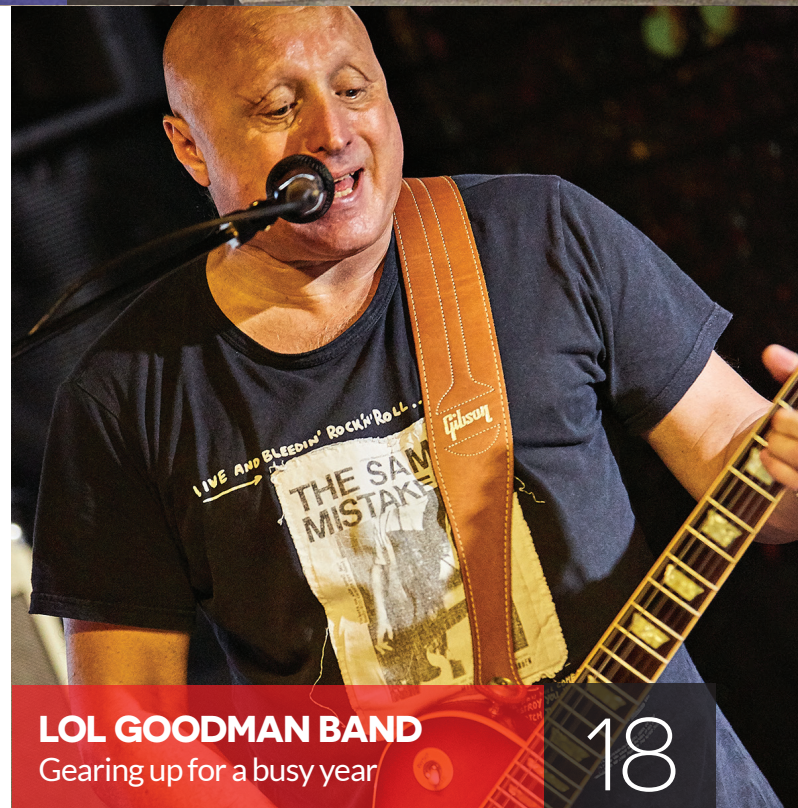
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2018 was an incredible year for Heywood, Middleton & Rochdale Circle, a not-for-profit social enterprise based in Rochdale, marked with record breaking numbers across all the services 'HMR Circle' provides. New services and partnerships were added and visitors from near and far came to see the work HMR Circle does.

One of the major landmarks was in November when HMR Circle took its 30,000th social booking since launching six years ago.

As a mark of how far the organisation has grown, 180 people attended the Circle Christmas party in 2018, back in 2012 it was just four.

HMR Circle has gone on to organise over 2,000 different activities and events, ranging from meeting up for a coffee, going out for meals, quizzes, walks, and talks, all suggested by the members.

Nothing has been off limits with members hot air ballooning across the Lake District, abseiling down Rochdale Town Hall tower and segway driving.

Leanne Chorlton, operations manager at HMR Circle, said: "2018 has been an incredible year, and thanks have to go to our members and volunteers who help make HMR Circle the success it is."

Circle also provides a practical service which helps with life's awkward jobs, especially those that older people struggle to get someone out to do. Every day HMR Circle has 'helpers' out doing jobs for older people, such as cleaning, gardening, decorating, moving boxes and changing light bulbs, at an affordable, discounted rate.

The practical service completed over 5,000 jobs, - over 10,000 hours of help and support - delivered by DBS checked, trained staff and volunteers.

Kim Ho, special projects coordinator at HMR Circle, said: "A lot of our members rely on the support they get from our practical service; knowing that the fear of rogue traders is removed by using our service means people get jobs done which previously had been left."

With the demise of the Council for Voluntary Service in Rochdale (CVS), HMR Circle was approached to take over the management for the Volunteer Drivers Service (VDS).

The entire HMR Circle team, along with Mary Burke, who joined the Circle team as the VDS coordinator after previously performing the role at CVS, supported by volunteers, had the VDS up and running with less than two hours disruption.

The VDS takes older people and vulnerable adults to hospital and doctors appointments, day services or to social events. It is a valuable service which relieves a huge burden on statutory services and helps ensure people are able to attend appointments and get the necessary treatment and support they need.

Since HMR Circle took on the VDS, membership of the service has increased by 37%, with an average of over 1,500 requests taken every month.

During 2018 HMR Circle completed an initial pilot working with an organisation called 'Give & Take Care' based at Brunel University.

The 'Give & Take Care' scheme was the brainchild of the late Professor Heinz Wolff and his colleague Professor Gabriella Spinelli.

HMR Circle was one of a group of pilot areas selected to test this new form of befriending and reward system for volunteers. HMR Circle, performed well above all the other pilot areas, with 41 people supported and over 700 hours of support being delivered.

A REAL ROCHDALE SUCCESS STORY



HMR Circle and Professor Spinelli are working on developing the next phase and it is hoped that further funding will be secured in the near future.

All this successful work has created waves both nationally and internationally.

HMR Circle hosted two delegations from South Korea at the end of 2018, with a film crew from KBS, the Korean equivalent of the BBC, filming a documentary about HMR Circle and how an ageing population in South Korea could be supported.

HMR Circle will be expanding into different areas across the UK, thanks to a strategic partnership with Wellbeing Teams, an organisation headed up by Helen Sanderson.

Locally, HMR Circle is working closely with Rochdale Boroughwide Housing on a social eating programme, aimed at getting socially isolated older people out and about and enjoying food-based activities with friends and neighbours.

Other work is also ongoing with RBH to support older tenants and residents living in RBH neighbourhoods.

With the launch of a 'Chatter Table' at Morrisons Supermarket in Rochdale, working with Living Well, people visiting the Morrisons cafe are welcome to join HMR Circle staff and volunteers for a chat whilst taking a break from shopping.

Mark Wynn, director at HMR Circle, said: "The entire team at HMR Circle are incredibly proud of what we have achieved in the last 12 months and we are excited by what is developing for 2019.

"New initiatives, expansion and improvements means that we will continue to be a stellar service for our members and hopefully something the entire town can be proud of as we set new standards in the sector both nationally and beyond."

For more information contact the HMR Circle office on 01706 751165 or visit the HMR Circle website at: www.hmrcircle.org.uk

GEOFF BUTTERWORTH

Watercolour Artist

Rolling hills, picturesque villages, and idyllic days of nostalgia.

The chances are if you are looking at a watercolour painting of Rochdale and surrounding areas, you will have stumbled upon a Geoff Butterworth: a name synonymous with stunning landscapes, exhibiting around 60 paintings a year.

Geoff said: "I was always good at art, but when I went to enrol at the art college I was told I was not

art college material and ended up in engineering."

After a motorbike accident at the age of 22, Geoff returned to painting, picking up the oil paints he had enjoyed using as a child.

It wasn't until the following Christmas that Geoff was introduced to the medium he is most famously associated with – watercolour.

He said: "I took to it straight away as it is a cracking



Achievements during Geoff's career include winning the Best Picture award at the British Society of Painters Exhibition for three consecutive years. He was elected to join The Royal Society of Arts and The International Guild of Artists. He was subsequently made an Associate of the British Watercolour Society as a result of the consistent high quality of his work.



medium to work with. Mum had bought me some good artist watercolours and I began to copy the colour photos from a book. I tried to make them as realistic as I could.

"I love the end result. I've used other mediums but always find myself coming back to watercolours."

By his own admission, in 1980 Geoff received his lucky break that led to his success in Rochdale.

He said: "I saw an advert for a new furniture shop looking for photos. I took 12 watercolours to show and they wanted to stock 40 so I had to get cracking."

By September that same year, Geoff had sold several paintings and became self-employed. His first exhibition was held at Rivington, set up by a friend who lived at Stubley Hall in Littleborough and knew the gallery's owners. This show taught him what would sell in commercial galleries.

He added: "I was still in plaster from my accident when I completed my first local scene. A friend of mine who lived in Littleborough met me at the park and I painted the water wheel of the old library. It started raining so I finished it off at home."

Whilst Geoff has painted hundreds of landscapes over the years, a summer scene of transport links in Walsden remains his firm favourite.

He explained: "I was working on this picture when I had my studio in Littleborough. I had my headphones on with loud music and, somehow, I saw pebbles bouncing off the window. It turned out a car in the garage below was on fire, and I had to get out."

"I was half way through this painting, so I grabbed it and some brushes, and finished it off at home on the kitchen table. I would never sell it."

That same painting also won Geoff a £1,000 prize in 1990 at the Laing Landscape competition at the Mall Gallery in London.

The small Yorkshire village, just a stone's throw away from Littleborough, remains one of his favourite subjects, although he cites Castle Combe as a close second as he had previously painted the Wiltshire village from a book before visiting in person.

Rochdale Town Hall has also featured heavily in Geoff's work over the years, particularly in illustrations of the town during the 1960s.

He smiled: "I have painted the Town Hall so many times, and Rochdale in the 1960s, as I remembered it as a child. I went nearly every Saturday: I loved Yorkshire St in 1968 with the square, the old cinema and the hundreds of people walking along the street."

Geoff's current exhibition can be viewed in the Rochdale Exchange Shopping Centre.

www.geoffbutterworth.co.uk

ROCHDALE JUDO CLUB

A member since he was 16 years old, Warren Schofield has served as the chairman of Rochdale Judo Club for over 20 years and is a trustee of the long-running club.

Warren was presented with his 7th Dan red and white belt in 2017.

He said: "The original Rochdale judo club was above a garage on Howard Street and this is where I went to practice. Since then, I have tried to build the Rochdale club to be stronger."

Since opening in 1950, the club moved from a garage, to a church hall and a room above the old Rochdale market. In the summer of 1977 the club opened its own custom-built premises - the Trafalgar Street Dojo.

Warren has won numerous British titles as well as training with and competing against some of the most accomplished names in British judo. As a well-known and respected figure within

the sport, he rose to prominence as a coach when he trained three-time Paralympics gold medallist Simon Jackson MBE to his first success in Seoul in 1988.

Rochdale Judo Club is regarded as one of the leading clubs in the North West, and Warren's mission now is to provide a valuable service to judo members, he said: "My love and passion for judo has got me to where I am. As long as I am physically able, I will continue."

"Judo has health benefits, it teaches discipline, respect, honour and how to be humble in both victory and defeat, and I think everyone could do with learning these skills."

Rochdale Judo Club organises junior, cadet and senior sessions for ages four to 80, with training and instruction provided by experienced and certified British Judo Association registered coaches who send elite players to the Olympics.

Combat and self defence classes are also taught. Karate and jiu jitsu groups also use the facilities.

www.rochdalejudo.co.uk



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Photo: Malcolm Journeaux

JOHN BLUNDELL

ROCHDALE COUNCIL CABINET MEMBER FOR REGENERATION, BUSINESS, SKILLS & EMPLOYMENT

One of the youngest people to ever have been elected to Rochdale Borough Council, John Blundell was first elected a councillor in 2014 - age just 20 - and re-elected in 2018.

The 25-year-old was born at Birch Hill Hospital and raised in Firgrove; he now lives in Littleborough. His full-time occupation is a consultant economist for a leading Manchester-based company.

Councillor Blundell became the Council Cabinet Member for Regeneration, Business, Skills and Employment in 2018. His role is to provide strategic vision, to assist council officers in realising that vision and to give the people of the borough confidence that the council is making the borough a better place.

Councillor Blundell is rightfully proud of the transformation that has already taken place in Rochdale town centre in recent years and is looking forward to the new leisure and retail development - Riverside - being completed.

Further investment is being pumped into Rochdale, including a Heritage Lottery Fund Grant that will see major improvements to Rochdale Town Hall and the public realm in front of the Town Hall.

He is keen to stress that it is important to ensure the transformation does not "run out of steam".

Currently ideas are being considered for the areas around Rochdale Riverside, such as The Butts and Bell Street, and Councillor Blundell says it is crucial

to get the right ideas implemented.

Councillor Blundell wants to see more housing in the town centre - to emulate the success of other towns and cities that have brought residents back into the heart of town - and create a vibrant culture that benefits people and town centre leisure and retail outlets.

He would also like to see a good mix of property types to ensure there is the right sort of housing in the town centre and further afield, such as around Rochdale train station. He feels this is important to attract people to live in the town and also to ensure local people have access to good jobs, be that in Rochdale or within easy commuting time and distance.

Asked what message he would like to give to the people of Rochdale, Councillor Blundell said:

"The Council is working to make the borough a better place to live, to work, to run a business and to visit, but we cannot do this alone. We have listened to residents and businesses and will continue to do so. What I would ask is that people have a positive outlook, to focus on all the good changes that have been and are being made and to give Rochdale a chance."

He added: "A number of independent businesses have already opened in the town centre, please shop local, please eat and drink local, give these businesses the vote of confidence they need, and please do the same when the Rochdale Riverside development opens."

THEATRE REVIEW

The Haunting

Directed by Jane Tonge



Review: Steve Griffiths
Photos: Colin Green

The **Curtain Theatre** has been going for the past 90 years - even Hitler was unable to dim the spirit of the players - and continues to put on theatrical performances every few weeks for a dedicated audience.

1,200 people are on their mailing list, and as the theatre does 10 shows for each play, many people get to see a show. The productions are cast from a core of 30 volunteers plus people from local surrounding areas.

With the latest play, *The Haunting*, you can see why. Adapted from short stories by Charles Dickens the play allows the amateur actors to show their worth.

Josh Potts, as a young man coming to a bleak manor house in Yorkshire to value a dead man's library, is particularly good. How someone who does a serious job, as a teacher I was told, has the mental ability to learn two hours' worth of lines and also act well is nothing short of miraculous.

The other major actor is also the overall director and he had a cold to cope with. Amazing.

Normally, any reference to the stage setting means that the play was limited. Not in this case. The set, again produced by amateurs, could have graced any

commercial theatre. It felt cold, as all old Yorkshire manors should, and when the special effects produced a ghostly presence, I felt a frisson go up my spine.

In the front of house, the volunteers provide a warmth and professionalism that many theatres could learn from.

Director of the play, Jane Tonge, should be proud of the performances she brought from her two main actors.

The additional 'half actor'? A ghostly presence brought thrillingly to life for a brief but startling moment.

In the unlikely setting of the curry capital of Rochdale, the Curtain Theatre is a beacon of voluntary effort and magic.

Forthcoming productions

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April 2019

Hamlet
June 2019

www.curtaintheatrerochdale.co.uk



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THIS IS ROCHDALE

'This is Rochdale' is an independent organisation that promotes Rochdale as a destination for business. Its Ambassador programme supports Rochdale's strategy to encourage inward investment, stimulate local pride and attract talent, by utilising the national networking activities of well-connected business people from across the borough.

Paul Dixon, chairman of 'This is Rochdale', and a partner at Molesworths solicitors, spoke to Real Rochdale about his ambitions for 'This is Rochdale' and its network of ambassadors.

What is the new project about?

We want to encourage investment and pride within the borough. The group is a voluntary association made up of members of the local business community, and representatives from Rochdale Development Agency (RDA). It is those business leaders that join us that are our Rochdale Ambassadors, this is what our members are called.

What are your objectives?

Our objectives as a group are simply to promote Rochdale as a destination for business and primarily to promote Rochdale to people and organisations outside of the borough as a destination for business.

We feel the best people to promote Rochdale are the businesses, as there are a huge number already here that are successful. Their role is to be ambassadors for Rochdale and to communicate to businesses thinking of relocating, to say: "Come and see Rochdale, it is a great place to do business."

Our location is important – on one side of the borough we have fantastic motorways, we have Metrolink to Manchester, and business parks with a lot of demand. On the other side of the borough, we have fantastic countryside and it is no more than five minutes away from the centre.

We have got a huge amount of development going on in the town centre, which will bring a lot of new people into Rochdale. The retailers that have already signed up for the shopping complex are good household names and very strong businesses, the likes of which will attract a lot of shoppers. The leisure facilities will be first rate; it is next to the transport interchange, so you can step off the bus and tram and go straight into the centre.

We have a project to refurbish the Town Hall, which is going to take time, but when finished it will be even more spectacular than it already is.

Around the borough, we have lots of leisure facilities, for example Hollingworth Lake which has produced Olympic standard rowers and sailors. We have a variety of sports clubs that play to a very high level in both local and national leagues, such as Rochdale Football Club, the rugby clubs, hockey clubs and cricket clubs.

We also have great restaurants and bars; a lot of people don't realise how many good places and locations there are in Rochdale.

If it comes to hard commercial decisions for businesses wanting to relocate, the cost of commercial real estate, whether it be offices, factories or warehouses, is more competitive in Rochdale than it is in many places around us. We have got great housing developments and a lot planned, which is more affordable than other places. There is so much going for Rochdale at the minute and that is what we intend to prove.

What success has there been encouraging businesses to relocate here?

We work closely with RDA and the Council, who are doing a fantastic job with a whole host of new businesses that have come into the town. An example of a high-profile business that has come to Rochdale is Tetrosyl, which has refurbished a large office space that was empty for a long time.

How do businesses benefit by joining 'This Is Rochdale'?

An important part of what we do is bringing local businesses together. We are committed to giving value back to them for the time and effort that they give to us. Every quarter or so we organise an event for our ambassadors, where we introduce them to speakers who can add value to their business and the way they perceive themselves. At our formal relaunch in March 2018, over 100 local businesses attended. At each event we will provide an update on developments across the borough which our ambassadors will hear directly from the Chief Executive of Rochdale Council, Steve Rumbelow.

Why are ambassadors important to 'This Is Rochdale'?

As leaders of successful Rochdale businesses, our ambassadors can share their experiences and tell others why it is such a great destination for business.

By way of example, the government has provided a fund, available to businesses as grants to help them improve their manufacturing processes and in particular digitalise them as much as possible. This initiative is called 'Made Smarter'.

The UK CEO of Siemens is one of the leaders of it. The project is aimed at the North West and one of our ambassadors, Richard Hagan, of Crystal Doors, spoke at the launch event in Liverpool in November.

This Is Rochdale, with our ambassadors, will be putting on an event, in conjunction with RDA, to tell local businesses about the 'Made Smarter' initiative and the funding available to local businesses. This is an example of how we go outside of the borough and bring knowledge back to benefit local businesses.

If our businesses are able to evolve and improve, then that in itself will attract other similar businesses into the borough. We want to help the town develop a positive identity.



'This is Rochdale' chairman Paul Dixon

Why do you think it is important that Rochdale's identity is developed?

We have a proud history and throughout this history, Rochdale has had various aspects that have provided a unique identity; the most obvious being the cooperative movement starting here at the Pioneers Museum. Rochdale was also very much a part of the industrial revolution when textiles were brought in.

We are a borough that sits very much on its own in Greater Manchester, so we have our own identity geographically, and it's important that we maintain that identity moving forward.

Developing this identity gives everybody within the borough an opportunity to identify with the town and take pride in it.

The amount of pride that most people in Rochdale have for the place they call home, whether it be for their business or the place that they live, should not be underestimated.

THE LOL GOODMAN BAND

Local blues rock band the Lol Goodman Band are gearing up for their busiest year yet with their first stateside tour in America and the upcoming release of their fourth album, 'Scruddy and the Healing Sun'.

Formed in 2013, the band's line-up consists of front man Laurence 'Lol' Goodman, bassist James 'Doc' Horrocks, drummer Matt Denny and Paul Nicholls on keyboard, with frequent guest appearances by drummer Tony Crabtree and Phil Barrett on guitar and keyboards.

Lol explained, the line-up helps "keep things fresh". Lol began writing and performing his own material at



Lol Goodman

the age of 14, going on to become the front man of one of the north west's best live bands, delivering the gritty sound and feel of 1960s and 70s blues rock.

Teaming up with James, a good friend of many years, the Lol Goodman Band was formed with the introduction of then-drummer, Jon Firth.

The band has produced three successful albums of original tracks: 'Old dog 'n' licks', 'Tautology' and 'Just wanna say...', going on to sign with Right Track Records in 2016, an exciting development for the band which also featured a global distribution agreement with Universal Music, one of the leading entertainment groups.

Lol said: "We have just finished recording our new album. It needs mastering, which we plan to do at the Abbey Road studio. It is a 15-track album, all written by myself, which will hopefully be out around May.

"'Scruddy' is a very personal album; a lot of the tracks reflect the mood I was in when I was ill with depression. That said, it isn't an album full of despair; there are a lot of fun songs on the album.

"We will also be publishing a track list of lyrics in the CD sleeve, which we have never done before."

Their forthcoming album also features guest vocals from one of New York's finest solo blues artists, Jessie Galante.

Lol said: "It was an honour to have her contribute towards the album."



James Horrocks

Since formation, the band has swapped playing local pubs such as the Cask and Feather on Drake Street for larger audiences, such as the Upton Blues Festival in Worcestershire, The Great British Rhythm and Blues Festival in Colne, and Cumbria's Maryport Blues Festival.

That said, Lol and his band mates still frequent Rochdale, taking part in the Flying Horse Hotel's popular jam nights on occasion.

Lol added: "The music scene centred in Rochdale is very active with a circle of great musicians, and we sometimes take part in the jam nights at the Flyer, which are organised by Nigel Pickering.

"We should play more local shows though."

In addition to their upcoming release, the group are also preparing for a tour of LA later this year.

Lol said: "We are hoping to go in May or September to keep the festival season free; it should be very exciting.

"2019 is going to be a very busy year for us."

'Scruddy and the Healing Sun' will be released later this year.

www.lolgoodmanband.com

Photos: Howard Wilkinson

TAKE A WALK IN BLUEBELL WOOD

Pauline Journeaux takes us on a walking tour of the Ogden, Kitcliffe and Piethorne Reservoirs, and Bluebell Wood.

This route follows public footpaths, and is a medium difficulty, medium length walk that took roughly one and half hours, but may take you a little longer depending on how often you stop to take in the stunning views.

Stout footwear is recommended.

The area is used for farming, recreation and nature conservation, dogs must be kept on a lead as there are farm animals and sheep wandering on the moors.

Bluebells are protected under the Wildlife and Countryside Act 1981. It is a criminal offence to pick or remove the bulbs of wild common bluebells.

Ogden is just outside Newhey off the A640, Huddersfield Road, there is a small car park on Ogden Lane, Springmill or if this is full parking is available on the road.

Start from the car park and walk up Ogden Lane, past all the cottages with Ogden Reservoir and Kitcliffe Farm on the left, and through the gate at Piethorne House.

Carry on up the hill past the water treatment plant, straight on to Piethorne Reservoir and past Knowsley Wood Plantation.

The path then carries on up the hill, but I turned left and followed the walk around the reservoir.

Go through the kissing gate and follow the path around Piethorne Reservoir.

The path meanders around the reservoir and finishes at another kissing gate and on to a lane.

Turn left and follow the lane past the end of the reservoir, this is the view from the end of Piethorne Reservoir looking back on to the path just walked around and Knowsley Wood Plantation.

Walk up the hill past The Limehouse, to the woods and the two gates.

Just before the gate, on the lane, there is a kissing gate on the left, go through into Bluebell Wood.

Although known locally as Bluebell Wood, its proper name is Old House Ground Plantation.



This mixed woodland provides a valuable habitat on the high moors, although how severe weather stunts the trees and sometimes blows them over can be seen. Beech, birch, rowan and sycamore are present with taller Scots and Corsican pine in some areas.

The path goes through the woods, and it is a real pleasure to take time wandering through.

At the end of the wood go through the kissing gate and on to the moors; dogs will need to be kept on a lead from here as there are sheep and lambs loose.

Follow the path over the moors keeping Piethorne Reservoir on your left and Kitcliffe Reservoir below and in front.

The path goes down towards Kitcliffe Reservoir and joins another path on the left. Join this path and carry on past Kitcliffe Reservoir and on towards Ogden Reservoir.

Follow this path, keep Ogden Reservoir on the left.

The path then comes on to Binns Ruin. Binns is an area of mixed ruins which date back to the 13th and 15th centuries. A very old inhabited site, records have shown that as early as 1610 Jeffraye Turnough, Yeoman, lived there.

Turn left and follow the path down the hill past the ruins; the main path continues on back up the hill and on to the Rochdale Way.

At the bottom of the hill cross the stream and continue on down with Ogden Reservoir on the left and a wood on the right. Through the kissing gate at the end and on past the wood.

There is a wall on the left and Ogden Reservoir below on the left and the wood to the right.

Find the gap in the wall and go down to the reservoir, take care, the gap is small and steep.

Carry on across the reservoir path and then down the other side back to the car park.



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ABOUT THE WRITER

Josey Harrop began her beauty career at Revive and has been part of the team for three years. She covers all aspects of beauty and is a Nouveau LVL lash technician.

However, to keep your lashes looking dark, we recommend returning to the salon after four weeks to top up your tint. Also, Nouveau Lash & Brow Conditioning Serum is a fabulous product to take home with you to help nourish and strengthen lashes and keep them looking healthy.

It is important to follow ALL aftercare to make the most of your lashes:

- For the first 24 hours after your treatment, avoid getting your lashes wet.
- For two days after do not steam your face, swim or even wash face with hot water.
- Do not use waterproof mascara.
- Use oil free makeup removers (if mascara is worn).
- Do not rub your eyes.
- Ensure lashes are not manipulated into different positions (e.g. when sleeping, cleansing face, applying makeup or cosmetics).

ANTONIO SHELDON

Professional Mixed Martial Artist

Antonio Sheldon is a professional Mixed Martial Artist from Rochdale. The cage fighter recently signed his largest sponsorship deal to date with fight wear brand Gambaru.

MMA is quite a full-on sport; what first drew you to it?

I used to work behind a bar in a Manchester club, and they used to have UFC on the TV. I was quite amazed by it, but then there was nothing close to me in Rochdale for MMA, which is a mixture of wrestling, boxing, kick boxing, jiu jitsu, and karate, it is so many different disciplines rolled into one.

How did you get started?

Full Contact Performance Centre offered free classes when it opened in 2013, so I went there. I mentioned I would love to do MMA, and I have been training there ever since. I have never looked back and I turned pro around two years ago, having had four professional fights so far.

What do you like most about MMA?

My nine-year-old daughter loves that I do it. She's actually just started jiu jitsu and judo at Full Contact where we train together on a Tuesday. It keeps her active, but I really enjoy the dad and daughter bonding time we get together through the sport.

How do you prepare for an upcoming fight?

I train all year round, even when I have no fights lined up. About six to eight weeks before, I clean up my diet, say goodbye to the biscuits and begin intermittent fasting, leaving a window where I eat good food that nourishes me. I have to make a specific weight before the fights. Sparring becomes more intense; it's like a fight in the gym, which is good training.

Do you find the professional world a lot different from the amateur world?

Sort of. I prepare exactly the same, but we have longer rounds for a total 15 minute bout with breaks. It is a lot more intense, but it is not easy no matter how hard you train.

When did you first begin fighting?

It was a year after I first signed up for the classes. I actually began coaching before I turned professional and I still teach Brazilian jiu jitsu and MMA.

What's the hardest thing about balancing your life?

Definitely rest. You need a good rest between working, coaching, fighting and training, so personally, I find slots through the day where I can get a good rest in.



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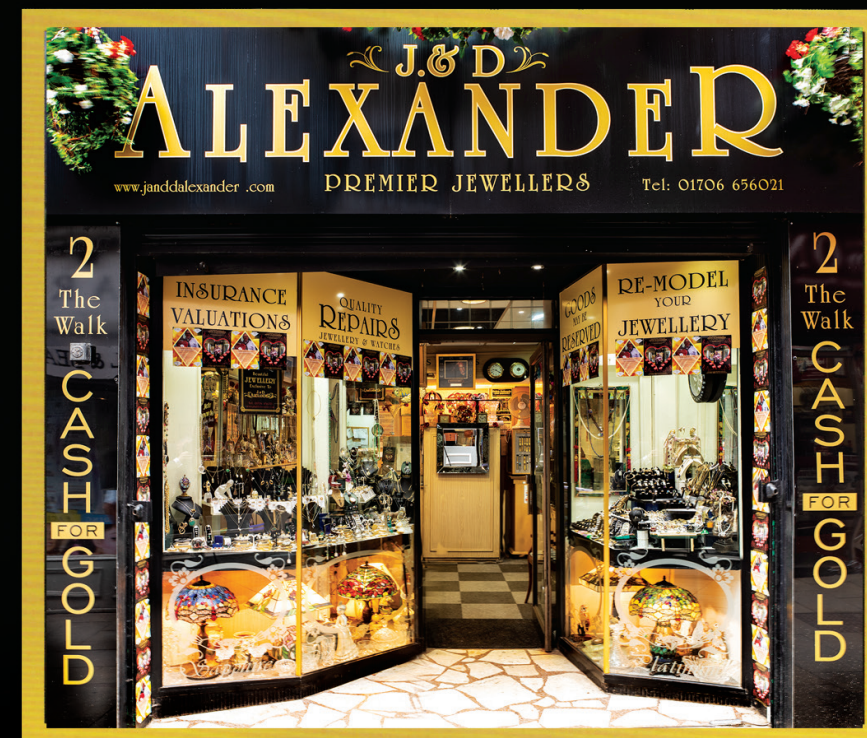
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Louise Greenhalgh
Hygiene Therapist
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Waterside are proud to announce that Dr Sandy Limerick has joined our team

Sandy is excited to have recently joined Dr Andrew Parashchak and his team at Waterside Dental Care. She will be offering dental implant treatment and maintenance alongside routine dental care in a caring, attentive and professional manner, in a calm and relaxed environment.

Sandy has a special interest in implant dentistry having complemented her expertise with successful completion of the Royal College of Surgeons Diploma in Implant Dentistry.

If you are considering dental implants to restore your smile then Sandy and the team at Waterside Dental Care will be happy to discuss this further with you and guide you through the process.

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DENTAL IMPLANTS

What is a dental implant?

A dental implant is a solution used to restore gaps in your smile, replacing anything from a single tooth to a full arch of teeth.

The implant replaces the tooth root and is attached to a dental crown, bridge or denture depending on your individual needs.

An implant is a titanium screw, which heals with your jaw bone over a period of months once placed.

Dental implants have been in use since the 1980s and have proved to be a very successful alternative to removable dentures, which can feel loose on eating and speaking, or dental bridges, which involve aggressive preparation of the teeth adjacent to spaces in your smile.

Who can have dental implants?

Anyone over the age of 18 is eligible for dental implant treatment to restore their smile, provided they are in good general and dental health and have adequate remaining jaw bone. Even where bone loss has occurred since teeth were lost, there are procedures that can be used to bring back bone to make implant treatment possible.

There is no upper age limit for dental implant treatment and in fact removable implant dentures or fixed implant bridges can provide a new lease of life for older patients struggling to eat and speak with loose conventional dentures.



What is the process for implant treatment?

Initially a consultation visit is made where you can discuss your needs and assess your suitability for dental implant treatment. A detailed examination of your mouth including your gums and teeth is carried out at this visit.

You would typically then require further investigations including clinical photographs, radiographs, tooth models, wax tooth mock-ups of the proposed solution and a 3D cone beam CT scan before a bespoke implant treatment plan is formulated for you.

You would then have your implant(s) placed and after a period of healing of between two and four months, your implant(s) will be

restored with a crown, bridge or denture solution as per your needs and wishes.

Overall you can expect treatment to be completed in around four to 12 months depending upon the complexity of your treatment needs.

How long will an implant last?

You can expect your dental implant solution to survive up to 25 years depending on maintenance of an excellent oral hygiene regime, good general health and regular review with your dentist and hygienist. Implants, like teeth, need to be maintained, as they can be susceptible to gum disease, just like teeth.

By Dr Sandy Limerick



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IT IS SPRING MAKE A WILL

As spring approaches, the days are getting longer and flowers are starting to bloom, there is a real sentiment of new beginnings.

The last thing on most people's mind is to make a will, which is a legal document that states what should happen to your assets (your money, property, investments and possessions) as well as your young children after you have died.

Recently, my friend's father died without a will. My friend was left to deal with his father's estate (money, property, investments and possessions).

There was a time when he faced the prospect of his mother becoming homeless and the Crown could have decided what happened to his parents' home.

My friend then had to seek legal advice and obtain probate which can be both costly and stressful.

If there is no will and no living family members then all your property and possessions will go to the Crown and if you have children under 18, then other people can make decisions about their care, finances, education and living arrangements.

You owe it to yourself and your family members to clarify these issues in a formal document; so have a long think and keep things clear.

Making a will clarifies your wishes and enables you to give your loved ones financial protection after you die.

If you are a couple with similar wishes you may want to make mirror wills which are identical wills, with each person leaving their assets to the same beneficiaries in each will.



Written by Hassan Ansari
Director and solicitor advocate at Pennine Solicitors. Based on Drake Street in Rochdale, Pennine Solicitors has been practising since 1999.

There are also tax implications for the estate such as inheritance tax that should be considered with specialist legal help.
By making a will you can:

- Appoint people you trust to look after your children under 18 years (called guardians).
- Appoint people you trust to carry out the terms of your will (called executors).
- Name the people or charities you want to benefit from your estate (called beneficiaries).
- Leave gifts of specific items or fixed sums of money (called legacies).
- Create trusts to help preserve wealth for future generations, protect against residential care costs or help vulnerable or disabled beneficiaries.
- State your funeral wishes.

Making a will can be quick and easy when you receive the right guidance, and especially when you have a specialist to help you complete each step from start to finish.

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Little Miss Miracle

Meet Ella Chadwick: an adorable 11-year-old Pride of Britain winner from Whitworth who won hearts across the nation for her bravery in overcoming a rare kidney disease.

Born with congenital nephrotic syndrome, Ella survived 44 gruelling operations in her first six years and was forced to have both of her kidneys removed before receiving a lifesaving kidney from her grandmother.

Even after her tough start in life, Ella has never let that stop her, pouring all of her determined efforts into supporting the Royal Manchester Children's Hospital, which looked after her, and raising funds to help other sick children.

We spoke to Ella and her mum, Karen Hughes...

Congratulations on your Child of Courage award for bravery at Pride of Britain, Ella. How was the awards ceremony?

E: It was really good. I met Simon Cowell again and he was sat on a table next to us with Olly Murs and Peter Andre.

K: I looked around at one point and Ella was sat on Olly's knee. They didn't seem to mind, they were like big kids and they were all brilliant with her.

How is life different for you both now, five years on from Ella's transplant?

K: Ella was always at hospital. I think the longest period she had without being admitted was three weeks. She was always tired and had daily peritoneal dialysis and haemodialysis every other day if stable. She could not go more than a few days when the line stopped working.

Ella's also overcome sepsis, pneumonia, numerous strokes, blood clotting deficiency, dialysis-caused epilepsy and bone disease. We were told on many occasions there was nothing else that could be done and to say our goodbyes.

Now she has to take anti-rejection drugs, which she will need to take for life, and attend hospital every six weeks to make sure her kidney is still working.

She also needs insulin because of post-transplant diabetes. Ella is definitely a miracle still being here with a smile on her face.

What else have you got lined up for this year?

K: Ella's going to be doing the 1.5km Great Manchester Mini Run again this year. We did think about the Junior Run, which is 2.5km but we think it is a bit too far as she uses a frame.

Ella has also sent off some photos to Zebedee Management, an agency who represent models with disabilities, so we will see where that leads.

I am going to ask them to sing happy birthday to Sydney at the run, even though it is a few weeks after his birthday.

Who is Sydney?

K: Sydney is Ella's kidney; he will be five on 7 May.

Ella, you've done lots of work with charities - what can you tell us about that?

E: I sang 'This is my Fight Song' on the X-Factor final. Robbie Williams gave me a kiss. I have also met Victoria and David Beckham.

K: Ella has done loads with a charity called Rays of Sunshine, singing at their concert a couple of times and recording a song with them. She has also helped support the Royal Manchester Children's Hospital and Great Ormond Street Hospital

Lots of charities have helped over the years, it is so hard to help them all in return.

We hear you have made hundreds of get-well cards for other children in hospital, Ella.

E: Yes, every child needs help. It can be boring in bed and you have to ask to go to the playroom. If you need help, call me and I will get you a card and a toy.

K: Ella loved getting cards; her hospital walls were full of them. At times people would send notes or little things, which was lovely.

Even when she was in hospital when very young, she would try to make the other patients happy by singing to them or drawing a picture because she didn't like to see them upset. She would always try her best to cheer them up.

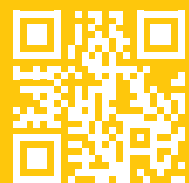


SPRING IS A GREAT TIME TO TAKE OUTDOOR PORTRAITS

Malcolm Journeaux explains how to get a blurred background (shallow depth of field) whilst taking a photo in bright sunlight.

The 'secret' he says is to use a neutral density filter over the lens to cut down the amount of light entering the camera - doing so enables a very wide aperture to be used, which in this photo of his son Noah created the background blur of the sweet peas growing up his garden wall.

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Food for thought this spring

New Year's Eve may seem like a long time ago as we finally reach the spring, and I wonder how many of us have kept to those resolutions to get fit and eat right?

If you haven't managed to shed the pounds, then you are not alone, around 64% of people fail to keep their turn of the year promises when it comes to healthy eating.

I believe we are hampered by crash diets, a deluge of images on what is supposed to be the perfect body, too much unregulated advertising for junk food, and a bizarre notion of what is good and bad to eat.

A healthy diet is sometimes seen as, frankly, a punishing bore - fruit, vegetables, couscous and hummus (none of which is wrong incidentally and can be tasty and healthy when served right). Conversely, all fried food and anything containing salt is bad (even though our bodies need small quantities of fat and salt).

In my opinion, this unhealthy attitude contributes to problems such as comfort eating, and the copious consuming of treats at times when we feel down.

The secret to good nutrition is balance; getting all the ingredients to leave you happy and healthy in body and mind. Many of us will have seen the advice on having our five portions of fruit and vegetables per day, but did you also know that the British Nutrition Foundation advocates daily eating three/four portions of starchy carbohydrates, two/three servings of dairy and two/three segments of protein, including eggs and meat?



ABOUT THE WRITER

Dr Chauhan is a respected GP, health and social care campaigner, and champion of social justice and charity. As a local GP, he has become a powerful advocate for his patients and introduced innovative methods to improve their care. His work mentoring and employing young people has won national recognition.

Portion sizes are also critical in maintaining healthy eating. The UK seems to have adopted American plate sizes overflowing with food (which also leads to waste in a world where others are starving). Cutting down a little makes a huge difference.

I would advocate weighing your plate of food in your hand before dishing it out - you will know whether it's too heavy or not - and the NHS Live Well campaign is a slightly more scientific guide to how big your servings should be.

www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes/

With the weather turning brighter we will surely be more amenable to getting out there and doing some exercise.

Everything from beetroot to rhubarb, carrots and cabbage are seasonal too, and this might be a great opportunity to try locally grown produce.

Make now the time to promise to fuel your body properly, and truly put that spring in your step.

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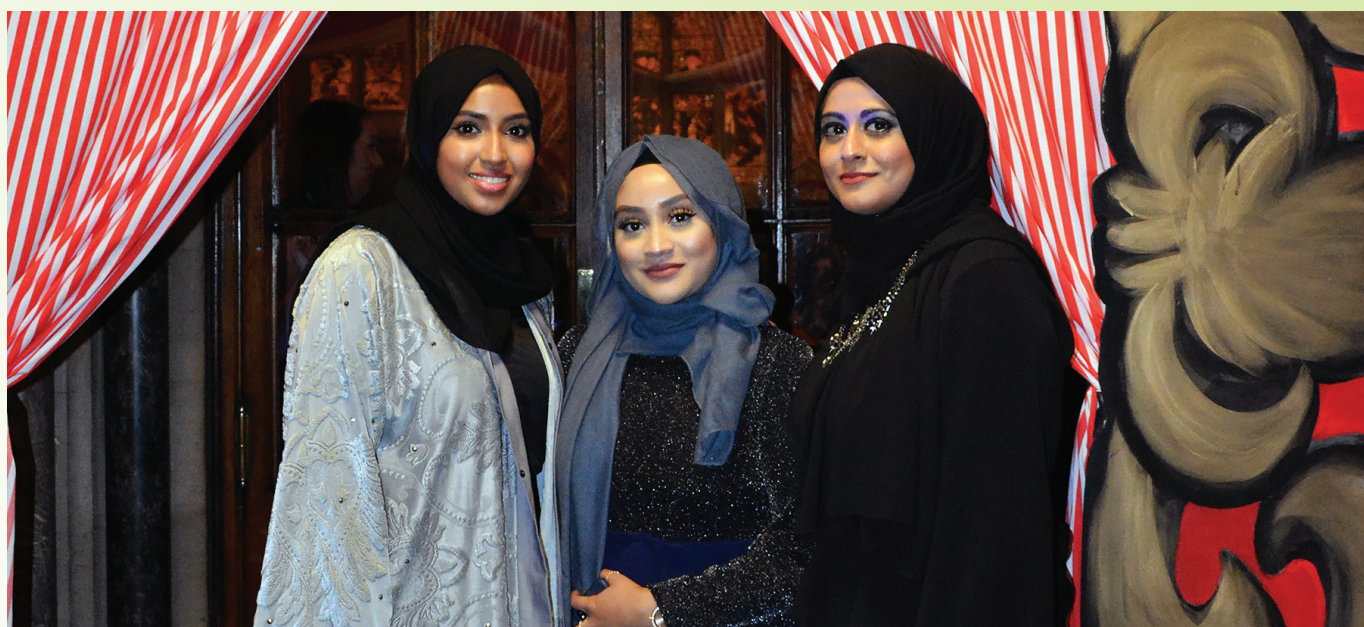
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Based in Heywood, Lily May Boutique was formed in 2015 by Wendy Moore and her daughter-in-law Jemma Hopkinson.

Lily May's name was derived from Jemma's gran's name, Lily, and Wendy's gran's name of May.

Jemma had years of experience in retail clothing stores and Wendy worked for the Burton group in the 80s before spending 25 years bringing up her three children.

At the time of opening Wendy's "dear friend", Carolyn Beaumont, was employed.

In 2017 Jemma left to pursue her career back in beauty and Carolyn joined on a permanent basis.

Wendy said: "Our existence and success are due to our friendly customer service and our sense of humour. We aim to please customers with a coffee, tea, chat and a laugh.

"We offer affordable fashion for all ages and cater for sizes eight to plus sizes."

Lily May is a one stop shop for a night out with a

beauty room, nail bar and make up studio on the first floor.

Make up by Frankie is run by Frankie and Steffi, who both trained with Mac Cosmetics.

Friendly, approachable individuals, they offer make up services ranging from evening make up to bridal, one-to-one sessions, seminars and mobile glitter stations. They are hugely in demand so booking in advance is a must.

Instagram pages: @frankienoone and @makeupbysteffi1

The Beauty Room is run by Cherie, who offers spray tanning, manicures, waxing, pedicures, gel nails, eyebrows, body wraps and massage.

Contact Cherie on 07788 267876.

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Andy Walker MBE

Andy Walker, who has fought to live life to the fullest after becoming paralysed from the neck down, was named in the New Year's Honours list, for his services to people with disabilities.

Speaking about the accolade, Andy said: "It was the biggest surprise and I am a bit embarrassed actually."

Andy also chairs the Disability Design Reference Group, which advises Transport for Greater Manchester on all access needs across their public transport systems. He added: "A very good friend, Frank Salt, who is also part of the design group, has been such a mentor to me and guided me through my journey. He has really set an example to me."



Paralysed from the neck down after a diving accident in Goa in 2006, Andy defied all odds to become an ambassador of positivity through his motivational speaking consultancy, Living Your Dreams Consultancy.

Andy survived only because he was spotted by two friends who pulled him to safety. Moved to a specialist hospital for spinal injuries in Delhi, he underwent a major operation to realign his spine.

He spent a further eight months at Sheffield Northern Hospital after he was flown back to England.

Andy, who uses an electric wheelchair controlled with his chin, provides speeches and workshops, hoping to inspire others through his life-story and challenge perceptions of disabilities.

He said: "I have always had a positive mentality; I have always had to adapt and overcome hurdles in life.

"Following my accident I realised I needed to adapt to a new way of life, faced with new challenges, and set myself new goals. I had absolute conviction and determination to lead a full and rewarding life .

"I always talk about dreams and pushing boundaries. I have done triathlons, climbed mountains and will be completing a 400km cycle across Kenya in October for Regain, a spinal injury charity. I keep myself busy.

"There is a way to tackle everything and always a way around it. I may have lost the use of my arms and legs, but I have not lost my dreams."



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Hairdressing Trend

Going Grey

Are you are considering going short this year?

The choppy pixie cut is where it is at for 2019.

Some of our favourite 'A' listers, Kate Hudson, Scarlett Johansson, Cara Delevingne and Katy Perry have embraced the super short pixie cut.

Here in Rochdale, Nuala McCready has taken the plunge with this beautiful precision haircut by Hayley Condliffe.

When cutting hair short you have to consider the bone structure and face shape, the haircut has to be personalised, and this is achieved by choosing the appropriate length.

The iconic silver grey hair colour is still incredibly popular.

Nuala's colour is by Zoe Grimes - this is quite a complex procedure because all the warmth has to be removed and ashen cool tones applied.

To keep it in check, a silver shampoo is necessary. For additional shine and condition, pure refined coconut oil is a must.

Searches for 'going grey' increased by 879% this year, so be brave and embrace your grey.

ABOUT THE WRITER

Greg Couzens is the founder of Couzens Hair Studio, The Walk, Rochdale.



Model: Nuala McCready - Photo: Greg Couzens



FROM PUPPIES TO DOGS

Dog training is an excellent way to bond with your dog and rewarding for both dog and owner.

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Top quality furniture with Simpson Furniture

If you want a name synonymous with top quality furniture, look no further than Heywood's Simpson Furniture.

The story of this family-owned company began in Bury Market Hall in 2017, when husband and wife team, Gary and Karen Simpson, decided to bring back traditional values of top quality and great value with personal customer service to the furniture market. Listening to what customers wanted was the key.

Simpson has hit on a successful working formula: emphasis on good old-fashioned quality, value and service, and absolutely no high-pressure sales. This has worked brilliantly, and they expanded in 2018, opening a large showroom in Heywood where they display one of the largest selections of top-quality chairs and couches in the region.

For new home starters working to a budget, or people wanting something very special in a quality product, Simpson Furniture has it at a great price. They now stock a wide range of chairs, along with two and three-seater couches from top UK and European manufacturers at exceptional value. Speciality chairs, either manual and single motor recliners or dual motor riser-recliners, are also a core part of Simpson's business.

Karen said: "We pride ourselves on offering the complete package – from giving the customer all the information they need to make informed decisions, to removing and disposing of their existing suite on delivery if required."

Gary highlighted that Simpson's offers FREE furniture deliveries within 30 miles of its stores.

Simpson Furniture has further expanded into practical accessories and gifting to offer something a bit different and to help their customers create beautiful homes.

Their quality products are changing and evolving all the time, so it is always worth popping in for a browse and a warm friendly welcome to see what Simpson Furniture has for you.



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