

ISSUE 05 SUMMER 2019

REAL ROCHDALE

**JOHN
KAY**

MAN OF ROCHDALE

**ROCHDALE
CYCLING CLUB**

CATERING FOR ALL NEEDS

KEITH HICKS

FOOTBALL IN THE
COMMUNITY TRUST

**TURNERS
DANCE STUDIO**

KEEPING ROCHDALE DANCING

**BIRDS AT
THE LAKE**

WITH IAN KIMBER



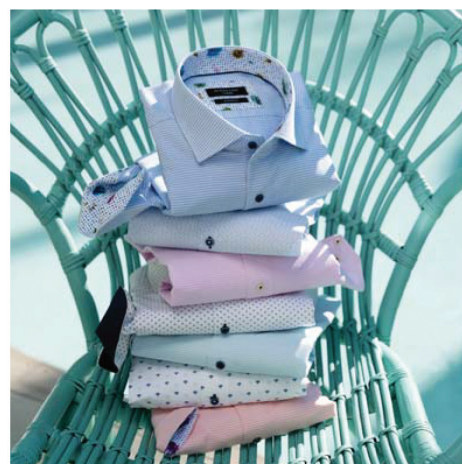
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John Kay – Man of Rochdale

Current 'Man of Rochdale', John Kay, was born and bred in the borough, and has lived in Littleborough all his life.

His father, Frederick William Kay, was a senior partner at Molesworths solicitors with John as his articled clerk – yesterday's version of an apprentice.

One year into his training at the then Littleborough business, John took over the running of Molesworths at just 18 years old, when his father died.

Between 1985 and 2006, he continued his father's legacy as a senior partner at the current Molesworths Bright Clegg in Rochdale town centre before stepping aside to become a commercial consultant; still providing local businesses and individuals with legal support.

John has raised thousands of pounds for various causes over the years and had an incredible input to a variety of organisations and groups within the borough. Believing in Rotary's motto of 'Service Above Self', John says the Rotary Club of Rochdale was his starting point with charity work 30 years ago.

In 2012, John was presented with Rotary's highest award, the 'Paul Harris Fellowship', at a surprise ceremony, for his outstanding service to the club and community.

Recently, John has been running a pop-up art exhibition with local artist Geoff Butterworth in the Rochdale Exchange Shopping Centre, where Geoff gives 20% of his earnings to Rotary's chosen charities.

A prominent member of the Littleborough community, John is the treasurer of

Littleborough Civic Trust and is involved with Littleborough Canalside Development Group, Littleborough Coach House Trust and

Littleborough Events and Association Forum

(LEAF), to promote local places and 'always has the best interests of the village at heart'.

John has served on the Mayor's Charity Committee for over ten years and has been asked to chair the committee this year for a second time by the new Mayor of Rochdale, Councillor Billy Sheerin.

He is also an active fund-raising member for the Rochdale branch of the NSPCC, organising events such as the Ladies Ascot Day at Nutters

Restaurant, and was chairman of the NSPCC Rochdale & Oldham Business Group.

John was one of the founders of Rochdale Connections Trust (RCT) 20 years ago, which he, along with magistrates, started when they found there were young people in Rochdale who didn't have a school to attend as they had dropped off the registers.

RCT trained volunteers to mentor young, disaffected individuals and matched them with youngsters; magistrates played their part by ordering many young people in court to attend the trust.

John said: "I had a particular wish that we should help the families, as opposed to just helping the children who get into trouble. I was involved with the local NSPCC through my wife, Elisabeth, and I put forward a motion at the national conference of the NSPCC that they should spend more time helping families and not just individuals. It received a great amount of support and now the NSPCC is helping families, along with RCT."

John was named as the 25th Man of Rochdale at Rochdale Town Hall. On receiving the accolade, John said: "It is so rewarding to know that people voted for me. I hope I can live up to what people expect of me. I am delighted to be able to put back into Rochdale what Rochdale gives to me. I like to put back into society what I have got out of it. I am so glad and appreciative that this year was my time."



Photo: Katie Davies

Hi, I'm Karl...

'Photography by Karl' is part of who I am but there is another part too, which involves my two sons, my wonderful girlfriend, my chilled out cat and a handful of lifelong friends of true quality. It is this little gang that inspires me, lights up my weekends, challenges me and occasionally drives me a little nuts!

I guess though, you would like to know more about how I work?

I am multi award winning, mentored by the best, shooting professionally since 1985. I am seasoned, but still passionate, still evolving. I innovate and I am proud to inspire and mentor other photographers. Basically... I know my stuff and knowing your stuff is something you should not take for granted, especially when choosing a photographer.



I run a busy studio from Albert Mill in the heart of Milnrow village and I shoot, edit and design everything personally. From start to finish it is my hand at work and I am not happy until my client is. I love my job, I want to keep doing it, so I make sure I do things right.



No one knows their goals better than my clients and if their experience with me is to be a success, then I have to understand this, I have to listen to them. Together, we can find the perfect balance of image, design, size, budget and style to ensure they leave with the perfect portrait wall-art for their home.

My shoots are always relaxed affairs, this really matters. If you can relax and have fun in my company, then my job is easy. If there is a buzz around the shoot, laughter where the camera is, no formality, nothing forced then images will flow. There is no magic formula for what I do, each family and every shoot has its own story, all I have to do is find that story.

Portraits

Years of experience at running a photography studio ensures my shoots are professional, relaxed and fun, producing fresh vibrant images which capture's the personality of families perfectly. I then use these images to create unique Wall-Art presentation, designed to fit beautifully into my client's homes.

Newborns

I always regretted not having this done with my own children, but it just wasn't a 'thing' back then.

I recently added a custom built a new-born baby studio to help capture this fleeting time perfectly and I am so pleased with the results. This has really taken off now and due to the unpredictable arrival dates, and that shoots need to be done between 5-12 days old, I can only take on 20 babies per month, so if you are pregnant please register for your shoot with me as early as possible. Bookings accepted from 20th week of pregnancy.

The new-born shoots are currently offered with no up-front cost, it is a great way of introducing young families to my studio, they come along have the shoot, then choose their favourite images at a viewing a week later, buying only what they love. There is no catch, no pressure selling, but what I do make is a chance to become a family's chosen photographer for life; I have found that once they experience what I offer, they come back time and again as their family grows.



Weddings

Weddings are always unique, beautiful stories. The images should reflect this, bringing smiles and memories for years to come. My style is to create natural images which are personal to each bride and groom.

After the wedding the time and attention I take when creating the wedding art-book goes beyond the ordinary. They are then presented in only the finest Italian handmade books. Nothing is rushed, deadlines kept, and everything is perfect.

This philosophy is how I earn my reputation. To maintain these high standards, I only commit to 15 weddings each year. So clients need to book early to secure my services

Fundraising

I am also proud to be a member of the 'Ultimate Photographer Group' since 2014, an elite invitation only organisation whose goals are to raise standards of customer service and improve photography skills across our industry. We also aim to raise as much as we can for local charities and community projects, so if anyone is raising funds please feel free to ask me how I can help.

On average our group raises £200 for every fund-raising event we get involved with.

Albert Mill, 34 Newhey Road, Milnrow, Rochdale OL16 4EG



Rochdale Cycling Club Irish Sea dip at Whitehaven

Rochdale Cycling Club

Rochdale Cycling Club was originally set up 20 years ago for the underprivileged and those with special needs.

True to its original ethos, the club continues to cater for all needs including experienced cyclists, total beginners, those with disabilities and people who do not have their own bikes.

There is no membership charge and you do not need to have a bike or helmet to join as these are provided free. The club has a wide range of bicycles which are loaned for the rides, including specially adapted cycles.

There is a cycle for everyone regardless of ability, ranging from tandems for the use of visually impaired riders, trailer bikes to accommodate children over the age of four years old, electric bikes, hand cranked cycles to hybrid vehicles for wheelchair users – even one adult and three children can join in on the club's four-seater.

Chairman Stephen Durham, a solicitor from Oldham, explained: "Specially adapted cycles are ideal for those who are visually impaired or who have medical conditions."

The club has 35 active members and around 70 'occasional' cyclists, with weekly rides averaging between 10 and 20 cyclists. Ride routes vary depending on the ability of those who are cycling that week and are decided the same morning to ensure that the route is suitable for all taking part.

Stephen explained: "Sometimes these are off-road and sometimes on the road. The sights are amazing and bring riders closer to nature on the off-road rides, whilst getting away from the noise and traffic.

"The Saturday rides are at an easy pace and are fairly short, riding to a café stop and then returning.

"Riders with their own bikes may use them if they prefer.

"The rides are free, but cyclists are advised to bring a little money for a café stop.

"Cycling really is a personal achievement, especially as lots of us learn as children.

"Like anything, you get out what you put in and cycling makes you feel good, increasing your endorphins and dopamine levels. The social side should not be overlooked either."

The club also takes on harder challenges, including completing the coast to coast ride from Whitehaven to Robin Hood's Bay, raising hundreds of pounds for the club's overheads in the process. This year's ride is set to be completed in just one day in September.

Stephen added: "The club regularly takes part in camping trips to ride on forest trails such as in Wales and Scotland, whilst those with a practical side may get involved with fixing bikes to sell to support the club. These activities help people to gain self-confidence and even broaden their CVs and job prospects.

"Cycles are donated to the club and we make them ready for the road again and either use them or sell them to raise funds. Any unwanted bikes are always gratefully received and put to good use. Similarly, we always have cheap second hand mechanically sound bikes for sale.

"We are incredibly blessed with the country views we have here in Rochdale, and we are so lucky to have the terrain we have right on our doorstep."

New volunteers and riders are always welcome, regardless of experience.

Rochdale Cycling Club meets 9.30am Saturday morning at 43 Molyneux Street, Rochdale.

rochdalecyclingclub.co.uk



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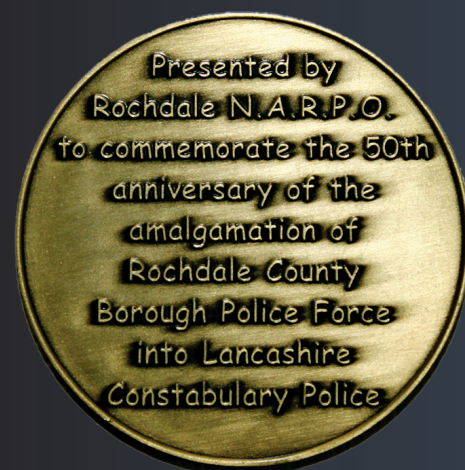
Rochdale Borough Police Force

50th ANNIVERSARY OF AMALGAMATION WITH LANCASHIRE CONSTABULARY

The 50th anniversary of the amalgamation of the Rochdale Borough Police Force into Lancashire Constabulary was commemorated on 1 April 2019 at Rochdale Town Hall.

To celebrate the day, the Rochdale Branch of the National Association of Retired Police Officers (NAPRO) invited surviving members, together with widows/widowers, of the old Rochdale Borough Police Force, to the usually closed off police cells at Rochdale Town Hall where the area containing six cells, including one for females, with a toilet in each as well as a shared bathroom at the end of the block, could be browsed.

Members of NAPRO organised displays of memorabilia and photographs throughout the cells from when the local force was formed, up to the amalgamation on 1 April 1969.



Ranging from ceremonial swords from 1870, to Hiatt Nipper handcuffs used in court escort from 1910, the cell blocks were filled with local history.

In April 1857 when the Rochdale County Borough Police was formed, there were 15 serving officers: one superintendent, two sergeants and 12 constables. The first working year of the police force cost £1,235.

112 years later, on Sunday 30 March 1969 at 10.00am, Rochdale Borough Police Force assembled for the very last time in a parade from Rochdale Town Hall to Rochdale Parish Church of St Chad's.

There were over 200 officers and workers on Rochdale Borough Police Force at that time.

Keepsakes were gifted to all of the force at a farewell service at St Chad's, taking place before the amalgamation with other forces into a new Lancashire Constabulary.

NAPRO aimed to provide those same treasured keepsakes and produced a commemorative reminder for the 50th anniversary, like the ones received 50 years ago at the farewell service to remind the officers of their work.

Secretary of the Rochdale Branch of the Retired Police Officers Group, John Bamford, said: "This celebration is purely a show of appreciation for those who truly policed the town, before we even had radios or computers, and every street was manned.

"The people here are Rochdale people through and through.

"I joined the police force in 1978 and when I retired in 2009 I made sure to stay in touch with all the men. Some of the people we contacted to join us today have come from as far as the Isle of Man, Scotland and even Australia.

"Thank you to everyone who has joined us at this celebration."



Northern Baroque Orchestra

Performing music from a time rich in creativity and extravagance, Rochdale's very own chamber orchestra is a hidden jewel to many and has been for many a year.

The Northern Baroque Orchestra (NBO) was founded in 1985 by the late Linda Williams, violinist and head of string teaching with Rochdale Music Service, who had the idea of forming a small orchestra with her friends and fellow professionals.

The orchestra was composed mainly of strings with a few woodwind and brass when required.

At first, the NBO accompanied choirs in the area, the Festival 80 choir conducted by the late Roy Lunn and accompanied by Ian Niven on harpsichord – two local musicians.

Their repertoire was based on the Baroque era of classical music – approximately 1600 to 1750.

The period saw composers like Bach, Corelli,

Vivaldi and Handel pioneer new musical styles, with instruments being grouped together in a way which formed the early version of the modern orchestra.

Sue Verity, a colleague and friend of Linda's, played in string quartets with her in the 1980s and is the only remaining member of the original orchestra.

Linda sadly died at quite a young age and the string trophy at the Rochdale Festival of Music, Speech and Dance is dedicated to her memory.

The Northern Baroque Orchestra has continued Linda's vision over the past 34 years, performing at venues around Lancashire and Yorkshire.

Essentially a string ensemble, the orchestra also welcomes guest woodwind or brass players when augmentation is required.

The group is constantly changing, though it has members who have been involved for years.



Some members travel from all around the North West to play with NBO as it is quite a unique organisation.

Concerto soloists come from within the ranks of the orchestra, or specially-invited friends or colleagues. Young soloists from the Royal Northern College of Music and Chetham's School of Music have also had the opportunity to play with the ensemble. Occasionally brass is included in the repertoire.

Distinguished past soloists include Alfred Pollard (oboe), Martin Wallington (viola), Stina Bisingaliev (flute), Yuri and Dmitri Torchinsky (who played Bach's Double Violin Concerto together), and Donald Clarke and the late Martin Miller (who played Mozart's Sinfonia Concertante together).

Seeing a string orchestra playing with precision and unison is majestic and sounds amazing, capturing the senses for young and old alike.

The Northern Baroque Orchestra performs two regular concerts a year at the churches of St Aidan and St Edmund and has two regular conductors, Michael Dow and Paul Witkiewicz, although they also welcome guest conductors.

Over the years, the Northern Baroque Orchestra has forged close links with a range of conductors, recently welcoming back Paul Witkiewicz for their Spring concert at St Edmund's Church in March.

The choice of music is mainly from the baroque era (approximately 1600 to 1750) and the early classical era (1750 to 1820) but also includes music which is more familiar to their audience – more recently Pachelbel Canon and the Arrival of the Queen of Sheba as well as Grieg's Holberg Suite.

Northern Baroque's summer concert includes a first performance by Colin Bayliss. Written for the orchestra to celebrate his own 70th birthday, 'Satirico e Concerto Grosso' is a whimsical piece that has surprises but written in Baroque style. The programme will include also include Grieg's 'Holberg Suite', 'Air in D Major', Bach, 'Abdelazar' by Purcell and 'Summer' from 'The Seasons', Vivaldi.

The concert will be held at St Aidan's Church, Manchester Road, Rochdale on Saturday 13 July at 7.30pm. Tickets are available from Eventbrite.

For further info, contact Sue Verity: 01706 631942 - 07801 077063 - sueverity@sky.com

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Junction 21 Executive Travel

Multi-award-winning executive travel company Junction 21 is a real Rochdale success story.

A taxi driver in the borough for over 20 years, Heywood born resident John Byrne decided to invest in his own company and cater for customers throughout the Greater Manchester area over 10 years ago.

Founded with just one chauffeur driven Mercedes Benz in the autumn of 2008, the business has now expanded to provide three levels of service:

Bronze – Standard Business Class
Silver – Executive Business Class
Gold - Chauffeur Driven Mercedes Benz

All new recruits begin as bronze drivers and through continued in-house training, and attainment of NVQ Level 2 qualifications in Passenger Transportation, progress to providing the silver and gold service.

The business hit a high in 2015 when it won Business of the Year (turnover under £1million) at the Rochdale Business Awards ceremony, as well as John being nominated as a finalist for the Business Person of the Year.

John, owner of the family business run alongside his wife, Pauline, and sons, Michael and Daniel, said: "I love what I do and I am proud of the success of the company.

"We provide over 70% of the business community with Manchester Airport transfers, and an increasing number of private customers who are looking to start their holiday off in style.

"We are thrilled to be able to offer our expert service at affordable prices in the Rochdale area and beyond."

With a fleet of company and driver owned Mercedes, the cars are used for a variety of services including executive business travel, wedding car hire, prom car services and airport transfers.

A thriving business since the beginning, Junction 21 has expanded across two companies – J21 Chauffeurs and J21 Airport taxis, an online airport taxi service founded five years ago.

www.junction21chauffeurs.co.uk

www.j21airporttaxis.co.uk



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'Keeping Rochdale Dancing' for 70 years

Celebrating its 70th anniversary in 2019, Turners Dance Studios was founded in 1949 by Joan and Christopher Turner.

From ballroom and Latin, contemporary, freestyle, hip hop and street, plus a more recently introduced theatre school, Turners styles of dancing and classes are continuously evolving with time.

Joan met her husband to be, Christopher, when she taught him to dance at the Rochdale School of Dancing on Yorkshire Street.

Taking over the School of Dancing as a couple in 1949, Turners Dance Studios was formed before moving to George Street, where it currently remains, in the 1960s.

Run by Joan and Christopher together, Turners specialised in Latin and Ballroom and Rock 'n' Roll - two styles fitting with the times - before their daughter, Stephanie, introduced Freestyle and Disco in the late 70s after the craze of 'Saturday Night Fever'.



Joan Turner



Paul-Michael Jones, Stephanie and Stephen Jones, Lizzie Stavrou and her parents George & Dimidra

In 1978, dance teachers across England gathered at Turners for a chance to learn Stephanie's unique disco style.

After 64 years of teaching, Joan hung up her dance shoes in 2012, but her passion lived on through her family.

Now owned by Stephanie, her husband Stephen and their son, Paul-Michael Jones, Turners has been a family run business over three generations.

Stephen said: "Joan totally lived for dancing. Even in her 80s, she would rest all day just to lead a dance class in the evening. It was Latin and Ballroom until the end.

"Dancing was the most important thing in her life, and we're keen to continue moving forward and extending the business for her."

Meeting as dance partners over 40 years ago, Stephen and Stephanie have won three Carl-Allan awards - described as the 'Oscars of dance' - for their services to the dance world.

Stephanie was the UK Disco Champion and North of England Latin Champion and Stephen won the British Youth Ballroom Championship, as well as multiple British Isles and European Championships with dance teams over the years. Before Strictly, they both also performed on the BBC hit 'Come Dancing'.

Their son, Paul-Michael Jones, has been dancing from the age of six and first competed at 11. He represented England in the Latin American World Championships before attending Laines Theatre Arts in London.

Paul-Michael starred in ten West End shows, but his big break came in 2014 when he landed Patrick Swayze's role as Johnny Castle in the first UK tour of Dirty Dancing.

His wife, who he met on the set of Dirty Dancing and goes by the stage name Lizzie Stavrou, is also now part of the family business; teaching regular

classes such as a new heels class at Turners, alongside starring in Channel 4's Hollyoaks.

Together, they also run a theatre school at the studio, providing students with all the information they need on auditions, how to prepare for rejection and success and what big schools to attend to gain the best opportunities in the future.

Paul-Michael said: "Turners Dance Studios isn't just about dancing, it is about the social life you develop.

"Like the Turners generations who run it, we have generations of families attending who are always welcome.

"To have people coming back time and time again to a small school in Rochdale, after being at such a prominent school in London, to continue their development - that is truly amazing."

Turners has four dance studios and recently underwent refurbishment and re-branding with a new website, logo, and dance outfits to continue to appeal to the next generation.



Paul-Michael & Stephanie Jones with two students



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BIO-IDENTICAL HORMONE REPLACEMENT THERAPY ALL YOU NEED TO KNOW

WHY MIGHT YOU NEED BIO-IDENTICAL HORMONE THERAPY?

The hormones within your body control most of your body's basic functions, and work as an internal communication system between your body's cells. Everything from your daily mood, energy, digestion, appetite, immune system and libido is controlled by hormones, which is why when these hormones are out-of-sync or unbalanced, it can have a huge impact on your physical and mental health and well-being. If you suffer with any of the following, BHRT could be a really great solution for you:

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- Pain during sex
- Problems sleeping
- Loss of energy
- Fatigue
- Loss of muscle mass
- Weight gain
- Foggy thinking
- Mood changes
- Memory loss

WHAT ARE BIO-IDENTICAL HORMONES?

Bio-identical hormones are different from those used in traditional HRT (Hormone Replacement Therapy) as they are chemically identical to those our bodies produce naturally. Bio-identical hormones are made from plant estrogens, based on a substance known as 'Diosgenin', whereas in HRT, hormones are often created synthetically.

BHRT FOR THE MENOPAUSE

BHRT is effective in treating both men and women when their hormone levels drop or become unbalanced. BHRT is most frequently used to ease the symptoms of perimenopause and menopause in women.

WHEN SHOULD YOU GET A HORMONE HEALTH CHECK?

Recent research has shown that women are experiencing perimenopause and menopause at much earlier ages than is predicted. Many times,

by the age of 40, a woman can be totally depleted of normal levels of estrogen, have lost almost all of their progesterone, and have lost more than half of their testosterone.

These fluctuating levels and hormone imbalances can cause serious health issues in some cases, and it's for this reason that it is encouraged to get your hormone levels assessed sooner rather than later - don't wait until symptoms are strong and affect your daily life.

HOW LONG BEFORE BIO-IDENTICAL HORMONES START WORKING?

You will see improvement within the first two to three weeks of therapy, but it will take up to eight weeks to feel the full effect. An experienced medical practitioner will try to achieve the best outcomes and results with the lowest possible dosage of bio-identical hormones.

HOW CAN I FIND OUT MORE ABOUT BHRT?

There are many useful sources online that can provide insightful information into bio-identical hormone therapy. It is definitely worth searching for a local menopause clinic near you that can provide information and answers to your questions too, but always ensure the clinic is CQC registered.



Deborah Vines is a Registered General Nurse, Independent Nurse Prescriber and the Medical Director of The Menopause Clinic based in Heywood. She has been involved with Bio-identical Hormone Replacement Therapy for eight years and owns one of the longest established Medical Aesthetics Clinics in the North West.



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Skylight Circus Arts

BY STEVE GIFFITHS

A 250-year-old art form is being practiced in Rochdale and not many people know about it. Apart from the former Beatle, John Lennon, who wrote a song called 'For the benefit of Mr Kite'.

Lennon saw a poster from 1843 in a second-hand shop advertising Mr Kite's performance in the show of the great Pablo Fanque at Rochdale's Town Meadows and now Skylight Circus Arts keeps up the tradition from their well-equipped circus school and studio theatre in St Chad's Fold, with training in circus skills and performances of the art of circus.

Founded almost 30 years ago, Skylight preserves the traditions and skills which circus promotes and combines them with other art forms such as dance and drama, to create new circus theatre. From walking on high wires, to performing on the trapeze, silks or cocoons and all skills in between, Skylight will develop people who want to run away to the circus, or just enjoy testing themselves and developing their confidence.

Their team of experienced trainer/performers can offer young people, disabled people and the silver haired the opportunity to grow and perform in a safe environment.

This is 'social circus' where the benefits to health and well-being are as important as the creativity.

The Creative Director, Martine Bradford, says they work with a wide range of people because many want to develop their abilities.

Martine said: "It is amazing how people respond to the chance to do something that

they never thought they could. They get so much confidence from the circus skills they can learn."

Children in Need, Short Breaks, Henry Smith and the Postcode Lottery fund projects with special schools and for young people with a variety of special needs and disabilities

Besides the performances they put on in Rochdale they have worked with international circus organisations and in other Greater Manchester venues such as the Lowry.

As Martine says, they have a long tradition of showing that circus is a genuine art as well as great exercise. Generations, a moving and highly-skilled collaboration between Skylight's older Youth Circus and the Silver Circus (over 55s) was awarded 'Cultural Event of the Year' 2018 at the Culture and Sports Award Ceremony in Middleton Arena.

The youth or adult aerial classes helps people to learn and develop skills on all forms of rope, silks and trapeze.

You can start as a complete beginner and in a very short time you are dangling up there striking a pose. And all in a safe, supportive environment.

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PHOTOS: GILES BENNETT



Keith Hicks - Rochdale AFC

Football in the Community Trust



Rochdale AFC's Football in the Community Trust (FICT) initiative has been operating for 32 years.

Officially introduced in Rochdale in September 1987, Keith Hicks has been at the heart of the trust from the very beginning.

Community Sports Trust Manager since October that same year, he has overseen the transformation of the scheme across the last three decades.

We interviewed Mr Hicks about his work with Rochdale AFC, including some of the work the Trust is doing currently.

What is Football in the Community Trust?

The scheme was set up by the Professional Footballers' Association (PFA) in the late 1970s/early 80s when there was a lot of

hooliganism surrounding football. Micky Burns

and Gordon Taylor from the PFA thought that providing clubs with a community office, and getting them out interacting with the locals, would be a good way to engage people in the sport and prevent fighting.

The scheme was initially introduced at six clubs - Manchester City, Manchester United, Bolton Wanderers, Oldham Athletic, Preston North End and Bury - before Rochdale and five other clubs joined six months later.

The intention was to use the facilities at each club to promote community engagement and use players to act as role models, especially to youngsters in the local communities, which we are still doing today.

How/why did you get involved with the Trust?

I played football all my life. My highlight was playing at Old Trafford against Manchester United in the FA Cup - we beat them 2 - 0.

I came through the Academy at Oldham Athletic and made appearances for both Latics and Hereford United, before I was forced to retire from the game. I played for Dale between 1985 and 1987 and it was during a match against Crewe Alexandra at Spotland that I sustained an injury. Because I was looking for a job, I returned to the club and just fell into the community department. It was something new at the club and they needed a hand, so it was perfect timing.

What are the aims of the trust?

The aims were, and still are, to encourage more people to play football, and to offer sport opportunities to different groups of people.

When we first started, FICT was just a school's programme, and I went into local primary schools, high schools and SEN schools with a couple of bags of balls each week and simply delivered football, that was it.

As time has gone on, we have developed into a scheme where we have four main themes: education, health, social inclusion and sports participation. We break all of our activities down into these themes to benefit different individuals.

We want to get kids off the streets. The Kicks programme that we are doing does this at night time - we have got about 200 kids on Friday nights. One at Kingsway Park, one at Heywood Sports Village, a session at Soccer Factory and Rochdale Leisure Centre. A lot of them are upcoming school leavers, so the BTEC we provide will be right up their street.

One of the biggest issues at the moment in the borough is isolation, so we do the Silver 60s to try and keep the senior citizens amongst us active. In 2018, we had 35 senior members.

Walking football set off about two/three years ago and it is massive now all over the country. There are games at Heywood Sports Village where they are in a league. One guy has lost two stone in the last three years and he has got his love back for football again. He has now been invited to play for North West over 70s, which is brilliant.

We do work with asylum seekers and host disability programmes also. Sessions are seven days a week.

How does the scheme benefit the community?

Mentally, you just feel better running around playing football. People talk to us about a issues they have got but because of these sessions, they feel like they are doing something worthwhile.

We benefit through Primary Stars, when we go to schools one day a week for 6-12 weeks, then teachers can copy our sessions if they want to.

We go to high schools to work with girls 14+, funded by Premier League, as it is believed when females get to 14, they lose all interest in sport - they meet boys, have other issues and they just drop sport. We have got over 100 girls now involved in our all girls section. They benefit because they can continue something they love, whilst having a good social life.

What has kept you going for these 32 years?

There are different projects to be working on every year and there are always new people to meet. The Trust work really does keep you on your toes.

From the start. the project's aim was for people to be able to access quality sport provision whatever their age, gender or ethnicity, and I believe the same.

I will always remember helping Jamie Allen - current midfielder for Burton Albion - reach professional level. He was recommended to the Dale Academy and given an apprenticeship.

This is just one of the highlights I have from my time here and why I love the job.

There are so many things that we do daily, and we try to benefit everyone who comes to us.

I know we are a football club for mainly football fans, but we want to embrace all of the community.

The Great Hall in Rochdale Town Hall is adorned with a large fresco of the signing of Magna Carta by artist Henry Holiday



Magna Carta Libertatum, commonly called Magna Carta (also Magna Charta; "Great Charter"), is a charter of rights agreed to by King John of England at Runnymede, near Windsor, on 15 June 1215.

Henry Holiday (17 June 1839 – 15 April 1927) was an English historical genre and landscape painter, stained-glass designer, illustrator and sculptor. He is considered to be a member of the Pre-Raphaelite school of art.

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Rare Innocenti Mini Cooper



The Mini you see gracing the cover of this issue of Real Rochdale is an unusual one.

This almond green vehicle is a rare Innocenti Mini Cooper 1300 Export from 1973, which was bought and imported from Italy by local businessman Jonathan Rigg 25 years ago.

Under the ownership of the British Leyland Motor Corporation, rebodied versions of the Mini were built in the 1970s in Milan, giving rise to the Innocenti Mini.

Created as the equivalent of the 1275 Cooper S for the Italian market, the 1300 Export was introduced in 1973.

When purchased, the Mini was in 'a sorry state' before undergoing restoration.

Jonathan said: "I had a Mini when I was younger, and wanted something to do, so I bought the Export for £500 and decided to restore it to its former glory."

In the last 15 years, the Mini has been out only a few times.

Jonathan added: "I think this is the first time it has been out in about 10 years. I did drive it briefly when I was between cars, but it is kept in storage now. It only comes out on special occasions."

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Birds at Hollingworth Lake

by IAN KIMBER

Hollingworth Lake, nestled in the Pennine foothills, is well-known as a local attraction, drawing visitors far and wide to walk its circumference, enjoy an ice-cream or coffee, or generally spend an enjoyable day out with the family in beautiful countryside.

Hundreds of mallard, Canada geese, black-headed gulls and the odd mute swan will approach almost within touching distance when visitors at the rowing club car park offer bread and titbits by the water's edge.

Beyond this, most casual visitors will likely not notice the wide variety of other bird species that can be countered with regular and careful observation.

To see the best birds, typically you need to be an early riser.

The Lake acts as a cross-Pennine resting point for migrating ducks and swans, but these are wary beasts and will be off in an instant as soon as any boats are out on the water.

Watch out for wild whooper swans with their straight necks and yellow bills. From late autumn until spring, a bevy of swans seen out in the middle of the water could well be this enigmatic species, en route to or from their Icelandic breeding grounds.

Keep an eye open too, for odd ducks – if you see an all-black duck with a yellow bill (or even a small group



Goosander



Kingfisher

of these), there is a fair chance of them being common scoter, a marine species that breeds in northern Europe and Russia.

Visit the nature reserve in the south-east corner, and you will find a small enclosed pool surrounded by willows, and a visitor's hide where you can sometimes get close views of wading birds.

If you are especially lucky, a fleeting glimpse of cyan and orange, the kingfisher, which

will sometimes perch on handy branches over the water.

In spring and summer, watch out for common sandpipers, bobbing as they search for invertebrates along the water's edge.

Lapwings (aka Peewits, after their plaintive call) are common, but a close encounter reveals how beautiful their plumage really is.

In winter, you may get closer to some of the diving ducks, such



Black-headed gull



Common tern

as tufted duck or goosander, both regular species.

In spring, great-crested grebes will perform their head-shaking, weed-carrying breeding ritual.

Summer is a time for breeding species, and things quieten down from a birder's perspective, as the local birds get down to rearing their young, busy with collecting nesting material or food for their brood.



Goldfinch



Kestrel

However, there is still the opportunity to see something spectacular.

If you look carefully among the flying black-headed gulls, you may find a more graceful version, likely to be a wandering common tern.

These elegant species, with their black caps, pointed wings and long, forked tails, are a joy to watch as they dive into the water in search of small fish.

Keep an eye open on buoys and posts in the water on which they like to rest.

In the surrounding woodland, one of the commonest, yet most beautiful birds, is the goldfinch.

Look carefully and you may see a plump and rosy bullfinch, and keep an eye out overhead for birds of prey – kestrels, sparrowhawks and buzzards are all present in the area, but tend not to stay around too long for careful observation. Sometimes you may find a kestrel perched atop a tree, but sparrowhawks will dash by in an instant, whereas buzzards can be seen soaring overhead.

With regular observation, it is possible to see around 100 bird species around the Lake itself, and over the years, the reserve has attracted the occasional major rarity, bringing twitchers from far and wide.

In 1983, a collared pratincole from southern Europe was a superb find for a local birder.

In 1993 another southern visitor, black-winged stilt appeared, but stayed for only a few minutes.

In November 2010, an American pied-billed grebe had twitchers descending from all over the country.

More recently, a ghostly glaucous gull from the high Arctic spent much of the winter here in 2018.

Whatever the time of year, there's always something to see.

Dust off your binoculars and see what you can find.

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NODDY'S PUNCTURE



There aren't many people who can say they have shared a stage with their musical icon, and even fewer have released a CD, or even loaned out musical equipment. Local musician Tom Szakaly can tick these boxes as one of the fortunate few to have performed alongside the legendary Keith Emerson, of Emerson, Lake and Palmer, thanks to his ELP tribute band, Noddy's Puncture.

They first met in 1987 after Tom knocked on Keith's door to invite him to the pub, paving the way for future collaborations.

Their paths crossed again in 1992, during ELP's Black Moon tour. With ELP due to play the Manchester Apollo, Tom had a phone call from Keith, in Holland at the time, asking if he knew of anyone who could take a look at his equipment, which had been rendered useless the night before.

In 2005, Keith Emerson came along to one of the Noddy's gigs at his local pub, The Six Bells, before getting on stage and joining in with the

set. The gig, which was, being recorded, was subsequently released on CD – a dream for many musicians.

Tom said: "I knew he was going to be there. Keith's son and his partner always came to my gigs, so I had an inkling he would bring his dad. He turned up and joined in on the third number, going on to play a few on his own. It was just a big jam really; everyone's jaws were on the floor and I was over the moon. Keith had a whale of a time."

An ardent ELP fan since the age of 14, Tom finally had the chance to form the prog tribute band he had always dreamed of, with Noddy's Puncture rising from the ashes of his previous band, Shanghai.

Noddy's Puncture – named after Carl Palmer's 'Noddy' drumskin – started 30 years ago and is made up of Tom on keyboards, drummer Frank Askew, from Bognor Regis, and Ed Blaney from Seaham, on vocals, bass and guitar.

Tom explained: "Because of the distance, we rehearse online. Prog is an era of people playing their instruments. You still need to be dedicated, which is something you will only get from other fans.

"The show would not go on though without Dave Derbyshire. He helps load and unload the vans and does our sound mixing."

The group have performed right across the country, from Rochdale to the north east, Sussex to Wales and Scotland, and most recently performing at the Prog in the Park festival in Dunfermline.

In true ELP fashion and with similar dedication, Tom uses a Hammond organ and Leslie cabinets as Keith Emerson did, even going as far as to import a Moog modular synthesizer for a truly authentic sound – and that is before you include emulating Emerson's unique style of performance.

Tom said: "Keith used to wrestle the organ, stick daggers in it, play it from behind and tilt it. So having a background in electronics really comes in handy at times.

"Keith needed an organ when he guest starred with Spinal Tap in 2009, so he borrowed mine, which he used again for the last song of ELP's gig in 2010."

Emerson, Lake and Palmer's title track of their second album, 'Tarkus', is Tom's favourite track to perform, but it has to be the live version.

Tom said: "It was recorded for the studio but totally changed when it was live. It is so atmospheric and really synthesises a 25-minute epic journey. I love recreating it."

The band was once called the "closest thing to a live ELP performance". In addition to utilising the same equipment, Noddy's Puncture also brings the visuals associated with a classic ELP show from on-stage antics to similar stage costumes.

Tom laughed: "We do try and do the stage gear as well as the pyrotechnics. Greg Lake had a Persian carpet which he used to stand on on stage to reduce the risk of electric shock. A roadie used to come out and vacuum it. We haven't got a carpet roadie – yet – but I am thinking of it."



www.noddyspuncture.co.uk

Addams Family - Theatre Review



Those who know Heywood well will recognise one of our most famous families, The Addams.

Recreated with loving care by the director, Jo Weetman, they enable her to use her day time skills as a midwife to breathe life into the loving, caring family first seen some time ago on television.

The family believe in retaining their formal links with their dead? ancestors which gives the director the chance to have at least 40 people from Heywood and Rochdale on the stage dancing and singing to the fabulous music of the ten members of the orchestra.

Who would have thought that so many talented people live and work in the town and that they would have been prepared to put in so much work for nothing except the chance to appear before a keen Heywood audience?

As Morticia, the luminous, loving vampire, Shelley Roberts attracts a dedicated audience. Not only does she look the part with ghostly relish, but she can sing, dance and act almost as well as her husband, the well-known Spanish vampire, Gomez de la Hoy (John Weetman), although his skills with a torture chair are nearly as good as his acting.

The other members of the family are all to be seen regularly in Heywood Market, either as children behaving badly, Pugsley (Holly Hughes) or elders, grandma (Andrea Leasby) selling her potions from a shopping cart to an unsuspecting Heywood public. I swear I have seen Fester (James Earnshaw) on the school run in his yellow jacket.

The plot is straight forward, boy meets girl (Sarah Howarth), falls in love with her goth like charms and



her ability to bite him like nobody else. He and his family, a normal couple from Slaithwaite and Mossley, come to dinner where they get to play family games which involve rumours of various untoward practices.

Anybody who reads Rochdale Online or the Heywood Advertiser will recognise what happens next... Yes, a good old-fashioned family row, but, thanks to the director's efforts everything ends well, or at least not everybody dies.

What a great advert for Heywood.

Director, Jo Weetman
Sponsored by Kavanagh & Coates
Review: Steve Griffiths
Photos: RAdesign

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TAKE A WALK IN HEALEY DELL

Keen photographer and walker Ste Walton takes us on a tour of one of his favourite local walks...

This walking route follows public footpaths through a wood and the river Spodden in the Spodden Valley.

The walk is easy/medium difficulty and does have steps in the walk, some very steep.

The walk takes roughly an hour but may take longer depending how often you stop to take in the history, surroundings and abundance of wildlife. Keep an eye out for the kingfishers, sparrow hawks and mink.

Walking boots or similar are recommended, also suitable for dogs but would recommend on the lead due to steep drops into the river.

The area is now a nature reserve, but was once full of cotton mills, and an old railway from the 1800s with a single platform. Part of the platform still stands and the 100ft high viaduct that is crossed during the walk. Parts of the old

mills can still be seen.

The area was also a munitions factory used to fill bombs and shells during WW2, from 1941 to 1943.

Plenty of free car parking is available at the beginning of this walk, at Broadly Wood Lodge, a short drive down Station Road off Market Street.

The walk begins by heading out of the car park and through an entrance in the wall directly facing you, down a few steps onto the path at the bottom.

From the bottom of the steps turn immediately right, head down the path with the bridge in front of you, under the bridge and then across the viaduct taking in the view from the top.

At the end of the viaduct, on your left, take the entrance through the wall and down the steps onto Dell Road - across the road to your left you will see an information board. Head for the board and take the path down to the right of the

wooden gate and back under the viaduct.

Follow the path down with the river on your left. There's plenty of great photo opportunities here.

Continuing down the path you will cross a little stream flowing into the river. Cross over the stream and head up the steps (ignore the path on the right).

Head up hill keeping the river on your left. At the end of the path go up the steps onto Station Road, go straight across the road onto the path on the other side.

Keep following the path, you will approach a bridge on your left and some black pipe overhead. Go under the pipe keeping on the path and the river on your left, passing a nice pond on your right.

At the other end of the pond cross the bridge into a meadow. This is a great place to sit and watch the dippers up and down the river. Follow the path round to the right. Now with the river on your right until you reach some new timber decking, go onto the decking up to the track above and then turn left.

Follow the track until you reach the steps you came down from the car park at the beginning of the walk.

If you fancy a drink and a cake, try Healey Dell Heritage Centre & Tea Rooms. Set within the reserve, enter and be transported back in time and enjoy Edwardian themed surroundings, with speciality beverages and lovely food. The centre has wheelchair access and ground floor facilities. An all year-round heritage display and the work of local photographers and artists is on show. Dogs are also welcome on the ground floor heritage tea room.

Healey Dell Heritage Centre & Tea Rooms
Dell Road, Rochdale OL12 6BG
01706 350459
Thursday - Sunday & Bank Holidays
10.00am to 4.30pm





HAIR & PHOTO: GREG COUZENS
MODEL & MAKE UP: ROJAN NOROOZI

PRECISION HAIRCUT

by GREG COUZENS

HAIRDRESSING
TREND

Vidal Sassoon had a transformational effect on the art of hairdressing. You have to understand what preceded the revolution, ladies attended the salon once a week and it was expected to last you all week, it sat on your head like a hat, solid, immovable and you could forget any idea of casually running your fingers through it.

So, what is the similarity to today?

Fast forward to 2019 and today's hairstyles are long, choppy layers, which require a basic level of technical ability, and in my opinion they are becoming a little tedious. Mothers carry the same look as their daughters, every generation looks the same and many salons are producing very similar work.

I truly believe that the time is right for another hair revolution.

The precision haircut!

I had the privilege of completing my apprenticeship with Vidal Sassoon, and attention to detail was everything, the precision, beauty and sheer mind boggling perfection of the cutting brings freedom.

Many hours are spent to achieve this flawless look, but are joyously rewarded by the head shake which instantly returns any displaced hair to glossy angular symmetry.

I created this look for our model, Rojan; it is one of the freshest, short hairstyles for the summer, the 'glossy hair look' oozes style, sophistication and is so incredibly sexy, no choppy layers, no chipping, thinning or texturising

This take on a classic cut is all about perfection, precision, graduation and attention to detail, it cannot be created in a 30 minute appointment, it takes more time, but it is definitely worth it, the hair has to fall meticulously with the shake of the head back in to place.

Are you ready for a precision haircut?

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WOMAN OF ROCHDALE



LUNCHEON



CAROLE KELLY WOMAN OF ROCHDALE



Carole Kelly is the Woman of Rochdale 2019.

Carole, from Wardle, became the full-time carer for her son Josh Kelly, who at the age of six months was confirmed to have 'extensive brain damage', in May 2016.

She began the Jolly Josh group in September 2017 as "a coping mechanism and distraction" after discovering there were no groups for young disabled children in Rochdale.

The toddler stay and play session was set up by Carole and her husband James with the hope to bring families together, provide peer to peer support, share experiences, and eliminate isolation, especially for children with disabilities and special needs throughout the borough.

Receiving the award, Carole said: "I wanted to organise a group with no questions asked, where everyone could feel included and not isolated, and where we all understand what one another are going through."

After his condition deteriorated, Josh was taken to Derian House children's hospice, where he died on 27 August 2017, just one month before the Jolly Josh group was due to begin.

Based at Springside School, the Jolly Josh baby and toddler group continues today in his legacy, meeting every Thursday from 9am - 12noon, and was awarded charitable status in April 2018.

Scones & Strawberry Jam

by Natasha Brown

owner of BROWN'S CAKES

Scones

We are often told that ours are the best scones around. I believe this is down to using buttermilk and by taking care not to over handle the dough mixture.

330g plain flour
60g caster sugar
1.5 tsp baking powder
90g butter
110ml buttermilk
90ml milk
One egg, beaten, for a wash over the scones

Preheat the oven to 220°C - 200°C fan oven - gas mark 7
Crumble the butter in to the flour by hand (or blitz the butter and flour in a food processor) until it resembles fine bread crumbs.
Mix in the sugar.
Stir the buttermilk and milk together in a jug and slowly beat in to the flour mixture.
Once the dough has come together tip it onto a floured work surface and gently knead it being careful not to over do it.
Roll the dough on a lightly floured surface until approx. 2cm thick.
Cut out circles from the dough using a 6.5cm cutter using firm downward cuts; don't wiggle the cutter as this can make them rise lopsided.
Carefully transfer the cut out shapes to a (greased) baking tray.
Apply an egg wash over the scones using the beaten egg.
Cook in the oven for 12-15 minutes. Test if they are cooked by tapping on the base, if they sound hollow they are cooked, if not then give them a couple more minutes and test again.

To enjoy them at their best, eat the scones on the day they are made.

I love scones served with strawberry jam and clotted cream. I have included a very easy strawberry jam recipe which doesn't need any fancy equipment or thermometer and makes just one jar from a punnet of strawberries.

An extra note: These scones also freeze exceptionally well, just bag them up and freeze on the day you make them then give them a couple of hours to defrost when you want to eat them.



PHOTO: ANDY CLEGG

Easy Strawberry Jam

This recipe is great if you just want one jar of jam and just have one punnet of strawberries. If I don't have exactly 250g of strawberries I just use what I have and match it with an equal amount of sugar then add either a little more or less lemon juice depending on the weight of the strawberries.

250g strawberries, washed and dried
250g caster sugar
2 tsp lemon juice
A small knob of butter

Have a small cold plate ready for testing the jam on. If you plan on keeping the jam you will need a sterilised jar. Old jam jars or clip top jars are easy to sterilise. Just give them a good wash first then place them in a warm oven (around 160°C - 140°C fan - gas mark 3) for 20 minutes. Remove the jar carefully as it will be very hot.
Cut out the core of the strawberries with a sharp knife. With large strawberries cut them in half then just cut out the middles. With smaller ones cut a triangular wedge downwards in to the strawberry. Place the strawberries in a heavy saucepan and crush them with a potato masher.
Add the sugar and lemon.
Heat gently, until all the sugar is dissolved.
Bring the mixture up to a fast boil and then boil for 10 minutes stirring occasionally.
To test if the jam is ready scoop a little on to a cold plate and pop it in the fridge for a minute. If after one minute the mixture wrinkles when pushed and doesn't immediately flood back in place, it is ready. If it is not ready, boil the mixture for a few more minutes and keep testing the same way until it is ready.
Once it is ready, leave it to cool for 15 minutes then pour into your prepared container.

I hope you enjoy these simple but ever so British treats...

Burn those calories but don't singe your skin

Warmer temperatures, longer days and the sight of the British countryside in full bloom ought to inspire us to get out of the house – and get fitter.

The good news is, losing weight and improving your health doesn't have to be arduous or strenuous. Though be prepared to put a bit of sweat on your brow.

The NHS Choices website reports: "A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

If you want to drop those pounds and get the heart pumping, the popular NHS Couch to 5K is a superb way; and I have noticed day-to-day how much it has benefited my own patients' health.

Whether you are a beginner or a seasoned marathon runner, hydration and protection from the sun's rays is massively important. Take on plenty of fluids and slap on that sunscreen whether exercising or enjoying a few moments in the sun.

There is a really useful NHS video on applying sunscreen to children, at:

www.nhs.uk/video/pages/how-to-apply-sunscreen.aspx

The British Association of Dermatologists says: "More than 100,000 new cases of skin cancer are diagnosed annually in the UK, and while the disease can also occur on parts of the



ABOUT THE WRITER

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

body not exposed to sunlight, extensive sun exposure is thought to be responsible for the vast majority of cases. In more than four out of five cases skin cancer is a preventable disease." So that is how important proper protection is.

Last year's temperatures also saw an unprecedented number of insect bites – with charity ANTRUK warning of a plague of vampire horseflies descending upon Britain. Bites and stings can be nasty things and so stocking-up on repellents and following NHS advice is essential.

Hay fever and rhinitis sufferers are possibly less enamoured of the summer than some of us are. This is the time to monitor the pollen count carefully. Antihistamines remain the most effective treatment when symptoms appear but avoiding pollen completely is the best defence – though don't let it deprive you of going outside and increasing your vitamin D intake.

I wish you all a great summer with hopefully balmy temperatures, but make sure you are sensible in the sun and mix outdoor fun with sensible precautions.

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Mayor's Charity Ball





Plastic-free glitter created in Rochdale

The world's first plastic-free glitter has been created by a Rochdale-based glitter manufacturer.

Ronald Britton, on Regent Street, officially launched Bioglitter in early April – the world's first plastic-free sparkles to tackle the issue of microplastic pollution.

Based on plant materials, Bioglitter Pure is the first glitter to be verified as 'microplastic free' by the EU, following the company's previous low-plastic product, Sparkle.

Traditional glitter is created from plastic, and used in a range of applications from cosmetics to clothing to crafts. A microplastic as it measures under 5mm, glitter can take hundreds of years to degrade which has led to calls from campaigners to ban the material.

Bioglitter aims to change that as Pure is made from a special regenerated cellulose sourced mainly from Eucalyptus and is aluminium-free and extremely low in heavy metals.

Ronald Britton is now in talks with some of the UK's biggest retailers and international cosmetic brands to replace plastic glitter with the new Bioglitter product.

Stephen Cotton, commercial director of Ronald Britton said: "Cosmetic Bioglitter Pure is completely unique in the market; it is the first glitter of its kind in the world to use natural materials and no plastic.

"The issue of plastic waste and microplastics is something we've been working towards tackling in glitter for

the best part of a decade. Our first step on the Bioglitter journey was the launch of our original Bioglitter product back in 2014, now known as Cosmetic Bioglitter Sparkle.

"Pure takes that one step further and offers the market a new glitter effect that is completely plastic free."

In addition to its eco-credentials, Bioglitter Pure has recently won two industry awards, including a gold award for innovation at 'in-cosmetics global' in 2018 and this year the 'Green and Sustainable' award at one of Asia's most prestigious personal care trade shows, PCHI.

It is completely durable as a glitter in product, but once it enters the natural environment, microbes will digest the glitter turning it into carbon dioxide, water and biomass.

The product passes all current microbead and microplastic legislation and is certified biodegradable in natural freshwater environments, boasting the OK Biodegradable WATER Certification from TÜV, meaning it is guaranteed to biodegrade in a natural, freshwater environment.

Stephen added: "It is no exaggeration to say this is a huge change for the industry, setting a new microplastic-free glitter standard. It truly is a 'guilt-free glitter', designed to offer consumers the sparkles they love, but not at a cost to the environment."

The company is also working alongside cosmetic and retail brands to include Bioglitter in their products, featuring a Bioglitter logo on consumer packaging.

Ascot Ladies Day



Clock Tower

Dining Room

Thursday 20 June 2019

£36pp

12 noon arrival

Join us as we celebrate the world's most glamorous race. You'll enjoy a luxury three-course lunch; watch all the racing action on the big screens, plus tea, scones and treats in the afternoon. You are encouraged to dress to the nines!

To book

rochdale.gov.uk/events
or call 01706 924797

The Days Menu

Starter

Grilled Halloumi & Pomegranate Salad
with mixed leaves

Poached Salmon Bruschetta
with fresh watercress balsamic dressing

Main

French Style Chicken Veronique
with white wine cream sauce and grapes

Wild Mushroom Filo Pastry Tart

Both served with Chantenay Carrots,
Sugar Snap Peas and Duchesse Potato

Dessert

Lemon Meringue Flan
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and a dusting of chocolate

Fresh Filter Coffee and English Tea



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