

ISSUE 10 SUMMER 2021

# REAL ROCHDALE

## RACHEL WINNARD

BATTLING A ONE IN TWO MILLION  
HEALTH CONDITION

## MAYORAL YEAR

LOOKING BACK ON AN UNUSUAL  
TWO YEAR TERM

## FIREGROUND

FIRE SERVICE MUSEUM REVAMP

## IAN JENKINS

ENTERTAINING THE  
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## EDITOR'S WORDS

### A warm welcome to Real Rochdale



After a brief pause, we are back with a summer edition of Real Rochdale.

In this edition, we have several amazing human interest stories, plus a delicious cupcake recipe and the perfect summer evening walk.

Unusually, journalist Paul Waugh became the centre of attention during one of the Prime Minister's press briefings. He took time out of his busy schedule to tell us how he went from growing up in Rochdale to becoming a top political editor for the likes of HuffPost UK.

Despite a progressive illness, Rachel Winnard refuses to be beaten by her condition, which replaces her soft tissues with bone. She told reporter Michelle Kight about how she became one of the first patients with her illness to receive the Covid-19 vaccine and how she is continuing to remain positive.

The historic Baillie Street area has undergone an upmarket rebrand, as has the fire service museum – and their new looks are incredible.

Former mayor Billy Sheerin reminisces about serving two terms as mayor due to the pandemic and highlights some of his favourite parts of his unusual year.

The now-retired Reverend of Rochdale, Mark Coleman opened up about how he became a vicar, and how he has become an environmental activist in recent years.

Two local independent businesses – Carpet Creations and Brown's Cakes – are celebrating significant milestones with 25 and 10 years, respectively. Carpet Creations has enjoyed huge success from humble beginnings, whilst Brown's continues to win awards for their bespoke bakes.

Touchstones is reopening with plenty of exhibits and events which will keep you busy all summer, with something for everyone.

Thank you to our advertisers and contributors, it's great to be back, and we hope you enjoy this issue.

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# CONTENTS

## SUMMER 2021

### 6 PAUL WAUGH

From Rochdale to Westminster

### 10 ROCHDALE SIXTH FORM

Further education award winner

### 12 REV MARK COLEMAN

Recently retired vicar of Rochdale

### 15 BAILLIE STREET QUARTER

Rebrand for historic area in town centre



**RACHEL WINNARD**  
One in two million

8



**A MAYORAL YEAR**  
Looking back on an unusual term

20

### 16 TOUCHSTONES ROCHDALE

New exhibitions and events

### 18 FIREGROUND

Fire service museum revamp

### 26 THE BIG PICTURE

Scout Moor sunset

### 29 TACKLING MINDS

Angling prescribed for health

### 31 CARPET CREATIONS

Celebrating 25 years

### 32 SPRINGHILL HOSPICE

Sunflower Appeal

### 33 BUTCHER BOY

Author reminisces about Rochdale high streets of days gone by



**BABYLIGHTS**  
Hairdressing trend

40

### 44 RECIPE

Cupcakes

### 46 BROWNS CAKES

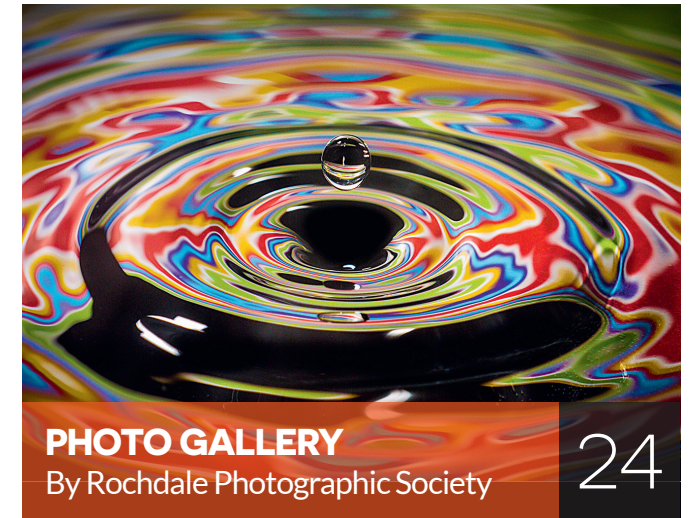
10th anniversary

### 47 BEAUTY FEATURE

Advanced skin treatments

### 50 MEMORY LANE

A look back at the reopening of the River Roch



**PHOTO GALLERY**  
By Rochdale Photographic Society

24

### 35 DR CHAUHAN

The hazy days of summer

### 37 ROCHDALE HEARTBEAT

Queen's Award for Voluntary Service

### 38 IAN JENKINS

From hospice fundraiser to entertainer

### 43 LEGAL COLUMN

Lasting power of attorney



**TAKE A WALK**  
In Ealees, Littleborough

48



# FROM ROCHDALE TO WESTMINSTER

Having grown up in Rochdale, journalist Paul Waugh has revealed the part his hometown has played in his reputation for holding prime ministers to account.

Currently HuffPost UK's Executive Editor, Politics, the tables were turned on Mr Waugh when he became the focus of the media in April 2021 after questioning PM Boris Johnson's integrity – and his relationship with US businesswoman Jennifer Arcuri – at a televised Downing Street press conference.

With over 20 years of experience reporting from the House of Commons, Waugh reflects on his journey from Rochdale to Westminster with Katie Davies.

Before getting a place at Oxford University, Waugh attended local Meanwood Community Primary School and Oulder Hill Community School.

"It was during my time at Oxford that I really got the bug for journalism", he said.

"Whilst studying philosophy and physiology, I was involved with The Oxford Student [Oxford's biggest student newspaper] in my spare time and ended up being one of the very first editors. It was a great job.

"From there, I spent a year completing a postgraduate course at Cardiff University's Centre for Journalism Studies."

Kickstarting his successful career, Waugh's first job was at Hampstead & Highgate Express – a weekly paper in London, otherwise known as Ham&High – where he had just completed a work placement.

"I covered the councils in North London, which was great training in political reporting," he recalled.

In the late 90s, Waugh was hired by editor Max Hastings at the Evening Standard, which

shared the building with the Daily Mail, and he brought a taste of Rochdale to London.

"My big claim to fame was getting them to add mushy peas to the Friday fish and chips instead of those boring old garden peas," he joked.

"I became the local government reporter for the whole of London at the Standard, going from covering one or two councils to 33! It was a really good experience and got me spotted by



The Independent, where I became a lobby correspondent for the House of Commons in 1999."

Waugh was the first lobby reporter for a national paper to join Twitter in 2009. Now, he has nearly 195,000 followers who he shares political news with daily.

"As an independent journalist it shows just how much impact you can have through social media," he commented.

Before joining HuffPost in 2015, Waugh returned to the Evening Standard in 2004, where he covered 'one of the finest moments' of his career, exposing how former Prime Minister Tony Blair had claimed Iraq had weapons of mass destruction to justify the invasion of Iraq and the resulting war.

Waugh's interviews with Dr Brian Jones, a former intelligence insider in the MoD, revealed just how the No.10 dossier had made claims that were not backed up by evidence. Dr Jones went on to become a key witness in an inquiry into the affair.

But his last job was as editor of the website PoliticsHome.com.

Nowadays, the straight-talking political editor's workload involves providing news, insight, and analysis on the UK Parliament at HuffPost UK, as well as producing his daily newsletter/blog 'WaughZone'.

Paul is also one of the presenters of BBC Radio 4's Week in Westminster and found it 'strange' to learn he was the centre of attention after asking Boris Johnson whether he acted with 'honesty and integrity' in his relationship with US businesswoman Jennifer Arcuri. Johnson said he had.

"Always at the back of my mind I imagine what would my family in Rochdale think? What questions would they want asking?"

"I had a chat with my mum [after the press conference] and she said, 'you got him there, didn't you!'. If you grow up in the North, you are



going to ask questions that reflect your own background that perhaps others might not ask."

Waugh, a lifelong Rochdale AFC supporter, was raised on a council estate near Spotland and even though he has worked at Westminster for over two decades, he remains a vocal supporter of his hometown.

"I felt really proud when I was researching a story about track and trace and one of the companies involved was based at Kingsway Business Park. Rochdale still has a lot of pioneering businesses and it's a continuation of its history. Rochdale has always been pioneering – you can see the 'Rochdale Pioneers 1844' sign as you drive into the town.

"I'm incredibly proud of where I'm from because it's the home of the modern co-operative movement.

"I was in Rochdale only a few weeks ago and was really impressed with Rochdale Riverside, and opening up the river has made a big difference and brings pride to the area. There is a sense of regeneration in Rochdale."



# Rachel Winnard: One in Two Million

*Rachel Winnard, from Rochdale, suffers from an extremely rare and disabling medical condition which causes her body to replace its muscles and connective tissues with bone: Fibrodysplasia Ossificans Progressiva (FOP).*

FOP is a very rare genetic disorder or mutation. It affects approximately 60-80 people across the UK – or one in two million – and the gene responsible was only discovered 15 years ago.

An error in the body's repair mechanism means new bone is created in the wrong place. Simple bumps, bruises, and intra-muscular trauma, like injections, can turn muscles, tendons and ligaments into bone.

When the body starts to generate new bone, a painful flare-up is usually experienced, which can be accompanied by tissue swelling, joint stiffness and serious discomfort. Episodes of bone growth can also occur spontaneously.

There is no definitive treatment or cure available for patients with FOP.

Rachel, 36, of Rochdale, was born with the condition, but was not diagnosed until she was 12 years old. From the age of 18 months, doctors thought the lumps and bumps on her back were benign tumours, diagnosing her with aggressive juvenile fibromatosis and treating her with chemotherapy and radiotherapy.

When she was 12, doctors realised Rachel was missing a bone in each of her big toes – a classic 'tell-tale' sign of FOP – which led to her diagnosis. The tumours weren't disappearing, but turning into bone, meaning Rachel was essentially growing a second skeleton.

The condition means that Rachel is becoming trapped in her own body – she is unable to wear

flat shoes as her feet are frozen on tiptoe – but she refuses to allow her condition stop her living life to the fullest.

Fiercely independent, after suffering a bad fall followed by a flare, Rachel had to move in with her mum, before then moving into her own bungalow in Rochdale – three days before Christmas last year.

"I thought I'd broken my pelvis, and I've never had pain in my shoulder like it before. I was in so much agony," Rachel recalls. The fall means Rachel was left bedridden for months, leaving her reliant on her mum, aunt and carers.

Since the fall, Rachel is only able to walk tiny doll-like steps, with some support as her balance "isn't great."

"I can walk short distances around the house, but I need to hold someone. I'm unable to go to the toilet on my own, or shower.

"The hardest thing about FOP is losing my mobility. I miss being able to dance and I've always been quite a social person. I'm stubborn, but you need to be with a chronic illness. I want to inspire others living with the condition, as well as increase awareness.

"It's been hard not being able to see friends and go on a night out," she continues, referring to the current pandemic. "My friend Lorna has been amazing though. It really makes my day when she visits. We've been friends since we were 15."



Rachel with her support dog, Mabel

"But I've not really minded lockdown because it wasn't that different for me anyway. It's been quite nice going around Falinge Park in my wheelchair as I've tried to get out as much as I can, and in December I got Mabel [Rachel's Shih Tzu dog]. We all take Mabel out for a walk and she runs next to my chair. She's been the best thing ever."

Rachel has even become one of the first FOP patients to have the Covid-19 vaccine, despite the associated risks. The risks associated with the vaccine for people with FOP mean the decision to take it must be assessed on a case-by-case basis.

"I want to go on holiday," she laughs. "I love going abroad. I'd like to go on a cruise; somewhere hot would be ideal.

"My last holiday was when I saw my sister in Australia in 2019, but I don't know if I could sit on a plane now. When I went, I could still bend my leg, but coming back, I couldn't. It was a bit of a nightmare."

The UK's only FOP charity, FOP Friends aims to raise awareness of FOP to aid early diagnosis, which can help to prevent the often-devastating progression of the condition.

Helen Bedford-Gay, Communications and Fundraising Manager, FOP Friends, who has known Rachel for 12 years, added: "Rachel has been through some tough times with her FOP, but even when faced with challenges, she somehow manages to adapt, get on with life, and do so with a laugh and a joke. She really is an amazing source of strength and kindness for those who are living with FOP and is always happy to share her experience to help others.

"FOP has a profound impact on the quality of life of the people it affects. We also work to support people like Rachel, and their families, on their journey, through our small, yet special community network."

For more information about FOP, please visit: [www.fopfriends.com](http://www.fopfriends.com)



# Rochdale Sixth Form College wins at prestigious Further Education awards



***Rochdale Sixth Form College has been named Sixth Form College of the Year at the 2021 Tes FE Awards.***

Rochdale Sixth Form College made the shortlist in the Sixth Form College of the Year category along with five other colleges.

It was announced as the winner during a virtual awards ceremony held on 28 May.

Richard Ronksley, Principal & CEO Altus Education Partnership, said: "For RSFC to be awarded Sixth Form College of the Year is an incredible achievement, and due and rightful recognition for what staff and students have achieved together since the college's opening, but particularly over the last year and a half.

"I'd also like to take this opportunity to acknowledge the importance of our partnership with Hopwood Hall College – working together with them on the innovative 'Rochdale Offer', which guarantees all students in local schools a place at one of the town's two colleges, was one of the aspects of RSFC that judges praised most highly."

Last year, as its staff and students dealt with the challenges of the pandemic, the college took extraordinary measures to push its impact even further.

On 23 March, as England entered lockdown, Rochdale Sixth Form became a virtual college,

with a business-as-usual approach to education and mental wellbeing.

The teaching and learning strategy incorporated Microsoft Teams – with live lessons matched exactly to students' previous timetables – and support materials on the college's virtual learning environment, videos on ClickView and physical study packs posted to all students.

The dedication of the staff was reflected in the 93.2% online student attendance figures and a two-year retention rate of 95.5%.

Tes head of FE, Julia Belgutay said: "Further education providers have excelled in what has been a truly challenging year, and each one of the amazing individuals, teams and institutions who have won a Tes FE Award are testament to that.

"Our judges were so impressed with what teachers, support staff and leaders have managed to achieve this year. The whole FE sector should be proud of these winners and I want to congratulate all of them."

The Tes FE Awards, now in their 11 year, celebrate the outstanding aspects of the UK's FE sector, applauding excellence and rewarding innovation.

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# Rev Mark Coleman

**Mark Coleman is far from your conventional vicar. From connecting people from different faiths and backgrounds, to helping asylum seekers and being arrested for his taking a stand against climate change with the Extinction Rebellion protests, Mark bares all to Michelle Kight.**

Mark grew up in Liverpool, studying law at university before he realised a legal career wasn't the path he wanted to take in life. He has been married to Councillor Wendy Cocks since 1985, and they have two sons.

After feeling the 'call of faith', he retrained as a vicar, eventually ending up, in September 2014, as Vicar of St Mary in the Baum and St Chad's parish churches in the centre of Rochdale.

Somewhat surprisingly, Mark tells us he's "not keen on organised religion."

"I believe in a faith lived out in the real world," he explains. "Being generous, loving and welcoming to all, especially any outsiders. For me it's about trying to be the best Christian I can be. We can learn so much from others of different faiths. I have been so enriched coming to Rochdale and getting to know Muslim brothers and sisters.

"It was a big change after living in Liverpool, but when I began to meet people, I started to feel very much at home.

"There is a great willingness to work together, and I soon learned I couldn't do much on my

own. So much can be achieved with that Rochdale 'can do' spirit and pride in our place. I have had wonderful conversations with faith leaders, exploring all sorts of issues, many of which we probably disagree about. It would have been absurd to be vicar where most of the parish are not practicing Christians without building church-mosque partnerships."

Speaking about his work with other faiths, perhaps one of the most touching moments – and true examples of solidarity between humans – came following the horrific terror attacks on a mosque in New Zealand in 2019. Not only did the wardens of Rochdale Parish Church present a bouquet of flowers to Neeli Mosque, but representatives from many churches stood shoulder-to-shoulder in a peaceful vigil alongside their Muslim brothers.

Mark's voluntary work has also seen the launch of RADAR – Rochdale Action with Destitute Asylum Seekers and Refugees, set up in May 2019 by the now-retired reverend and members of various church communities in Rochdale.

In the process of applying for permission to remain, a small number of asylum seekers end up with no money and no housing, and survive by sofa surfing or end up street homeless. Mark says: "When we saw this need we realised that something had to be done. We knew Rochdale's hospitality was second to none and this was proved by the loan of a house in which we have housed three men. Lockdown has been hard for them, but we are so glad to have been able to keep them safe and warm."

In 2019, Mark turned activist, and was arrested for the first time in his life after partaking in an Extinction Rebellion protest in London, on 7 October, alongside two other clergy.



"I'd been involved in environmental campaigns for over 10 years as a Christian priest. Like many, I have signed petitions, gone to events in London and seen my MPs. In that time, carbon emissions have increased, and we are now in the midst of a climate emergency and the sixth mass extinction."

Becoming increasingly concerned about the climate crisis, Mark began to feel his actions were not enough, and felt the need to do something bigger – and more impactful.

After observing the April 2019 protests in London, the former Reverend decided to take part in the next demonstration, and undertook training with Christian Climate Action.

"It was a wonderful experience. The police were kind to me and I met many fantastic

people who care about the planet. It was so moving to meet older and younger people, and being part of a community seeking a future for all.

"We can all respond; we're all in this together and we can all make a change. Get involved, you don't have to get arrested," he wryly chuckles. Since his retirement, Mark has remained involved with RADAR and Extinction Rebellion, despite being diagnosed with long-term illness.

"When it comes to disability, I'm never sure when to talk about it, however I want people to know the real me. Retirement is a time to be truthful. When I tell people I have Parkinson's, many can relate to that as we all have our frailties. I'm very blessed that I can still function, but it does bring limitations."





## Hopwood Hall College and University Centre

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Hopwood Hall College and University Centre is now welcoming applications, with plenty on offer for adults who are ready to reap the rewards of returning to study.

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You'll hone your knowledge, access the most cutting-edge facilities and make new friends on your path to a brighter future.

It's set to be an exciting new beginning for all involved – especially in a year that's seen a record-breaking number of applications for Hopwood Hall.

Julia Heap, Principal and CEO of Hopwood Hall College and University Centre, said: "If you're ready to return to study, we've got a course for you!"

"We're seeing a real appetite from adult learners to gain new skills and seize the opportunities available to them.

"It truly is an exciting time where people are focusing on long-term career progression."



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**Hopwood Hall College and University Centre**



## Rochdale town centre's haven of independent shops receives new identity as the Baillie Street Quarter

*A historic street with several Grade-II listed buildings, Baillie Street is home to independent shops, bars and restaurants, plus several ginnels including Bull Brow, The Butts Avenue and The Bank steps.*

Now the key route between the Riverside Shopping Complex, Yorkshire Street and the Exchange Shopping Centre, Baillie Street is being rebranded as the Baillie Street Quarter due to its unique sense of place.

The Business Improvement District (BID) team has been carrying out a variety of improvements along Baillie Street to complement the council's improvement works at The Butts Avenue.

The works include: cleaning street cabinets; installing hanging baskets and planters; jet washing shops, doorways and door entrances; painting doorways; removing disused signs; and relocating commercial bins to a less prominent location.

"When a place has a unique and distinctive sense of place, it becomes memorable and in order to help define the identity of this area a series of small scale, yet important, changes are proposed," said Paul Ambrose, BID Manager.



"Interventions include installing Baillie Street Quarter signage at key entry points and working with the businesses to provide them with branded materials which they can use.

"The new Baillie Street logo incorporates the entrance to the former William Deacon's Manchester and Salford Bank which lies at 12 Baillie Street. This entrance is one of the key features of the street, providing an eye-grabbing presence for those passing through.

"The logo is to be adopted by the Baillie Street independent traders, which will contribute to the sense of the street as a destination in its own right.

"There is still a lot of work to do but it is exciting to see the

progression of this much-loved and vibrant street."

Sarah Bleasdale, owner of Heaven Scent, 3 Baillie Street, added: "As a new business, the welcome and support I have received from the other businesses on Baillie Street has been amazing.

"The street is full of beautiful buildings and I really love the new branding for the area and it is something I am looking to adopt and use."

Paul Ambrose added: "If you are interested in opening a business in the town centre, please contact the Rochdale BID Team by emailing [paul@rochdalebid.co.uk](mailto:paul@rochdalebid.co.uk).

"We at the BID will give you as much support as we can."





# Touchstones reopens with new exhibitions

*Touchstones Rochdale has reopened its doors, and visitors are being welcomed back with a series of new exhibitions and events.*

The town centre venue reopened on 18 May in line with the Government's lockdown roadmap.

An award-winning arts and heritage centre with an art gallery, museum, and local history centre, Touchstones has three exhibitions running this summer for visitors.

In partnership with Imperial War Museums, 'War's Other Voices' commemorates the 80th anniversary of the Battle of Britain last year, with an evocative exhibition focusing on the role of women and art galleries during WW2.

'What's Changed?' focuses on how life has changed during the Covid-19 crisis, mixing first-hand reflections, artwork, objects, and ephemera from across the borough's nationally significant social history collections.

'Grayson Perry: The Vanity of Small Differences' opens on 16 July 2021. This exhibition of six tapestries tells the story of class mobility and the influence social class has on our aesthetic taste. Inspired by William

## Exhibitions at Touchstones

We Can Do It. War's Other Voices  
Tuesday 18 May - Saturday 18 September 2021

What's Changed?  
Tuesday 18 May - Saturday 1 January 2022

Grayson Perry: The Vanity of Small Differences  
Friday 16 July - Friday 24 September 2021



Mrs Malik's Front Door  
Courtesy Rochdale Boroughwide Cultural Trust

Hogarth's 'A Rake's Progress', the tapestries chart the 'class journey' made by young Tim Rakewell and include many of the characters, incidents and objects Grayson Perry encountered on journeys through Sunderland, Tunbridge Wells and The Cotswolds for the television series 'All in the Best Possible Taste with Grayson Perry'.

Touchstones' reopening follows a year's worth of online activity to help keep residents connected with culture during lockdown, and staff have now worked to ensure visitor safety is a top priority with several Covid-19 safety measures in place and receiving the 'We're Good to Go' certificate.

Mark Doyle, Art Gallery Curator and Collections Manager at Touchstones, said: "We're delighted to be welcoming people back.

"We've been in regular contact with our visitors during the pandemic and want to make sure they have even more to discover as we reopen, which is why it was important to have these new exhibitions and events in place."



'What's Changed?' exhibition

As part of the 'What's Changed?' exhibit, a story of community spirit, childhood, and a simple desire to pass on the gift of creativity is also on show via 'Middleton's famous front door'.

Throughout the 1980s, Yvonne Malik's front door at 145 Walker Street in Middleton was a focal point for the local community, eventually making its way into the local public art collection as an item of historical significance.

Now on display 30 years after its removal from Malik's home, and having been signed by almost 300 local children

over the course of a decade, it tells a story of lost communities and neighbourly spirit.

A trained designer - having spent time globally establishing design centres at the request of 20th century leader in British design, Sir Gordon Russell - Mrs Malik, now 84-years old and of Wray, Lancashire arrived in her Middleton home in 1980 and immediately made her mark.

Finding children simply 'hanging around' outside her home, she taught them the basics of art and turned her front room into a makeshift classroom for lessons. Her



Mrs Malik's Front Door  
Courtesy Rochdale Boroughwide Cultural Trust

door became a canvas on which they all wanted to make a mark.

Mrs Malik took the door with her to her new Lancashire home before offering it to Rochdale Art Gallery in 1994.

Touchstones Rochdale offers a wide variety of exhibitions in the Heritage Gallery and the Art Gallery's four gallery spaces including those from the local community, selections from the borough's impressive art collection and work by contemporary artists.

As well as the changing exhibitions spaces, there is also a permanent museum which aims to tell a potted history of Rochdale.

The museum is ideally suited to visitors with an interest in the history of Rochdale or families.

There are interactive exhibits, films, audios and objects from the borough's collection on display.

Touchstones opening times  
Wednesday - Saturday: 10am - 5pm  
Sunday: 10am - 4pm

Touchstones Rochdale, The Esplanade  
Rochdale, OL16 1AQ  
Tel: 01706 924492

Admission is FREE. Pre-booked visits only.



# GREATER MANCHESTER FIRE SERVICE MUSEUM

*The museum, based in Rochdale's former fire station on Maclure Road, is being renovated to expand the space available and restoration work has included the re-fitting of original 1930s doors to the fire engine turnout bays.*



*The former fire station has had replacement 1930s doors fitted*

Rochdale's iconic art deco former fire station-turned-museum has undergone an extensive £2m renovation and is due to reopen this summer.

Formerly located in the rear yard of the fire station, the museum – named 'Fireground' – will be found in the main building fronting Maclure Road, more than four times the size of the previous Greater Manchester Fire Service Museum site.



GREATER MANCHESTER'S FIREFIGHTING STORY

The word fireground has been used in the fire and rescue services since World War Two and refers to the scene of operations at an emergency incident – the centre of all activity, as with 'battleground' in the armed forces.

Along with the new name, a new logo depicting the iconic 1933 station will feature on uniforms, stationery and the building itself.

The restoration sees many of the original architectural features uncovered or re-instated, including the re-fitting of original 1930s doors to the fire engine turnout bays.

The station's original 1930s folding 'engine-house' doors had been lost during the modernisation of the station – but a set of virtually identical doors from the same decade have been sourced from Southport, thanks to the Merseyside Fire and Rescue Service.

[www.fireground.org.uk](http://www.fireground.org.uk)



*This 1940 Dennis Pump Escape fire engine has been in the museum collection for several years*



*A recent addition to the collection: A 1965 Bedford Water Tender fire engine from Wigan*

Beautifully restored by specialist architectural joinery company Ramdale, of Bacup, the installation of the period doors is a fitting return which adds to the station's charm.

The former ballroom on the first floor, affectionately remembered by many Rochdaliens, has also undergone a complete restoration. Many of the original art deco features on the first floor, including the wonderful stained glass ceiling, have been returned to their former splendour by the Rochdale-based Casey Group Ltd, the main contractor of the project.

The first floor space has been skilfully re-purposed as a hi-tech 'managed workspace' which will be available for rental by small business in IT or related sectors and a new ground floor café fronting Maclure Road completes the layout.

The £2m project was made possible through a partnership between the Museum Trust, Rochdale Borough Council, Rochdale Development Agency and the building's previous owners Greater Manchester Fire and Rescue Service, with support from several major funders, chiefly the National Lottery Heritage Fund.

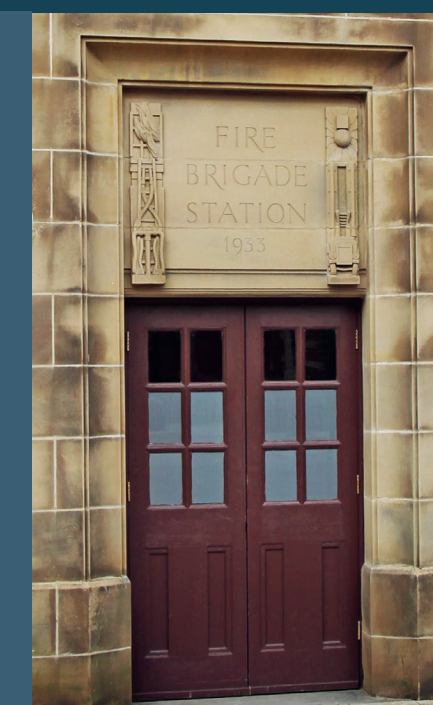


The 115ft (35 metre) hose tower at Fireground is one of the tallest such structures in the country.

Its original function was to hang canvas fire hose at full-length so as to dry naturally after use.

The tower was specially designed and built at above-average height so as to complement the architectural style of nearby St. John's church.

As well as the fire station itself, the site included 32 houses for members of the brigade and their families.





# HIGHLIGHTS OF A MAYORAL YEAR

**Councillor Billy Sheerin was sworn in as the Mayor of Rochdale in May 2019 and ended up serving as mayor for two years due to the Covid-19 pandemic.**

**Here, he reflects on some of his highlights.**



Mayor Billy Sheerin holding the skull of Dippy

**The mayoral role is a very important part of the council; it's a position of authority, but also a position of privilege and honour, which must be handled carefully with humility and understanding.**

**I've had 10 months as a mayor and 14 months as a symbolic mayor, during which time I chaired various virtual meetings, and there were very few civic events I could physically attend, all due to the pandemic. However, what I shall not suffer from is standing down as, sadly, it feels as though I stood down those 14 months ago.**

**I have enjoyed the privilege of being 'Mr Mayor' – it allowed me to meet many amazing people who do so much good work for the benefit of the people of the borough.**

**I sincerely thank all of you that contribute to make our town a better place to live.**

The most enjoyable part of being the mayor was meeting up with the other nine mayors of Greater Manchester and meeting Mark Adlestone, Greater Manchester's High Sheriff for 2019/2020, who joined us on most of our events. We built a sort of comradeship amongst ourselves, which I will always cherish.

I had the pleasure of inviting my fellow mayors to visit Dippy at Number One Riverside when he arrived. They were all amazed at the sight of a dinosaur in an ultra-modern building.

I remember clearly when Dippy arrived in Rochdale; it was a great day which filled the town with excitement as everyone wished the dinosaur a warm welcome to the borough and offered the hope of tons of visitors to our town.

The initial impact of Dippy was terrific for not only Rochdale, but the whole North West. I was very sad to see him dismantled and sent back to London.



Mayor Billy Sheerin and Mayoress Lynn Sheerin

## MAYOR'S CAROL SERVICE

Another big event which gave me a great deal of satisfaction was the annual Mayor's Civic Carol Service in December 2019, which I chose to hold at St John the Baptist RC Church.

In the presence of the Bishop of Salford John Arnold, the multi-faith service included a selection of popular carols. Guest readers also spoke about what Christmas means to their different faiths, including Mirazam Neeli (Imam of Masjid Mosque) on Islam and Mark Adlestone (High Sheriff of Greater Manchester) on Judaism.

It was a very special event for me, learning all the different outlooks.



## FRIENDS OF BIELEFELD

One of my very first events as mayor was joining the Friends of Tourcoing on their biannual trip to France. This was followed by a trip to Bielefeld, Germany with the Friends of Bielefeld group.

Both Tourcoing and Bielefeld are twin towns of Rochdale and have been linked for many years, I believe to establish healing and bonding after the wars. The friends' groups do a sterling job in keeping the twinning momentum going.

In France, I met with Jean Marie Vuylsteker, the Maire de Tourcoing, and observed the voting in the European Parliament election, the count, and the way the French conduct elections.

In Bielefeld, I stayed with two wonderful hosts, retired lecturer, Dr Manfred Froehlich and his wife, Mechthild, and I was looked after very well.

I had a tour of the city and learnt the history of Bielefeld. We also visited the city of Soest and Möhnesee, a famous reservoir and dam in North Germany, for a cruise.

I made a civic visit to the bürgermeister (mayor) at Belefield Rathaus (town hall) and met Fräulein Karin Shrader – the first Mayor of Bielefeld – before finishing on a relaxing note in the spa town of Bad Salzuflen.

It is so important to keep Rochdale's twin links with our European neighbours. I encourage the young people of Rochdale to get involved to allow the link to carry on for many years to come. There are great opportunities to experience these places through the eyes of the locals.

**The funds raised by the Mayors Charity Appeal for 2019 - 2020 were split between Springhill Hospice, Rochdale Connections Trust, Rochdale Shopmobility, Parkinson's, Leukaemia UK, Hydro Pool, M6 Theatre, and Rochdale MS Society, with each receiving an amount between £1,500 and £2,500.**

**This is only possible thanks to the dedication and hard work of the members of the Mayor's charity committee.**



## Fancy dress posties raise £1,700 for MIND

Rochdale's Royal Mail posties raised around £1,700 for charity in May after delivering their rounds in fancy dress.

Over 50 postmen and women working across the borough donned costumes to raise funds for mental health charity MIND – which has a local branch based on Drake Street.

Organised by the 'Rochdale Charity Posties' group, the day took place during Mental Health Awareness Week (10-16 May) in memory of much-loved colleagues Jonny Clarke and Ste King.

Postal workers marked the day with a variety of outfits, ranging from a unicorn and a purple Tyrannosaurus Rex to Where's Wally, Jesus Christ, Spiderman, a Roman centurian, a cowboy and even a human sized post box and whoopee cushion.



A representative of Rochdale Charity Posties said: "Never before has mental health and wellbeing been more important.

"Lots of key workers, including posties, all over the country have been suffering with their mental health. We all know someone that has suffered.

"MIND is a great charity that provides support when it is really needed."

## John Swinden's Captain Tom 100 challenge raises funds for Springhill Hospice

*Rochdale's singing jeweller raised £2,000 with song relay*



Owner of J & D Alexander Jewellers on The Walk, John Swinden sang 102 songs in a row on Sunday 2 May to raise money for Rochdale's only hospice.

Totalling five hours and 40 minutes, John performed hit tracks by the likes of Elvis,

Dean Martin, Johnny Cash, Bobby Vee, and the Everly Brothers.

The Captain Tom 100 challenge was set up by the late veteran's family in his honour: dream up a challenge based around the number 100 and do it at anytime and anywhere over Captain Tom's birthday weekend - Friday 30 April through to Monday 3 May.

John live-streamed his challenge via Facebook, taking a break at 30, 50, and then 75 songs.

The initial 100 track set was closed with the Frank Sinatra classic 'My Way' before John performed two acoustic songs by request.

"I treated the performance as if I was in front of an audience," he said, "I felt the pressure for the last 27 songs, but Captain Tom kept walking so it was the least I could do in his memory.

"The amount raised is only a drop in the ocean of what the hospice needs to stay open, but I'm happy to have helped."



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# Images by Rochdale Photographic Society



Into the Black Hole  
by Mike Davis



Tour Of Britain in Norden  
by Ed Whitaker

The past 12 months have been some of the most challenging for the historic Rochdale Photographic Society which is now in its 131st year of existence.

Instead of meeting in person every week, like lots of groups they have shifted online to virtual meetings with great success over the past year.

The society has continued to host regular talks from its members about various subjects, invited guest speakers to host evenings, and managed to continue with their annual and quarterly competitions, selected entries from which are shown here.

The Rochdale Photographic Society is a friendly club and despite the recent adversity, has welcomed new, younger photographers to the society. The new members have recently placed well in the society's internal competitions and received commendations for their excellent images in regional exhibitions.

The society would encourage all those around Rochdale with a keen interest in photography whether beginner, serious, or for social media to join them on Zoom and then hopefully meet in person in the coming months.



Autumn in Queen's Park  
by A Brown

[www.rochdaleps.org.uk](http://www.rochdaleps.org.uk)



Three Goslings  
by Clara Drycz





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# Littleborough's Tackling Minds to become first organisation to work with NHS in prescribing angling



Littleborough social club Tackling Minds – which aims to help people through fishing – is to become the first organisation to work alongside the NHS in prescribing fishing for those with mental health issues.

Tackling Minds has teamed up with the Greater Manchester Mental Health NHS Foundation Trust so that angling can be prescribed instead of antidepressants and anxiety medication.

Tackling Minds is a not-for-profit fishing organisation, which runs angling events for people who are suffering with mental health issues, social deprivation, addiction and recovery, families, disabilities and long-term health conditions.

It was founded in 2020, during lockdown, by David Lyons, who has personal experience of the very issues he is trying to help others with, including battling with alcohol addiction and anxiety.

He explained: "Angling has helped me get my life back on track. If you speak to any of my friends, they'll tell you that I'd be the least person you'd expect to suffer with mental illness.

"I was on the long road to recovery, using the local drug and alcohol services and slowly trying to turn my life around. A very good friend of mine, Simon Parker, that I have fished with, and who today remains a great support, was back fishing our local waters.

"Simon has an immense passion for the sport and it is only through his passion, that he rekindled my love for the sport. Just thinking about getting back out there again was enough to get me excited."

Social prescribing takes a holistic approach to people's health and wellbeing, by connecting people to community groups and statutory services for

practical and emotional support rather than clinical services.

David says this is the first time fishing has been added as an official option for health care professionals.

He said: "This will be the first time in the whole of the United Kingdom that fishing has ever been used in this form, so it's going to be a huge achievement.

"Tackling Minds has been working tirelessly for months to make this happen. If a patient approaches a doctor with symptoms of mental health issues, instead of prescribing the patient medication, the patient can now be referred to use our service. It has now been recognised that fishing is an amazing alternative to prescription medication."





## Keith Hicks retires after 33 years of service at RAFC

*The Rochdale AFC Community Trust manager officially retired from his role in March 2021.*

Keith himself played for Rochdale AFC between 1985 and 1987, noting that his career highlight was playing at Old Trafford against Manchester United in the FA Cup in 1986.

After being forced to retire through injury, Keith was at the heart of Rochdale AFC's Community Trust from the very beginning; returning to the local club to join the trust in its infancy, just a month after it officially began operating in October 1987.

The first session took place at High Birch School with just two bags of footballs, and bibs and markers, a long way from the current set-up that Keith has grown it into today.

The trust now engages with hundreds of people every year delivering their four main themes – education, health, social inclusion, and sports participation – as well as continuing their long association with local primary schools.



On his retirement, Keith was presented with a one-off gift – a custom-designed keepsake, made from one of the bricks taken from the old 5-a-side pitch at Spotland's Crown Oil Arena when it was demolished.

## Bid for local digital radio signal

*Credible Focus is bidding to provide Rochdale with a new, crystal-clear radio signal to ensure small radio stations can continue broadcasting.*

The company – driven by the team at Credible Media, former owners of Revolution 96.2, along with Infocus Digital Media – has applied to operate a DAB multiplex in Rochdale and Oldham.

Digital audio broadcasting (DAB) combines multiple audio streams onto a very narrow signal, meaning an increase in choice for the listener.

Directors and investors in the company include community stations Crescent Radio, Rochdale; Oldham Community Radio; and North Manchester FM.

Kevin Bailey, Content Director at Credible Media, said: "We're delighted to be applying to run a multiplex in our local area. We know that Ofcom



value access to digital broadcasting and a variety of services on DAB."

He added: "We genuinely believe that an alliance of local broadcasters and businesses is best place to deliver those goals."

Faheem Chishti, of Crescent Community Radio, said: "Ensuring an affordable move to digital broadcasting is essential to our future strategy. I'm confident that Credible Focus will deliver a compelling and detailed bid to help secure digital radio for Rochdale and beyond."

## Carpet Creations celebrates 25 years in business



After being made redundant from Lanebottom Co-op in Ogden after 16 years of employment, Philip Holt started Carpet Creations in 1996, aged 31.

Now based at 12-16 Dale Street in Milnrow, the carpet and bed centre celebrated two and a half decades in business on Monday 31 May, as well as a staggering £1million+ turnover.

Initially purchasing the vacant space next door to Lanebottom, Phil's first carpet shop expanded as the business grew, before buying larger premises – where it remains – in 2008 and expanding into flooring and beds.

The business grew quickly; extra pairs of hands were called in from lifelong friends

and experienced former colleagues, many of whom Phil had worked with at Lanebottom Co-op.

He said: "I would just like to acknowledge and thank everyone who has helped me over the 25 years.

"I started in a rented shop with my £2,000 redundancy money and took no wages for the first six months. Now, we have a turnover of over £1million per year."

With customers far and wide, including A-listers Sir Alex Ferguson and former Manchester United player Paul Scholes, the business has supplied local authorities, housing associations including RBH, and a host of doctors and dentist practices throughout the borough, among others.

"For any small business in any walk of life, 25 years is a massive achievement," continued Phil.

"I'm at a level now where I feel Carpet Creations has achieved all its goals. I've always had plans to run just one shop – I'm a firm believer in not spreading yourself too thinly on the ground as your customer service will start to suffer.

"We pay so much attention to detail, employ quality fitters, quality staff, and supply quality products, and I truly believe the more you put in, the more you get out."

Mr Holt's son has recently begun working at Carpet Creations as an apprentice, and Phil hopes he will one day take over the family business.





## Help fill Springhill's gardens with sunflowers in memory of your loved ones

Springhill invites you to take part in their Sunflower Appeal by dedicating a Sunflower in memory of your loved ones, filling the hospice gardens with a 'bloom' of sunflower plaques as a tribute to the special people who have brought love and joy to your lives.

You are invited to Springhill's Summer Garden celebration on Sunday 8 August, where you can view and collect your sunflower plaque from our gardens. You can then display your personalised, keepsake sunflower plaque in your own meaningful place, whether this be your own garden or somewhere special inside your home.

Every donation received towards Springhill Hospice's Sunflower Appeal will help to provide care, comfort and support for patients and their families.

### Jean's Story

My journey with Springhill Hospice began in 2013 after my husband Roy was diagnosed with stage 4 lung cancer in October 2012.

At the end of April 2013 Roy started to go to the Day Hospice at Springhill. On his first visit I went with him and was allowed to stay and have lunch with him. On the third Monday, I received a call from the hospice saying that Roy wanted to come home, so our son Mark and I went to pick him up. Later that day he started to get a lot of pain.

We later returned to Springhill. His room was so homely. He had all clean bedding and a fresh jug of iced water on his table.



Jean Holleran and her husband Roy

Unfortunately, Roy's condition deteriorated quite quickly and he passed away with me by his side.

We had been married for 52 years; I can't express enough, the love and care everyone at the hospice shows to the patients and their families. I choose to support the Sunflower Appeal because it is a different way to

support the hospice. Each sunflower plaque has the name of the person who it is dedicated to; it looks really pretty in the garden.

It doesn't cost too much money to support these fundraisers and if we all did our little bit, it would make such a difference. The hospice is a big asset to Rochdale and surrounding areas. Each patient is treated with great dignity and all the doctors, nurses, and staff are fantastic. It is not a frightening place; it's beautiful, happy, and I am so grateful that both my husband, and my sister died peacefully in such a wonderful place.

Please join me and dedicate a sunflower plaque to your loved ones.

There is no minimum donation to make a dedication to Springhill's Sunflower Appeal.

To find out more about Springhill's Sunflower Appeal and make your dedication visit [www.springhill.org.uk/sunflower-appeal](http://www.springhill.org.uk/sunflower-appeal) or call the Fundraising Team on 01706 641790.

## Local author reminisces about Rochdale high streets in the 80s and 90s in new book

*Rochdale born writer and film maker, John Lawrence Matthews, has written a book that 'explores the lost high street of Rochdale'.*

The 116-page book, entitled Butcher Boy, is John's fourth book and is an autobiographical story of what it was like growing up and working for his well-known father, Raymond Matthews, in the 80s and 90s.

Now living in Saddleworth, John said: "My dad was very well known as probably the most famous butcher in town. He established, ran, and was very proud of Matthews Butchers which ended up in a prime retail location on Yorkshire Street.

"The book chronicles a lost time in the town when the high street was absolutely thriving. Former customers of my dad's business, of which there are thousands, may find it fascinating to hear what it was like behind the counter and remember what those amazing shops were like."

Raymond Matthews had several Rochdale shops – on Yorkshire Street, Wet Rake, Oldham Road, Bury Road and Spotland Road – plus a bakery.

After leaving the RAF and joining the Co-op, he served his apprenticeship as a butcher, starting his working life on Yorkshire Street with the Rochdale Pioneers and 20 years later, ended up there with his own shop.

Raymond's son, John, now 54, began his working life with his late father at Matthews Butchers, but went on to become a researcher for broadcaster Jeremy Paxman and a film maker.

He began work on Butcher Boy in December 2019.

John said: "Everyone knew who Raymond was. His shops were all extremely busy and the reason was because we all worked extremely hard to make sure people got high-quality products and service.

"I still apply that thinking to anything I do, and I have yet to get the service my dad offered anywhere since.

"He was quite a retail and small business genius and I miss him very much."

## Butcher Boy



John Lawrence Matthews

**John says: "The book is a story for everyone - of a man who built a commercial empire and the price his family had to pay."**

**"It's about a time not so long ago when there weren't boarded-up shops on every high street, when Amazon was just the name of a river, a time when customers shopped locally and were treated like royalty."**



John Matthews in his dad's Yorkshire Street shop





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# After the storm, the healthy hazy days of summer



#### 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.

Health is probably the last thing you want to think about now life is returning to some kind of normality.

It has dominated our thinking for over a year, and it is fair to say that while some have been blasé about their chances of contracting Covid-19, others have been terrified of the virus.

But now that we have a clean bill once again, it is time to think positively about our wellbeing, whether it be physical or mental.

The promise of sunshine-filled days and more light can be an enormous boon. We also have the Olympic Games and the European football championships to look forward to, but we are far better off taking part in sport rather than merely watching it (particularly with a pint in our hand!).

Whatever exercise we do take, hydration is important especially in hotter weather. And while you might be tempted to rush outside or to the gym now that restrictions have lifted, it is important not to overdo it. Elite athletes know this and take breaks from their schedule to allow their muscles to relax and old injuries to heal.

Frequent sips of water whilst in full flow keep your hydration levels acceptable. Bellyfuls of liquid do not, and it is wise to watch the exercise drinks also – their sugar content is off the chart.

Sunscreen and bite cream are essentials in the medicine cupboard at this time of year. You may know that I am the founder of the Homeless-Friendly charity and while we often feel compassion towards rough sleepers in the depths of winter, lack of liquid and protection against the sun prove equally problematic for those without shelter in summer.

A period in the shade will benefit anyone on a sunny day: we are susceptible to damaging UV rays even when the temperatures seem milder (especially at the coast).

Finally, a word on mental health, another problem more equated with winter but actually an all-year blight that is very worrying as people adjust to the world after lockdown. Depression, anxiety and feelings of self-destruction all should be shared with a health professional, here to help YOU.

May your outlook, health, and your days be bright this summer. After the difficult winter, you deserve it!



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## Rochdale Heartbeat honoured with Queen's Award for Voluntary Service

*Voluntary group Rochdale Heartbeat has been honoured with a Queen's Award for Voluntary Service – the highest award a group can receive in the UK.*

Rochdale Heartbeat provides a supported programme for heart patients after their discharge from NHS care, including a weekly gentle exercise programme, availability of professionals to discuss any worries and the opportunity to meet other patients who have undergone similar heart procedures.

It was founded in 1988 and became a charity in 1990, organising social evenings, healthy lifestyle events, relevant interesting speakers and fundraising events.

Commonly known as the MBE for volunteer groups, the Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities. It was created in 2002 to celebrate the Queen's Golden Jubilee.

Rochdale Heartbeat will receive its award later in the summer from the Lord-Lieutenant of Greater Manchester and then two members of the group will be invited to attend a garden party at Buckingham Palace in 2022.

Since inception, Rochdale Heartbeat has raised over £350,000 and has donated various items of medical equipment to both Royal Oldham and Fairfield hospitals, as well as donating 42 defibrillators to local sports venues, gyms, community halls and churches.

Outside the organised classes, support is offered to patients, whether they are still in hospital, attending outpatient clinics or back home in the community. This support is offered by a variety of people, including



those who are medically qualified, those who have experienced heart complaints and their attendant problems and others, who in some way can offer relevant help and support.

Heartbeat also holds a fortnightly exercise and support group, which has had to be suspended due to Covid, and they visit the patients in the Silver Heart unit at Fairfield every week. This too has been put on hold for the time being.

A representative from Rochdale Heartbeat said: "We are delighted that the group's work to support the heart patients of Rochdale and beyond has been recognised.

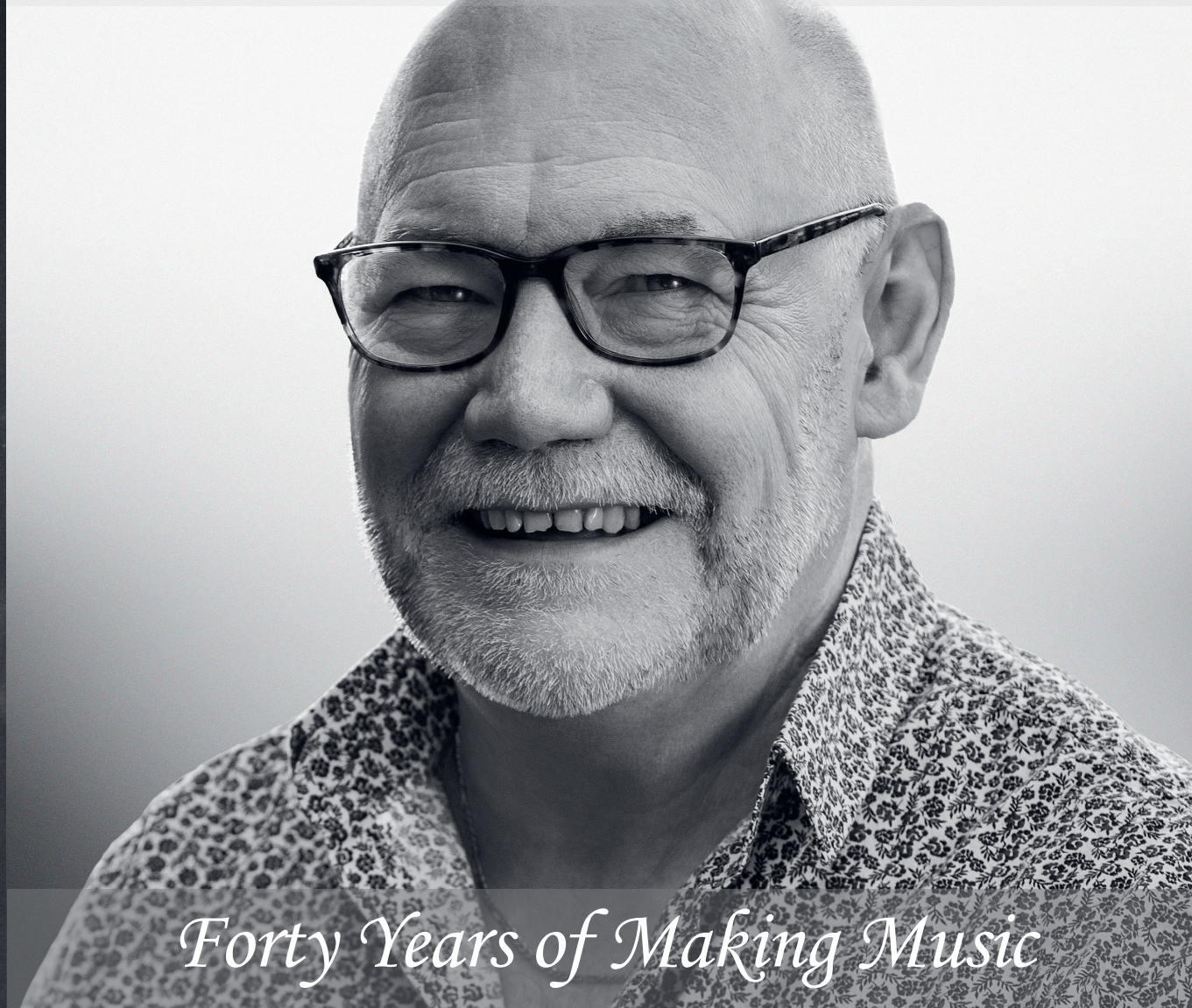
"We thank each and every one of our volunteers and supporters for all their hard work, support and commitment.

Sir Warren Smith, the Lord-Lieutenant of Greater Manchester said: "This award recognises the contribution an organisation makes within its community. It is a rare honour. It is not won easily and it recognises real achievement, effort, and a major contribution to the community.

"The last 16 months have highlighted just how valuable volunteering is to the country, with groups innovatively continuing their valuable work in the community, despite the restrictions and threat of the virus."



# Ian Jenkins



## Forty Years of Making Music

A lifetime of playing music has been the fulfilment of a dream for 64-year-old local professional entertainer Ian Jenkins.

Born into a family of musicians, Ian began playing cornet at the age of five and played in brass bands from the age of nine until he was 24.

Along with playing brass, Ian, whose family lived in Harpurhey when he was born but moved to Middleton when he was four, also taught himself to play piano.

As a keyboard player and vocalist, Ian has played in many bands, gracing the stage with some well-known stars along his musical journey.

Having taken his A-levels, including music, Ian left school and started work in the gas showroom in

Middleton, but in his words, "working was only ever a means of funding my passion for playing music".

Following working at the gas showroom, Ian took a position at Chase Music on Oldham Street in Manchester, demonstrating and selling keyboards.

In 1978 he started a rock band, called 'Idol Fret', with friends, playing the local pub and club scene, a highlight being a gig at the Apollo in Manchester. Though the band parted in 1982, the members remain friends and are still in touch to this day.

After a short stint as keyboard player in a funk rock band called 'Red on Black', Ian joined a ten-piece soul band, 'Souled as Seen'. As well as being regulars on stage at The Carlton on George Street in Rochdale town centre, 'Souled as Seen' were

booked as a support act for stars such as Russell Watson, Edwin Starr, The Real Thing, and in 1995 supported Jules Holland and his Rhythm and Blues Orchestra.

When Souled as Seen disbanded in 1999, Ian took time out from playing with bands before joining a functions/cabaret outfit called 'Snapshot'. As well as instrumentalists (drums, bass guitar, guitar and keyboard), all four band members also sang, and Ian fondly remembers their "great harmonies."

Having worked the club scene throughout the North West, the band parted when one of the four secured a job with world-famous guitar makers, 'Martin', in America.

Finding himself at a musical loose end, Ian answered an advert and formed a band, called 'The Woos', with other local musicians, playing contemporary pop and rock covers in mainly local pubs, followed by a stint in another pub/functions band called 'Ask Anyone'.

Alongside his musical career, Ian will be known to some in Rochdale for his work as fundraising manager for Springhill Hospice between 2001 and 2011.

He has also spent a couple of years working as an extra in the TV and film industry. This has included work on soaps such as Coronation Street and Emmerdale and one particular highlight, described by Ian as "great fun" was being an extra in the Harry Potter spin-off film 'Fantastic Beasts and Where To Find Them'.

A phone call out of the blue from Kevin Parrott, one half of music duo Brian and Michael, best known for their 1978 UK number one hit single 'Matchstalk Men and Matchstalk Cats and Dogs', led to Ian becoming the keyboard player in their backing band, playing gigs alongside famous names such as The Hollies, Swinging Blue Jeans, Easy Beats and Gida Park.

Ian said: "It was a privilege to play with guys who had had a number one hit, and I only left because I was so busy with my own work as a professional entertainer". Having left his job at the hospice in 2011, Ian had begun playing keyboard and singing as a solo artist, and found himself being booked for between six and 10 gigs a week to entertain in care homes and dementia cafés.

Things changed dramatically in early 2020: when the coronavirus pandemic hit, Ian's gigs dried up.

During that period with no gigs, Ian began working part-time as a Co-op member pioneer helping local not-for-profit groups with funding and awareness raising through the Co-op.

He also had a chance conversation with Malcolm Journeaux, whom he had known for almost 20 years but had not been in touch with for a decade, which led to him joining local recording band, 'Sable 097'.

In May this year, Ian's bookings started again, he explained: "Having had both doses of vaccine, and testing twice a week, I am delighted to once again be enjoying entertaining 'the young at heart'."

**After Rain Comes Sun** is the first Sable 097 song to feature Ian on keyboard and vocals, after joining the band in November 2020. The song, written by Malcolm Journeaux and Ian, is a blues/jazz influenced number.

Music producer Duncan Rigby reviewed the song and had this to say: "On first hearing, this song triggered deep wide emotions; for me this is one of those songs which is on top of the game, all the parts make the whole. The track is cinematic in the visions it manifested for me: throwing a dinner jacket over my shoulder, undoing the bow tie whilst walking out of the casino/club into the rain, and then walking on to the dawn of a new day with a wry smile on my face.

"So the scene is set on your ears and then the two counterpoints emerge, one is the sultry saxophone, slightly jazz, dancing the melody and then... the vocal draws you in - I haven't heard that perfect tone or phrasing for a long time, it's done so naturally and eloquently on this track with an essence of the very young 'Piano Man', not a tribute act copy that is 'like', but the 'same as' and now."







Model: Amber Couzens  
Hair: Georgia Couzens  
Photography: Greg Couzens

## HAIRDRESSING TREND

by GREG COUZENS

# BABYLIGHTS

With salons closed for months, everyone is now returning for a much-needed makeover. One thing that many clients have let slide has been their hair colour – everyone has roots that need some attention.

We asked Georgia, a senior technician at Gregory Couzens, what is new in hair colour?

Georgia said: “The biggest request from clients is to return to a more natural and subtle colour that requires less maintenance.

“Babylights are the next must-have colour technique, they are much more delicate than highlights. The main difference between the two is that babylights are finer and don’t leave the hair stripy; they create more of a one-tone colour rather than highlights which create a blend of a few colours. The technique is similar, however, babylights is a more precise process so could take longer and could cost more. They are so subtle and resemble the look of children’s natural hair – babylights will bring your childhood hair colour back to life.”

Georgia applied this technique to Amber’s hair; her base colour was taken to a slightly darker brunette with multiple babylights. Look closely and you will see the micro fine lights are three to four shades brighter; it creates a twinkly effect when it catches the light.

The beauty of babylights is that it can be adapted for everyone. With the correct colour choice, it will enhance your skin tone, whether warm or cool. It is personalised to suit the individual and requires little maintenance. It is especially suitable for fine hair and complements the latest haircuts with choppy layers.

Although babylights are low maintenance, Georgia recommends a little salt spray, crackling oil foam or serum to enhance the texture of your hair and give you twinkling babylights.



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## LASTING POWER OF ATTORNEY



Lisa Davies, Solicitor at Molesworths Bright Clegg, explains the benefits of giving someone you trust the legal authority to make decisions on your behalf if you become unwell.

**Who will win at the Oscars? How long will you live?**

We can't predict the future but we can overcome uncertainty by making a will, ensuring our wishes are carried out after our death.

How can we protect our future whilst living, though? We're likely to live longer nowadays, which could mean losing capacity in later life and a longer period where you are incapable of making your own decisions on your health, welfare and financial affairs.

You could also lose capacity at any time through accident or illness. You might decide you no longer wish to manage your affairs and let someone else take care of them.

Like having insurance, you can prepare for the worst by appointing someone you trust to act for you under a Lasting Power of Attorney (LPA).

LPAs give your attorney power to help you to continue living, e.g. pay your bills, decide what care you need, pay for shopping etc. when you no longer have the ability or desire to do this yourself.

There are two types of LPA; one covers property and financial affairs, the other covers health and welfare. You can have the same or different attorney(s) for each LPA.

Losing capacity without having an LPA in place could mean a person needing to take charge over your finances, and sometimes health decisions, would need to apply to the Court of Protection for them to be appointed as a deputy for you. This is expensive and time consuming which would be avoided if you had an LPA in place. It could also be that the person applying to court might not be the person you would have chosen as your attorney.

The property and financial LPA allows attorney(s) to manage your bank accounts, claim your pension etc. They can also pay your bills and deal with your other affairs for you.

A health and welfare LPA allows attorney(s) to make necessary decisions regarding your care and medical treatment. Your attorney(s) would act in your best interests, consulting you when

possible, carrying out your preferences and instructions and sticking to their legal responsibilities. This helps families in distressing circumstances, particularly if there could be a disagreement between family members.

LPAs must be made whilst you have mental capacity. Your solicitor will ensure you understand the consequences of drawing up an LPA and that you aren't under any pressure or undue influence from any third party to make one.

Once your LPA(s) are completed and registered with the Office of the Public Guardian, you can be certain both your financial affairs and health and welfare will be taken care of by your chosen attorney(s). Registration can be completed immediately or upon losing capacity.

For peace of mind and, provided you have capacity to do so, an LPA can be cancelled or changed at any time after registration.

Molesworths Bright Clegg are able to assist in the preparation and execution of your LPA and are happy to discuss options with you.



# Cupcakes

by Natasha Brown - owner of Brown's Cakes

*At Brown's Cakes, we make a lot of cupcakes!  
Nearly all our cupcakes start from our basic recipe...*

## Ingredients:

2 eggs  
125g Stork margarine  
125g self raising flour  
125g caster sugar  
½ tsp vanilla extract

We put all the ingredients in a mixing bowl and beat them together until smooth and well combined. The mixture is then spooned into paper cases.

This recipe makes 10 cupcakes. We always bake in tens even though we use the traditional 12 hole tins.

We bake these in a pre-heated oven (180°C) for approximately 15 minutes until they spring back when pressed and an inserted skewer comes out clean.

Once cooled, squeeze a bit of raspberry jam into the cupcake and top with delicious buttercream.

## Buttercream

125g butter (at room temperature)  
200g icing sugar  
½ tsp vanilla extract

Beat the butter, sugar and vanilla extract together with a whisk. This can be very messy! Clouds of icing sugar can waft up and fill the room so if possible cover the bowl with a clean tea towel while you beat the buttercream.

The whipped buttercream can be spooned or piped with a piping bag and nozzle onto the cooled cupcakes and sprinkled with hundreds and thousands.



Our basic recipe can be adapted to create all sorts of interesting cupcakes. Instead of vanilla extract, we sometimes substitute the flavourings and add extra ingredients.

Changing the jam can change the overall flavour too. Here are some of the variations...

## Flavouring

Blueberry  
Coconut  
Almond  
Lemon  
Salted caramel

## Add extra

Fresh blueberries  
Chopped cherries  
Sprinkling of ground almonds  
Grated lemon rind

## Jam

Blueberry jam  
Cherry jam  
Strawberry jam  
Lemon curd  
Caramel

I find vanilla buttercream works well with most combinations but you can play around with the flavouring in the buttercream too or add a dab of food colouring paste or gel to give a bit of colour. Choosing different sprinkles also adds variety to the cupcakes.

The possibilities for creating new flavours are endless and we love to experiment with new ideas. We also create grown-up cupcakes by adding alcohol such as gin, Baileys or rum, but these are then only suitable for customers who like a tipple.

The best thing about our cupcake recipe is its adaptability and the fun we have experimenting with it!



# Brown's Cakes celebrates 10 years

The multi-award winning Brown's Cakes in Rochdale celebrated 10 years of business in January.

Instantly recognisable with its candy pink exterior, Brown's, on St Mary's Gate, specialises in hand-crafted wedding cakes, birthday cakes, christening cakes and celebration cakes.

Brown's was started by Natasha Brown after a couple of years making cakes from home. Starting out on her own, she quickly realised she needed additional help, and she now employs six "fantastic" members of staff.

Natasha said: "We have a fantastic team, we all work well together and each member of staff brings different skills and qualities.

"It's such a shame that we've not been able to celebrate as we'd have liked to. Saying that though, there have been an awful lot of occasions people haven't been able to celebrate in the past year. We will all have to make sure we celebrate well whenever we can in future."



Despite lockdown, Natasha and the team kicked off 2021 in a positive manner by winning a prestigious accolade.

Their stunning entry of a 'Secret Garden' themed cake won them the title of Cake Celebration Business of the Year at the national Baking Industry Awards in January.

Natasha added: "We are delighted to receive this honour and love being able to put Rochdale on the map in a nationwide forum."

She continued: "We've had a difficult year with the various lockdowns and as a non-essential shop we've been closed for these. When we have been open in between lockdowns, we've worked hard to create lovely takeaway afternoon teas.

"All the elements of our afternoon teas are handmade on site and they take days of preparation and numerous staff to create.

"It's not been possible to continue with this level of attention to detail during lockdown, so we are waiting for more restrictions to be lifted so that we can continue with them again.

"We are all itching to get back to making celebration cakes, wedding cakes and afternoon teas for our loyal customers. I think 2021 is going to be a very busy year with everybody finally celebrating life events which have been on hold.

"Here's to another ten years of Brown's Cakes – and a future of joyful celebrations for one and all."

# Coming back strong after lockdown

## ABOUT THE WRITER

Beverley Watson is a director and therapist at Revive Me with 24 years' experience in the beauty industry, including seven years as a lecturer and assessor. She is skilled in all aspects of beauty, HD Pro Brow stylist, CND L&P master nail tech.



One of the silver linings to multiple lockdowns – not that there are many – is it has allowed us the time to revamp our salon aesthetically, as well as change our treatment menu.

We have always been passionate about skin thanks to our love of Dermalogica skincare, who we have stocked and continuously trained with for 10 years. However, we realised that there is an increasing demand for advanced skin treatments that are a step up from facials, but a step below aesthetic needle treatments.

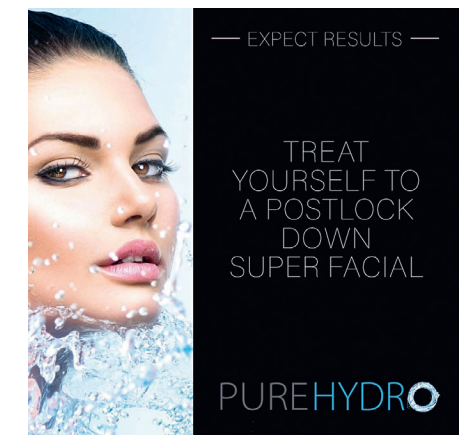
After many months of research, we are ecstatic to introduce our new 8 in 1 facial machine to the salon that meets this demand offering radio frequency, light therapy, ultrasound, Hydroderm peel and cryotherapy.

Our new advanced skin treatment menu targets numerous skin concerns from pigmentation, acne, 'maskne' and congestion, to clients who want to improve fine lines, wrinkles and slackened sagging skin.

Did you know that radio frequency stimulates natural collagen and elastin production in your skin, firming jaw contours, pumping and lifting the cheeks giving instant glowing skin? The results continue to improve over three months following treatment.

Similar to going to the gym, an intense course of treatments is intended to give optimum results; therefore we have introduced our bespoke 'ultimate skin' course of treatments to target your main concerns, including treatments to combat stress that accelerates premature skin ageing for a more holistic approach to enhance the results and de-stress the body.

Our highly trained skin practitioners will book you an appointment for a thorough consultation, to create your bespoke ultimate skin programme to help you on your journey to your best skin yet!



As well as signing up for our advanced skin course or our ultimate skin programme, we also offer these treatments individually to give you a taster, with immediate results after one treatment.

We have also introduced the award-winning Advanced Nutrition Programme supplements to the salon.

If you would like to book an appointment or a FREE consultation, you can book online via our website [revivemesalon.com](http://revivemesalon.com) or phone us on 01706 759 379.



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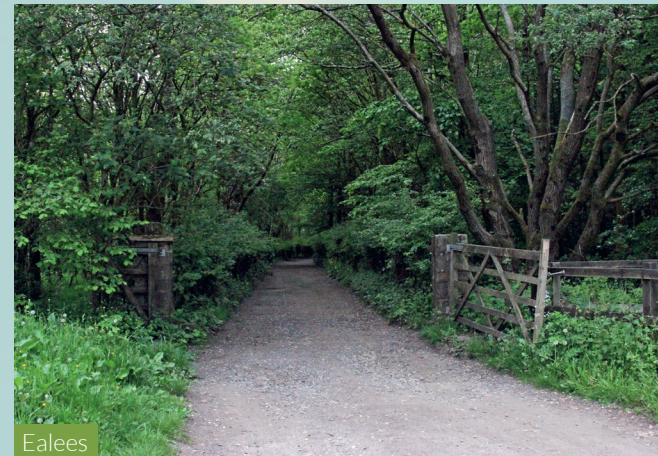
# TAKE A WALK AT EALEES



The bridge over Ealees Brook

Cross the bridge over Ealees Brook, continue along the path keeping the brook on your left the whole time until you get to New Pastures at Foot Lane Farm. New Pastures is dedicated to the rehabilitation, retraining and re-homing of retired and injured racehorses.

Take the left path around the the farm, still keeping the brook on your left, then go down the tree-lined lane which is called Ealees.



Ealees

At the end of Ealees lane there is a row of old cottages with a converted old barn; keep this on your right and turn right onto West View (a residential street).

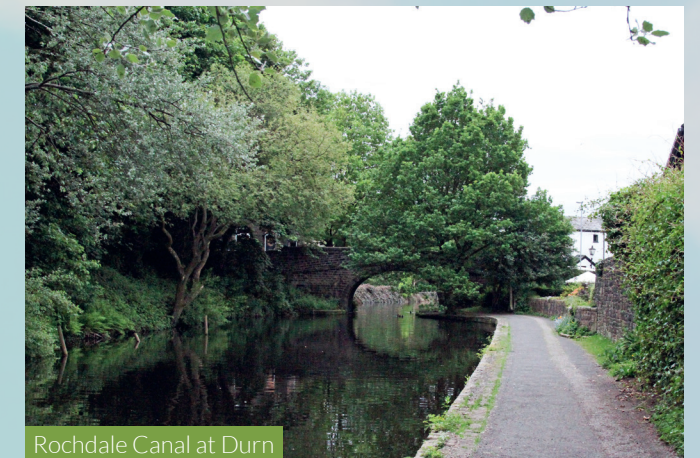
Follow the street to the first turning on your left, Egerton Street, walk down and cross over Halifax Road to Durn Locks on Rochdale Canal.

At the locks get onto the towpath and head under the Halifax Road bridge you just crossed, keeping the canal on your left. Walk along the canal and under the new road bridge by the Waterside Bar & Restaurant until you reach bridge 52.

At bridge 52, leave the canal towpath and head left, crossing over the canal via the bridge onto the footpath signposted 'Hollingworth Lake'.

As you cross the bridge and start to climb the only hill on this walk, turn round and take in the view over Littleborough and Wardle.

This path can be muddy and when you reach the top, the path takes you through a gate into a farmyard. Keep going straight on along Heald Lane and this will bring you out at the lake.



Rochdale Canal at Durn

Turn left and follow Lake Bank road round the lake, past the Wine Press, onto Rakewood Road and back to Hollingworth Lake Visitors Centre where you started.

If you wanted to extend the walk, you could turn right on Lake Bank Road and go round the lake before finishing at the Visitors Centre.

The walk took us around an hour and a half at a brisk pace, but you can take it at a more leisurely pace and enjoy the babbling brook, listen to and watch the birds, and appreciate the peace and quiet of this relaxing walk.



Bridge 52 on the Rochdale Canal

If you like to walk near water, listening to birdsong, this easy walk is for you. Pauline Journeaux takes us on a 2.5 mile circular route from Hollingworth Lake Visitors Centre, past Cleggs Wood to Ealees and Durn, then along Rochdale Canal to Brown Brow Hill and Hollingworth Lake, a relatively flat walk along easy footpaths. Some of the paths can be muddy and go through farmland, so boots are advised and please keep dogs on a lead.

Hollingworth Lake is a man-made lake originally built in 1800 as the main water source for the Rochdale Canal, but developed into a tourist resort from the 1860s, and became known as the Weighver's Seaport. Tourism was helped by the arrival of the railway in 1839, which brought day-trippers and weekend visitors. Rochdale Council developed the area into Hollingworth Lake Country Park in 1974.



Take the left-hand path

Starting at Hollingworth Lake Visitors Centre, head for the far left corner of the car park (away from the lake) and take the lane on the left known as Weighvers Way, down to Ealees Pond and picnic area.

Take the left-hand path, keeping the pond and picnic benches on your right. The brook is quite shallow here and if you have children with you they can paddle with wellingtons on.





Photo: Rochdale Online



Photo: Malcolm Journeaux

## MEMORY LANE

For over a century the River Roch was hidden, running through a culvert in the heart of the town centre.

A proposal to open up the river in the town centre was approved in late 2014, and work was completed in June 2016. Mayor and Mayoress, Ray and Elaine Dutton cut the ribbon to mark the official re-opening with the help of one of Rochdale's oldest residents, 101-year-old Alice Nicholson.



Photo: Malcolm Journeaux



Photo: Malcolm Journeaux





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