

REAL ROCHDALE

ISSUE 08 SPRING 2020



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EDITOR'S WORDS

A warm welcome to Real Rochdale



Welcome to our first edition of Real Rochdale for 2020; we hope you enjoy this issue as much as we enjoyed putting it together.

The UK's most famous dinosaur, Dippy, has roared into Rochdale, and he is on display at Number One Riverside until 28 June 2020.

Find out everything you need to know about Dippy as he takes a break from his usual home at the Natural History Museum.

We also take a look back at the construction of new retail and leisure development Rochdale Riverside, which opens to the public in April, bringing a whole host of new names to town.

Katie Davies sat down with Rochdale Borough Youth Cabinet member Georgia Jones, who landed the role of a lifetime after impressing at the Model European Parliament conference in Malta.

Katie also interviewed busy rally driver Steve Brown, who has just celebrated a fantastic rallycross debut season.

Former cricket umpire John Holder talks Michelle Kight through his extensive career and Joanne Timperley shows us her debut children's book.

As well as our usual features, including a cookie recipe from Natasha Brown and a walk in Ashworth Valley, we also have a delicious recipe for masala chicken legs from Austin Hopley, head chef at new restaurant Bombay Brew.

Thank you to our advertisers and contributors and we'll be back in the summer with our next edition.

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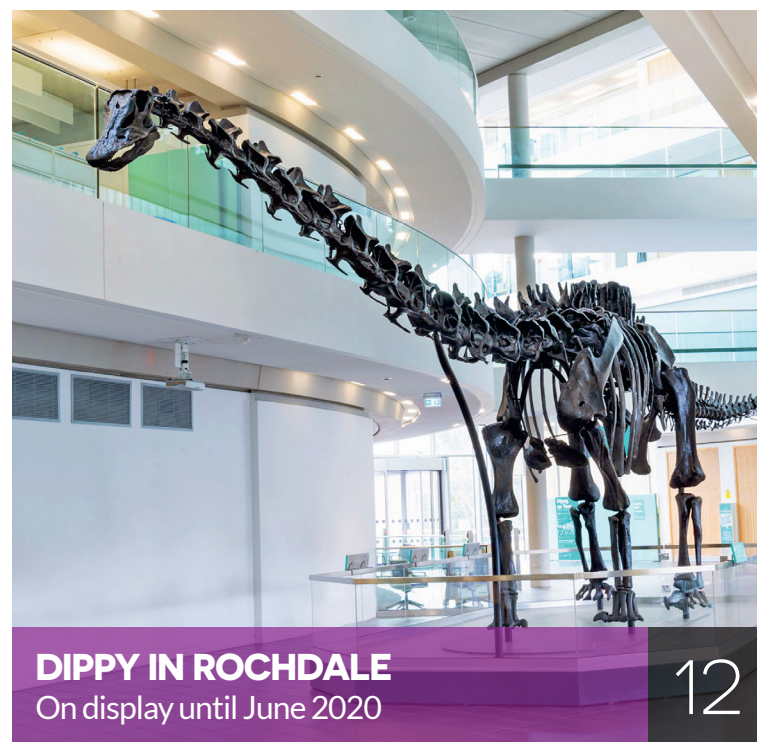
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JOHN HOLDER

John Holder's professional cricket career spanned from 1966-2010 as both bowler and umpire. He was the first black umpire in the country, one of the first neutral umpires to oversee a Pakistan and India match, and is an expert on the laws of cricket.

The fifth of six children, John was born in Barbados in 1945. He began playing cricket as a young boy after his father taught him and his siblings. Playing the popular sport at every opportunity, John went on to bowl for his high school, Combermere, where he honed his cricketing skills.

"Cricket was a big game in Barbados. All six of us played at every opportunity we got, and my aunt played as well," John recalls, smiling at the memory as we sit at his home in Rochdale, where he lives with his wife, Glenda.

In 1964, John came to England, working for London Transport after a drive to recruit one hundred conductors, guards and station-men each month to the UK.

Set on playing professional cricket, John's career began when he began to bowl for Hampshire in 1966, playing 47 first-class matches between 1968 and 1972. Moving to the North West in 1974, John also played professionally for Royton in the 1970s before moving to Norden.

Once able to bowl at 90 miles per hour, John retired from bowling after a back injury in

1982, becoming a first-class umpire in the following year, and officiating his first test-match in 1988.

"I missed first class cricket, so I returned as an umpire. I loved umpiring; it was hugely satisfying and enjoyable. I was away from home a lot because I travelled all over."

John's first international match as an umpire was a test between England and Sri Lanka at Lord's in 1988. In 1989, he umpired four test matches between Pakistan and India, a neutral umpire so that neither side could be accused of cheating.

He went on to officiate in 11 Tests and 19 one-day internationals, the last of which came in 2001.

"I'm a cricket fanatic, and the umpire has the best seat in the house. I love all the little plays that the bowlers use, the skill of the batsmen and their mental ability to score runs; I love to see that battle! I very much enjoyed being part of the entertainment and having a big sway in what happens," he laughs.

In 2008, John became responsible for monitoring and improving the performances of umpires as the ICC's regional umpires' performance manager for the Americas and Europe.

After retiring from the sport, John became involved with the local Rotary International club, one of the world's largest and most successful global membership and humanitarian service organisations, going on to serve as president for the Rotary Club of Rochdale in 2016/17.



Photo: Michelle Kight

John (back row, third from left) with his Hampshire teammates in 1969



In 2012, John suggested staging an annual cricket dinner for charity, one of the most notable events in the Rotary Club of Rochdale's calendar alongside the classic car show, another of John's ideas.

Funds raised from the cricket dinners go towards coaching local young cricketers.

Speaking about the introduction of the Classic Car Show, John said: "I thought If Hebden Bridge can do it, why can't we? Mike [Tompkinson, organiser and fellow Rotarian] owned his own classic car and is a real enthusiast. We've so far held two very successful events at Hollingworth Lake."

The first Classic Car Show was held in 2017, and will return in July 2020 at a new venue, Falinge Park.

"We've been able to give money to some good causes and be involved in a lot of fun and enjoyable projects," John adds.

In 2016, John received a Golden Jubilee medal marking the 50th anniversary of Barbados' independence in 1966 at a special gala dinner at London's Savoy Hotel. The medals were

given to recognise 50 people who made a significant difference in Anglo-Barbadian relations, and for excelling in their field of employment.

John's biography 'Test of Character' was written the same year by his friend, and fellow cricketer, batsman Andrew Murtagh.

Just a couple of years later, John would put his name to another book, this time helping solve tricky cricketing conundrums with 'You Are the Umpire', illustrated by sports artist Paul Trevillion, who had previously created artwork for 'You Are the Ref'. Both books highlight difficult, or unusual decisions, which have to be made in the individual sports.

"With all the euphoria from the Ashes in 2008 and 2009, it was thought a similar book about cricket would sell, so I provided the answers to questions sent in by the public, whilst Paul sketched the artwork," explains John.

And even last year, John was presented with the 2019 award for outstanding services to cricket by the Cricket Society – a "very pleasant surprise," he states, modestly.



Pakistan vs India 4th Test December 1989 at Sialkot



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STEVE BROWN

RALLY DRIVER TURNS TO RALLYCROSS



Photos: Matt Bristow

Podium finish for 'Best Newcomer' Steve Brown in rookie rallycross season

Rochdale driver Steve Brown ended his debut year in the Toyo Tyres British Rally Championship in triumph, securing an impressive third place overall in the BMW MINI series standings and being named Best Newcomer.

Brown switched circuits for the 2019 season, transitioning from rallying – racing on closed public and private roads – to rallycross – a circuit on tarmac, not public roads, against other people – making his debut in March 2019 at Silverstone Circuit.

Previously contesting stage rallies in Europe behind the wheel of his familiar Nissan Micra kit car, Steve was given the opportunity by one of his sponsors to try rallycross when the Micra was due a full engine rebuild.

Thanks to the support of Tom Watson at 710 Oils and the Bellerby RX outfit, Brown enjoyed a full assault on the eight-round British Rallycross Championship, which took in four circuits from Silverstone to Croft during the year.

His new campaign didn't get off to the best of starts, with power and steering failure in the opening round final at Silverstone putting him on the back foot from the off.

Brown said: "I had a lot of nerves. I didn't have the best of races, finishing sixth. It was a bad experience for the first time, but the plan was always to finish the season."

A rally sales engineer at his father's company Questmead Ltd – competition friction specialists in motorsports based in Rochdale – Brown has been racing since the age of 12 and said his passion began when his father, Alan Brown, started the company over 30 years ago.

"I started working for my dad in the holidays from school, doing the odd jobs here and there.

"I was bought my first car (a Mini grass track racer) at the age of 12 by my parents who took me to a family friend's farm where, in the space of a weekend, I learnt to drive.

"We sold the Mini and got a Nissan Micra 1 Litre for rallying and by 17, I was driving the car in a championship, and progressed from there."

From the early days in the F1000 Rally Championship, Steve became used to winning ways, being named the 2006 Formula 1000 Co-Driver champion and securing many titles and class wins along the way.

After successfully campaigning a F1000 specification Micra in the UK for many years, Steve built and developed a new Micra kit car in 2015 and headed for the MSA National Asphalt Championship. Narrowly missing out on the class B9 win in the series, he turned his attentions to the Belgium based FIRC in 2016, enjoying significant success on the stages.

Now 32-years-old, Brown launched into one of the biggest challenges of his motorsport career last season, as he shifted into British Rallycross, competing in a two-car team alongside regular RX protagonist Drew Bellerby.

"This was an amazing opportunity and one I really couldn't pass up," Steve continued, "I am a rally man at heart, but I really loved my rallycross chances and the atmosphere was pretty special.

"It is a totally different aspect of motorsport so I had to learn everything all over again: adapting my whole way of thinking; getting used to other people around me; how to deal with other cars on the track; and managing the car; but it's one of the most progressive motorsports out there, so it was great to be part of it.

"I mainly practiced by playing rally games on the Xbox!"

His career-best equalling result netted him third place in the series, ensuring the rookie ended his season on the championship and race podium after securing second place in the final round at Croft Race Circuit in October.

Reflecting on his rallycross season, Steve finished: "To have come away with third in the championship in our first year, and so many race podiums, was well beyond my expectations, but the Best Newcomer 2019 was a massive shock. I wasn't expecting good results as the people who I was up against had been competing in rallycross for years.

"I have to thank all of my supporters for helping me get this result. I certainly would not have been able to compete so closely with the regular rallycross drivers if it wasn't for their backing.

"It has been a super year and I'm looking forward to seeing what next season holds."

Starting off in the UK for a small test on the Questmead Stages, then off to Belgium for the Flanders International Rally Challenge Championship and to Ypres Rally, Brown will return to rallying for the full 2020 season, all back in the trusty Micra kit car.

His first rally will be held the first weekend in March, and the first round mid-April.

www.stevebrownrallying.co.uk



Steve Brown with teammate Drew Bellerby

DIPPY in Rochdale

Dippy, a 21m-long plaster-of-Paris cast of a *Diplodocus carnegii* skeleton, is on display in Rochdale until 28 June 2020.

First displayed in the Natural History Museum in London in 1905, the 21m-long plaster-of-Paris cast of a *Diplodocus carnegii* skeleton is on display at Number One Riverside in Rochdale town centre until 28 June 2020.

The famous dinosaur left the museum for the first time in 2017 to embark on a national tour and Rochdale has been selected as one of its stops – the only North West stop on the tour.

The plaster cast replica is based on a real fossil skeleton found by railroad workers in Wyoming, USA in 1898.

Dippy was originally unveiled in 1905, and has spent decades wowing visitors as the towering centrepiece of the Natural History Museum's magnificent Hintze Hall. He is on tour to help inspire the next generation of scientists.

Rochdale is one of only eight locations around the UK chosen to host the giant skeleton and a selection of activities for both young and old have been organised to coincide with Dippy's visit to the town.

Nearly a third of a million visitors are expected to visit Dippy in the heart of Rochdale, just as the new £80 million Rochdale Riverside development reaches completion in April.

An accompanying Dippy exhibition will be hosted at Touchstones Rochdale.

The exhibition at Touchstones, which takes place across three galleries and is funded by the National Lottery Heritage Fund, will allow visitors, both young and old, to engage with interactives and hands on displays as they learn all about dinosaurs and the natural world.

Dippy on Tour: A Natural History Adventure will feature fossilised bones including teeth, eggs and even dinosaur poo, and world class fossils are on loan from the Natural History Museum and Manchester Museum.

It is free to see Dippy at Number One Riverside and visit the Dippy exhibition at Touchstones, but booking is required for schools and groups of 10+ people.

ENJOY a UNIQUE DAY OUT - WITH TWO DIPPY EXPERIENCES IN ONE

The dinosaur

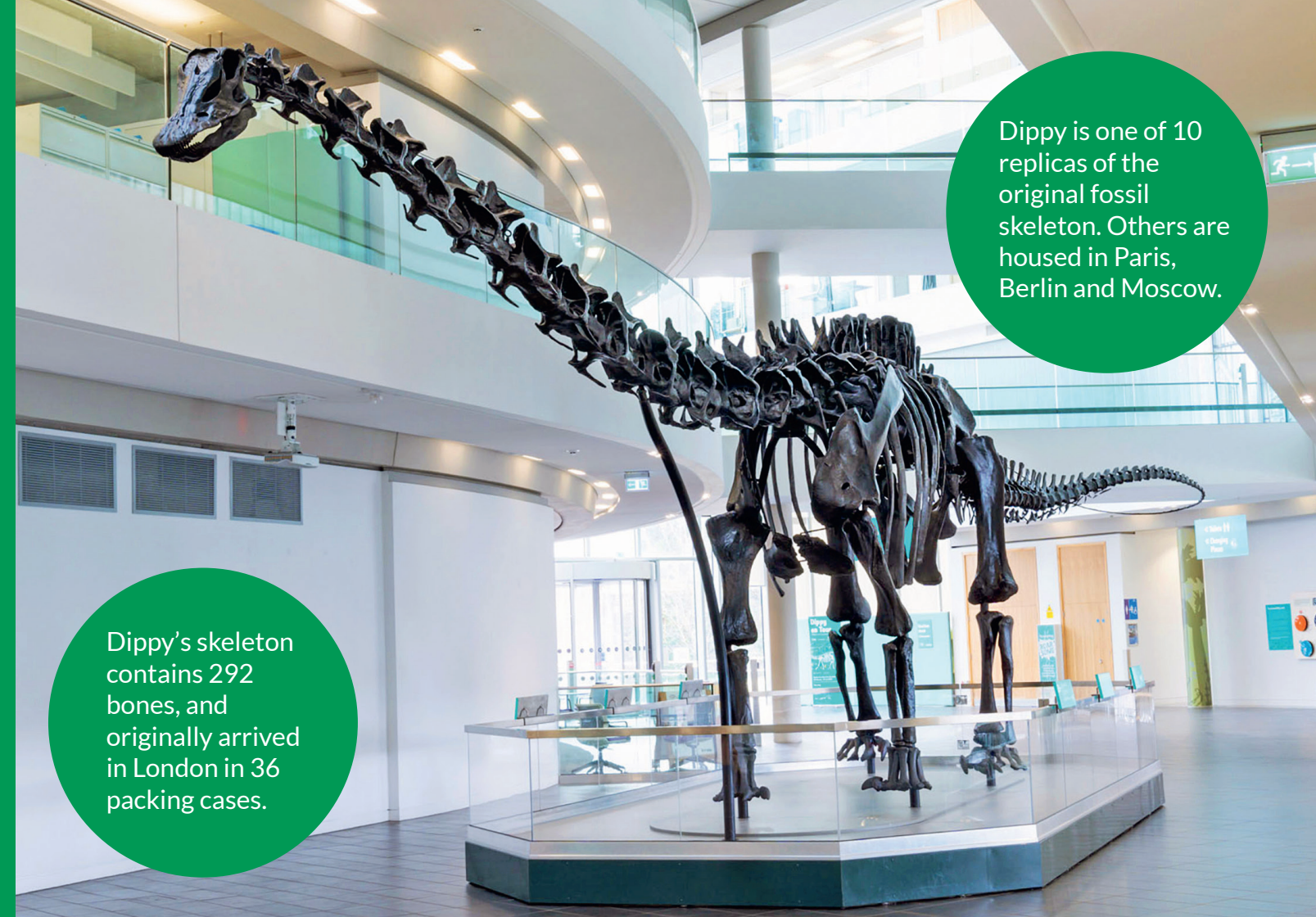
Number One Riverside, Smith Street, Rochdale OL16 1XU
Monday - Friday: 9am - 5pm
Saturday - Sunday: 9.30am - 5pm
Bank holidays: 10am - 4pm

See Dippy himself at Number One Riverside. Dippy is the centrepiece of a display that will highlight local natural history and nature collections.

A natural history themed exhibition

Touchstones, The Esplanade, Rochdale OL16 1AQ
Monday - Friday: 9am - 5pm
Saturday - Sunday: 9.30am - 5pm
Bank holidays: 10am - 4pm

Explore the world of the dinosaurs, discover what Rochdale was like during their golden age, and learn more about what we can do to protect our planet.



Dippy is one of 10 replicas of the original fossil skeleton. Others are housed in Paris, Berlin and Moscow.

Dippy's skeleton contains 292 bones, and originally arrived in London in 36 packing cases.

STAY FOR a DRINK OR a BITE TO eat

In the mood for a quick bite of tasty street food?

Perhaps you favour a traditional pub lunch or just fancy a few drinks with friends?

No matter what you are in the mood for, Rochdale town centre can offer you just that – and everything in between. The town's food and drink culture has flourished in recent years, with flavours from around the world rubbing shoulders with traditional favourites.

New venues like Bombay Brew, Mannerist, Garden, The Pint Pot and the Treehouse Bar offer everything from quick bites, tasty steaks, pizzas, cocktails and craft ales, whilst you can enjoy the warm Mediterranean ambience of La Mancha, relish mouth-watering dishes at The Medicine Tap and look forward to award-winning ales at the Flying Horse and The Baum.

Not to be outdone, the new Riverside development will house the home of legendary South African flame-grilled

PERI-PERI chicken, Nando's, as well as the ultimate experience in luxury desserts, Heavenly Desserts.

With a wide variety of award-winning eateries offering Rochdale's finest food and drink from traditional pub fare to exotic Indian street-food, there has never been a better time to head into the town centre.

Paul Ambrose, BID Manager, says it's great to see new high-quality food and drink venues in Rochdale centre: "a fantastic experience for locals and visitors."

Stay up to date with the latest updates on the town centre: rochdaletowncentre.co.uk or follow:



Development of Rochdale Riverside

November 2014: Demolition of the former black box and bus station completed



May 2018: Work under way in preparation for the new complex



Rochdale Riverside is a new state of the art shopping and leisure complex on the site of the former black box council offices and bus station.

Opening on 10 April, the new complex is bringing new names to town, including Next, H&M, Nando's, Reel Cinema, and Puttstars Golf.

March 2019: Constructing the framework for Rochdale Riverside



March 2019: Constructing the new M&S and car park



January 2020: Rochdale Riverside brings 24 new retail and leisure units and a six-screen cinema

10 April 2020: Rochdale Riverside opens



ROCHDALE BOROUGH YOUTH CABINET MEMBER GOES INTERNATIONAL

Rochdale Borough Youth Cabinet member Georgia Jones, 17, took her role international in 2019, not only representing Rochdale, but the whole United Kingdom at the annual Model European Parliament conference.

Currently a second-year student at Rochdale Sixth Form College studying A-level law, English language and psychology, Georgia's enthusiastic work in her spare time has opened many doors and opportunities for her.

Whilst she has only been a Rochdale Borough Youth Cabinet member for just over a year, she has already made an impact, helping to make changes locally and nationally.

Run by Rochdale Youth Service, the Youth Cabinet supports the Member of UK Youth Parliament for Rochdale Borough in their manifesto. It also has other roles in which young people from Rochdale are represented locally and regionally, can feedback to key decision makers and put motions forward for the adult cabinet.

The Model European Parliament (MEP) is a leadership programme for youths aged 16-19 in the EU member states with the aim of giving an insight into how the European Parliament works. The programme develops political awareness and an understanding of common issues, as well as providing knowledge about EU institutions.

Their most recent conference, held in Malta over a week in November 2019, saw Georgia debate with the 'Committee on Women's Rights and Gender Equality', questioning gender-based discrimination and how it still affects many young people today. She also discussed whether political gender quotas are the solution to ensure fairer representation.

The committee was so impressed with Georgia that she was recommended for the position of Committee President for 2020.

She will next be attending a MEP conference later this year in November, hosted in Bulgaria.

We interviewed Georgia about her role as a local youth cabinet member, her recent trip to Malta and her ambitions for the future.

What started your interest in politics?

At the start of college my friends said they were going to get involved with the cabinet, so I decided to go with them. Over the last year, I've just got very into it.

I'm very passionate about the environment and working to tackle climate change, as well as educating others on the environment. I was able to shadow the Environmental Management team at Green Lane for a day. They said they're willing to do a few projects together, which I'm hoping to start.

What have you achieved as a youth cabinet member?

I've been a youth councillor at Rochdale Council and a member of the youth cabinet since December 2018. I was elected as a Pioneer of Sustainable Hope (POSH) Ambassador for the borough by the other cabinet members because of my passion for campaigning about the climate.

As a POSH representative, I have contacted the IT services at the council about using Ecosia [a search engine which donates 80% or more of its profits to non-profit organisations that focus on reforestation] as a search engine across the local authority, instead of Google.

We have also received funding to get recycle bins in more centres, purchase recycle boxes for crisp packets, and I have taken part in litter picks.

When I first joined, the youth cabinet organised a 'Week of Action' – a mental health campaign aimed at raising awareness and removing the stigma surrounding mental health issues. Mental health was the number one issue in the borough in the 2018 Make Your Mark ballot, organised by Youth Parliament, showing how important this issue is to local young people.



We also had Mental Health Awareness Week in May 2019 where we campaigned about tackling body image and the impact social media has on this, and we're currently planning for the knife crime action week in March 2020. We've been involved in lots of other things too outside of Rochdale like the Greater Manchester Youth Combined Authority.

We all just throw out ideas at meetings, debate the ideas, plan it out and then act.

Apart from climate change, what else are you passionate about?

My interests are very much international at the moment, but a big one is human rights. There's a lot about immigration and asylum seekers, especially in America: how they're treated over there at the borders interests me.

There's a Human Rights Festival being planned in Manchester for 2021. The organisers are trying to get all the local areas involved and they visited Rochdale to get some thoughts from us about what we're proud of as a very multicultural town.

How was your trip to Malta for the MEP conference?

The trip was such a wonderful experience. I'm keen to make a positive change for young people's futures and this is going to give me a great opportunity to do this. I am so honoured to be asked to be Committee President. I made some wonderful friends, and I'm really thankful for the opportunity.

I got involved by going to Youthforia, an event hosted at Rochdale Town Hall where about 130 young people from across the North West came together to share resources and campaign ideas. I met the organiser, we discussed European Youth Parliament and the conference, and I thought it sounded interesting. I emailed him afterwards, and he said I had a place!

I was very nervous because I didn't know what I needed to do or how much I needed to research. I was going on my own too, so that was nerve-racking.

What are your future plans?

I'm swayed more towards law than politics, but my end goal is to be a legal advocate for the European Court of Human Rights, hopefully working with European Parliament. I would have to go to Strasbourg in France as that is where the human rights court is based, but I'd love to live in France anyway.

Why is it important for youths to be involved in politics?

We need to be aware of what is happening, not only in the UK, but internationally. It will hopefully fuel our generation to change the problems current parties aren't fighting for.

Rochdale Borough Youth Cabinet meets every Tuesday, 6pm-8pm, at Rochdale Town Hall. With 17 current active members, new members are welcome.

THE SINGING JEWELLER
JOHN ALEXANDER

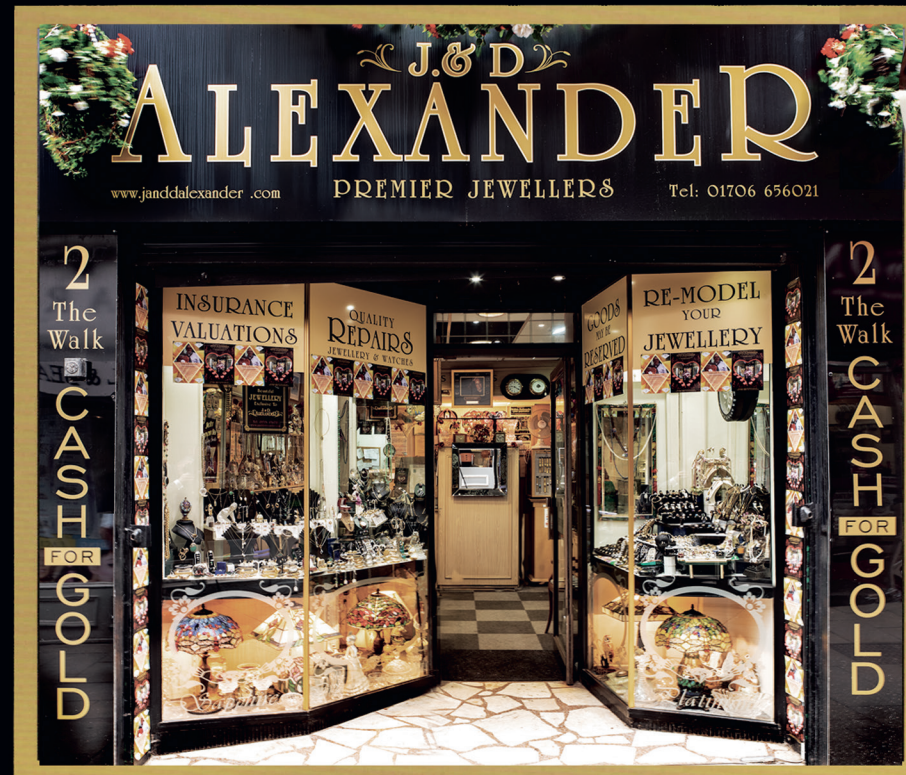
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A WARM WELCOME FROM WHAG

A ROCHDALE-BASED CHARITY PROVIDING SUPPORTED HOUSING TO HOMELESS AND VULNERABLE WOMEN AND THOSE AFFECTED BY DOMESTIC ABUSE

Originally helping just six women at a time in Rochdale, WHAG now supports hundreds of people each year throughout the north west across its services – a far cry from its humble beginnings in the borough.

WHAG's CEO, Kirsty Rhodes, said: "Our charitable aims are to work with women who are homeless or whose housing situation is not secure, and to work with women, men and children who are fleeing domestic abuse."

WHAT SERVICES AND HELP ARE AVAILABLE?

Rose Court Supported Accommodation

Supported accommodation for single women (18+) who are homeless or at risk of becoming homeless. Support can be provided for up to nine months.

Resettlement Service

Support for single women (18+) or women with children to obtain, move and settle into a new tenancy. Support can be provided for up to eight to ten weeks.

Community Work

Delivers domestic abuse, awareness and recovery programmes throughout the borough.

"We support the people we work with to overcome the experiences they have had. We empower them to build up the skills and resources they need."

WHAG was founded as the Rochdale Women's Housing Aid Group by Rose Sumner in 1981. At the time, the only homeless accommodation available was for single men, or women who were victims of domestic abuse.

There was no housing for homeless and vulnerable women in Rochdale – and Rose was determined to change this. She set up a hostel on the Cloverhall Estate, in two semi-detached houses that were knocked through.

Housing six beds, the house had shared bedrooms, bathrooms and kitchen. Successful at first, the accommodation became unsuitable during the 1990s as its residents found sharing personal space challenging.

Kirsty explained: "All the space was shared and there was no privacy for these women at a very traumatic time. They would arrive but not stay, instead returning to sofa surfing, sleeping rough and abusive relationships."

Working in partnership with St Vincent's Housing Association and Rochdale Council, WHAG moved to Rose Court in Castleton in 1996, able to provide 16 flats for vulnerable, homeless women.

WHAG offers support with:

- Finding suitable housing
- Tenancy maintenance
- Accessing solicitors
- Court injunctions
- Budgeting/debts
- Benefit applications
- Life skills
- Resettlement
- Form filling
- Accessing training
- Accessing education
- Accessing employment
- Confidence building
- Accessing local services
- Attending appointments
- Emotional support
- Group work sessions



Hazel Waddington (WHAG), Mayor of Rochdale Billy Sheerin, Kirsty Rhodes (WHAG) and Mayor of Greater Manchester Andy Burnham at the opening of WHAG's office on Drake Street

The move to Rose Court proved pivotal for the charity, increasing both the numbers of women it could help, and providing them with their own space.

"WHAG moved into Rose Court on 13 December 1996 with five clients; seven weeks later, we had 15. Over the 23 years we have been there, we rarely have empty flats. The average stay is about nine months, and most women move on to their own tenancies."

"The move gave women a feeling of worth: we could support them to manage a tenancy and their own front door, both skills they would need when they moved on. Rose Court also provided safer, better public transport links and it was easier for women in more areas of the borough to access."

Kirsty added: "WHAG would have closed, had we not moved to Rose Court, as the charity could not have delivered a viable service."

From there, WHAG grew, now able to offer so much more to the women who relied on it for help, enabling it to also run domestic abuse services across Rochdale, Bury, Cheshire West and Chester.

Kirsty commented: "We were able to offer the addition of group work, offer support to more complex clients, increase partnership working, increase staff skills and offer support in moving on."

The charity was also able to become involved in a range of projects which involve specialist services for ethnic minority clients, support for men who are or have been victims of domestic abuse, as well as training, workshops and refuge services.

Kirsty said: "In the future, WHAG wants to continue to deliver client-led, recovery-focused services, whilst we increase awareness of how homelessness and domestic abuse impacts on families."

"We also hope to increase the offer of services, especially to children and young people."

A community-interest company – UP – later grew out of WHAG, set up to support the charity whilst tackling a lack of information about healthy relationships and preventing domestic abuse.

UP provides training, education and support around creating and sustaining successful personal relationships.

In November 2019, WHAG established a permanent office on Drake Street in Rochdale, a move which will allow the charity to make positive differences to so many more people's lives.

Find out more about WHAG's services and support or how you can help by visiting:

www.whag.info

Five reasons why you should spring clean for charity

With a growing awareness of the importance of cutting down on waste, improving your mental health, saving vital pennies and helping others, Michelle Kight explores some of the reasons why you should donate items that no longer appeal to you during your annual spring cleaning.



Decluttering is good for you

There is a reason that renowned organising consultant Marie Kondo asks people to consider if an item 'sparks joy'. If it doesn't, does it really belong in your home, where it is taking up space?

Could you spark joy in others by passing on an item on to someone who will love it?

Research by the UK Gift Card and Voucher Association shows that around a third of unwanted gifts are donated to charity and a further 20% are put away and forgotten about in people's homes.

An estimated 23 million unwanted gifts will be sent to landfill after last Christmas.

Decluttering can also reduce stress; how often have you asked a family member to "do something" with an item which then gets left on a promise of 'I will deal with it later'.

Research has shown that a clearer environment also leads to a clearer mind, thus improving your mental health and you feel pretty accomplished too.

It's good for the environment

Charity shops are a treasure chest of fantastic outfits and not only does your donation help a cause close to your heart, but it also curbs the tide of fast fashion, clothing which moves quickly from catwalk to stores in order to meet new trends.

Often cheap and disposable – ultimately ending up in landfill – fast fashion is not sustainable. The fashion industry produced more than 8% of man-made CO2 emissions in 2018, according to a report from Quantis. This gets even more damning when you consider that according to the Ellen MacArthur Foundation the total greenhouse gas emissions produced annually (1.2 billion tons) from textiles are greater than those of all international flights and maritime shipping trips combined.

Last year alone, the British Heart Foundation saved over 74,000 tonnes of items from landfill, including clothes, shoes, toys and books, which helped prevent 53,000 tonnes of carbon dioxide emissions from being released into the atmosphere. This included 15,000 tonnes of pre-loved clothes and an incredible 180,000 sofas – from just one charity. Additionally, the Charity Retail Association estimates each charity shop saves 29 tonnes of textiles from going into landfill each year.

Extend the lifecycle of your clothes (remember, they must be in good condition), donate them to charity, and even pick up a new outfit whilst you are at it – a sure-fire winner as you are getting a bargain, helping the charity and helping the planet. What's not to love?

It keeps children entertained

A survey commissioned by the British Heart Foundation shows that nearly half of people (48%) find their little ones can get fed up with new items within just seven days, and, shockingly, nearly a quarter (24%) of parents have thrown away toys in perfect working order.

David Roman, Sustainability Manager at the British Heart Foundation, says: "Now more than ever, it is vital that we find ways to minimise waste and cut down on buying new items where possible. Second-hand toys are a great way to start."

If your children no longer play with their current toys, consider donating their unloved ones to charity, and even bring home something new for a fraction of the retail price. Then, when it is time to pass things on again, you won't have spent too much money only for your child to spend an afternoon playing with it before it gathers dust in the cupboard.

It saves you money

New toys and clothes can be on the pricey side, but you can often find new items in your local charity shops – donated because they simply were not wanted by the original recipient. This is not limited to just clothes and toys, almost any gift can be found second-hand or pre-loved.

Research by Mazuma Mobile found that 44% of Brits suspect they have been given a pre-owned Christmas present in the past and 52% admitted they would be happy receiving pre-loved items.

Results showed that 85% of Brits now regularly purchase pre-owned instead of paying full cost for new item equivalents. From books and handbags, to higher value tech items such as computers and mobile phones, this can add up to a pretty saving.

Craig Smith from Mazuma Mobile says: "Many of us are simply happy to receive something we like, especially when it is better for the environment and our wallets."

Taking good quality items to a charity is a perfect sustainable solution for decluttering and passing on your unwanted items.

Charity retail ranges from clothing and accessories, bric-a-brac, books, videos, DVDs and CDs, cutlery and household products.

Pet treats, toys and beds are also welcome at RSPCA charity shops.

If you want to avoid items ending up in landfill whilst supporting local shops, you can donate to over 40 charity shops and voluntary organisations within the Rochdale borough, such as Emmaus, Petrus, Reuse Littleborough, the RSPCA and Springhill Hospice.

Remember to donate items which are good quality (if you wouldn't buy it, why would someone else?), and larger items, such as furniture, can sometimes be collected from your home for free by a driver for the charity, by prior arrangement.

You could help other people

From the clothes that no longer fit and the shoes that you no longer wear, to the accessories not to your taste, and the books you have already read, volunteers and shop staff can transform unwanted gifts into money for their chosen causes.

Many shops are dedicated to funding lifesaving research into illnesses and diseases, help hospices provide valuable end of life care, and even helping animals in need.

Money raised could help charities raise vital funds if donated and resold – and that really has to be the best thing your unwanted things can do.

Julia Heap

Hopwood Hall Principal

March 2020 marks a year since Julia Heap became Principal and CEO of Hopwood Hall College. Real Rochdale finds out more about her first year in the post.

After a busy first year what are the things you are proudest of so far?

"I feel proud every day, but our end of year Further Education awards, results days and our Higher Education graduation ceremony all stand out for me. They are each about the culmination of all of that hard work and having been part of that journey is extremely rewarding. The times when we have enabled students to feel empowered are always the best."

What is your vision for the college?

"Fundamentally, the college should be a safe environment where students and staff thrive. I want

students of all ages to come and feel happy about themselves and their progress. I want to see students discover a sense of empowerment – to learn new skills in our nurturing environment, to develop and be the very best they can be. Hopefully, they can go on to help Rochdale thrive too.

"Education is about more than what you learn in the classroom and that is why I am delighted to see our enrichment offer growing. Enrichment is important as it helps grow confidence and I believe that it is confidence that drives success. We aim to have something for every type of learner to delve into, from 'sing your heart out' sessions to 'woodland experiences' and lots more."

What are your plans for the college?

"It is important that we provide an environment that is a bridge between school and university or employment for school leavers but, equally important, is growing our offer for adults. Our courses are perfect for anyone looking to return to study to boost their chances or change their career path, as well as for those who simply want to try something different. We offer access and university level courses, including a new HND in business and a HNC in policing. Opting to stay local for higher education makes great sense as our successful alumni continually prove, not least because of our affordable tuition fees."

What does Hopwood Hall mean to you?

"It means a great deal to me. It is a wonderful place to work, where student individuality is valued and everything is geared towards maximising both student and staff potential. I am proud to be establishing initiatives that are creating a legacy and developing student and staff capabilities. The future for Hopwood Hall really excites me."

What advice would you offer to anyone thinking about college?

"Come and explore your future. Our next open events are: 10am – 1pm Saturday 28 March and 4pm – 7pm on 23 April. Hope to see you there."



Julia Heap - Hopwood Hall Principal

Hopwood Hall College

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Masala Chicken Legs Recipe

Austin Hopley, head chef at Bombay Brew in Rochdale town centre, gives us his favourite recipe for a very easy, super tasty North Indian-inspired chicken leg curry.

If you and your diners are not too keen on meat with bones, you can substitute legs for boneless chicken thighs. I highly recommend dark chicken meat so you do not lose any of that lovely moisture (plus it is usually a bit cheaper).

If you follow the recipe, you should end up with a medium curry but you can make it hotter by using sriracha instead of chilli paste and bird's eye chillies instead of green chillies.

You can use paneer or jackfruit instead of chicken for a veggie or vegan version of this dish.

Marinade:

- 4 skin-on bone-in chicken legs (slightly score with a knife to help the marinade seep in a little more) or 400g of paneer or 2 cans of jackfruit (drained)
- 1 tablespoon of sea salt
- The zest and juice of one lemon
- 1 tablespoon of a good chilli paste (can substitute for sriracha - Flying Goose brand is my favourite)
- 2 garlic cloves - thinly sliced
- 1 tablespoon of minced coriander
- 4 tablespoons of natural yoghurt

Whole spices:

- 2 teaspoons of mustard seeds
- 1 teaspoon of coriander seeds
- 2 teaspoons of whole cumin seeds

Ground spices:

- 2 tablespoons of garam masala
- 1 teaspoon of Kashmiri chilli powder

Curry sauce base:

- 5 tablespoons of neutral oil (like rapeseed or sunflower oil)
- 4 green chillies - thinly sliced (bird's eye chilli - if you can handle the heat) Reserve one sliced chilli to garnish
- 1 tablespoon of a good chilli paste (can substitute for sriracha)
- 1 white onion - thinly sliced
- 4 garlic cloves - crushed
- 2 inches of ginger - sliced very thinly
- 1 tablespoon of tomato puree
- 1-2 tablespoons of granulated sugar
- 4 fresh tomatoes - quartered
- 1 bunch of coriander - leaves and stalks separated and both finely minced (reserve 1 tablespoon for the chicken marinade, and some whole coriander leaves to garnish)
- 200ml of water
- 1 teaspoon of sea salt



Preparation:

Firstly, you are going to need at least two hours' marinating time for the best results.

In a mixing bowl, add all of the marinade ingredients, except the chicken legs (or your chosen alternative), into a bowl and mix until all ingredients are thoroughly combined. You may taste your marinade to check the seasoning before you add the raw chicken. If you desire, you can always add a little more salt.

Once you are happy with your marinade, you can then add your chicken legs (or your chosen alternative) and carefully massage the marinade in. Cover your mixing bowl with cling film and pop it into the fridge for at least two hours or overnight; the longer you leave it, the better. I prefer to leave my marinade overnight. That makes this dish perfect to prepare ahead of a busy day.

Method:

Get all of your ingredients ready to throw into the pan. This not only speeds up your cooking process, but helps keep the kitchen a little tidier too.

To start your masala sauce, heat five tablespoons of oil to a medium heat. Once your oil is heated, throw in your whole spices.

Once the mustard seeds are starting to pop around in the oil, add your prepared green chillies, chilli paste, white onion, crushed garlic and ginger to the pan. You are looking to add a little colour to your onions, but not too much. This should take four/five minutes cooking time.

Once your onions are golden brown, add your tomato puree. You need to cook your paste down for two/three minutes. I find adding one or two tablespoons of granulated sugar helps take the tartness away from the concentrated paste.

Now it's time for the rest of your ingredients. Arrange your chicken legs (or your chosen alternative) into the pan along with your fresh tomatoes, coriander stalks and ground spices. Give the new ingredients a toss around in the pan and add 200ml of cold water and a teaspoon of sea salt. Cover your pan with a lid, pop your feet up and check back on it in 20-25 minutes.

Your new favourite curry should now be ready. You can always add a little more salt if you desire, and a splash of yoghurt to tone down the spice. I like to serve with brown rice and garnish with some fresh coriander and a little extra chopped green chilli.



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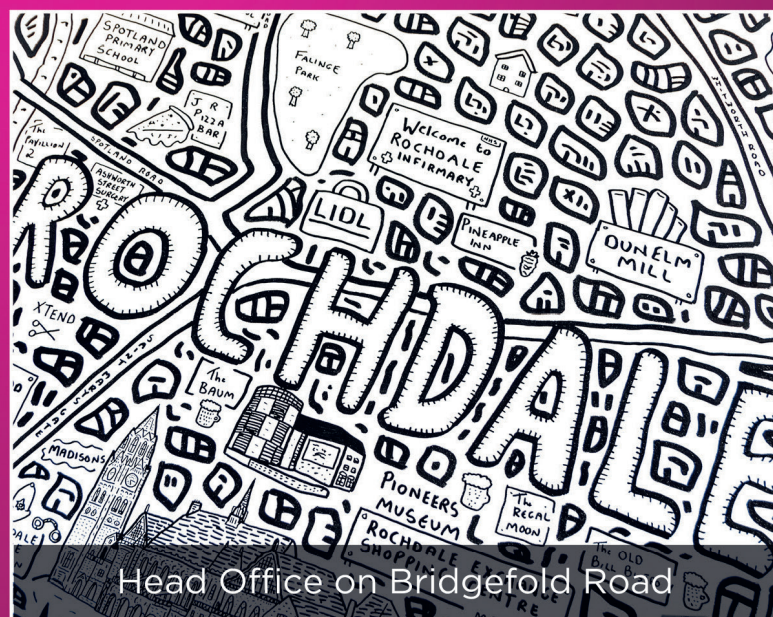
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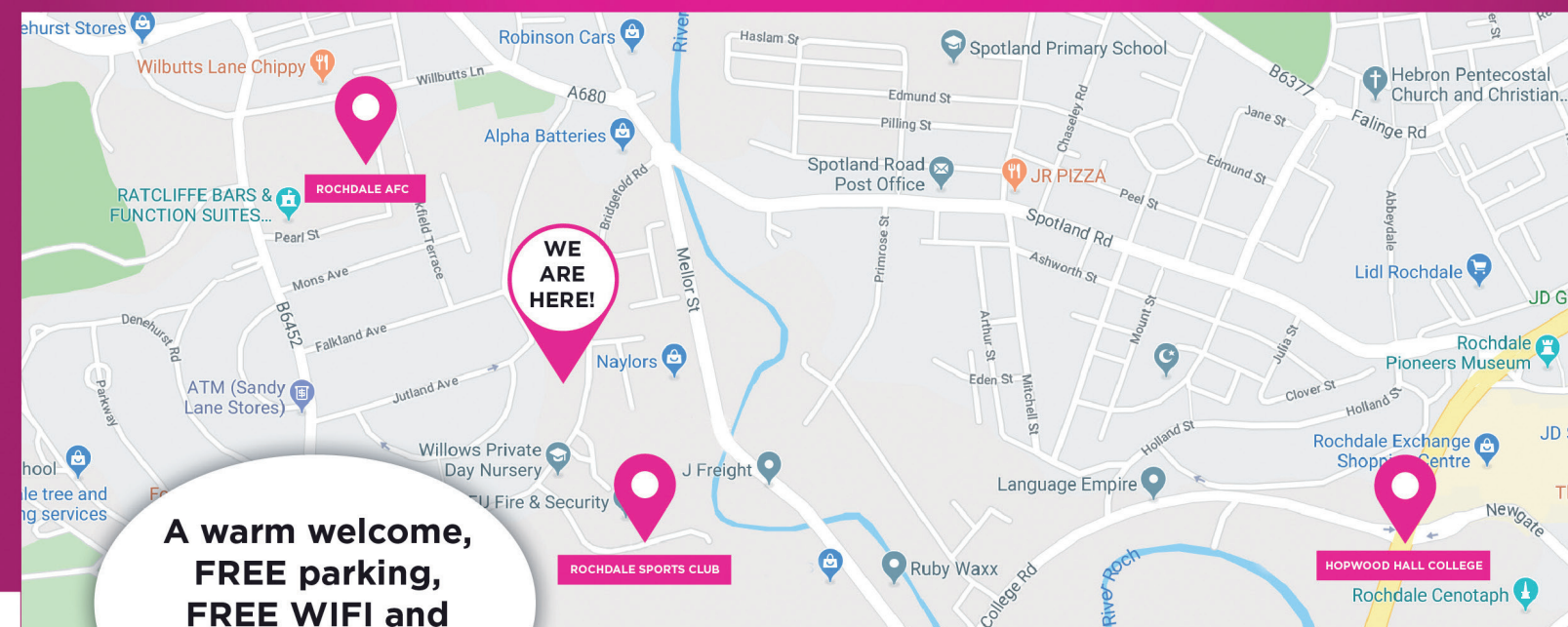
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Bees

by MICHELLE KIGHT

With warmer weather comes the inevitable buzz of spring and summer: the bumblebee.

Currently, there are 24 species of bumblebee in the UK, just one species of honeybee, and over 250 species of solitary bee.

Eight species of bumblebee (a third of those remaining) are currently listed on at least one of the English, Welsh and Scottish conservation priority species lists due to their large-scale declines in distribution.

Did you know?

The spring temperatures awaken hibernating queen bees. After she wakes and feeds, she starts to look for a suitable nest site. This can be anything from a hole in the ground to a bird box, or even under a garden shed.

Seven species of bumblebee (the 'Big Seven') are widespread across most of Britain, including the Rochdale borough, and can be seen in your local gardens and parks: red-tailed bumblebee (*Bombus lapidarius*), early bumblebee (*Bombus pratorum*), common carder bee (*Bombus pascuorum*), white-tailed bumblebee (*Bombus lucorum*), buff-tailed bumblebee (*Bombus terrestris*), garden bumblebee (*Bombus hortorum*) and tree bumblebee (*Bombus hypnorum*).

Did you know?

Dandelions are often the first source of food for bees in a new season, so don't use pesticides on them. Save them and give our bee friends an additional boost at the start of the year.



Tree Bumblebee



Tree Bumblebee



Red-tailed Bumblebee



Buff-tailed Bumblebee

According to the Bumblebee Conservation Trust, declines in our bumblebee populations have occurred mainly because of large-scale changes to countryside management, including a public demand for cheap food, a constant demand for food and crops, not to mention less wildflowers.

97% of flower-rich meadows have been lost since 1937, just one action to have detrimentally affected bumblebee numbers.

Bumblebees only feed on flowers, requiring enough flowers to sustain a colony of hundreds over several months. Rarer species don't venture far to forage, needing large quantities of diverse flowers to sustain their colonies.

The Bumblebee Conservation Trust, a charity dedicated to increasing the numbers and distribution of bumblebees, says the easiest way to help our bumblebees is to plant wildflowers to flower between March and September.

They say: "Pollinator-friendly gardening is very important whether you have a balcony, a window box, a big garden, a road verge or a park.

"Although people often champion honeybees, which are mainly domesticated, the honeybee only visits a proportion of plant: recent research showed about 7% of flower visits were honeybees across gardens, parks, road verges, nature reserves and crops.

"Wild bees – bumble and solitary bees – are therefore essential for pollination and food production."

Did you know?

Bumblebees won't die if they sting you, unlike honeybees. Whilst bees are not aggressive, it's only female bees that can sting, as male bees do not have a stinger.

Bee-friendly pollination and flowers

Bumblebees are very important for pollinating wildflowers and fruits: many commercial crops such as tomatoes, peas, apples and strawberries, are helped by pollinators and insects are estimated to contribute over £600 million per annum to the UK economy.

The Bumblebee Conservation Trust warns that, if the bumblebee

decline continues, the extremely high cost of pollinating these plants by other means could significantly increase the cost of fruit and vegetables (hand-pollinating British crops has been estimated to cost £1.8 billion annually).

You can help by planting flowers like borage, hellebore, lungwort, comfrey and catmint in the shade, whilst herbs, crocuses, lavender, geraniums, honeysuckles and sunflowers are perfect food for bees in the sun.

Don't forget to check toxicity of flowers before planting as some varieties can be harmful to pets and children.

Certain plants have flower shapes that bumblebees cannot use - some flowers have petals that form long tunnels which are too long or narrow for the bees to feed from. Similarly, flowers with multiple tightly packed heads offer bees very little accessible food.

Other flowers may not be suitable because they produce little or no pollen and nectar, such as pansies and double begonias.

You should avoid using any pesticides in your garden. They are often labelled as 'bug killers' or something similar, but almost all of these can harm bumblebees, even if you don't intend to harm them.

Fairies Chapel & Witches at Healey Dell

Well-known for its nature and beautiful surroundings, Healey Dell's almost mystical setting carries its own rich folklore and legends. Visiting its hidden nooks and secret niches, it is not hard to envisage how the area lent itself to stories of magic and supernatural mischief, involving fairies, dwarves, witches, elves and evil spirits.

Perhaps the best known of these is the 'Fairies' Chapel', once clearly visible in the 'Thrutch', a narrow gorge in the heart of the Dell, until it was submerged by a great flood in the summer of 1838. It was said to contain a pulpit, reading desk and seats, carved from the rock by the relentless force of rushing water. The old Spodden Bridge and many of the surrounding mills and other structures were destroyed or damaged in the flood, and the 'chapel' disappeared into a fissure of the rock.

In one version, the 'chapel' was created as a place of banishment for witches and evil spirits by the King of the Fairies. He had freed Robin Hood, who in earlier versions of his story originates in western Yorkshire, of their bewitchment. On the King's advice, Robin dropped a magical ring into the witches' cauldron from a tree on a cliff above the gorge. The cauldron exploded in a thousand pieces with a clap of thunder.

Another legend concerns Lady Eleanor Byron, an ancestor of the poet Lord Byron, during the reign of Edward IV (1461-1483). A local fortune-teller and communer with the Fairy Queen, Mother Bagden, whose son owned the 'Owd Mill i' th' Thrutch', had predicted Lady Eleanor would become a bride and a widow on the same day. Indeed she did. Her groom, Oliver Chadwick, was killed in a feud with the rivalling Trafford family on his wedding night.

Dating back much further is the legend of the 'Healey Dwarf', a small stone sentinel in the middle of the river. He cavorted with the fairies there and



told them he never wanted to leave, so there he still stands. The dwarf was said to be the size of a small child with a huge ginger beard, always dressed in green and brown checked trousers and a white shirt rolled up at the sleeves.

If you want to find fairies in the Dell, one good way is to imagine the many small creatures that live there as carrying their spirits, such as the bright blue kingfisher or the grey wagtail.

The Healey Dell Heritage Centre & Tea Rooms at Dell Road, Rochdale OL12 6BG is open on Thursday to Sunday and is a good starting point. Here you will find maps and further information on the Fairies' Chapel and other interesting points.



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Thanks to Mark Chrimes for his photograph and David Lowe for his contribution to this article.



These photographs have been taken by local amateur photographer Mark Chrimes.

Mark was born in Rochdale and enjoys all types of photography including wildlife, motorsport and people.





Over 65 and still looking fabulous

by Greg Couzens

Hairdressing is often guilty of focusing on the younger generation, and magazines are full of young women looking fabulous.

This needs to be addressed.

I firmly believe that over 65s can still look fabulous.

As hair is a major factor in appearance then this has to be embraced; having a precision haircut can boost your confidence and your outlook on life.

When was the last time a stranger complimented your hair?

June Cairns (see photo) is a perfect example; even when abroad on holiday she receives numerous compliments.

A great precision haircut will always receive compliments – my advice is to ask your hairdresser to recommend suggestions of hairstyles that traditionally would be for a younger person.

Make your hairstylist work harder; do not let them get away with ‘same as usual?’ or ‘just a trim?’. Do some research yourself and share your ideas with your stylist.

If you feel you want a new look that is longer than your own, do not be despondent, you can have many different looks as your hair is growing.

Now is the time to treat yourself to a quality haircut. Be brave, be bold, you will be surprised with the results, it could change your life.

Model: June Cairns
Hair & Photography: Greg Couzen



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Take part in the challenge of a lifetime for Springhill Hospice



Have you ever dreamed of trekking across Southern India, journeying through the High Atlas Mountains of Morocco or taking on one of the UK's toughest mountain challenges?

If you're keen to take part in your own challenge of a lifetime, you can do all of this – and more – whilst raising money for Springhill Hospice.

The hospice is offering two overseas challenges in partnership with Different Travel (ATOL 6706), experts in organising international charity treks, where you can reach the summit of North Africa's highest peak, or trek through Kerala in Southern India and volunteer at a children's hospice.

If you fancy raising money for Springhill but would rather stay closer to home, there's also several UK-based challenges waiting for you: climbing the Yorkshire Three Peaks, a seven-mile walk between two hospices, or running a marathon.

Manchester Marathon – 5 April 2020

Put on your Springhill running vest for the UK's flattest major marathon, ideal for your first marathon or for your personal best.

Hospice to Hospice Walk – 26 April 2020

This annual Hospice event sees Springhill join forces with Dr Kershaw's Hospice in Oldham, where walkers will take on the 7.25 miles circular route between the two hospices.

The walk begins at Springhill Hospice on Broad Lane heading to Dr Kershaw's Hospice. There, you can have a rest and a brew before returning to Springhill.

Mount Toubkal Trek – 11-15 June 2020

This five-day trip takes you on a journey through the High Atlas Mountains of Morocco to the highest peak in North Africa, the famous Mt Toubkal at 4,167m. You will trek through a rugged mountain landscape with superb views stretching as far away as the Sahara and end your trip with a chance to explore the fascinating city of Marrakech.

Yorkshire Three Peaks – 15 August 2020

One of the toughest UK challenges to complete: a 24-mile route, with 1,585m of ascent, in under 12 hours. Fully supervised route with checkpoints.

Southern India Trek & Hospice Care Project – 8-18 October 2020

This trip starts with a trek in the beautiful Kannan Devan hills which will take you along a route through the highest tea estate in the world; Kolukkumalai. You will cross the foothills of the second highest peak in South India and trek through the rolling grassland and natural brooks of the Western Ghats. After the trek you will spend two days at a local children's hospice in Trivandrum.

Sign up now

For information about all of Springhill Hospice's charity challenges, please visit:
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Joanne Timperley pens debut children's book

After repeatedly discovering sunflower seeds missing from her pots, Joanne Timperley, a keen gardener from Wardle, has written her first children's book.

Entitled 'Who Stole My Seeds?' the real-life experience has been turned into an exciting 'whodunnit' tale for children.

Joanne said: "Every morning I came outside, and one pot would be tipped over with seeds missing. I watched to see who was taking the seeds and became aware of all these creatures visiting my sunflowers. I ended up moving my plants from my patio to a table at the end of the garden."

Beautifully illustrated by the award-winning children's book illustrator Sarah-Leigh Wills, 'Who Stole My Seeds?' recounts how the very last sunflower seed was saved from the attentions of various hungry garden visitors, including a squirrel, hedgehog, blackbird and robin.

In a happy ending, the 8ft sunflower grows into the tallest anyone has ever seen, creating hundreds of sunflower seeds for all the garden creatures to feast on – and produce a host of giant sunflowers the next year.

Avid sunflower grower Joanne added: "I love the finished product, which is designed to share with young children as a bedtime read.

"They really get drawn into the drama of saving the last seed as the story unfolds and it grows from a small seedling into an 8ft giant sunflower."

Joanne will be signing copies of her book at the All-in-One Garden Centre, Castleton, on Sunday 15 March.

'Who Stole My Seeds?' is published by Pegasus Elliott Mackenzie Publishers.



'Who Stole My Seeds?'

Mrs Greenfingers was puzzled – who, or what, kept eating the sunflower seeds when she wasn't looking? Come with her to find out.

Was it the cheeky robin, or the big blackbird? Maybe it was her friend the squirrel, or the hedgehog who visited her garden each night. Or something else?

She sets out to solve the mystery – and to protect her last seed!

Joanne's top tips for growing sunflowers

"A spectacular summer sight, sunflowers really do grow to over 8ft tall! Despite their size, they are the easiest of plants to grow – as long as you protect them from garden visitors.

Sunflowers have got to be the easiest and most gratifying seed to plant. You literally just fill a pot with soil, plant the seed, keep it well watered and watch it grow. I repot them when they grow four leaves. The bigger the pot, the stronger the roots and the taller the flower. It really is that simple!"



Spring clean your medicine cupboard

The top-to-bottom tidy up of the home once spring comes along remains an enduring part of the British calendar.

But in amongst the decluttering and perhaps the painting and redecorating, how many of us remember to spring clean our medicine cabinet.

From my experience of home visits, almost every house has one, which is good news. But when was the last time you checked to see what's in it?

For accidents, your box should contain plasters, antiseptics, bandages, sterile dressings and medical tape, to help create a temporary splint should you suffer a serious cut. I keep eyewash in there too to help shift dirt or foreign bodies from the eyes.

Pain relief such as aspirin, ibuprofen and paracetamol help soothe the agony of cuts and aches and pains. Antihistamine is always advisable, especially as we are approaching high season for pollen. Anti-diarrhoea and oral rehydration salts are available at pharmacies. The latter is an easy way to help restore your body's natural balance of minerals and fluid, and aid your recovery.

Speaking of pharmacies, they are a great place to gain advice on what medications you need to stockpile. These items could reduce pain, aid recovery and in the case of a wound, prevent infection setting in. That's how vital they are to have at hand.

Conversely, spring is the time to rid your home of unused and out-of-date medications.



ABOUT THE WRITER
Dr Chauhan OBE is a respected GP, health and social care campaigner, and champion of social justice and charity. As a local GP, he has become a powerful advocate for his patients and introduced innovative methods to improve their care. His work mentoring and employing young people has won national recognition and he was awarded an OBE in 2020 for his creation of the Homeless-Friendly charity.

It may be tempting to give left over medication to another family member, given long queues at some surgeries and, of course, having to watch your loved one suffer. However, like buying medicines online, using old pills and potions or not following your doctor's instructions on when and how to take your medicine is incredibly dangerous. It is truly like playing Russian Roulette with your health, so don't do it. Instead go to www.nhs.uk and search for 'why do medicines have expiry dates' and learn how to dispose of unused prescribed medications safely.

For many of us, spring is a time of renewed optimism where we get outside and exercise (particularly if we have let those New Year's Resolutions to slim down slip).

Those with hay fever or otherwise prone to pollen and dust allergies, may not share that enthusiasm but by following NHS advice, they should be able to manage their conditions and be active outdoors.

The days are getting longer and the temperatures warmer, so let us put a spring in our step and with a few precautions, enjoy good health this season.

A beginners' guide to running with Andy O'Sullivan

Prolific event organiser, race commentator and long-time runner, Andy O'Sullivan MBE, who lives in Rochdale, is beginning a new journey as he returns to fitness after a period of illness – and he is here to help share his tips for beginners and those returning to running after a break.

Spring is the perfect time to begin a fitness regime or begin training once again. Not only do the evenings become lighter, but the weather is warmer and the environment more inviting.

Having previously fought bladder cancer in 2016, the former policeman, 66, underwent extensive surgery last September to remove his bladder and prostate. Training on his non-treatment days, Andy stopped running in January 2019 after his final cancer treatment, which left him in extreme pain.

He says: "Despite the horrendous treatment which killed off the cancerous cells, I still trained on the non-treatment days.

"In January 2019, I received my final BCG treatment and suffered severely with retention problems. This is when I stopped running completely, but after major surgery, I am now getting stronger."

Andy plans to begin his running comeback in April, with the aim of completing a half-marathon in August.

"Ideally my first training jog will be a 1.9-mile slow trot around Cowm Reservoir. If possible, I will have a couple of days of not running and then start slowly upping the mileage. "After several of these smaller runs, I will start jogging from home along Woodhey Grove to Brown House Reservoir and do a couple of laps which would amount to around 5K, which is a perfect distance for any beginner or returner to aim for."

Here are some of Andy's essential tips which can help you start or get back to running.

It is all in the shoe

When you are just getting started, a basic shoe is all you need, Andy advises. Whilst there is a plethora of expensive trainers for hard-core runners, beginners really only need a basic pair of trainers to get started.

"As long as they fit you and support your feet, don't rub and have room for your toes, you can get started," Andy says.

Surface

Begin by jogging on softer surfaces, as pounding the roads can cause injuries like shin splits. Shin splits are one of the most common injuries in beginner runners, and can be caused by several factors, such as the strain from running on hard surfaces, or trying to do too much before you are ready.

"Hard surfaces increase the stress and impact on your muscles and joints, whereas softer surfaces like grass are much gentler on your body," Andy adds.

Do what you can and build up gradually

"Doing too much too soon can cause injury, and it also makes you less likely to want to keep to a routine," Andy says. "A programme like Couch to 5k is perfect for first-timers, or anyone looking to build their fitness back up."

Couch to 5k alternates running with walking for set periods of time, allowing your body to get used to a new regime, and building your stamina and abilities from there, with the end goal of completing a 5k run (3.2-miles).

"Never underestimate the power of a rest day, as everyone, even experienced runners, can benefit from the recovery time a rest day provides, as it prevents overuse and injury," Andy notes.

The local Andems series of races, organised by Andy and assisted by Rochdale Harriers, are perfect for beginners, with many taking in two laps of the scenic Cowm Reservoir:

- The Joe Salt Memorial 5k – 7pm Wednesday 1 April 2020
- The Ella Chadwick Mile – 6.30pm Wednesday 8 April 2020
- The Mollie Campbell 5k – 7pm Wednesday 8 April 2020
- The Colin Robinson 80th birthday 5k – 7pm Wednesday 15 April 2020
- The Geoff Doggett Memorial 5k – 7pm Tuesday 28 April 2020
- The John Purdy Memorial Springhill Hospice 5k – 7pm Sunday 3 May 2020
- The Ian Casey Memorial Race – 7pm Tuesday 5 May 2020

All races start from The Cock & Magpie Pub in Whitworth. Entries for the accurately measured races can be placed via: bootitzone.com/andrew_o_sullivan

Andy has organised hundreds of races for numerous charitable causes since 1983, many named after people who contributed enormously to the sport.

Cookies

*by Natasha Brown
owner of Brown's Cakes*

We make these cookies all the time for all sorts of occasions. This recipe would be perfect for making cookies for Easter or for the kids to have a go at (with a bit of help) for Mother's Day.

Ingredients

110g salted butter (at room temperature)	Grated zest from half a lemon
55g caster sugar	or
137g plain flour	Chocolate chips

Method

Set the oven to warm at 150°C.

Cream the butter and sugar together until soft and smooth.

Sift in the flour and add the lemon zest before bringing everything together with your hands, kneading the mixture until it becomes a ball. If you want to make chocolate chip cookies, leave out the lemon zest and knead in chocolate chips once the flour is added.

Roll the dough out on a floured surface and cut out cookies. The dough should be just less than 1cm thick. If you have a cutter – great – if not you can make round cookies by cutting the shape with a plastic cup.

Transfer the cookies to a sheet of baking paper and lay this onto a baking tray.

Bake in the centre of the oven for around 13 to 15 minutes. We turn the baking tray round after about 8 minutes to give a more even bake. The cookies should be lightly golden and will still be a little soft, so be careful getting them out of the oven and let them cool before removing from the baking paper.

Once they've cooled, they are delicious eaten as they are, but if you like you can decorate them with icing and sprinkles or melted chocolate.

To decorate with chocolate

125g chocolate

Break the chocolate into small pieces and melt slowly in the microwave. Keep repeating 10 second blasts on high and stir the chocolate in between each blast. When the chocolate is fully melted, dip the cookies in the chocolate or drizzle it over the cookies. Adding sprinkles over the melted chocolate works well too.



To decorate with icing

125g icing sugar
Food colouring
15ml warm water
Sprinkles

Sift the icing sugar into a bowl and gradually add the warm water. If it is too thick, carefully add more water half a teaspoon at a time as it can go from too thick to very runny very quickly!

Spoon the icing onto the cookies or use a piping bag if you have one, then cover with sprinkles while the icing is still wet.

The pink icing on our cookies in the photo above was made by adding a tiny amount of pink food colouring to half the icing. We then covered the cookies with pink icing and piped on small white dots.

We covered others with pink icing, piped lines of white icing across the cookies then used a pin to drag a line, first down the cookie and then upwards inbetween the lines to create the feathered design (this technique is a bit tricky and I wouldn't recommend this for small children).

If children are decorating the cookies, they will love decorating with icing or chocolate and sprinkles.

Reside Estate Agency celebrates five years in business



One of the area's fastest growing estate agencies at the heart of Rochdale

Reside celebrated their fifth successful year in Rochdale with a few bottles of Prosecco and Peroni to mark the occasion.

Opening their doors on 10 January 2015, Jason and the team have gone from strength to strength, rapidly becoming Rochdale's 'go-to' estate agency.

Jason has been successfully selling houses in Rochdale since 1986 and his desire was to open an estate agency with a very personal touch. Whilst having many years' experience in house

selling, the small team of seven means that you still deal with the member of staff looking after your property.

"As a Rochdale resident, I want to see the town centre bustling again like 30 years ago," says Jason.

"With the Metrolink and other new developments, there is already a lot of footfall on Smith Street, and it will soon – if not already – become a central hub for Rochdale. This, combined with our industry expertise and local knowledge, makes us ideally placed at the centre of it all."

"We intend to stay in Rochdale, building on what we know and developing our skills and also

providing our services to anyone who needs it outside the area."

"Here at Reside we are all about community; we love helping people move into the house of their dreams and supporting the local community. We are Rochdale Ambassadors and Business Buddies at Springhill Hospice and we are always proud to be involved with Bamford Chapel Summer Fairs," continues Jason.

"Rochdale has a great sporting tradition so we love to support that by sponsoring, Rochdale AFC, Rochdale Hornets, Rochdale Rugby Union and Norden Cricket Club. There is no town without its community and we love being a part of that and the town's future."

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Successful year for PDS

At the end of 2018, Performance Doorset Solutions was facing the threat of closure and 60+ employees were at risk of being made redundant. Fast forward 12 months and the outlook for PDS is positive.



Founded in 2003, the future looked bleak for the Littleborough fire door company when its US owner announced it was considering closing the facility – one of the largest employers in the local area.

Rather than see it close, a consortium of 14 current and former employees bought PDS back and it is now looking at a turnover increase of 20% in just one year.

Tim Fairley, the returning managing director and

original founder of PDS, said: "Since the buyout, we have spent over £500,000 on new plant and machinery to increase capacity and keep us at the cutting edge in terms of product compliance and design."

The employee-owned company now produces many products in-house which would have previously been outsourced and plans to invest in further testing and product releases. Its client list includes councils, social housing organisations, contractors and installers across the UK.

PDS has also invested over £40,000 in product development and testing, making its fire doors highly sought after, especially for high-rise building projects.

In the last 12 months, PDS has employed a further 25 people, with plans to employ another 65 people within three years.

Mr Fairley added: "It has been a remarkable 12 months since we bought the business back but we are convinced the best is yet to come."

TAKE A WALK IN ASHWORTH VALLEY

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

This walking route follows public footpaths and country roads through a part of Ashworth Valley, following Cheesden Brook and Naden Brook.

The duration of the walk is about one hour and 30 minutes, and the difficulty is easy/medium.

The route can be muddy and slippery in parts, so walking boots or good footwear are a must.

It is a popular route with dog walkers, but I would advise keeping dogs on a lead because there are some steep drops down into the Cheesden Valley along the first and third sections of the walk. There are also steep drops into the Naden Valley along the last section.

If you like watching or taking pictures of birds, you will love this walk.

There is car parking available on Saturdays and Sundays at Simpson Clough Paper Mill on Ashworth Road, close to the junction of Bury & Rochdale Old Road, or during the week, there is a lay-by after the paper mill going up Ashworth Road.

Begin by walking up Ashworth Road, away from Bury & Rochdale Old Road.

There is a public footpath on the left-hand side of Ashworth Road, about 200 yards after the paper mill. It is marked with a wooden public footpath sign and a white sign warning of steep cliffs.

The path will take you up through the woods and into a big field above Simpson Clough.

Continue through the field along the path and eventually you will reach a kissing gate. Go through the gate, continuing along the path, and be careful of the steep drop on your right.

Eventually you will reach a fork in the footpath; take the right-hand fork and begin dropping down into the valley.

Stay on the path until you come to the steel bridge in Dobb Wood.

Cross over the bridge and take the path that leads you up and out of the valley into another field.

Stay with the path until you reach a gate and stile.

If the gate is closed, go over the stile onto Ashworth Road, turn left and you will pass through the hamlet of Ashworth Fold.

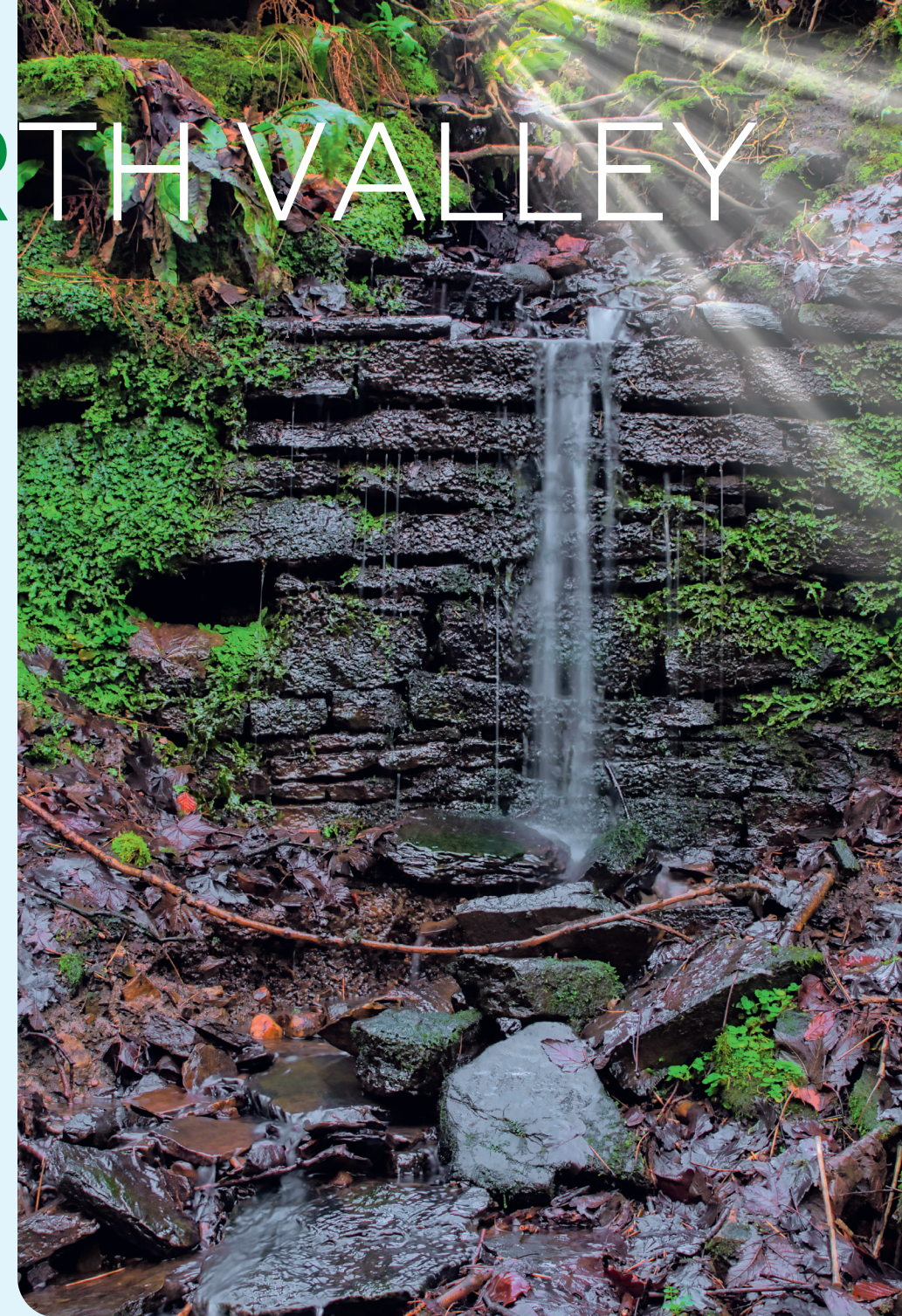
You will find a public footpath signposted to the right near the other end of the hamlet.

Turn right along that lane and follow the path down into Carr Wood.

Follow the path to the right and stay on it until you reach the gate in Gelder Wood.

Go through the gate into the caravan park and back out onto Ashworth Road, turn left and you will end up back where you started.

If you fancy a pint or a brew afterwards and a bite to eat, head to the Hare & Hounds, 865 Bury Road, Bamford, Rochdale, OL11 4AA. It is open 7 days a week with food served from 12noon every day.





Still running Windows 7?



Rob Gibbons has run an IT support business for over 14 years and has a wealth of knowledge on how to get the best out of infrastructure for businesses whilst ensuring the network is optimised for productivity.

Do you know which version of Windows you have?

Microsoft generally supports each version of its operating system for about ten years, and 'extended support' for Windows 7 ended on 14 January 2020.

This means Microsoft are no longer offering technical support for Windows 7, so if something goes wrong, it cannot be fixed. The new Windows 10 platform is far more secure and has many improvements over Windows 7.

End-of-life software also no longer receives updates and patches, meaning it is not secure: recent figures show 25% of devices run on outdated software. This means millions of people who have not upgraded their software are incredibly vulnerable to a cyber-attack.

Cyber criminals will target that 25%, knowing that their devices are easy to exploit, because they will have missing security patches – leaving these platforms open for criminal business.

The National Cyber Security Centre has advised that anyone who wishes to send private or sensitive information (such as bank details) on a Windows 7 device, not to send it as the risk is too great.

Additionally, Barclays has said that, after 25 May 2020, it will prevent Windows 7 users from accessing their online account. I'm sure more banks will follow this approach.

Anyone still using the software is urged to replace unsupported devices as soon as possible, to move sensitive data to a supported device and not to use them for tasks like accessing bank and other sensitive accounts.

If you want to check which version of Windows you're running:

1. Click the Start button.
2. Type "winver" in the search box and press Enter.
3. You should see the About Windows box popup with your Windows version information.

To greatly reduce the risk of being victim of cyber-crime, ensure you are running the latest operating system and update your Windows software.

At the time of this article, the latest version of Windows 10 is version 1909.

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