

REAL ROCHDALE

ISSUE 17 SPRING 2023

FREE LOCAL
MAGAZINE

MAN OF ROCHDALE
DAVE RICHARDSON

DANI BURKE
USING ART TO IMPROVE
MENTAL HEALTH

BLOKES
SOCIAL GROUP FOR MEN

ROCHDALE
MAN OF THE YEAR

1994 ARNOLD BAGNALL	2005 STEVE COHEN
1995 MARCUS HILTON	2006 KEN DAVIES
1996 JOE SALT	2007 FATHER ASTHER NEARY
1997 JIM ROWBOTHAM	2008 BOLLIN FIELDING
1998 FRANK LEVER	2009 ROMAN PARASZCZAK
1999 GERRY SULLIVAN	2010 GARRY WHITWORTH
2000 DR JACK TAYLOR	2011 STEVE BUTTERWORTH
2001 JACK HAMMILL	2012 NORMAN WELLENS
2002 FRED BOWKER	2013 SHIN WHYMAN
2003 BRIAN BEAL	2014 HARRY BELL
2004 DAVID GRIME	2015 ANDREW NUTTER
	2016 ALAN WRIGLEY
	2017 JOHN SWINDEN (ALEXANDER)
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EDITOR'S WORDS

A warm welcome to Real Rochdale



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

Our cover image is the current Man of Rochdale, Dave Richardson, who received the award after dedicating the last six years of his life to raising over £140,000 to fund a hydrotherapy pool in the local community.

In this edition, we visited BLOKES, a support group for men who have become lonely. They will hit an incredible milestone in spring as BLOKES will have been running their weekly sessions for four years.

Silvana Devine shares her best gardening tips for spring in order to prepare for the growing season. Rick Attwood, the founder of ACE LIPS, shares with us the success his comedy nights have had since being established 10 years ago.

Speaking of achievements, a 49-year-old club record has been broken at Rochdale AFC by striker Ian Henderson, after scoring his 130th goal for the club. He is now known as Dale's all-time record goalscorer. Congratulations Hendo!

With warmer weather around the corner, Dr Chauhan reminds us of seasonal allergies that still affect one in four of us and how to minimise the reaction.

David Hayden and Natasha Brown have each created an amazing Easter-themed recipe for everyone to try. Enjoy a delicious lamb shank served with mashed potatoes and roasted root vegetables and for dessert, you can attempt the mouth-watering triple layer traybake with a chocolate brownie base.

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

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DAVE RICHARDSON: MAN OF ROCHDALE 2022



Pictured: Dave Richardson (right) with Mayor of Rochdale, Ali Ahmed

Dave Richardson is this year's Man of Rochdale: awarded the title for dedicating the last six years of his life to raising over £140,000 for a hydrotherapy pool in the community.

Humble Dave puts all his efforts down to his late wife, Rose, who passed away in March 2021 after a 27-year-long battle with Parkinson's.

Indeed, upon receiving the Man of Rochdale plate bearing the names of all the forebearers, Dave said: "I must dedicate this to my wife."

They met on a night out at the Derby Hall in Bury when a 19-year-old Dave asked Rose, then 17, to dance. They were engaged in 1966 and married in 1970 before having three children – David, Linsey and Steven – then three grandchildren; Will, Max and Nell: Nell being born the day after Rose passed away.

Over the years, the couple helped raise over £300,000 for various causes, including the Pendlebury Children's Hospital in 1972 after

son David was diagnosed at birth with an adrenal condition, which improved when he was one.

A fundraiser night at The Carlton during the 1990s helped raise money for the long-running Kelly's Kampaign, contributing towards six adolescent cubicles at the Christie. 14-year-old Kelly, the daughter of Rose's best friend, had been diagnosed with a rare type of cancer: at the time, there were only children and adult wards.

The husband-and-wife-team also helped looked after disabled children and provide respite care through Take a Break, taking the children on trips to pantomimes and the Blue Planet aquarium.

"I was Father Christmas a couple of times," Dave says. "You get more out of it when you see the people you're doing it for."

Rose was diagnosed with Parkinson's when she was in her 40s and joined the local Parkinson's

Society group – though Dave tells us Rose didn't want to go at first.

Not letting her diagnosis stop her, she received an NVQ in business studies and also studied floristry: Dave's living room is still filled with Rose's arrangements.

"There wasn't a dedicated Parkinson's nurse then," Dave explains. "It was going to cost £40,000 to fund one for two years, so we met them in the middle and raised money for one."

As Rose's condition became worse, she applied to use the hydrotherapy pool at Salford Royal Hospital, where she was a patient. However, because she lived in Rochdale, she was not eligible to use it.

An alternative, slightly closer to home, unfortunately proved to be unsuitable.

The only solution was to fund their own in their home borough and the 'Hydro16' campaign was born in 2016.

Rose and Dave were given a glimmer of hope when Castleton ward councillor, Billy Sheerin, said he would try and help them bring a hydrotherapy pool to the borough.

"Billy showed Nick Crewe – who bought Castleton baths – the plans we'd made up, and he gave them to the builder. He showed me around the rooms at the baths, gave me the biggest hug, shook my hand and said, 'get on with it!'" Dave recalls.



Dave and Rose on their wedding day in 1970



Dave and Rose on their 40th wedding anniversary

"Rose sent in an application for funding from Viridor, which we found out we'd got six weeks before she passed. She was absolutely pleased as punch," Dave beams. The Mayor's charity – which Dave was involved in fundraising for over several years – also made a donation to the campaign.

Rose's legacy – now named HydRose in her honour – will be available for people with all kinds of neurological and physical issues to use with fully trained staff on hand.

Dave is clear that he doesn't want anyone to miss out on the benefits of hydrotherapy: "Anyone who has Parkinson's can apply to the local Parkinson's group for funding. There's also the Rochdale Fund for Relief in Sickness, which could help cover session costs."

Reflecting, Dave added: "This isn't down to just one person. We filled halls on numerous occasions and it's down to those people, those who attended. The Rochdale Freemasons donated towards funding the disabled toilet; Fred Eyre is a patron; Jimmy Cricket's Wooden Hut Club of old entertainers all came to the functions. If people didn't come, we wouldn't have the fundraisers.

"There's so many people we owe thanks to; it's all because of them and Rose. "Rose and I were a team together in the fundraising."

HydRose at Castleton Health and Leisure Centre is expected to open in late spring.



MAN OF ROCHDALE LUNCHEON

PHOTOS: KEN ROWLATT



Best in region for Rochdale BNI



The Rochdale chapter of Business Network International has become the most successful group in its region.

Rochdale BNI – part of a worldwide business referral organisation – was set up in April 2022 by five founding members: John Fitton, Ian Madeley, Ian Cunningham, Steve Worrall and Kerry Hargreaves.

Just a year after being set up, the group has quickly grown to a membership of over 30 local businesses and is the most successful BNI group in its region and 10th in the nation.

On average, 92 referrals of business are passed between the members each month. At the time of print, 134 referrals were passed at the most recent meeting, and £51,000 of invoiced business confirmed.

Since its inception, over £280,000 of business has been shared in the group, which has members from different industries, such as IT support, estate agency, travel, dentistry, financial advice.

On the whole, Business Network International has around 288,000 members in over 10,000 chapters worldwide.

Kerry Hargreaves, from AST Hampsons and one of the founding members, says she jumped at the chance to be a part of it.

“I could see the benefit immediately. I could recognise the value and wanted in. I love networking and enjoy meeting new people.”

“You pass referrals in the hope that someone else will pass back to you. You can ask for specific contacts and being part of Rochdale BNI gives you the strength in business that you wouldn’t have had.

“As soon as I joined, we had thousands of pounds of business passed to us, and it really helped with exposure. Being part of BNI has also enabled us to showcase other things we do that aren’t about profit, such as offering advice to people.

“I’m really, really proud to be part of the group.”

John Fitton, the group’s president and managing director at Office Supplies Now, said: “I’m proud to be the President of BNI Rochdale, it’s been a fantastic success with £300,000 of invoiced business being passed between the members since we started.

“BNI gives us the tools to monitor our success but first and foremost we’re a group of local people helping each other be more successful.”

Vice president Jack Lyons, of Mysonpages, added: “Our intention this year is to be a group sharing £1,000,000 of business between the members, and we are well on track to do this.

“We are currently the number one chapter in the



region, of 20 chapters, but more impressively, we are 10th of 470 chapters nationwide.

“We regularly welcome visitors to network with the members, learn more about BNI and how to join.”

Mike Holman, BNI’s Executive Director said: “I am extremely proud to see what the group has achieved. The quality of the individuals and the

business created is exceptional.

“The fact that the group has already surpassed 30 members is a testament to the passion and ambition of Rochdale businesses and I wish the group continued success.”

The Rochdale BNI meets on Thursday mornings 7am at Rochdale AFC, Sandy Lane, Rochdale, OL11 5DR.

Wardle's rare George V post box

Wardle village residents are being asked for their memories of the post box at the post office on Birch Road for a video to send to the BBC's Repair Shop.

In 2021, local residents noticed the oval directional sign was in a bad way and needed some TLC as it was badly rusted and barely attached to the post box.

The post box itself dates to the reign of George V between 1910 and 1936, embossed with GR. Boxes from this era account for around 15%, with more than 60% of current British post boxes carrying the EIIR mark of Queen Elizabeth II or a Scottish crown.

After speaking with members of Wardle Society and local councillors, it was decided the sign would be removed and the BBC's Repair Shop –



which restores antique and much-loved items to their former glory – would be contacted.

Ward councillor Rina Paolucci got in touch with the show's producers who are interested in the project and would like a video sent in about the sign.

A joint statement from Royal Mail and Historic England says such enamel signs are "increasingly rare" and should be "restored rather than removed."

The statement adds: "Surviving oval enamel Post Office directions signs and

Airmail signs on the caps of some pillar boxes are increasingly rare and normally should be repaired and, where practically possible, restored rather than removed.

"If a specimen is no longer fit for operational use, it should be offered to a local museum or other appropriate local institution, exhibited at local Royal Mail premises, or offered to The Postal Museum."

Please get in touch with Vicky Hilton via vicky@artfulonline.org if you can help with memories of the post box.



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ACCESS ALL AREAS AT HOPWOOD HALL

Hopwood Hall College and University Centre is hosting an 'Access All Areas' Open Event – and there's something for absolutely everyone!



The college, which has campuses in Middleton and Rochdale, is welcoming visitors from all walks of life and all age groups during the event held from 4.30pm-7pm on Thursday 30 March.

There will be heaps of course pathways to explore, which for school leavers includes BTECs, apprenticeships and the popular new T-Levels.

Meanwhile, adult learners can look forward to hearing about part-time study options taking place in-person, online and on a flexible basis.

It's a brilliant opportunity to find out more about retraining through further study and apprenticeships.

Finally, attendees will even be able to explore Hopwood's thriving University Centre. It's here where people can gain life-changing qualifications in Access and Higher Education.

During the open event visitors will be able to have all their questions answered by the college's team of expert tutors.

In addition, they'll also be able to explore the two campuses and all the facilities that make them such a fantastic place to study.

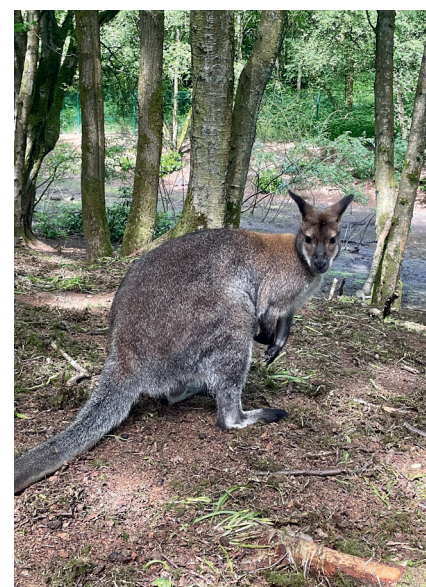
This includes the state-of-the-art technology centre, which has recently undergone a multi-million-pound extension and is renowned for courses in fields such as engineering and construction.

Those who are interested in a career in animal management can expect to be dazzled by rare creatures such as flamingos, wallabies, meerkats and more.

There's also a cutting edge eventing simulator for people interested in studying equine care.

It's these facilities – as well as others like the Hopwood Theatre, the Riverside Salon and the hi-tech media editing suites – which make this a simply unmissable event.

Be sure to register to attend (it only takes a few seconds!) at: hopwood.ac.uk/events.



SAVE THE DATE

Hopwood's legendary Community Fun Day is back in 2023! This FREE event promises to be fun for the whole family when it takes place at the Middleton Campus on Saturday 10 June.

The college is throwing open its doors for an action-packed day where you can expect to see endangered animals like cheeky meerkats, enjoy tasty food & drink, and watch live experiments from the science department.

It's set to be a brilliant day out – so be sure to save the date!

For more details as they're announced, keep an eye on hopwood.ac.uk

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BLOKES at Hare Hill House – a safe space for men to socialise

A support group for men suffering from loneliness celebrates four years this spring – with Real Rochdale being granted the extremely rare privilege of being allowed into the BLOKES inner sanctum.

BLOKES was started in March 2019 by Peter Reed, after he realised there was a need to look after men who have become lonely or isolated and also provide a safe and quiet space for them to socialise.

Since then – except during the Covid lockdowns – the group has met at Hare Hill House every Wednesday at 1.30pm, providing a quiet space for men to socialise.

There are no rules, no speakers, no bingo, no women – but there is plenty of cake, friendship and camaraderie.

“Men are reluctant to admit that they need to be with other men, that they do need a social bond, not isolation. We can become lonely and isolated because of many reasons, be it bereavement, retirement, unemployment, illness or stress,” Peter says.

The group has been a resounding success, as it doesn't force attendees to share their thoughts or answer awkward questions.

As Peter puts it: “The blokes only open up if they want to. There is no prying, no formality.”

Met with a handshake and a smile, attendees can enjoy a cup of tea or coffee, cakes and biscuits over a game of dominoes, cards or darts, and the first Wednesday of each month also sees the presentation of the coveted ‘golden gnome’ award.

Alastair Fitton has been a regular at BLOKES for around two years: “I made instant good friends. When I got here, I didn't know what people were called but it didn't take long. We're all on a level playing field and it's become a vital part of the week.

“There's all things for all men, but there's never a harsh word.”

Geoff Meeks, who has Parkinson's, has found that the social group is helping with his speech and is a rare source of laughter for him, whilst Bob began coming to BLOKES a couple of years ago after his daughter told him about the group.



It's clear to see that whilst everyone in the room at BLOKES benefits, the benefits aren't confined to Hare Hill House: Geoff's wife, who is also his carer, has some respite time whilst he's at BLOKES, and a couple of attendees have conditions such as dementia or Parkinson's, others look after someone with those conditions.

It's very telling that many of the men here during our visit won't book any appointments if it's going to clash with BLOKES, and we're told that one regular who is currently in hospital can't wait to get back.

“I was lonely,” Bob says in his clear Scottish accent. “I wouldn't miss it. I've made friends and, as we say in Scotland, the craic's good.”

Peter explains: “It's not what we do that's made us so successful, it's what we don't do... It's all about friendship: they're socialising, and the format works.”

BLOKES is perhaps best summed up by this poignant statement from one attendee, Barry: “We don't do anything, but it means a lot.”

BLOKES mainly stands for reasons why men can become lonely: **B**ereavement, **L**onely, **O**ne or **O**n own, **U**nemployed. The remaining letters are benefits of the sessions: **K**indness and **S**ocialising.

BLOKES at Hare Hill House has a Facebook page of the same name for any men interested in attending, or for those interested in taking a friend or relative to one of the sessions.

BLOKES meets on a Wednesday afternoon from 1.30pm at Hare Hill House, Littleborough.





Model: Laura Harrop
Colour: Hayley Forbes
Haircut & Photo: Gregory Couzens

HAIRDRESSING TREND

by GREG COUZENS

WEDNESDAY'S BANGS

It seems that we cannot get enough of the Netflix show 'Wednesday': her dark, sophisticated and edgy hair is inspiring to make dark academia fashion choices.

With nothing saying 'spring clean' better than a fresh cut and colour change, we ask, 'could Wednesday's look work for you?'

The answer is yes: we adapted this look with golden brown babylights and a razored fringe, which lifts the hair, creating more volume and a beautiful texture.

This quick and easy 'get up and go' look grows out gracefully with no need for constant fringe maintenance.

Skimming the eyes down to the ears from a centre parting, it's a fabulous choice if you are looking to venture into the fringe world for the first time: this look suits most hair types and face shapes.

Hayley Forbes, senior technician at Gregory Couzens, said: "My choice of colour was caramel and honey flecks.

"This lit-from-within technique glows through the brunette: it catches your eye and complements the cut beautifully.

"This is the next level because, like the balayage, it requires little maintenance and, like the cut, it grows out gracefully.

"It's impossible not to fall in love with this texturised split fringe styled to frame the cheekbones; it's feminine with an edgy twist."

Benches for new Town Hall Square inspired by global fabric designs

Nine new bench seats inspired by fabric designs from around the world are being constructed for the new Rochdale Town Hall Square.

The seats will encircle trees in the new square and feature global fabric patterns as a nod to Rochdale's heritage, when locally woven textiles were traded across the world.

The benches use patterns from a wide spread of cultures, building up a mosaic of patterns to represent each continent.

Some patterns are drawn from designs originally painted or printed onto fabric. Others are from designs created in the weave, or through tie-dye, appliqué or embroidery.

Concrete curved beams have already been installed for the three groups of seats which are located at the Packer Street side of the square.

The first glazed sections representing Asia and Africa have been successfully fired, and work on the Oceania and Europe sections will begin shortly. The patterns representing the Americas have been carved into the clay and are being dried before they are glazed.



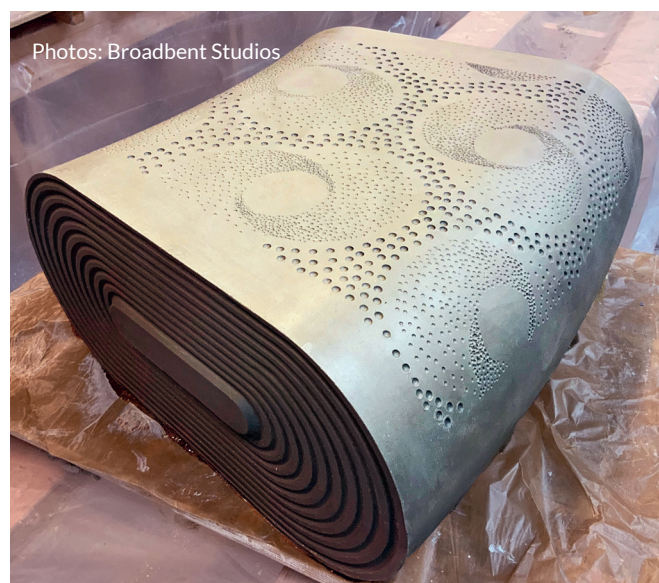
Photo: Gillespies

The benches are being created by Cheshire-based designers Broadbent Studios and specialist ceramicists Darwen Terracotta for the square, part of the town hall redevelopment and refurbishment.

Warren Chapman, associate partner at landscape architecture Gillespies, said: "We are delighted to see the progress on bringing new life into the heart of Rochdale town centre.

"The completed project will create people-friendly civic space for generations of Rochdale residents to enjoy and cherish."

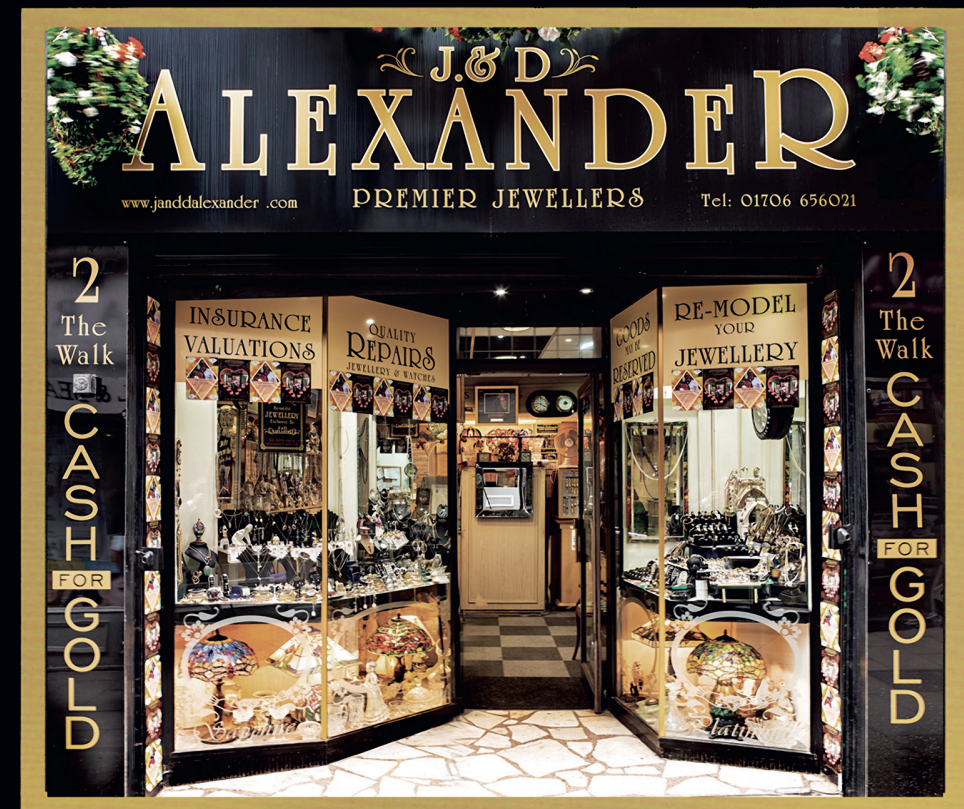
The project is being delivered by Rochdale Development Agency on behalf of Rochdale Borough Council.



Photos: Broadbent Studios



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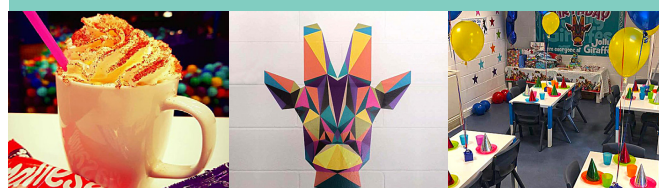
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11 years of bespoke slow fashion at Violet Flamingo

Violet Flamingo, a bespoke 'slow fashion' garment maker in Littleborough, has celebrated 11 years of business.

The company was started by Lindsey James, who holds a degree in fashion design, manufacturing, marketing and promotion from the University of Huddersfield, after deciding to launch her own clothing business making made-to-measure garments.

Lindsey originally started out making one-of-a-kind garments to order, helping each customer with each step of the design process.

Her own made-to-order collection is entirely handmade at her studio in Ebor Mill, surrounded by

many other creative individuals and businesses.

She said: "Everything is made in my studio at Ebor and pieces can be customised for each client.

"Art was where I was the most comfortable; I enrolled at Hopwood Hall to study textiles and fashion. I had no major interest in fashion at the time and I chose this course for the textile modules.

"The more I studied the fashion, the more I fell in love, but two months before the end of the course, I went on an industrial sewing machine and was obsessed. I was due to go to university to study textiles and at the last minute I changed and decided to study fashion.

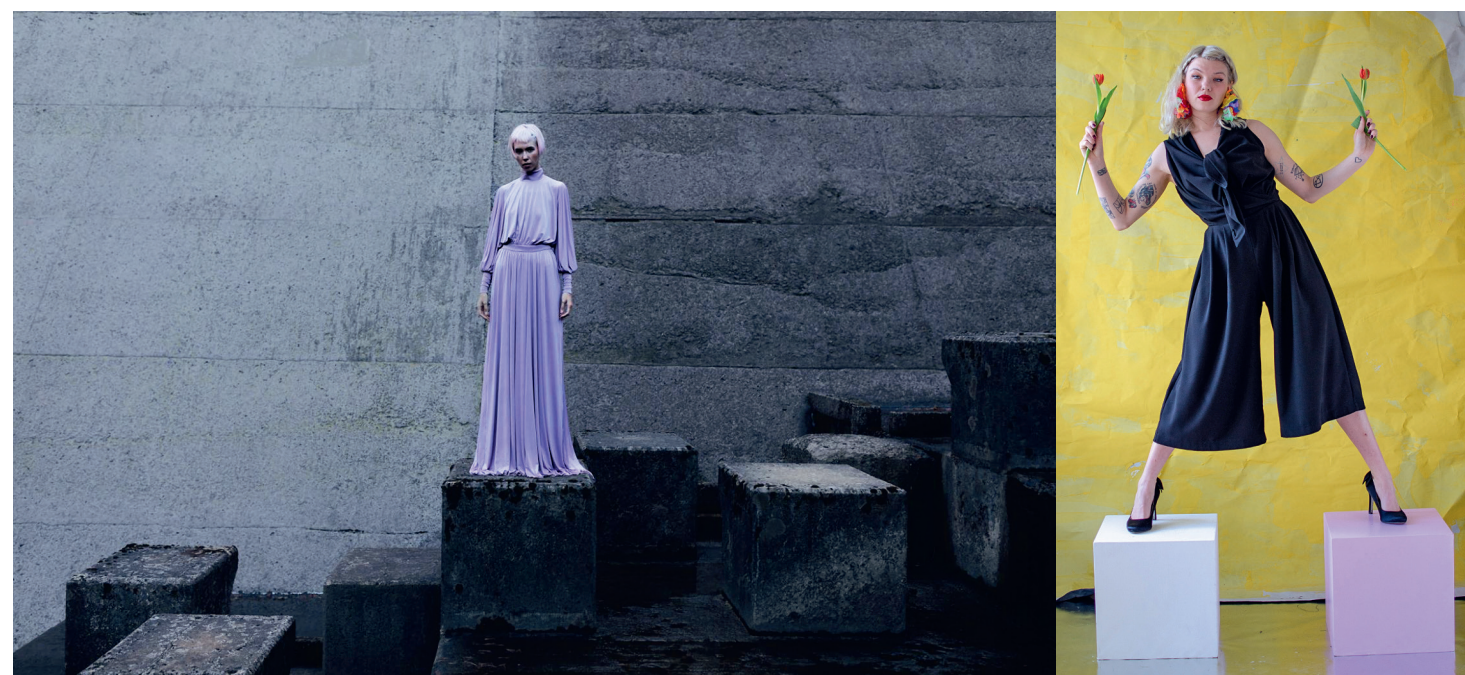


Photo: Paul Whiteley

"It was a risk as I hadn't viewed any of the courses I applied for but I was just so in love with making clothes – and I still am!"

Violet Flamingo also offers an alteration and customisation service for any and all garments.

*Below left photo: Tom Martin
Below right photo: Violet Flamingo*



TRIPLE LAYER EASTER TRAYBAKE

by Natasha Brown - owner of Brown's Cakes

This Easter traybake has three fabulous layers. It's time consuming to make because each layer needs to set but it is well worth the effort!
If making this with children, please don't let them make the caramel as it can burn if it splashes on to skin. The brownie, the crispy layer and the decoration at the end are all easy to do though and kids will enjoy making these parts.

Ingredients

For the brownie:

- 275g melted butter
- 375g caster sugar
- 4 eggs
- 75g cocoa powder
- 100g self raising flour
- 100g chocolate chips

For the caramel layer:

- 100g butter
- 100g dark brown sugar
- 1 tin of condensed milk

For decoration:

Any chocolates can be used for the decoration. I used Mini Eggs, Maltesers Mini Bunnies and Creme Eggs along with a drizzle of melted chocolate and a few sprinkles.

For the crispy topping:

- 100g Rice Crispies
- 100g crushed biscuits (any biscuits work, we use chocolate fingers and digestives)
- 50g butter
- 120g golden syrup
- 200g milk chocolate (using good quality chocolate gets the best results)

For the brownie base layer:

Preheat the oven to 180°C.

Line a 10" square tin (other sizes will work but they may be thicker or thinner and the cooking times may vary). I like to line the tin with one piece of 10" x 20" paper laid in one direction and another piece the same size laid across it. This way makes it easier to pull the traybake out when it's all finished.

Put all the ingredients except the chocolate chips into a mixing bowl and mix them together with a hand mixer. When everything is combined, stir in the chocolate chips.

Pour the mix into the lined tin and put in the oven. After 30 minutes cover the brownie with tin foil and cook for another 10 minutes.

The brownie should then be only slightly wobbly in the centre.

Leave the brownie for a couple of hours to cool down then make the caramel.

For the caramel:

Put the sugar, butter and condensed milk into a heavy saucepan (a good saucepan makes this easier). Heat the mixture over a medium heat whilst stirring continuously for about 5-10 minutes until it appears thicker and a lovely colour. The caramel will bubble a lot so be careful and don't stop stirring. It can burn in the pan and can also burn your skin so beware!

Pour the caramel over the cooled brownie and leave for a couple of hours to cool.



For the crispy topping:

Crush the biscuits in a plastic bag so that you have a mixture of fine crumbs and chunks and mix these in a large bowl with the Rice Crispies.

Gently heat the chocolate, butter and syrup either in a pan on the hob or short blasts in the microwave. Once this is all melted together, pour it over the biscuits and Rice Crispies and stir well to cover all the Rice Crispies.

Gently spread this mixture over the caramel. Do this gently so that it covers the whole caramel to form a complete layer.

For the decorations:

You should add the decorations before the crispy layer sets.

I cut open the Creme Eggs and pushed them in to the top layer along with the Mini Eggs and Maltesers Mini Bunnies. I also added some sprinkles to give a bit of colour.

Once this was set, I warmed some milk chocolate in the microwave and drizzled this over the whole traybake. You can go as far as you like with the decoration; be minimal or completely over the top.



Rochdale Riverside Brick Show



The very best fan-built LEGO® models were on display in Rochdale town centre on Saturday 11 February for the Rochdale Riverside Brick Show at Riverside Walk.

Over 1,000 people came to view the exciting models on display, which included Rochdale Town Hall, the UK's largest travelling brick fairground, characters from Pokémon and Minions, Star Wars, the Rovers Return from Coronation Street, Blackpool Tower and the UK's largest Minecraft display.

Steve Scrivens, of organiser Northern Brickworks, said: "We had a fabulous time and hope to be back in future at a bigger venue."

"Everybody we spoke to had a great time and loved the models. Thank you to everybody who came along."



Photos : Mike Brooks

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Telephone: 0161 275 1234
Email: info@springhill.org.uk

Donate unwanted furniture to Springhill Hospice

Has the New Year inspired you to give your home that fresh new feeling? If it's in need of a makeover, then the hospice can help.

Springhill Hospice offers a fast, free furniture collection, so they can help get rid of your unwanted furniture at no cost to you – out with the old, in with the new!

Best of all, your preloved items can be donated to the Springhill charity shops, where 100% of the profits will go back to the hospice in aid of patient care.

To book your free collection, please visit www.springhill.org.uk/furniture-collection or scan the QR code on the left.

Please note, all furniture items must have a fire safety tag attached.

Nature's Elements: discover your inner magic

New mystical shop opens in Newhey, helping people discover their inner magic.

Nature's Elements is based on Shaw Road and is run by Sue Hancox, who has dreamed of her own 'witchy' shop for years.

It stocks all manner of incense and essential oils, runes and dreamcatchers, spell candles and jars, and other similar items, including handmade Pagan/Wiccan jewellery, books and mugs, and wall hangings.

Sue, who also runs the Bart's Legacy cat sanctuary, said: "I love all things associated with Paganism, and Native American and Celtic cultures. I've been wanting to open a 'witchy' shop for the last couple of years, but it's never been the right time.



"Witchcraft is about understanding nature. I want the shop to be unique, I want it to have something that the other witchy shops don't have, as each one has their own unique specialty."

Nature's Elements is open every day, except for Tuesdays and Wednesdays.

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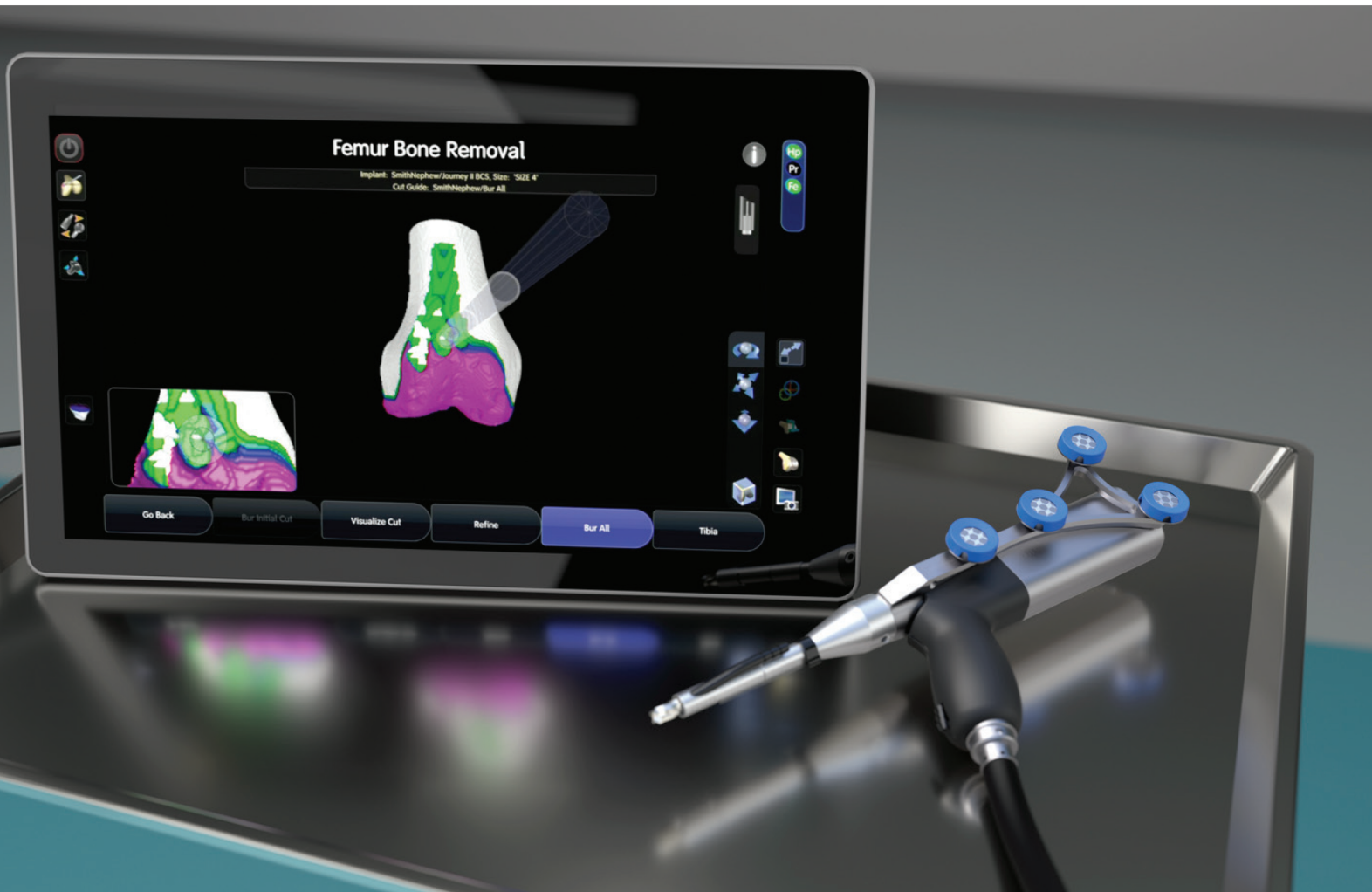
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Historical follies photographed from unique aerial perspective

A local photographer has been creating 'mini planet' artwork after capturing historical follies from a unique perspective.

Mark Robinson, 33, of Rochdale, has visited various follies – a decorative construction known more for its design than any practical purpose – across the north west, including Hartshead Pike in Tameside; Peel Monument in Holcombe; Jubilee Tower in Darwen and Rivington Pike in Chorley.

Using his drone to capture and create the 'tiny planet' images, the folly stands on top of the world.

Mark says this 'combines modern photography with historical aspects, creating an unseen perspective.'

He said: "I wanted to combine my drone skills with my photographic knowledge to capture a unique perspective of historical follies around the north west, creating what looks like tiny planets."



Top right: Peel Monument
Bottom left: Hartshead Pike



"The project has been a fascinating journey of discovery relating to these iconic local landmarks. For example, Hartshead Pike was built in the 1860s and commemorated the marriage of the Prince of Wales and Princess Alexandra of Denmark."

Mark's interest in the follies was sparked during the third year of his degree in September. Planning his project, he first photographed Rivington Pike before going on to capture the others.

Mark started as a wedding photographer in 2018 as a second shooter as he had a passion for photography.

During the pandemic in 2020, Mark started studying for his Photography & Moving Image BA (Hons) Degree at Blackburn University Centre at Blackburn College.

His work has evolved over the years and started his drone photography in 2022.

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

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



David, who has catered for premiership footballers, TV stars and other celebs, shares his recipe for lamb shank with mashed potatoes and roasted root vegetables.



Lamb shanks with mashed potatoes and roasted root vegetables

Ingredients

- 4 lamb shanks
- 200ml red wine
- 200ml water
- 4 large potatoes
- 2 carrots
- 1 swede
- 1 celeriac
- 1 tbsp of butter
- Splash of milk or cream
- 1 stick of rosemary
- gravy mix or cornflour
- white pepper and salt
- pea shoots or watercress to garnish

1. Seal off the four lamb shanks in a hot pan to get good caramelisation.
2. Then place the lamb shanks in a casserole dish with 200ml of red wine and 200ml of water to cover the shanks.
3. Place the lid on the casserole dish and cook for 3 and a half hours in the oven at 160°C or gas mark 3 until tender.
4. Once the shanks are cooked, pour the red wine liquor into a pan and simmer on the hob until it has reduced by half. Add a stick of rosemary and thicken it slightly with gravy mix or cornflour.
5. Prepare and peel four large potatoes and boil until soft. Drain the potatoes and mash, adding a spoonful of butter and a splash of milk or cream. Season the mash with white pepper and salt.
6. Peel two carrots, one swede and one celeriac then cut all the vegetables into even squares and put on a baking tray. Season with salt and pepper and roast the vegetables in the oven for 10-15 minutes at 160°C or gas mark 3 until tender.
7. To serve, place the mash in the middle of the plate, with the root vegetables around the sides and then the lamb shank on top of the mash. Pour over the red wine sauce and garnish with pea shoots or watercress.

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Springhill's Volunteer Appeal 2023

Springhill Hospice kicked off 2023 with something very close to their hearts – Springhill's Volunteer Appeal 2023.

Springhill's volunteers are an integral part of their team; without them, they wouldn't be able to provide patients and their loved ones with their exceptional care, every day of the year. They quite frankly couldn't continue to exist without their loyal volunteers donating their time and skills.

Over the past two years, Springhill has lost over 100 volunteers due to the pandemic and other factors, which means its resources have been placed under considerable strain.

Springhill Hospice launched its volunteer campaign in January, in the hope that many supporters would take the New Year as an incentive to do something amazing in 2023, and make a difference to their local community by becoming a volunteer.

There are a variety of volunteer roles available at Springhill, including; gardening, patient companionship, day therapies, retail and also general volunteering. Springhill also encourages potential volunteers to come forward and share their own skills if they feel as if they do not fit into one of the roles on offer.

To find out more about becoming a volunteer at Springhill Hospice, visit www.springhill.org.uk/volunteer, where you can complete a volunteer interest form and a member of the team will get back to you. You can also call Springhill Hospice on 01706 649920 and have an informal chat with the Volunteer Coordinator.

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10 years of comedy with ACE LIPS

It's often said that laughter is the best medicine, that laughter is good for the soul. It's a message that Rick Attwood, of ACE LIPS events, can get behind, having made thousands of people laugh with his regular comedy shows around the borough.

ACE LIPS – Attwood Comedy Events, Laughter In Public Spaces – has been running regular comedy nights across Rochdale, Littleborough and Oldham for 10 years, and now has a permanent comedy club space at The Old Court Room above the Flying Horse Hotel.

“It’s always good to laugh and enjoy that bit of social interaction,” Rick says. “It’s a good way for friends to get together or for employees to enjoy a work’s night out. I



actually met my wife at a 2015 comedy night at Littleborough Conservative Club.

“I want people to know that there is something to do, something different in Rochdale town centre, especially as money might be tight now. We all need an occasion to laugh and lift our moods.”

Each ACE LIPS event is different, with a unique opportunity to see some of the best up-and-comers in the country, with many going on to perform at the likes of the Edinburgh Fringe Festival or Live At the Apollo.

Past acts include Nina Gilligan, who has won numerous awards and accolades, and is known for her sharp wit and hilarious anecdotes; Scott Bennett, Live at the Apollo; Archie Kelly from Phoenix Nights, plus Britain’s Got Talent finalist Steve Royle, who helped raise money for three defibrillators in Rochdale town centre; social media sensation Tiny Tim, and Anna Thomas, winner of the BBC’s New Comedy Awards 2021 – and many, many more.

ACE LIPS has also hosted work in progress shows for Clayton Jones and Hayley Ellis at the Leicester and Edinburgh comedy festivals, as well as for a number of leading comedians often seen on stage around the world.

And the events ‘do good’ for the community too, having raised money for local and



Photos: J Holt Photography

national good causes and charities like Home-Start Rochdale and Bury, The Maximus Foundation, Springhill Hospice – to name a few.

One event after the 2015 Boxing Day floods – aptly named Floods of Laughter – helped raise £1,600 for people affected by severe water damage, whilst the first event after Covid-related lockdowns saw 18 comedians entertain hundreds of people.

In recent months, Rick has also started off-setting the carbon footprint associated with bringing comedians into the borough, donating a tree for every show hosted. A plot of land in Balderstone has been earmarked for a number of these trees, which Rick finds fitting as it’s very close to the former home of one of his favourite comedians.

He said: “It’s round the corner from the old Dog and Partridge pub; I found out my favourite comedian, Lee Mack, used to live there for a while about 30 years ago, and now there’s going to be trees there, all because of comedy.”

Upcoming shows at the Old Court Room

- | | |
|-----------------|---|
| 31 March | Aaron Wood, Hannah Silvester, Charlie Lewis, Justina Seselskaite, Nina Gilligan |
| 28 April | Liam Pickford, Percy Savage, Mike Carter, Alex Camp, Karen Bayley |
| 26 May | Rob Coleman, Griff Sbi-iiwii, Joanne Sarginson, Kay Nicholson, Patrick Monahan |
| 30 June | Graeme Rayner, Russell Arathoon, Jonny Brook, Ignacio Lopez |



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Seasonal small business markets at Hare Hill House

Littleborough's Hare Hill House is home to a number of community groups – BLOKES (on pages 16 and 17) is just one of them – and has recently started to host quarterly seasonal markets for local small businesses.

2022 saw an autumn market in September, plus a festive edition at the end of November with stalls both in- and outside the historic house.

This year, Hare Hill's first market will be the spring edition on Sunday 2 April, featuring everything from delicious handmade food goods (think cheeses, jams, and cakes) to clothing, shoes and jewellery, garden plants, pet food and woodworking.

There is even a 'floor of wellness' on the first floor, offering reiki, reflexology, psychic readings and painting lessons (all pre-book or walk-in).

Sharon Devaney, market co-ordinator, said: "Each time we purposely aim to mix it up a bit, and this time we've got even got a butcher. We always have a prize draw stall where the lucky ticket holder gets a prize from our stall holders.

"We are immensely proud that all of our stall holders are small local businesses from around the area which was the true aim of the market, and we are always looking for new stall holders.

"We are set in fantastic grounds with the house sitting in the middle of our award-winning Hare Hill Park and the support we get from the local community continues to amaze us."

The spring market will take place from 11am to 3pm on Sunday 2 April at Hare Hill House, Hare Hill Road, Littleborough, OL15 9HE. The summer market will be held on Sunday 23 July.

Stalls yet to be finalised at the time of print.



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For more information about the charity or volunteering for us call **0161 443 4122** and ask for Marie-Anne or Laura. Alternatively email or visit our website:

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ADVERTISING FEATURE

The financial habits to make 2023 less taxing

Good money management habits are at the heart of personal financial wellbeing. They make us feel more confident and in control of our finances, as well as keeping us on track to achieve our long-term goals.

Getting into good tax and financial habits help make your life so much easier. The key is to form new habits that make your good intentions stick, so they become second nature.

Atomic Habits (by James Clear) is a brilliant book that really helped me personally and professionally define and understand my own habits, both good and bad.

Here are a couple of tax-smart habits to get into this year:

Make the most of your allowances

Making the best use of your tax allowances helps to make your money go further. Many of us have ISAs, but there are other possibilities that are sometimes overlooked and left unused.

Make sure you're not missing out on the allowances that you can benefit from. Are you using what you're entitled to, such as 'carry forward' on your annual pensions allowances, or your gifting allowance?

Did you know for example that, in addition to the maximum £40,000 tax relief allowance on pension payments, HMRC will let you carry forward any unused allowances from the three previous tax years – starting with the earliest tax year first.

Or that you can make up to £3,000 worth of gifts in a single tax year that won't be counted as part of your estate when it's time to pay inheritance tax?

Find out what's available and what you could benefit from. You don't want to miss out on a real tax-saving opportunity.

Speak to a financial adviser on a regular basis

If you're not already taking financial advice, this is perhaps the best habit to get into. Financial advice



ABOUT THE WRITER

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

helps you stay on track for your long-term goals, and gives reassurance as well as practical, clear advice in more challenging economic times like the present. Financial advice could be the step that will help you drive other good financial habits.

A regular check-in with your adviser will give you the momentum to keep on top of everything. They help guide and support your decisions, remind you of your options, and ask the questions you need to think about.

This year set some good money habits that will become second nature to increase your financial wellbeing, and stand you in good stead for the future.

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SJP Approved 09/02/23

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For more information, contact our Social Inclusion Officer, Emma, on: emma.flynn@rochdaleafc.co.uk

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for anyone who's retired, or nearing retirement; come and have fun!

FREE

Every Friday, 10am - 12pm

Our Spot Community Hub at Rochdale AFC
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Sandy Lane, Rochdale, OL11 5DR
(free onsite parking available)

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- Dominoes
- Indoor carpet bowls
- Physical activity
- Guest speakers

For more information, contact our Social Inclusion Officer, Emma, on: emma.flynn@rochdaleafc.co.uk

Ian Henderson becomes Dale's all-time record goalscorer

Rochdale striker Ian Henderson has broken a 49-year club record after scoring his 130th goal for the team.

The record-breaking goal also came as the winning one against Salford City on 8 November 2022, earning Dale all three points in a 1-0 win.

Henderson spent two seasons at Salford City between 2020 and 2022.

The club's previous record of 129 goals was set by Reg Jenkins in February 1973.

Henderson's goal came in his 364th Dale appearance, a stat which has him in second place in Dale's all-time appearances list.

He said: "I'm incredibly proud and honoured to achieve this milestone, and emotional to have created a part of history.

"Eight-and-a-half years of working tirelessly, day-in day-out, to break a record



that's been with the football club for such a long time is an amazing feeling.

"To celebrate with the players, staff and especially the fans is a magic moment that I'll cherish forever."

Hendo's first goal for the club came in only his second appearance, opening the scoring in a 4-1 win over Wycombe Wanderers on 9 March 2013.

Photos: DY Sporting



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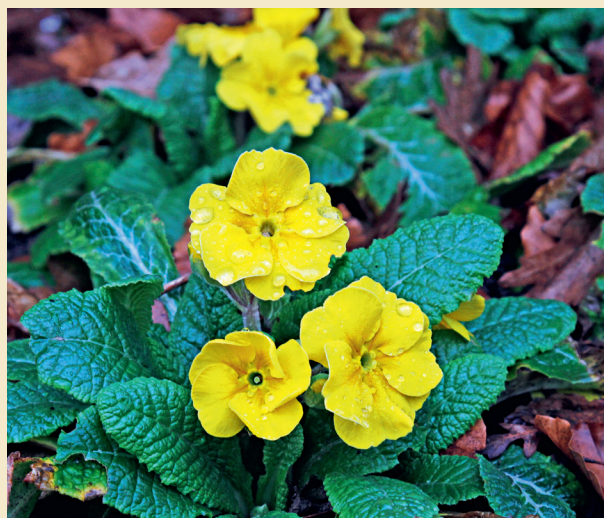
GARDENING TIPS FOR SPRING



ABOUT THE WRITER

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

Petrus Incredible Edibles Rochdale (PIER), is homelessness charity Petrus' Community Allotment located on Belfield Road in Rochdale. It's a beautiful, relaxing and therapeutic piece of land that grows fruit and vegetables and a member of the wider Incredible Edibles network, representing Rochdale. Their vision is to create kind, confident and connected communities through the power of food. As a team, we wanted to share some of the tips and tricks we've picked up along the way.



Lawns

If you are lucky enough to have a lawn, rake out moss and dead grasses ready for the growing season. Lots of dead material can be removed by scarifying. Be mindful that the lawn will look worse than it did before scarifying, but it will recover and be much improved as the grass starts to grow.

Mulching

One of the most important things any gardener can do to prepare for the growing season is mulching. Mulch is any material that is spread or laid over the surface of the soil and used as a covering. Weed borders and raised beds before adding mulch, which can be organic matter like well-rotted farm manure, chipped bark, or here at PIER our own garden compost. Mulching will ensure your soil retains moisture and will reduce the amount of weeding later in the season.



Photo: Paul Maguire - stock.adobe.com



Photo: Sharon - stock.adobe.com

Pruning

If you haven't done so, prune shrub and bush roses. You should not prune ramblers in spring as you will lose this year's flowers. Only tackle rambling roses (like Rambling Rector) if they have got completely overgrown and need an overhaul.

As a rule for pruning shrub and bush roses, firstly remove any dead wood, and then remove any shoots that are crossing (or will cross when they grow). Think about the shape you wish to achieve too. Roses are quite hardy, so don't worry too much about making a mistake. Remember, the more severe the pruning, the more vigorous the growth.

If you have a Buddleia in your garden, these should be pruned at this time of year too. Buddleias are extremely hardy, so if you wish to increase your stock, simply use some of the thinner discarded pruned branches and pop these into a pot of compost and leave outside to take root.

At PIER, we have used prunings to increase the number of Buddleias at the allotment with great success.

Plants for free

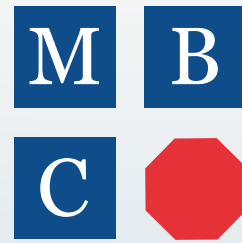
At PIER, we have a limited budget so we are always looking for ways to get more plants without spending the earth! Spring is a good time to take cuttings from hydrangeas. Take stem-tip cuttings of new, non-flowering shoots (about 4 inches long). Remove the leaves at the bottom and leave one pair. Cut these leaves in half to reduce the leaf size. Place in a 9cm pot filled with peat-free compost and perlite. For a 9cm pot, you can have four or five cuttings around the edge of the pot.

Another way of increasing your plant stock is dividing perennial plants. It is best to wait for the last frost before doing this, but plants such as; Agapanthus, Eryngiums, Hostas, Iris, Primulas and Verbena to name but a few, can all be divided and moved to increase the impact of them in your borders.

Plan ahead

Spring will soon run into summer, so now is a good time to start thinking about what you want to grow. Petrus' PIER Community Allotment is open Tuesday afternoons, Thursday and Fridays so come and visit us to see what's growing.

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LEGAL CHANGES AHEAD FOR BUSINESSES

MOLESWORTHS BRIGHT CLEGG employment solicitor, Adam Salkie and trainee solicitor, Katy Dunn reflect on the law and business in 2023 and consider just some of the changes that could be afoot.

Always mindful of Casey Stengel's warning to "Never make predictions, especially about the future," let's take a look at what 2023 could mean for business by way of legal changes.

Underpinning things in 2023 will be the Retained EU Law (Revocation and Reform) Bill. Time will tell whether the government extends the deadline for this, because if not, the majority of retained EU law will expire on 31 December 2023.

EMPLOYMENT

It promises to be a busy 2023 in this sector:

Retained EU Law (Revocation and Reform) Bill

If the government does not extend the deadline, key protections under the Working Time Regulations 1998, such as hours, rest breaks and holidays could be affected.

Worker Protection (Amendment of Equality Act 2010) Bill

This will create a statutory duty requiring an employer to prevent sexual harassment of employees and workers and also makes the employer liable for the harassment committed by third parties; e.g. service users, customers and clients.

Employment Relations (Flexible Working) Bill

Employees will have the right to request flexible working from day one of their employment.

Protection from Redundancy (Pregnancy and Family Leave) Bill

This will extend the rights of protection from redundancy for women during, or after, a protected period of pregnancy.

Carer's Leave Bill

This will entitle employees providing or arranging care to one week's unpaid leave per year, and protection from dismissal, when taking time off.

INTELLECTUAL PROPERTY

The Unified Patent Court (UPC) should open on 1 June 2023. The UPC will be important for UK companies wanting their IP rights protected throughout Europe.

It is vital that businesses holding European patents, or those that carry out business in Europe understand the implications of the UPC as well as the opportunities it presents.

DIGITAL REGULATION

Difficult challenges lay ahead for legislators to create a regulatory framework that is flexible enough to adapt to constantly evolving technology. Businesses in turn will need to quickly get to grips with understanding and implementing new regulations.

Significant pieces of legislation concerning EU digital regulation to come into force include:

Digital Markets Act

This aims to prevent gatekeepers from imposing unfair conditions on businesses and end users and at ensuring the openness of important digital services.

Digital Services Act

This aims to provide clearer and more standardised rules for digital content.

Online Safety Bill

This aims to improve internet safety.

Dani Burke: mental wellness through art

Every Saturday at the Carnegie Library in Castleton, a small group of teenagers are picking up their paints and using art as a therapeutic outlet – all thanks to one woman.

Dani Burke is the artist behind the Creative Teenage Sessions CIC, which provides free art sessions in a positive safe space.

Everything is provided for with no costs or hidden fees, as Dani is firm that finances need not be a barrier: “Some teens might come from financially vulnerable families and I want these sessions to be accessible to everyone.”

After her father died, Dani turned to art. Unable to sleep and battling depression, Dani dug out some blank canvases and picked up her paints, before going on to set up her abstract art business, The Studio Artisan.

Wanting to help others use art in a similar way, she started to run free voluntary sessions for struggling teenagers and adults.

Now Dani runs sessions through Rochdale Mind as a mentally health trained peer support worker, as well as her own sessions for teens through her Community Interest Company (CIC). She’s also held one-off sessions such as one with Healthwatch Rochdale for people with dementia, which she “really enjoyed and wants to do more of.”

Dani’s Saturday sessions have recently been on hiatus, but in that time she has still taken members of the group on day trips out to the likes of Skylight Circus Arts, Rochdale’s Curtain Theatre and Oldham Coliseum.

“I want them to know that I still care about them,” she said.

At the time of publication, Dani has recently finished running a series of private sessions for young girls aged 11-17 on a Monday evening: Empowering & Inspirational Sisters.

The group’s work will be on display in a small exhibition at the library, showcasing the different themes touched on over the weeks.

“These sessions were set up to give young girls the tools to deal with body positivity and open up to express themselves in a positive way away from social media and engaging with other girls,” she explained.

“One mum told me how her young daughter is dealing with the pressures of social media and has received inappropriate messages at just eleven.

“We’ve covered lots of different topics and talking about what life is like now for a young girl, such as pressure to look a certain way. That has always been there but it’s more difficult now.

“When I was that age, it was Photoshopped models in magazines and you could choose not to look, now it’s filters and influencers everywhere, and unwanted sexual attention.

“We needed a place to celebrate being female, empowering these girls and showing them they can do what they want and giving the confidence to do that. After the first session, they were already making friends and swapping phone numbers.”



Last year Dani was shortlisted for the Rochdale Borough Sports & Culture Awards, which celebrates local sporting and cultural heroes.

Since setting up the CIC, Dani has taken on two additional volunteers and an additional director, meaning she can now apply for funding – something that had been a barrier when first starting out.

Now Dani has also set her sights on running a group for peri-menopausal and menopausal women – and is ready to welcome any older volunteers.

“It shocks me that there’s nothing in Rochdale for women of that age. Women are fabulous when they’re 60; they say what they think and they don’t care what people think about them.

“It’d be great to have a two-hour session during the day that mums can come to when the kids are at school. It’s hard to fit things around being back for them so a two-hour session would be ideal to fit into the day.

“I’m looking for a base now to be open all week, an open door for the community and a warm space for company. I need something permanent; that’s my next goal.”

WHY SPRING CAN STILL GET UP YOUR NOSE

You would think that brighter, warmer weather would herald the close of the sickest period for patients and the busiest time for health carers.

Certainly, the surgeries and wards should be less frantic, but it is not a time for doctors to rest easy or indeed for you to be sedentary!

Spring, as its apt name suggests, should be the time to rise-up, get motivated and be more active.

However, for one in four of us, venturing out instead of loitering inside, brings with it a new problem – seasonal allergies.

The most familiar of these is hay fever provoked by pollen, a light powdery substance found in foliage. When plants and trees are in full bloom, hay fever is at its zenith too, making the eyes itch and stream, and the nose run, with endless sneezes and fatigue affecting the sufferer.

Most springtime allergies are caused by the rhinovirus infection. This is another suitable name, because like the rhinoceros it is enormous and is actually responsible for around half of all common colds.

Assuaging allergies can be achieved by a visit to the GP or pharmacist, or by taking some responsibility yourself.

Allergies follow a pattern, so diarise them to see when they started and how they

made themselves manifest. That way, you can be prepared with medication such as antihistamines, and even ready to alter your routine accordingly.

Pollen is at its worst during the morning, and a check of the weather forecast may predict if levels are going to be high. Limit doing any gardening near rural areas and take a shower after being outside as pollen can adhere to your clothes. Those with chronic hay fever may also want to keep windows and doors shut when the count is high.

I mentioned the common cold. What spring brings us is a natural shield against this, through seasonal fruit and vegetables. Make the most of these and keep your vitamin C levels boosted.

Exercise is the other best friend of good physical and mental health. It has been such a difficult winter period for so many of us, but spring is nature's way of lifting us back into the light.

One of the chief causes of gloom has been the cost-of-living crisis and so you may feel that joining a gym or taking part in organised team sports is pricy. But all you really need is a pair of decent fitting trainers or even shoes to walk in, to do your health good.

So, there is the challenge. Now, put that spring in your step!



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.

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