

ISSUE 14 SUMMER 2022

REAL ROCHDALE

FREE LOCAL
MAGAZINE

DAISI DANIELS
CHAMPION SKIER

MAYORAL YEAR
BOROUGH'S 150TH MAYOR REFLECTS

ROCHDALE TOWN HALL
RESTORATION UPDATE

WOMAN OF ROCHDALE
SARAH FITCHETT



People - Life - Leisure - Business

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EDITOR'S WORDS



Hello and welcome to the latest issue of Real Rochdale.

Our cover image is champion skier, Daisi Daniels, a future star who has achieved so much in her career already.

The new Woman of Rochdale, Sarah Fitchett, speaks about her involvement with the charity PAPYRUS.

Talking about amazing charities, Jolly Josh opens its first fully-inclusive centre for disabled children that is recognised as their new place to call home.

Moving forwards, we commemorate two Rochdale businesses that have hit incredible milestones. H Bell & Sons mark 110 years of business and BES celebrates turning 20 years old and also nudging £100 million turnover.

Roy Down, a development worker and chairman of Rochdale in Bloom, shares with us some excellent tips to keep our gardens looking colourful in the sunshine.

Natasha Brown has once again created an amazing recipe - this time for a pineapple upside-down cake that you can indulge in with a homemade piña colada too.

Councillor Aasim Rashid, the 150th mayor, reflects on his past mayoral year as he raised £15,000 for his five local chosen charities.

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

Claire Flett
Editor

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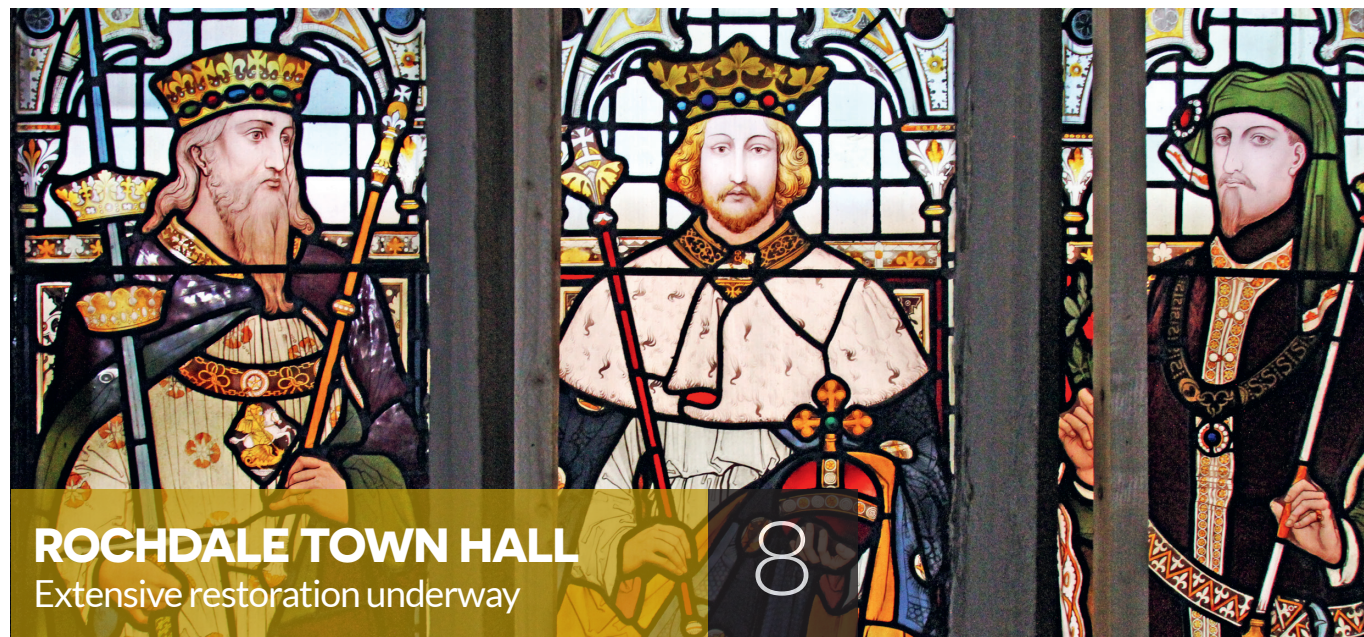
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CONTENTS

SUMMER 2022



6 DAISI DANIELS
Champion skier

12 BROADFIELD PARK
Borough's oldest park

16 WOMAN OF ROCHDALE EVENT
Photo gallery

18 UPPERBANKS
Next phase of Rochdale Riverside

20 JOLLY JOSH
Opens fully-inclusive centre



25 H BELL AND SONS
Celebrating 110 years

28 GARDENING TIPS
For summer

30 BES
20 years of serving pharmaceutical sector

33 DR CHAUHAN
Take a holiday from binge boozing



44 EARLY DAYS OF RUGBY
In Rochdale

46 MAYORAL YEAR
150th mayor of Rochdale

48 HAIRDRESSING TREND
Beachy waves



34 BEAUTY FEATURE
Permanent eyebrows

36 GUIDED WALKS
Around the borough

41 JUBILEE AWARD
For Brad Gartland



DAISI DANIELS

CHAMPION SKIER

Champion skier Daisy Daniels, 19, has already achieved so much since she first strapped on a pair of skis: she boasts over 90 gold medals, and has collected almost as many titles, including British Children's Champion; the British National champion at U12, U14, U16 and U18, and British Indoor Skiing Champion.

Daisy began skiing when she was just four years old, after a family holiday to Austria.

"I really didn't like it," she admitted. "I was crying and screaming so mum and dad left me with the instructor. I didn't want to put the skis on but by the end, I wouldn't take them off. The instructor chased me down the baby slope with a hula hoop to catch me!"

When they got home, Daisy's mum won tickets to Chill Factore indoor skiing and gave them to Daisy. There, her talent was spotted by a coach – and she began training on a serious level.

At the age of eight, she progressed from indoor skiing to real snow, and was using skis above her age.

She recently made her debut in downhill skiing, having spent her years in the sport competing in three Alpine disciplines: slalom, giant slalom and super G.

- Slalom skiing – between poles or gates.
- Giant slalom – between sets of poles set at a further distance apart.
- Super G – combines elements of downhill (a speed event) and giant slalom.

Daisy said: "I enjoy slalom the most because it's the most upbeat and has variation, but it's not my best, results-wise. I usually do best in giant slalom, but my first downhill was good. I always said I'd never do it, but I was amazed it went so well, and my coach was really pleased."

The former Beech House School pupil said it was tough balancing her sport with her school



studies, but struggled more when looking for a college place.

"I asked around for time off to ski, and most said they'd struggle."

Daisy attended Itchen Sixth Form College in Southampton, where she won a scholarship to study for a BTEC in triple sport. Being from Whitworth, Daisy lived with a host family throughout her time at college.

She said: "I adored Itchen. They were so helpful, thanks to their talented athlete programme. And my host family made really good food!"

Daisy, who currently trains with Ambition Racing, trains three times a week, balancing cardio with strength. When the pandemic hit, she bought her own home weights to use at home and also enjoys boxing – which she picked up at school – as an alternative way of keeping fit.

The teenager currently works in the family business, Bouncy Castle Network, the world's largest online booking system for party rental businesses. She plans to continue the business when her parents retire.

"Now this season has finished, I need to start planning for next season. It'll be my last year as a junior so it's quite a big year.

"My goal is to win the world juniors, so I need to train hard in the summer. I couldn't do it without my sponsors, so a big thank you to them as always."

Daisy will return to the slopes in Winter 2022 for the next season.

Rochdale's 'gothic masterpiece' Town

Often described as a 'neo-gothic masterpiece', Rochdale's Grade-I listed town hall is considered to be one of the finest municipal buildings in the country. Designed by William Crossland, it opened in 1871 as a symbol of the town's industrial might – its ornate stylings are rivalled only by the Palace of Westminster, according to Historic England.

While its imposing, quasi-medieval magnificence marks it out as one of the most impressive buildings in the north, the ravages of time have inevitably taken their toll. Problems blighting the building over recent years include a crumbling drainage system and a leaking roof, while a digital scan by Salford University revealed a treasure trove of forgotten rooms and obscured features.

Now a £16m restoration of the Victorian gem – part funded by the National Lottery Heritage Fund – is well under way. Around two thirds of the Town Hall is being revamped under the first two phases of the project, with a third possibly in the pipeline.

Scheduled to reopen in 2023, the revamp will restore many period features within the building and create a new permanent exhibition as well as boasting a heritage skills studio where local people can train in sought-after conservation skills.

Karen Heverin, of Historic England, says the heritage body is 'incredibly supportive' of the restoration programme. She said: "It's brilliant to see a project that's bringing this fabulous building back into community use.

"It's an amazing building; it's got such incredible craftsmanship and the work you can see is really suited to the brilliant architecture and decorative detail we have got in this building."

Approaching the Mayor's entrance, visitors will notice work to install a lift shaft inside the hall's landmark clock tower. You then arrive in

the Small Exchange with its stone angel corbels – figures that jut out to support the structure – and decorative floral frieze. From here, it is on to the Mayor's Reception, where careful and painstaking work is taking place to restore ornate ceiling panels to their original splendour.

Featuring illustrations of swallows, the panels are yellowed with age, with each one taking around five hours to clean up and remove the historic layers of varnish before the final finish is applied. Swallows are just one of the creatures depicted in some way at the town hall, with the sharp-eyed sure to also spot the squirrels, eagles and even lions among the plethora of species.

Also in-situ are four corbels representing four local dignitaries from the time of the hall's opening – including the town mayor and the designer, Crossland, himself. Next door is the Mayor's Parlour with its vivid stained-glass windows depicting the seasons through the 12 months of the year.

As in the reception room, meticulous work will be needed to return the decorative walls – resplendent with songbirds – to their original lustre. A small area has already been completed, offering a tantalising glimpse of how the finished version will look.

Electrics have been stripped out in readiness for the volunteers who will soon begin cleaning and timber panelling under supervision. They will also play a part in transforming the old council chamber, where a glazed partition has been removed, to be 'repurposed' further down the line.

This room celebrates the textile industry from the cotton fields of Egypt to the Victorian mills of Rochdale – with the decor featuring names such as James Hargreaves, Samuel Crompton and Lewis Paul. From here it's through to the Welcome Gallery, which is earmarked to become a new exhibition space. A 'lot of stripping out

Hall is being restored to its full glory

and dirty work' has already taken place, here – including the removal of a lower ceiling.

Then it's up to the Great Hall, where York Glaziers Trust is restoring the stunning stained glass windows – depicting an unbroken line of rule from William the Conqueror to Queen Victoria – to their original brilliance. The trust has a three-strong team based in Rochdale tackling 'serious structural problems' with the windows, before any cleaning-up can take place.

A tricky job, but Nick Teed, of the trust, says the project is 'now well on the way'. Work on the nine 'enormous windows' of the Grand Staircase has been completed while the Great Hall is not too far behind.

"It's a fantastic project," says Nick. "It's great to work on a building like this which is absolutely lavish with decorative and architectural detail."

He also enjoys working alongside the other tradespeople and craftsmen who are rejuvenating the town hall. "It's a real privilege to work on a building like this," he adds.

Those with a head for heights can then climb the scaffolding to the upper level of the Great Hall, where its cavernous scale can be truly appreciated. Progress here is in its early stages with careful work needed to ascertain how best to clean up the delicate roof tiles, before they can be properly restored.

A similar approach also needs to be taken before the fine detail can be brought out on the hugely impressive angel carvings, fittingly found in the town hall firmament. For Caroline Storr, heritage engagement manager at Rochdale Council, the project represents a 'fantastic opportunity to showcase the very best' of the town.

"I think the town hall has been piercing the skyline of Rochdale for the last 150 years and now it's our opportunity to let people into this

beautiful building that was made – not just for the people of Rochdale, but actually for people across the country if not the world," she says.

"Its architecture and craftsmanship inside takes its symbolism and history from motifs across the world, so our aim is that it's truly representative of everybody. It's really important because it allows Rochdale to be put on the map as a place of historic interest."

Caroline recalls how the town hall was once likened to an 'oriental temple of intoxicating elegance'. "I suppose what we are trying to do is make the building intoxicatingly elegant once more," she adds.

She believes the revitalised town hall will make Rochdale a real destination, together with attractions such as Touchstones Heritage Library, Fireground and the Rochdale Pioneers Museum.

She adds: "When we reopen it will tell the story, not just of the town hall, but as a lens into the last 150 years of Rochdale's history."

Mark Taylor, senior site manager for HH Smith, is similarly enthusiastic. "It's an amazing project to be involved with," he says.

"The more we work within the building and work around it, the more hidden features we see. It's just an amazing space." A stonemason by trade, he describes the restoration as 'the pinnacle' in his eyes.

"I would love to try and rebuild something like this but nowadays we just don't build them like this; it's one on its own really," he adds. "It's a pleasure to drive to work to this job. It's got literally everything this project when you think about it."

Nick Statham
Local Democracy Reporter

Rochdale's 'gothic masterpiece' Town



Hall is being restored to its full glory



BROADFIELD PARK



The bandstand in Broadfield Park

Broadfield Park, in Rochdale town centre, is of great historic interest and contains the statue of John Bright MP (John Bright was a national figure standing up for many progressive causes, like the need to reform Corn Laws).

Of considerable beauty and charm with significant views of the area, the park extends into the town centre. It is also a popular venue for various outdoor events.

The park - the oldest in the borough - contains a Victorian-style bandstand, bowling greens, and a play area for children.

The pond is stocked with water plants and divided to create two separate habitats. The walkway across the centre of the pond makes a great 'pond dipping' platform and an excellent viewpoint. It is a valuable watering hole for the park's wildlife and birds, and it is possible to see the return of the dragonfly to the park and bats catching insects at night.

The surrounding area is managed as a wildflower meadow to act as a food source and shelter for all manner of insects, amphibians, mammals and birds.

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SARAH FITCHETT

WOMAN OF ROCHDALE 2022



Sarah Fitchett (left) being presented with the award by previous winner Carole Kelly

There's something bittersweet about Sarah Fitchett's achievements. Behind the soft-spoken woman who has raised thousands of pounds and awareness of a leading suicide prevention charity is a bereaved mum who channelled her grief into helping others.

Sarah Fitchett gave birth to twin baby boys – Ben and Sam – at 27 weeks in September 1998. Ben was the elder of the two by just two minutes, and both boys weighed just two-and-a-half pounds.

Having been a nurse since sixth form, Sarah moved from adult nursing and endocrinology to neonates and midwifery. She is now a lecturer at Salford University and working towards her PhD.

"When the boys were nine months old, I thought maybe it was time for a change of direction. I could see myself being able to support other families and empathise with their journeys," she said.

Growing up, Sarah describes her sons as "really good friends" but "very different in personality."

"They were really placid and friendly. Neither of them were mad on sports but they were both reasonably high achievers and musical. Ben looked more like his dad, whilst Sam looks like me.

"They liked a lot of different things and were making their own identities."

Sadly in 2013, Sarah and her husband Pete's lives were changed, as Ben, then aged 14, took his own life.

"It was a shock; I can honestly say that," Sarah recalls. "Ben had been on an activity holiday with Scouts in Switzerland. He'd come home that Sunday afternoon, full of joy. He'd loved it. He gave us presents and we were chatting about the holiday that evening. There was nothing unusual about his behaviour.

"In the morning, Ben got up to do his paper round and I was up at that time anyway. I offered him a lift, but he said he was okay. I waved him off, said goodbye and 'I love you'. I didn't think anything of it until he didn't return home.

"I thought it was strange but we'd messaged and rung him, asking where he was and how long he'd be. He didn't have his house keys on him so we needed to make sure he could get home.

"I already had a strange feeling and started panicking a bit. I didn't think for one minute that Ben would be dead or have taken his own life. That was a really challenging moment; the bottom had fallen out of my world."

It was after Ben's tragic death that Sarah was introduced to PAPYRUS, a leading suicide prevention charity, of which she became a trustee in 2016.

It was in Ben's memory that the Fitchett family organised two HOPEWALKS which have raised over £26,000 for the charity.

"We met some fabulous people as the community came together to remember and celebrate Ben's life. We held a memorial service at church for people to reflect on his life and acknowledge he'd died. The church was full, which was reassuring and showed how loved Ben was. The Scout leaders and groups have been really supportive too and done things in his memory.

"We did brave picking up Ben's early GCSE results a few days later and it's quite sad that he

didn't get to see how well he'd done; he wanted to go into filming and reporting about nature, like David Attenborough.

"Our grief stays the same, but your life grows around it. People ask when will they be like me, but it's about keeping going, thriving and surviving. You can be the person that changes and raises awareness, or you can let grief consume you and become destructive.

"You do try to justify it, 'what if', but that's part of the grieving process. When you don't have time to grieve and accept it – like with sudden deaths – you can torment yourself. Talking about your lived experience and connecting with people can be really empowering.

"I honestly don't know how much money I've helped raise for PAPYRUS. It's more about the awareness, that people know the charity is there for young people. It would have been enough to raise enough for one phone call. Needing help and not being able to cope is nothing to be ashamed of. PAPYRUS has an intervention service where they talk and listen, and if someone's in danger, they can send someone to help them, and create a safety plan in case they feel that way again."

Sarah concluded: "I don't do this for any accolade. I do it because I'm a bereaved mum and I don't want people to suffer. I share my story to show that there is hope out of loss, and to try and help other families.

"Being named Woman of Rochdale was quite humbling and a shock; I still can't believe it."

Help and support

HOPELINEUK is PAPYRUS's confidential helpline service providing practical advice and support to young people with thoughts of suicide and anyone concerned about a young person who may have thoughts of suicide.

HOPELINEUK is staffed by trained professionals. For practical, confidential suicide prevention help and advice please contact PAPYRUS HOPELINEUK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org.



Ben Fitchett



Woman of Rochdale Luncheon

at Rochdale Golf Club





UPPERBANKS

The second phase of Rochdale Riverside, called Upperbanks, is well underway and is set to complete in 2024.

The development will include two apartment blocks of nine and ten storeys with a total of 242 one and two-bedroom apartments. It will also feature a 146-bedroom hotel and, if an occupier can be found, 43,000 sq ft of offices.

The project is part of the wider regeneration of Rochdale Riverside, which has already attracted major names in retail and leisure like Next, H&M, Reel Cinema and the Puttstars mini golf complex.

Willmott Dixon is the main contractor for Upperbanks, which is being delivered by Rochdale Development Agency on behalf of Rochdale Council, in partnership with Genr8 Developments and Kajima.



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Jolly Josh charity opens fully-inclusive centre for disabled children

The Jolly Josh charity has opened the doors to its inclusive centre in Castleton, having been officially opened by the Mayor of Rochdale, Aasim Rashid in April.

The children's charity hosts stay-and-play sessions for children with disabilities and special needs.

The premises at Ensor Mill are fully accessible for a range of needs and disabilities with specialist interactive sensory equipment for the children and their families to enjoy together - with many of the children's faces lighting up at having their own space, specifically for them.

The venue has a multi-functional room for various sessions, including the stay-and-play baby and toddler sessions, complete with a range of activities: there's an interactive 'magic carpet' (purchased with a donation from the East Lancashire Freemasons), a ceiling hoist to aid moving which spans the entire length and breadth of the room, plus various toys and even equipment donated by bereaved parents.

A specially built hydrotherapy pool is already proving popular, with one parent describing how being in the water is freeing for her wheelchair-bound daughter, and how it's the only time they can share a hug, something so many take for granted.

There are two disabled toilets on site, plus the second 'Changing Places' toilet in the borough, which was proudly opened by Zack Kerr, 26, a Changing Places campaigner and winner of the National Diversity Awards 2021.

Jolly Josh was given 10 years' worth of free rent at Ensor Mill by local businessman, the late Peter Cordwell in 2019.

A ball held in April to commemorate Peter's 50th birthday helped raise a staggering £164,000 whilst Alison McGuigan, Peter's sister and a trustee of Jolly Josh, helped raise over £60,000 last year.

A special blue plaque, modelled after heritage plaques, has been installed outside the venue in Peter's memory.

Alison, and Peter's wife, Sharon, said: "Pete would have been really proud to see Jolly Josh completed.

"He would have been very grateful for the support from everyone."

Named after their son, Jolly Josh was started in September 2017 by Carole and James Kelly, after discovering there were no groups for young disabled children in Rochdale.

Josh was diagnosed with the genetic condition Mitochondrial Disease at the age of six months. After his condition deteriorated, Josh was taken to Derian House children's hospice, where he died on 27 August 2017, just one month before Jolly Josh was due to begin.

The stay-and-play sessions were set up 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.

The group continues in his legacy, with the opening of such a needed place proving emotional for many.

Mother of two Jaime Foster, 32, who has cerebral palsy, said that she didn't realise she would be emotional. She said: "My school did build a hydrotherapy pool and it helped so much. It helped ease pain I didn't even know I had, and seeing this one, it hit me that I never had facilities like this, not here in Castleton.

"When you're a child, you don't know any different, but mum felt like there was nothing there, nothing available or that I didn't fit the criteria. I was very lucky to be treated like everyone else and accepted, but I had to realise my limits and overcome them.

"There's so many things here that will make things easier for people that able-bodied people take for granted. Sometimes people are surprised I have work and have children, but it shows that children can become something, and I like the idea that someone like me [with their own needs] could be that role model for them."



Zack Kerr (centre) opened the Changing Places toilet at Jolly Josh with James & Carole Kelly



Carole and James Kelly with their children Sophie and Oliver at the opening of Jolly Josh

'Thank you' funds raised for hospital by children

Giving back to the Royal Manchester Children's Hospital as thanks for care

Local children have raised over £800 for the Manchester University Foundation Trust Charity after running the Greater Manchester Mini Run on Saturday 21 May.

The group – Ella's Army – tackled the mile-long run to raise money for the hospital charity, which supports treatment and research at Manchester hospitals, including the children's hospital – where many of them have received life-saving treatment in the past.

Ella Chadwick has completed the run each year since her kidney transplant in 2014, and was this year joined by 10 friends, including some from the inclusive sign-language group



and Britain's Got Talent runners-up, Sign Along With Us.

Other runners included Christian Kilduff, seven; Lauren Norbury, 12; Hollie Barton, 12; Millie Barker Gorse, 15; Maddie Barker Gorse, 13; Izzy Barker Gorse, 12; Jack Barker Gorse, nine; and Lucy Rawes Moran, 13.

Highest award for Rochdale soup kitchen

The Soup Kitchen Rochdale receives Queen's Award for Voluntary Service

The Soup Kitchen Rochdale has been awarded the highest honour a voluntary group can receive in the UK: the Queen's Award for Voluntary Service.

Now based in Champness Hall on Drake Street - after a year at St Chad's - the soup kitchen was founded by trustees Marilyn Jones and Vida Slater in 2004, recognising a need to provide support for the homeless and vulnerable.



They started by serving soup from the boot of a car in front of the town hall, and it soon became apparent that a permanent site was needed.

Nearly 700 meals a week were delivered during the height of the pandemic, as volunteers worked with other groups to keep people fed.

Marilyn and Vida say the accolade is "testament to the many hours" the 52 volunteers contribute and are "extremely grateful" to receive the award.

The Soup Kitchen Rochdale has now reopened, providing meals three days each week, and around 300 bags of supplies weekly.

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H Bell & Sons celebrate 110 years of business

Originally founded as a plastering business in 1912 by Henry Bell, H Bell & Sons Ltd has been serving the Rochdale borough from the same Princess Street location for 110 years – and is looking forward to many more years serving the local community.

Henry came to England in 1901, from Belfast, where he settled in. He worked on both Birch Hill Hospital and Heybrook School when they were first built.

The business grew until his son, Henry T Bell, took over in the 1930s; Henry Jnr ran the company until World War Two when he was called to work in London. His father kept the business running until his return.

The war played a huge part in this era as the company had to diversify to incorporate property repairs. During this period, the business overcame the declining trend and the business survived.

Harry Bell joined the firm straight from school in 1953, with his brother David following in 1958. The two brothers took over the firm in 1969 when Henry T Bell retired. In 1979, Chris Bell joined the firm and took on a quantity surveyor degree in the evenings.

When David retired in 1990, Chris ran the business alongside his father.

In 2000, Louise Scott, Chris' sister, joined the company to take over the financial management, a role which she continues to this day.

Chris and Louise – the fourth generation of the family to run H Bell & Sons – have continued to grow the company, making it a highly successful building company for the private, commercial and industrial sectors. The company employs 30 members of staff, including apprentices from Hopwood Hall College.

It is this close family 'hands-on' approach which has enabled the H Bell success story to last so long.

To mark 110 years of success, the company has pledged to plant 110 trees across the borough this year, with the first being planted in the Rochdale Memorial Gardens in April. The tree will stand as a celebration of the local company's longevity and a mark of the Queen's Platinum Jubilee.

The occasion was very poignant for veteran Harry, who planted a tree in the same garden when he was chairman of Rochdale Round Table in 1977, the Queen's Silver Jubilee year. He said: "It's good to be able to plant a new one here which will grow tall just like that one did."



Chris Bell, Louise Scott, Harry Bell & Cllr Aasim Rashid

"For our business anniversary to be in a Queen's Jubilee year makes it even more special."

Further trees will also be planted in Norden Jubilee Park, and other local green spaces, plus wildflower hedging near the Willows Dementia Hub and Caldershaw Green.

A major sponsor of the Rochdale In Bloom effort, H Bell & Sons is also committed to making Rochdale a better place to live and work, maintaining the memorial gardens and other parks across Rochdale as part of their volunteer work. They also provide Springhill Hospice and local schools with plants, materials and support throughout the year.

The company is involved with construction and maintenance projects throughout the town and can be regularly seen working in schools, hospitals and offices as well as new build work across the Rochdale area.

They even created the registrars wedding venue in Number One Riverside during the Covid-19 pandemic, as the existing one at the Town Hall is closed whilst the building undergoes an extensive refurbishment.

The RSPB Big Garden Birdwatch 2022

House sparrows held onto the top spot, but the jay surprisingly flew nine places up the results from this year's RSPB Big Garden Birdwatch.

Photos: Ian Kimber



House Sparrow



Goldfinch



Robin



Woodpigeon



Blue Tit

This year almost 700,000 people across the UK took part in the RSPB's Big Garden Birdwatch, counting more than 11m birds.

In Greater Manchester, the house sparrow took the top spot, followed closely by starling and woodpigeon.

In the UK, the jay moved up nine places to number 23, an increase of 73% compared to 2021 numbers. Each autumn, jays, a colourful member of the crow family, can often be seen flying back and forth finding and hiding acorns to help see them through the winter. These are then hidden in the cracks and crevices of trees, but also in leaf litter on the ground. An individual

jay can store around 8,000 acorns each year and many remain buried to grow into oak trees.

The 10 most common birds in Greater Manchester:

1. House sparrow
2. Starling
3. Woodpigeon
4. Blue tit
5. Blackbird
6. Magpie
7. Goldfinch
8. Robin
9. Feral pigeon
10. Great tit

There was a small increase in greenfinches compared to 2021, giving scientists a glimmer of hope that this might be the first signs of a population recovery, but only time will tell.

In recent years the greenfinch has suffered a population crash (62% since 1993) caused by a severe outbreak of the disease trichomonosis and, as a consequence, the species was added to the UK Red List last year. This infection is spread through contaminated food and drinking water, or by birds feeding one another with regurgitated food during the breeding season.

Garden owners can help slow transmission rates

by temporarily stopping the provision of food if ill birds are seen and making sure that garden bird feeders are cleaned regularly.

Over its four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world. It was first to alert the RSPB to the decline in song thrush numbers, which are still down 81% compared to the first Big Garden Birdwatch in 1979.

This species was a firm fixture in the top ten in 1979. By 2009, its numbers were less than half those recorded in 1979, it came in at 20 in the rankings this year, seen in just 8% of gardens.

GARDENING TIPS FOR SUMMER



ABOUT THE WRITER

Roy Down is an engagement and development worker at Petrus as well as the chairman of Rochdale in Bloom. His role at Petrus is to help improve the mental health and wellbeing of volunteers through gardening, as well as those referred via NHS social prescribing.



Summer is the time when gardens are at their best with lots of beautiful blooms and bright colours to cheer up those days when the sun doesn't shine.

Despite the fact that Rochdale gets its fair share of rainfall, newly planted flowers are prone to drying out at this time of year. Water conservation and capturing water is really important. If you have room, consider installing a water butt to collect excess rainwater - much better for your plants than tap water too. If a water butt isn't an option, a bucket left out to collect rainwater will do just as well - every drop counts.

Your vegetables and plants will need feeding to encourage growth, meaning more flowers for your display, or fruits and vegetables for your table.

Organic fertilisers (such as seaweed feed) work well for a general weekly feed of flower beds. In the vegetable patch, tomatoes and peppers will need a high potassium fertiliser every week to encourage flowers and fruit to develop and to help keep pests and diseases at bay.

As the soil continues to warm up and veg and flowers grow stronger, so do the weeds. Keep them at bay by hoeing weedlings as they germinate. Tackling them at this stage will be easier and less time consuming than letting them dominate your vegetable and flower beds.

If you have limited growing space, think about growing some herbs in a container by the back door or on a windowsill. There are lots of herbs to choose from and many have attractive foliage and scent.



They make a wonderful display that's lovely to look at, and useful to cook with too.

At Petrus PIER, our favourite herbs right now include chocolate mint, oregano and coriander. Do watch out for herbs like mint, which can take over a container and dominate the display. It is better to grow these separately or plant them in their own pot within the container to control their growth.

Whatever you do this summer, make sure you take a moment to enjoy and take solace in the green spaces you have access to, and feel free to head down to Petrus PIER to see what we have got 'growing' on.





BES: DELIVERING INDUSTRY-LEADING EXPERTISE FROM ROCHDALE

BES started life as a small company, established by a group of former colleagues who wanted to design and deliver exemplary buildings for the pharmaceutical sector. Two decades later, the Rochdale company is not only celebrating 20 years in business in 2022, but is also nudging a £100 million turnover for the first time and still growing.

Steve Marsh has been BES's managing director since the company was first established and all BES's start-up team are still with the business today, providing consistency and industry-leading expertise to clients across the pharmaceutical, biotechnology, advanced manufacturing and healthcare sectors.

The company has always adapted, remaining agile as it has grown to serve new sectors, embrace new technologies and leverage the skills of its multidisciplinary team. In July, Steve will move to a new role as Executive Chairman, and Zeb Ahmed, who worked with all of BES's existing leadership team in the 1990s, will become the company's first CEO, while current engineering director, Paul Marsh, will become COO.

"BES has grown year on year since we were first established in 2002," explains Steve. "But the past couple of years have been particularly successful as we have invested in further development of our design department. We have also invested in our multidisciplinary team, digital technology and training, to ensure we offer an industry-leading, end-to-end solution for clients, while focusing on managed growth and succession planning."

A Chartered European Process Engineer and Oxford University Alumnus, with triple fellowship of the Institute of Chemical Engineers, Energy Institute, and Institute of Directors, Zeb is a key part of that succession planning. His process engineering background complements the turnkey service offering of the BES business, which designs, engineers and constructs complex facilities for technically demanding industries.

"What we do is very specialist," Steve continues, "so creating a culture of collaboration and developing skills has been central to the way we have built the business since the day we began. We are like an extended family with

a supportive management team, a focus on collaboration and a commitment to developing talent through mentoring. Around 70 per cent of our team have benefitted from our bespoke leadership training, which helps enhance communication and effective management across the business. We're also proud of the opportunities we have created for young people in Rochdale, with an apprenticeship programme that dates back almost as far as the business itself. A number of former apprentices have gone on to senior roles, having been sponsored through their degree by the company."

Offering process, mechanical, and electrical, and architectural design, along with construction services, BES can take projects from feasibility study to cGMP validation, which is required to meet the strict manufacturing standards in the pharmaceutical sector. The company's clients include international blue chips, such as AstraZeneca, along with niche R&D and manufacturing companies, NHS trusts, government agencies and emerging technology specialists.

"Most of our projects encompass cleanrooms

and laboratories, where the environment needs to be strictly controlled for temperature, humidity, pressure and cleanliness," explains Steve. "What sets us apart is our joined up approach; by working collaboratively across departments and with our clients, we can design and deliver projects that achieve the best possible outcome, innovating for our clients and ensuring we meet the needs of the people who will work in the facilities we build."

Having increased the company's team by 50 people over the past two years, boosting all departments across both its Rochdale HQ and Milton Keynes southern office, BES is poised for more growth to come.

"Essentially, our strategy is to invest in people and skills, creating a great place to work whilst providing an exceptional service that we can all be proud of," Steve adds. "It's hard to believe that it's 20 years since we first took the leap of faith to start the business, and even more to reflect on how much we've achieved since then. Looking ahead, there is so much potential to continue building the business here in Rochdale."

2022 Apprentice Recruitment Starts Here... The Home of Apprenticeships

Rochdale Training is now registering the interest of employers who want the very best candidates of 2022.

Every employer who recruits an apprentice will be given access to several incentives including;

- £1,000 grants (16-18-year-olds)
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- Access to our Workforce Training Fund

Hiring an apprentice is a productive and effective way to grow talent and develop a motivated, skilled and qualified workforce.

86% of employers said apprenticeships helped them develop skills relevant to their organisation and 78% said apprenticeships helped them improve productivity.



www.rochdaletraining.co.uk

Our apprentices and trainees are looking for a range of job roles including, engineering, manufacturing, child care, health & social care, business administration, and customer service environments.

The dates of our next drop-in sessions are as follows - ALL welcome:

- Wednesday 29 June 2022 11am till 12pm
- Wednesday 27 July 2022 11am till 12pm

Register interest by contacting the marketing team on 01706 631417 or marketing@rochdaletraining.co.uk

Luxury travel brand eShores turns 15

Despite the ups and downs of the last few years, independent travel company eShores is celebrating success – and its 15th year in business.

The company was started from a back bedroom by Gavin Lapidus and Nadine Brown, growing steadily to provide customers in the UK with tailor-made adventures in locations across the Americas, Asia, Europe, Africa, Arabia, the Caribbean, Australasia, and the Indian Ocean.

Co-founder Gavin said: “I’m so proud of the eShores team for how hard they’ve all worked and their willingness to adapt.

“While this has always been the case across our team, their hard work and dedication



eShores co-founder Gavin Lapidus

has been invaluable over the last two years in particular.

“To take such an unprecedented hit and come out of it on the other side makes me incredibly proud of all we’ve achieved as a business.”

THIS SUMMER TAKE A HOLIDAY FROM BINGE BOOZING

The festive season is most renowned for the over-consumption of alcohol, but in fact, abuse of booze is an all-year-round phenomenon with summer and its cocktail of warmer weather, longer days and more free time, a real concern.

Being in public office means you are privy to forthcoming national campaigns and I know that summer drinking is high on the government’s agenda this year.

One of alcohol’s greatest appeals is that it relaxes us, but that also means we drop our defences, not least against the power of the sun’s rays. Sunstroke is a common complaint across emergency units in Britain throughout summer.

Experts in Australia also believe that neglecting sun cream – because you are a little merry! – might exacerbate your chances of skin cancer.

As anyone who has experienced a hangover will know, alcohol dehydrates you. Our usual reserve gone, we have more accidents and become involved in antisocial behaviour.

Bank holidays have been marked by increased drinking since Shakespeare’s days and with the Jubilee we have more of them this year – and indeed have more to toast.

Moderation is the key here. Britain has a binge drinking culture and though we may not imbibe every single day, that can cause liver and heart

damage, increase the chances of having a stroke and raise weight to dangerous levels.

Keeping a bottle of water with you is important for teetotalers as well as drinkers.

Exercise is wonderful but over-exertion particularly in the heat, is not.

Bites and stings are also nasty things in the summer, and a plague of horse-flies, which are capable of disseminating a bite that could swell to the size of a golf ball, hit the headlines a couple of years ago. You need a well-stocked medical cupboard, with antihistamines a particularly useful addition.

Now lockdowns have been relaxed, some of us may get the opportunity to venture abroad. Check what injections and health precautions you need to take – not forgetting of course to note the Covid-19 rules that may apply to your destination.

Summer 2022 sees me joining that national concern around alcohol – particularly with its link to antisocial behaviour.

This is the season of brightness and happiness and shouldn’t be blighted by booze-fuelled poor health and crime.

As the old Northern adage goes, “always make sure you take a little water with it.”



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.

Permanent eyebrows - what are they all about?

Eyebrows are so on trend at the minute, and it is a trend that is not looking like it slowing down any time soon.

You may have tried waxing, HD Brows and brow lamination but have you ever thought of something more permanent?

That is where semi-permanent eyebrows come in. Never again will you have to spend time drawing your eyebrows in. Maybe you have overplucked your brows, or they have thinned over the years, or maybe illness has left you with reduced brow hair. If so, then this treatment is perfect for you.

You may have heard of semi-permanent brows before, but what are they and what does the treatment involve?

Semi-permanent eyebrows are a form of tattooing, which involves implanting pigment into the upper layers of the skin, giving the illusion of hairs and colour. This process fills in any gaps within the brows giving you that perfect shape 24/7.

The treatment is done in two appointments, six weeks apart. During the treatment the brows are measured out, creating the ideal shape to suit your features. Pigment colour is specially mixed so that it matches your hair colour and skin tone. Your new eyebrows are designed around your existing brow hair, tweaking the shape and making them perfect. This keeps them looking super natural.

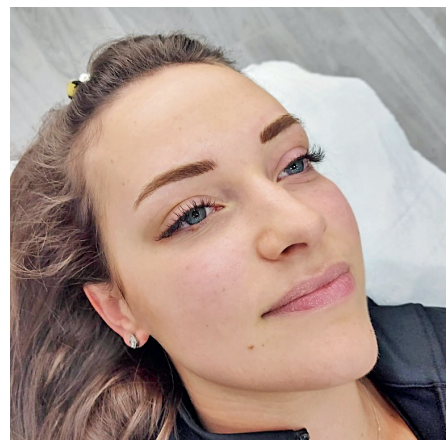


ABOUT THE WRITER

Lucy Atherton is the owner of the award winning 'The Beauty Establishment' in Bamford. She has been in the beauty world for over 10 years. Lucy is skilled in all aspects in beauty, but her specialism and passion is lash extensions and permanent eyebrows.

Once you have had your second treatment, the brows are then ready to go for the next 12-18 months. Over this time the brows will fade out slightly and will require a colour boost every year to keep the colour and shape fresh.

There are three options when it comes to eyebrows. During your consultation, we will decide which one is best for you.



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Guided Walks

The Big Life Group runs a number of guided walks for free each week in the Rochdale borough. Here we have listed a selection in Heywood, Littleborough, Middleton and Rochdale.

Hollin & Hopwood Woods, Middleton

Mondays 10am.

Meet at Hollin Estate Management Board office, Hollin Shopping Precinct, Nowell Road, Middleton M24 6FL
There is a free car park at Hollin EMB office and bus stop close by.

Milnrow Library Walking Group, Rochdale

Mondays 10am.

Meet at Milnrow Library, Newhey Road, Milnrow, Rochdale OL16 3NP
With multiple leaders we are able to offer lots of options to suit new and intermediate walkers. Refreshments are available at the library afterwards. Street parking in the area.

Cutgate Walking Group, Rochdale

Tuesdays 10am.

Meet at Denehurst Park entrance off Edenfield Road, Rochdale OL11 5AF
This is a slower pace walking group. There is some free car parking inside the park and bus stops on Edenfield Road.

Castleton Walking Group, Rochdale

Wednesdays 10am.

Meet at the Castleton Community Centre car park, Keswick Street, Castleton, Rochdale OL11 3AG

There is free parking at the rear of Castleton Community Centre. The walk follows the canal towpath around Castleton. Toilets are available.

Falinge Park, Rochdale

Wednesdays 11am.

Meet at Falinge Park main entrance, Falinge Road, Rochdale OL12 6LB
This is a short gentle walk. The routes are pushchair and wheelchair accessible and aimed at new walkers and people with health conditions. Street parking in the area.

Hollingworth Lake, Littleborough

Wednesdays 2pm.

Meet at Hollingworth Lake Visitors Centre, Rakewood Road, Littleborough OL15 0AQ
This walk is a little quicker than our other walks and uses the surrounding hills and moors. Pay and display car parking, toilets and café available.

Queen's Park, Heywood

Thursdays 10am.

Meet at the cafe inside the park, Queen's Park Road, Heywood OL10 4UY
There are two groups. A gentle walk with a focus on nature and a longer walk for more experienced walkers. Free car park available. Toilets at the café.

Syke Walk & Talk, Rochdale

Fridays 10am.

Meet at Syke Methodist Church, Syke Road, Rochdale OL12 9TF
This particular walk is quite long at two hours with more hills than our usual walks. Toilets are available.

Safety information for guided walks

No dogs allowed, except for guide dogs.
Please wear a face mask, if possible.
Please don't attend if you or anyone in your household has tested positive for Covid-19 or is showing symptoms.
Walks in winter may be cancelled or rerouted due to ice, deep snow or mud.
You are advised to wear a waterproof coat and walking boots or similar hardy footwear in poor weather.
The walks have been awarded 'Accredited Scheme' status as the walks have been proven to be safe, well-led and well-organised.

Call 01706 751190 to join any of these walks or for information on other walks.

Bring movement back to your life!

- Continuous stiffness in your knee?
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- Walking aids are no longer helping?
- Still waiting for surgery?

Yes? Then it is time to consult the experts at The Highfield Hospital

The Highfield Hospital takes knee replacement surgery to the next level with the new CORI surgical system.

In making this addition to its Orthopaedic Department, the hospital looked for a system that showed evidence of better alignment and positioning than conventional methods during surgery, a speedier recovery and reduced post-operative pain. The CORI system assists patients in getting back to an active lifestyle

more quickly than traditional joint replacement methods. So, whether it is a walk in the countryside or a game of golf you will be able to reclaim your mobility.

The CORI surgical system is a handheld robotic device that allows consultants to perform partial and total knee replacement surgery with greater accuracy and precision than is possible using traditional methods.

The important thing to know about the CORI system is that the surgeon always remains in control. The tool is an enhancement, which helps them create a detailed surgical plan during the operation to ensure that the implant is positioned and aligned correctly for your individual anatomy.

One of the first surgeons to use the device in the UK, Mr Mohan, consultant orthopaedic surgeon at The Highfield Hospital, said: "The CORI system provides the treatment that patients are both demanding, and deserve.

"With better patient outcomes, there is no question that this system is the future of orthopaedic surgery.



"It allows me to tailor the operation to the patient's anatomy and soft tissue tension, thus helping to meet the individual patient's expectations as I consult with them."

Sean Crooks, executive director at The Highfield Hospital, said: "The Highfield Hospital is pioneering robotics for orthopaedic surgeries, and we are the first hospital in the north of England to be able to provide access to this technology.

"This investment not only shows our dedication to the latest surgical techniques, but to our patients who receive the highest quality care."

Highfield offer fixed package quotations for knee replacement surgery, following your initial consultation you will be provided with a full quotation where we also provide access to accessible payment options from £320 per month*

*Representative Example: Total amount of Credit £15,250. Total charge for credit £3966.20. Total Amount Repayable £19,216.20. Repayable by 60 monthly payments of £320.27. Representative 9.9% APR. Example based upon a medical procedure costing £15,250 repayable over 60 months. Acceptance is subject to status. Terms and conditions apply. Chrysalis Finance working in partnership with Circle Health Group. Loans are arranged by Chrysalis Finance Limited of PO Box 404, Alderley Edge, Cheshire SK9 0EA. Both Circle Health Group and Chrysalis Finance Limited are authorised and regulated by the Financial Conduct Authority to carry out the regulated activity of credit broking.

Pineapple upside-down cake and piña colada

by Natasha Brown - owner of Brown's Cakes

Ingredients

- Five tinned pineapple rings in juice not syrup (the tin I bought had nine rings in and enough juice for a cocktail for two. Keep the tin in the fridge so that the juice is cold for the cocktail)
- 60g melted butter
- 80g light brown sugar
- 3 eggs
- 1 tsp vanilla extract
- 210g self raising flour
- 170g caster sugar
- 170g Stork margarine
- 300ml double cream, plus extra for serving
- Strawberries to serve

For the piña colada

- Malibu
- Pineapple juice (there might be enough for a cocktail for two from the leftover juice in the can, it depends on the size of the can)
- Coconut milk (we used tinned but you can use a coconut alternative to milk)

There is a reason why a classic is a classic.

Pineapple upside-down cake is fabulous, and I can't think of much that is more summery than a slice of pineapple upside-down cake served with cream and fresh strawberries washed down with a nice cold piña colada.

For the cake, start by preheating the oven to 180°C.

Drain the pineapple rings but keep the juice for the cocktail.

Dry the pineapple rings by blotting with kitchen roll.

Pour the melted butter in the bottom of an eight inch baking tin (the baking tin must have a solid base, don't use a loose based tin or springform tin as the sticky syrup that you are making will all run out).

Sprinkle the light brown sugar over the melted butter and arrange five pineapple rings in the cake tin.

Put the eggs, vanilla extract, self-raising flour, caster sugar and margarine in a large bowl and beat well with an electric mixer. Beat this really well until the mixture goes pale and very soft. When well-beaten, spread the mixture over the pineapple and smooth down.

Bake in the centre of the oven for approx. 40 minutes. Check the cake is cooked by inserting a wooden skewer and checking that it comes out clean. If it is not baked, keep it in the oven and keep checking every five minutes until it is done.



Once the cake is cooked, take it out of the oven and place a plate over the top of the tin. Carefully turn the tin and plate over and gently tap the tin to release the cake. It should come out with a few taps and little shakes of the tin. Let the cake cool on a wire rack.

Pineapple upside-down cake can be served warm with custard, but I like this cooled with fresh cream.

If putting a layer of whipped cream inside the cake, just cut it in half horizontally and smooth whipped cream inside the layers and reassemble.

Even if it has got whipped cream inside, I still like a drizzle of cream poured over my slice when it is served with the fresh strawberries.

The leftover pineapple slices can be chopped up and served with the cake, or better still, make a lovely garnish for a cocktail.

You might have enough reserved pineapple juice to make a piña colada to serve two: if you want more, you can use ordinary pineapple juice.

To make a cocktail for two, blend 100ml Malibu with 150ml pineapple juice and 100ml coconut milk in a food blender, or shake well in a cocktail mixer.

Check the taste and add more pineapple juice, coconut milk or Malibu to your taste.

Pour into two glasses and garnish with pineapple rings and strawberries.

You can add a straw and cocktail umbrella too if you have them.

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Royal Jubilee recognition for Brad Gartland after setting up local male mental health charity

Brad Gartland, 25, who volunteers for male mental health group Andy's Man Club, and founded his own branch in home town Rochdale, has been selected as a Platinum Champions volunteer as part of an official Jubilee project.

Brad was selected as a Platinum Champion from over 300 people who were nominated in the North West area for their dedication to volunteering. Nationally, he joins a line-up of 490 volunteers.

Brad impressed the judges with his resilience in the face of personal tragedy, using his experience to give his time to male mental health talking group, Andy's Man Club, and also founding the Stephen Gartland Foundation in memory of his dad.

Brad said: "I sadly lost my dad to suicide in 2016, and in his honour was inspired to make a difference and banish the taboo surrounding male mental health.

"I decided to volunteer at Andy's Man Club – a safe space where men can come to talk about any issues they may face – in the hope that I can do my bit to uplift anyone who may be facing similar difficulties.

"In 2020, I founded my own branch in Rochdale.

"I dedicate my Platinum Champion award to everyone who has been struggling, feels isolated, and feels like they can't go on."

The Platinum Champions Awards were initiated by national charity, Royal Voluntary Service and its President, HRH The Duchess of Cornwall, in honour of Her Majesty The Queen and the example she has set in 70 years of service. The awards celebrate extraordinary volunteers across the UK who are making a difference every day.



All 490 Platinum Champions will receive a specially designed pin and a signed certificate from HRH The Duchess of Cornwall.

Her Royal Highness, The Duchess of Cornwall said: "The Platinum Champions Awards, launched by Royal Voluntary Service in honour of Her Majesty The Queen's 70 years of service, have given us the opportunity to celebrate the remarkable contribution of all volunteers, who truly are the backbone of our country.

"Congratulations to all our Platinum Champions – and my heartfelt thanks to you and to the millions of volunteers across the UK who give their time and talents so generously."

Andy's Man Club meet every Monday (except Bank Holidays) from 7pm and is open to any male aged over 18. Find out more at andysmanclub.co.uk.

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Rochdale Lacrosse win David Beesley Cup after unbeaten season

Following an outstanding season for Rochdale's Men's Lacrosse first team - in which they won every game - the pressure was on to make it a perfect season in the David Beesley Cup Final, which they won 13-8 in a hard-fought game against Poynton on Saturday 23 April.

Rochdale's first team currently boasts a number of young players who are making their presence felt, including newcomer Josh Clegg, for whom this was his first season playing senior lacrosse - he will be very pleased with his performance after scoring twice.

18-year-old Peter Day, whose physicality and athleticism was a constant thorn in the side of Poynton, also deserves mention as does an imperious performance from midfielder Daniel Madeley, who won the majority of face-offs and probably had the best take-out of the game with a clean bull-dodge whilst transitioning into the attacking half. He looks to be in fine form going into the upcoming World Games in the USA, where he will represent England.



Photos: Pauline Journeaux



Veteran goalkeeper Matt Croney showed the crowd that lacrosse is a game of incredible skill with a flurry of saves and pinpoint distribution of the ball, giving Rochdale an advantage at the back.

Experienced former England international and club captain Glenn Humphreys lead his side decisively and contributed one of the most spectacular goals of the game, with a shot to the bottom corner from a considerable distance, one of five well-taken goals.

At the back there was a great display of defensive spirit from Matthew Taylor and Josh Croney, whose proactive approach to defending made the Poynton attackers think carefully about their tactics.

Nathan Madeley was a dependable rock at the heart of the Rochdale defence.

Defensive players also contributed to the Rochdale score with three goals.

Three further goals came from Aaron Duckworth and Joe Longley, who used their experience to provide a solid supporting framework for the younger players in the team.

England international Alex Halliday scored a brace and he will join Daniel Madley in the England squad as international teams begin to gear up for the sport's inclusion in the next Olympic games as a showcase sport leading to full Olympic recognition four years later.

THE EARLIEST DAYS OF RUGBY FOOTBALL IN ROCHDALE

The game that evolved into rugby league was, in the beginning, a very different sport to the one we watch today. From its earliest days, any game in which a ball was handled, kicked or passed between players was called 'foot-ball'.

The earliest record of foot-ball being played in Rochdale reports that games between the various hamlets around the town were played as far back as 1775.

These were called 'mob football' games, and were chaotic affairs with few rules: an unlimited number of players could use any means necessary to convey a pig's bladder from one side of the town centre to the other.

These games faded from the sporting scene when the Highways Act of 1835 banned the playing of foot-ball in the street - with anyone caught liable to a fine of forty shillings (that is over £1,000 equivalent today).

After that foot-ball became organised, though it was still played to local rules, with anything up to 20 or 30 players a side.

The first contest between two Rochdale clubs took place in December 1841, when the Body-Guards Club, based at the Grapes Inn on Baillie Street, accepted the challenge of the Fear-Nought Club to play them in a 12-a-side contest, with half a barrel of 'Old Tom' gin for the winning side.

The match was played on Christmas Day 1841 under 'rules agreed by both parties', and overseen by an umpire from each team. In order to score, the teams were required to kick the ball over the fence at the opponent's end of the ground, but neither side was successful.



The match was eventually settled when a tired Body-Guard's player called a spectator on to the field to take a kick for him. This infringement of the rules was deemed 'foul play' by his own umpire, who awarded the game to the Fear-Noughts on a technicality.

As foot-ball gained popularity across the country, and teams began to play opponents from other areas, there was a need to create a common set of rules. The rules adopted by the majority of clubs, and the governing body, were those laid down at Rugby School - the Rugby rules.

This was the point at which the game became known as 'Rugby Football', the first step towards becoming the game we know today.

BY JIM STRINGER

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HIGHLIGHTS OF A MAYORAL YEAR

Councillor Aasim Rashid was the 150th Mayor of the Rochdale borough for the 2021-22 year. Here he talks to Real Rochdale about representing ethnic minorities, raising money for charity and some of his favourite events of the year.

You've raised £15,000 in your Mayoral year. Which causes will benefit from a donation?

My chosen charities will receive the majority of the monies raised:

- Parkinsons UK (Heywood)
- Springhill Hospice
- Petrus
- Jolly Josh
- Rochdale Shopmobility

I will also be donating smaller amounts to a few small community groups or volunteer organisations that need help. The main aim is to help as many groups as possible as well as the volunteer sector.

My year started in a difficult time during restrictions, so there were three months of no activities. We slowly came back to normal life but we had to hold some events later than usual. The same thing happened at the start of 2022 because covid levels rose and we had to cancel one of the main charity fundraisers, Mayoress at Home. The mayoress was really disappointed and we were expecting a high turnout from across Greater Manchester.

What were your focuses for the year?

My first priority – like every mayor – was to raise as much money as possible, and highlight our borough across the UK. I was lucky to be the 150th mayor of Rochdale as we celebrated 150 years of the town hall. Showing our rich history was a wonderful thing. I believe Rochdale is one of the most beautiful, diverse towns in the borough.

Another focus was discouraging discrimination, inequality and any kind of

racism. I belong to the BAME community and we have many ethnic minorities in Rochdale, and this is the beauty of this town: the strong integration and multi-cultural society we have, and strong relationships with varying communities. I am proud of the diversity, but I think we need to work more on -discouraging those who try to divide us. It still exists in society and policies should be very strong. This is work we have to do collectively within all political parties.

Which events really stood out to you?

The visit of the Pakistan High Commissioner in July 2021, the first visit for about 20-25 years. This was a positive sign for both diplomatic and trade relationships locally. We played a charity cricket match, which was my first event.

The visit of Little Amal was a really proud moment and I was also really honoured to be part of a service at St Chad's for the start of the Queen's Jubilee programme.

Did you find out anything new or surprising?

I was able to meet a lot of new faces, new businesses, volunteers and community groups which I was not previously aware of. I believe I learnt more in the last 12 months than the last eight years as a councillor.

I now have more knowledge about my own ward [Castleton] and the borough. I am really proud of what I have achieved and how I have served as a mayor. I think I had a very successful year and a lot of support from different groups, proving that if we work together, we can deliver better.

I am really humbled.



Model: Emma Seaton
Colour: Georgia Matthews
Haircut & Photo: Gregory Couzens

HAIRDRESSING TREND

by GREG COUZENS

Beach Waves

Summer has arrived, and we will see a strong demand for longer periods in between appointments, with more emphasis on natural textures and colours for a low maintenance style, which can prove challenging for stylists and technicians.

Definitely don't be afraid to ask, "can you make my haircut and colour last longer"?

Taking inspiration from the classically effortless beach waves, this ultra-feminine cut features texture and movement with long face-framing layers.

Senior technician Georgia Matthews explains how to achieve this look: "Post-lockdown, we are seeing a trend towards more natural looking colour. Emma's hair had solid blonde ends and looked tired.

"I chose toasted caramel highlights with a rich brunette in between, melting to lighter brown on the ends.

"This natural sun-kissed look will grow out naturally and will look beautiful all summer."

The beauty of beach waves is it is easy to maintain: to finish, take pieces at random, run a hot tool over them (no need to go wild with your curling wand) with a little flick here and there to create an effortless natural beachy texture.

The end result is fresh and natural with a healthy glow to last all summer long.



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