

ISSUE 22 SUMMER 2024

REAL ROCHDALE

A portrait of Lorenza Pye, a woman with long dark hair, smiling and wearing a black sleeveless top. She is holding her right hand near her chin, showing a ring on her finger.

WOMAN OF ROCHDALE
LORENZA PYE

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EDITOR'S WORDS

A warm welcome to Real Rochdale



Hello, and welcome to the second Real Rochdale issue of 2024.

Our summer edition features Lorenza Pye, this year's Woman of Rochdale - an outstanding lady who has made British Sign Language accessible to hundreds of deaf and non-verbal children in the borough. I'm sure you will agree from reading her story that this is a very well-deserved award.

Speaking of remarkable women, Rochdale's own Lisa Stansfield was honoured at the first Northern Music Awards, dubbed the 'Brits of the North.' Read her thoughts on page 17.

In business news, Zen Internet was named one of the best UK workplaces, praised for its people-centric culture and focus on employee happiness. Zen's people and culture director Ayshea Robertson shares insights on how happy staff lead to better productivity and business results.

And some more positive news: Rochdale Cricket Club, one of the oldest in the region, celebrates its bicentennial in 2024. After two centuries, the club remains a historical and cultural cornerstone.

Chef David Hayden, owner of The Gallows shares his delicious monkfish recipe which is not to be missed and Natasha Brown, the owner of Brown's Cakes has an almond, lemon and plum tart for you to try.

There's much more to be discovered in this issue, but I will let you take a look for yourself.

Thank you as always to our advertisers and contributors. We hope you enjoy our summer edition.

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LORENZA PYE: WOMAN OF ROCHDALE 2024



Lorenza with her mum Michelle and eldest daughter Mya

Photos : Ken Rowlatt

Mum of two Lorenza Pye, 37, was crowned this year's Woman of Rochdale for her tireless work in making British Sign Language more accessible to hundreds of Deaf and non-verbal children in the Rochdale borough.

Having previously worked in banking, Lorenza – who holds a level six qualification in British Sign Language (BSL) – set up her own free app and now runs the Eliza Says Rhyme and Sign classes, where she teaches a “very basic” version of BSL to “break down barriers between SEN [Special Education Needs] and mainstream.”

Lorenza, of Milnrow, initially began learning British Sign Language after her youngest daughter, Eliza, seven, was born with CHARGE syndrome – a complex genetic condition named after some of its symptoms – which affects her breathing, eating and hearing.

Eliza spent the first 10 weeks of her life in hospital, undergoing a tracheostomy when she was just seven weeks old to help her breathe. She was non-verbal for the first few years of her life with Lorenza saying “she couldn’t make any sound and I didn’t hear her laugh or cry for maybe four years.”

“We didn’t know there were any complications until after she was born and it was a bit of a whirlwind,” Lorenza said. “We found out she was deaf at around two months old and we’d just come home from hospital. Eliza had fought really hard to be alive for those 10 weeks and we’d overcome a lot.”

“I was devastated; I’m not ashamed to admit there were a few tears. I’d never met anyone Deaf before having Eliza; I’d never really had any experience of people with disabilities in general. She was the first person I met with complex needs who is Deaf.”

Whilst Eliza still has regular medical appointments and relies on a feeding tube, she now uses BSL to communicate and currently attends a mainstream school with one-to-one support.

Lorenza and her family were advised to learn sign language, with Eliza proving to be “a natural signer” after taking to it quickly, but it quickly became apparent that support was limited.

Lorenza began learning BSL from a Deaf native user of the language, which she said “has been really helpful for me to understand.”

BSL has its own grammar and is structured differently to English. It was first recognised as a language in 2003 and only became a legal official British language in 2022.

Lorenza said: “Learning sign language is expensive and it’s not accessible. We need to shout more about keeping BSL alive. It can be adapted to anyone, and you don’t have to use it forever.”

It was from this that the first iteration of Eliza Says was created during lockdown, a free app that teaches 100 BSL words, which made Lorenza realise “that’s what I wanted to do.”

The first Eliza Says sessions took place at Little Hens in Milnrow, and now Lorenza teaches more sing and sign sessions across the borough, having branched out to teach children with SEN, schools, nurseries and SEN schools. She also volunteers her time using sign language to help support Deaf adults with cancer and wellbeing groups.

She added: “Everyone’s learning at the same time. Lots of families are trying to learn because the child needs it but sometimes, we do meet families who don’t have those needs,



Lorenza with last year's winner, Jenny Kennedy

but want to make it more inclusive for children who do, which is a fantastic reason to learn.

“We’re all in it together, and that’s a huge part of my job and why people have connected with Eliza Says. It’s not only the sign language, I’m living the same life, I’ve got the same experience. They love to meet Eliza and she’s an inspiration to other families to show children can achieve with disabilities.

“There is a lot of negativity, especially around disabilities, hearing loss and being deaf, so it’s really good to share the positive things. I’m really big on inclusion and celebrating how unique we all are, which I’m always trying to say to my children.

“That’s what makes us wonderful.”

You can find out more about Eliza Says via the ‘Elizasays’ Facebook page.

The Eliza Says app is free to download for iOS.

200 YEARS OF ROCHDALE CRICKET CLUB



League champions 1900

One of the oldest cricket clubs in Lancashire, Rochdale Cricket Club celebrates its bicentennial in 2024.

Rochdale Cricket Club was formed on 15 June 1824, adopting the rules, laws and regulations established by Marylebone Cricket Club.

The first meeting of directors, presiding over by Robert Holt, took place in the Woolpack Inn, and 'Meer Field' was rented for the remainder of the season for the princely sum of £2 – equivalent to about £275 today.

Membership was granted by ballot and members met at a different hostelry each week.

The most notable match of this period was a showdown between 11 northern champions and 11 southern champions from 8-10 September 1860.

A house building project in the New Barn Lane area forced another move, and Rochdale

Cricket Club settled at the Vavasour Street estate, off Milnrow Road, in 1868.

The 1868 season opened at the new Milnrow Road ground with an extraordinary event: Rochdale versus the Aborigines. It took place on from 2-4 July and created a great deal of interest.

The visitors appeared in an eye-catching uniform each played wearing a red shirt, white trousers and a distinctive coloured sash.

The match won't be best remembered for the batting display, with time alone saving the Australian outfit from defeat. However, thousands of spectators were drawn to the ground to witness the sports which were to follow, including traditional athletics and boomerang throwing.



In 1919, Rochdale-born financier and then-president of the club, Jimmy White set out to sign the 'best professional' in the land, landing Cecil Parkin. Over three seasons, he took 406 wickets, although there were no trophies to show for his efforts.

A highly successful period then evolved with the signing of Pat Morfee, a fast right-hand bowler. Rochdale won the League and the Wood Cup over his four season stay at Dane Street. In all, he took 390 wickets and scored 1,700 runs.

Other professionals that followed included Bill Hickmott, Sidney Barnes, Ellis Achlong, Learie Constantine, Stanley Crump and Cecil 'Cec' Pepper.

Signing Pepper on a three-year contract was a real coup for Rochdale, as he had proved to be an outstanding

A successful decade followed but 1877 was the last season at the ground before the club had to seek pastures new.

The Ladies Bazaar Committee raised an astonishing £1,600 which went towards changing a low-lying and uneven patch of wasteland near Rochdale town centre into a spacious and well-laid cricket ground. Dane Street would be the cricket club's home for the next 176 years.

The inaugural game on the new ground was a three-day affair against a United South of England XI.

The next major step in the club's history came in in 1893 when Rochdale joined the Central Lancashire League. They enjoyed immediate success becoming champions in their inaugural season and the two that followed. They enjoyed further success in seasons 1900, 1905 and 1906 before a barren period.

World War One hit the club so badly that in 1918 there was no cricket at Dane Street. But a few men with visions of happier days worked strenuously and the year ended with the club practically out of debt.



A crowd at Dane Street in the 1920s

HONOURS

28 times champions of the first division:

1893, 1894, 1895, 1897, 1900, 1905, 1906, 1922, 1923, 1924, 1925, 1927, 1948, 1950, 1951, 1952, 1953, 1955, 1956, 1959, 1990, 1991, 1993, 1995, 1997, 1999, 2003, 2007.

12 times winners of the Wood Cup:

1922, 1923, 1924, 1932, 1952, 1955, 1956, 1957, 1958, 1991, 2000, 2017

success in Australia's Test matches against England during the summer of 1945.

The highlight of his inaugural season was a hard-hitting 143 in two and a quarter hours. Two of his sixes soared over the pavilion at Stockport's Cale Street ground. In all he hit six sixes, a five and 17 fours. This was followed by a return of 9 for 43 as the home team were bowled out for 155.

Pepper waited another season before completing the double, only the second player to have done so. He repeated the feat in 1948 and the Championship was won with a 13-point margin over Milnrow, the runners-up.

Pepper's three-year stay at Dane Street netted him 3,127 runs and 297 wickets.

What followed was five seasons of ex-Gloucestershire and England Test batsman Charlie Barnett. His superb attacking play had ranked with the world's best and he didn't disappoint. He scored runs for Rochdale at an amazing speed.

During his tenure, in which the League was won four times and the Wood Cup once, Barnett scored 4,687 runs and captured 437 wickets.

In the 1950s, Rochdale went on to win the Wood Cup in each of Dattu Phadkar's four seasons with the League Championships

trophy joining the trophy cabinet in 1955 and 1956.

After a couple of decades focusing on developing the younger players, Rochdale took their first league title for 34 years with Dave Callaghan in 1990. They backed this up the following season with a league and cup double.

Further titles followed in 1993 and 1995. In the interim, the Dane Street ground was sold to Asda, with the club relocating to the site of the former Redbrook School.

The arrival of exciting young talent, in the shape of 22-year old Robbie Baker from Western Australia again ignited the team and they claimed the title in 1997 and 1999.

Rochdale topped the table in 2001, 2003 and 2007 with Dirk de Vos, Tushar Arothe and Ryan Hinds respectively carrying the professional mantle.

After a reorganisation of cricket leagues in the Manchester area in 2018, Rochdale chose to join the Lancashire League; a strong, competitive and challenging competition which has proved a great success.

With thanks to Rochdale Cricket Club, in particular the late Alistair Bolingbroke whose research made this article possible.

Rochdale Cricket Club's team for 2024



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SCAN ME

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

They were winners of Come Dine with Me: The Professionals in 2022.



David, who has catered for premiership footballers, TV stars and other celebs, shares his recipe for tandoori monkfish fillets to serve two people.

Ingredients

For the monkfish

- 500g boned monkfish fillet
- Tandoori marinade, as below
- 200g plain flour
- 1 tsp salt
- A pinch of cracked black pepper
- 2 eggs
- 2 pints of vegetable oil

For the tandoori marinade

- 400ml natural yoghurt
- 1tsp tandoori paste

For the raita

- 1 medium carrot, grated
- Half a cucumber, grated
- Half an onion, sliced
- 1 garlic clove, crushed
- 2 tsp natural yoghurt
- Salt and pepper, to taste
- Fresh lemon juice, to taste

To serve

- 100g rocket, washed and drained
- Squeeze of fresh lime juice

- Mix the tandoori paste into the natural yoghurt until well-combined. Cut the monkfish into slices and pour over the marinade. Ensure the fish is well-coated and leave for one hour in the fridge.
- Make the raita by mixing the grated ingredients with the onion and garlic. Add the yoghurt, a dash of lemon juice and salt and pepper. Stir until thoroughly mixed and set in the fridge until serving.
- Mix together the 200g plain flour, salt and black pepper to create your seasoned flour.
- Whisk the eggs together.

Tandoori monkfish fillets with raita and rocket salad



- Bring the vegetable oil up to temperature (180°C) in a good saucepan. This should take about 5-10 minutes on a medium heat but you can test this by dropping a cube of bread into the oil. It should brown in about 15 seconds at 180°C.
- Remove the fish from the yoghurt and coat with the seasoned flour. Dip into the whisked egg and repeat twice.
- Carefully submerge your seasoned fish into the hot oil and cook for around 6-8 minutes until golden brown and remove with a slotted spoon.
- Split the fillets between two plates and serve with the raita and rocket. Squeeze over juice from a fresh lime and enjoy!

HAIRDRESSING TREND

by GREG COUZENS

PRINCESS BOB

This summer, the iconic bob haircut is making a stunning comeback, with celebrities like Jennifer Lopez, Rihanna, Megan Fox, Gigi Hadid, and Kim Kardashian rocking this timeless style on red carpets and at fashion events.

The bob's appeal lies in its bold, attention-grabbing statement, low maintenance, and versatility. It offers countless variations, from the undone bob to the lob (long bob) and the sharp, super blunt princess bob, allowing for personal expression.

Claire Lye, a senior technician at Couzens Hair Studio, sums it up: "Pink is such a flattering colour, with the benefit of exceptional conditioning properties, it slowly fades from making a bold statement to subtle pastel tones."

This highlights the trend of using hair colour and style as a form of self-expression and confidence.

Inspired by celebrities, fans are joining the bob trend, embracing their individuality and stepping out of their comfort zones. The bob is more than a hairstyle; it's a celebration of confidence and self-expression.

Ready to transform your look? Use this magazine for the latest trends and visit your local hairdresser to explore different bob variations that suit your face shape and style.

Embrace the change and let your new bob reflect your confidence and unique personality. Your next stunning transformation awaits!



Model: Diana Lynham
Haircut & Photo: Gregory Couzens
Colour: Claire Lye

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Lisa Stansfield honoured at first ever Northern Music Awards

Rochdale's music legend Lisa Stansfield was honoured at the inaugural Northern Music Awards, named by the organisers as the "Brits of the North".

Lisa, renowned for her chart-topping hits like "All Around the World" and "People Hold On" in the 1980s and 1990s, received the Northern Icon Award, which she described as a tremendous privilege.

Hosted by BBC Radio 6 Music's Chris Hawkins, the packed public awards show featured performances from Liam Fray (Courteeners), Lisa Stansfield, The K's, and Antony Szmierek.

Notable guest presenters from the region included Gary Neville, Gillian Gilbert, Stephen Norris from New



Order, and Thomas Turgoose.

Organised by the UK's largest music therapy charity, Nordoff Robbins, the Northern Music Awards were held at Manchester's iconic Albert Hall on Tuesday 23 April, celebrating northern artists, festivals, venues, and industry figures.

Rochdale's own Lisa, one of the UK's most prominent pop singers of the 1990s, electrified the former Wesleyan Chapel with a captivating performance featuring hits like "The Real Thing," "Change," "Live Together," and "All Around the World."

She was presented with the Northern Icon Award by Mayor of Greater Manchester, Andy Burnham.

Lisa remarked, "Music and singing are in my blood, as much as being a proud Mancunian. Therefore, to be recognised as the Northern Icon at the inaugural Northern Music Awards is an incredible honour."

She added, "I'm immensely proud to support Nordoff Robbins in raising funds for a new music therapy centre in Greater Manchester."



Rochdale engineering and MRO supplier Rothwells celebrates its 70th anniversary



Independent family business H Rothwell & Co Ltd, locally known as Rothwells, celebrates seven decades in business this July.

In 1954, WW2 veteran Herbert Rothwell opened the current Duke St premises to sell tools and various ironmongery to local trades.

It's said that he built the internal warehouse racking in such a fashion that it could be easily dismantled and broken down into ammunition, should another war come to pass.

Luckily, no such war was on the horizon and the Rothwell family operated the company until its acquisition by Roy Nuttall in 1992. One year later, Roy became chairman of Rothwells as his son Chris was appointed managing director.

The father and son duo went on to expand Rothwells' product ranges over the next two decades; branching into machine tools and oils, specialist engineering supplies, PPE, branded

workwear, spill control, health and safety and cleaning supplies.

When Roy passed away in 2017, they had transformed Rothwells from a simple 'nuts and bolts' shop to an established manufacturing and engineering supplier.

Chris Nuttall commented: "My dad worked in the business until the week before he passed away, at the age of 87! I think he'd be very proud that we're celebrating 70 years but not surprised – he was an old-school secretary and an expert in business longevity."

As well as careful business planning, Chris puts the company's long-standing success down to hard work and a team that will source 'just about anything' for their customers.

Over the years, the company has supplied beekeeper's suits, daffodil bulbs, a fridge, 7,500 rain ponchos for the commonwealth games, a large water feature for a sixth form college, and even some dog seizureers for local dog wardens.

Many of Rothwells' staff have served for between 20 and 30 years, making the team an invaluable knowledge pool for local manufacturers and engineers in need of a wide range of supplies.

To welcome in a new decade and a new generation of business, in 2020, Chris was joined by his daughter Charlotte Nuttall.

Charlotte became Rothwells' digital operations and marketing manager, tasked with modernising the company's internal and external systems as part of its futureproofing plans. She is currently leading the company's milestone project –



a new B2B trade portal – which is set to launch later this year.

Charlotte said: "We've been working on modernising the business for several years, with a new internal system installed in 2023. Now it's time to bring our customer-facing systems up to speed as well."

The new B2B portal will allow their current and future customers to order online and is a huge step forward for the

business, which started long before the age of emails and the internet.

Chris Nuttall commented on the future of the business and the trading conditions currently facing Rochdale businesses: "As an older company whose systems used to be pen and paper, it's amazing to see what today's technology can offer. Not only the efficiency and convenience of digital working, but the data analytics that can be used to drive business decisions.

"In such a tough economic climate, especially for independent local businesses, it's essential use technology to our advantage. We must make every effort to keep costs low whilst still servicing our customers in the best way possible.

"I'm very much looking forward to what the future may hold for both Rothwells and the town. Rochdale itself is becoming a real business hub that we can all be proud of."



Managing director Chris Nuttall (right) with the Rochdale mayor at the Rochdale Competitive Connections event in 1999



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Pet Travel

With summer holidays in mind, there is often a decision whether to take our pets with us or leave them behind.

There are a few options if you decide not to take your pet with you.

Pet sitters

Either in your house or at someone else's home. Make sure that you check insurance and whether the pet sitter is registered. Ask for references from previous customers, speak to friends and family and see if they can recommend somebody.

Kennels/cattery

There are many excellent kennels and catteries in the area. Again, do your research. You should be asked to ensure that your pets' vaccinations are up to date and sometimes this needs to be completed a few weeks prior to their stay. Speak to the kennels to ensure that you won't run out of time.

Taking your pet with you

There are lots of pet-friendly holiday options in the UK. The main issue people have is travel sickness in their pets. Stopping often and allowing your dog to get out and walk for a few minutes can help. If the sickness is quite severe, there are options to treat with medication. Please speak to your vet in plenty of time to allow discussion of the options, and perhaps a trial run.

To travel to the EU with a dog, cat or ferret you will need an Animal Health Certificate (AHC) unless you already have a valid EU passport. These AHCs are completed by your vet up to 10 days before travelling, but preparations can take several weeks.

Your pet will need to have a rabies vaccination at least three weeks prior to the certificate being issued (unless they are having a booster vaccination before the due



ABOUT THE WRITER

Clare Farnsworth qualified from Liverpool in 2003. She had a brief stint in mixed practice before settling into her small animal vet career. She has worked locally for the past 15 years before opening a new practice in Milnrow last year.

date of the previous rabies vaccination). Your pet will need to have a working microchip at the time of vaccination.

In most cases, the paperwork takes about an hour for the vet to complete, so please speak to your practice in plenty of time to allow a suitable appointment time.

For most EU countries, you do not need to give dogs a tapeworm treatment before you leave the UK, but you **will** need to treat prior to re-entering the UK. This treatment needs to be given and certified by a vet on the continent before you return.

It is also a good idea to research the area you are travelling to for any other parasites you should be aware of and take steps to prevent infection. For example, sandflies can be an issue near the Mediterranean; these parasites can cause diseases in our pets.

If you have any questions, please speak to your vet. They will be able to advise you on what steps you need to take to allow you to have a fantastic holiday – whether you decide to take your pet with you or not.



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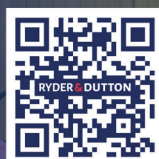

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GEM Appeal marks 30 years of fundraising

The GEM Appeal is this year celebrating 30 years of fundraising and research into rare genetic conditions. Founded in 1994 by Karen Johnson, a mother-of-three who tragically lost both her young sons to rare genetic disorder Hunter syndrome, the charity has been a driving force in advancing support for families affected by this condition.

To mark the charity's 30th anniversary, the Diamond and Pearl summer ball was held at Rochdale Town Hall on 15 June, which will be followed by the Strawberry Sparkle ladies' luncheon on 21 August, and charity patron Denise Welch's annual charity ball in November.

Karen's sons, Simon and Mikey, were born with Hunter syndrome, a rare inherited disorder where specific sugar molecules cannot be properly broken down in the body.

The condition, also known as mucopolysaccharidosis type II (MPS II), predominantly affects boys and leads to a range of health issues due to the accumulation of these sugar molecules in organs and tissues.

Hunter syndrome can vary in its severity with symptoms including rapid and progressive learning and memory problems, and heart and lung dysfunction.

GEM Appeal trustee Wendy Mills said: "Treatments have been life-changing for many families with children with genetic conditions; reducing symptoms, avoiding further complications, extending life expectancy and giving better quality of life."

www.gem-appeal.co.uk



The GEM Appeal received the Queen's Award for Voluntary Service in 2019

She added: "The medical team at the hospital is optimistic about the future and is striving for more rare genetic diseases to be included in the newborn screening programme heel prick test.

"There is still a long way to go to find cures for these genetic disorders, but the GEM Appeal charity will do all it can to help get there. We want to continue to be with them every step of the way."

For more information about the GEM Appeal, including how to donate, please visit www.gem-appeal.co.uk



WOMAN OF ROCHDALE LUNCHEON



Photos: Ken Rowlatt





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New children's book raises funds for Ukraine

A new children's book by retired Rochdale head teacher Yvonne Weatherhead MBE has been published to help raise money for children affected by the Russian invasion of Ukraine.

In a heartwarming tale of compassion and community, retired Rochdale headteacher Yvonne Weatherhead MBE unveils her latest children's book, "No Mission Impossible."

Inspired by true events, the story follows the journey of "Flying Grandma" as she embarks on a mission to find a home in the UK for a Ukrainian family seeking safety from the Russian invasion.

The narrative centres around a magical everlasting bluebell, through which seven-year-old Ahata reaches out for help after fleeing Ukraine with her family.

After a long search, Flying Grandma succeeds in securing a loving home

for Ahata and her parents, thanks to the kindness of real-life Rochdale residents Lee and Angela Wardle.

Lee, reflecting on their experience, shares, "It was a privilege to welcome Ahata and her parents into our home... We thoroughly enjoyed showing them where we live and are now lifelong friends."

The book highlights the selflessness of many British people who opened their homes through the government's Homes for Ukraine Sponsorship Scheme, with Ukrainian families finding refuge with host families.

During a successful launch at St Luke's CE Primary School, Heywood, schools from across the borough



Yvonne Weatherhead with Bailey Middleton, a pupil at St Luke's who played the Flying Grandma role

joined in a heartwarming assembly led by Yvonne.

Students also planted sunflower seeds and bluebells in symbolic solidarity at Denehurst Park and Queen's Park.

The yellow colour of the national flower of Ukraine signifies friendship, while the bluebells that feature in all the Flying Grandma books are a symbol of humility and everlasting love.

Donations received from the book's sales contribute to aiding children affected by the Ukrainian conflict, with over £1,400 raised to date.

Books can be purchased online at:
weatherhead-projects.co.uk





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DOJO Karate Centre's record number selected for European championships

An impressive 48 members from the DOJO Karate Centre in Rochdale have been selected to represent England at the European Championships being held in August.

The Team GB selections were held in Norwich on Saturday 10 February, and resulted in the large number of Rochdale fighters making the list.

To add to the good news, Huseyn Mikayilov of DOJO has been appointed Team GB's male captain for the European Championships, which take place in High Wycombe in August.



Sensei Irfan Ansari and Huseyn Mikayilov

Huseyn was appointed by the head national coach, Chris Hemstock, at the GBMAT team national squad training in Kettering.

Coach Irfan Ansari said: "This is amazing news for Rochdale; this is the most members we have ever had selected for an international competition. It just goes to show that our coaching works and our members are ever achieving new levels and breaking records.

"We have had amazing success at world level since 2008 and this year will be even better. Selected members have now got five months of hard and dedicated training to be in medal winning positions at the Championships.

"Funding is always an issue as all entries are self-funded. So members will be asking their relatives, businesses to sponsor them. Is there anyone out there who would like to fund our team? Please get in touch with us.

"We are asking all Rochdale citizens to help our young team members achieve their amazing goal of representing Rochdale and England at the Championships."

Speaking about Huseyn's success of being appointed captain, he added: "Huseyn has always worked hard in perfecting his skills. His motivation to stay strong with my guidance and support helped him realise the long-term goals and has kept him positive.

"Being given the chance to qualify as a coach and then go on to do so has taught him much more about the different types of people we deal with every day.

"Most of all, he has worked hard at self-improvement with many hours being spent reinforcing his learning, discovering different training methods, new techniques and tactics to excel himself.

"This, coupled with the respect he always shows and the often mischievous jokes he plays, makes him the ideal person to lead the GB team. We are all very proud of him."

The 48 eight members of the DOJO Karate Centre will represent England at the European Championships in High Wycombe over the weekend of 3 and 4 August.

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.

PIER is a community allotment and gardens located on Belfield Road (next to the Croft Shifa Medical Centre) in Rochdale, which belongs to homelessness charity Petrus. It is a beautiful, relaxing and therapeutic oasis that grows fruit and vegetables and is a member of the wider Incredible Edibles network representing Rochdale. It is open to the public and people are welcome to visit and take a look around this award-winning garden. Petrus' vision is to create kind, confident and connected communities through the power of growing food. Here are some tips for this growing season. Happy gardening!

Summer is a great time on the Petrus allotment: the cold and frosty mornings seem so far away now. It's always good to see our summer volunteers returning and new ones joining us. Despite all the wet months during spring, we know how quickly



the summer dries out our vegetable and fruit beds, so we are adding more ways of collecting rainwater around the allotment.

During the winter, we added more planters, which means we can grow an ever-wider range of crops and engaging with more volunteers this year.

We are trying some new crops, as J. Parkers have donated lots of seeds for us to try. We cannot wait for all the different types of peppers to start growing!

Watering and weeding may sound mundane, but on a large (or small) allotment, it is essential to keep your crops healthy and flourishing.

We also are on the lookout for pests, such as aphids and we react to this ASAP. Thankfully, we seem to have lots of ladybirds on our site; they certainly help keep the pests under control.

In **June** we like to plant nasturtiums, always a favourite of ours, they spread really well and make ideal companion plants for our vegetable plots. It's also a great time to plant spring onions and one of our new crops, pak choi. We are going to give broccoli another try this year, having had mixed results in the past. One thing we did get right was curly kale, with bumper crops for months.

July is a great time to plant out courgettes and sweetcorn. We have been growing these in our polytunnel and they will be ready to plant out in July. Cabbages can be planted out ready for a good winter harvest. Use any dry spells to keep hoeing out the weeds, rather than when the soil is wet, as this can allow the weeds to root again.

We always give our herbs a trim during **August**, which encourages new growth before autumn and the onset of early frosts. Petrus seems to be the ideal place for strawberries to thrive – we have lots! – and we plant out all the rooted runners in August.

Watering and feeding sweetcorn regularly will help produce a great crop. Try using a bit of tomato feed. Main crop potatoes will be ready for harvesting, just wait until the leaves have started to wilt and turn yellow. Garlic, shallots and onions – allotment favourites with our volunteers – can be lifted and dried out.



We hope you all have a great summer, either in the garden or the allotment. And if you do get chance to visit the Tatton Show this year, please come and say hello.

Good luck to all our fellow 'In Bloomers' who are taking part in the RHS It's Your Neighbourhood competition this summer.





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A PLAGUE UPON SUMMER HEALTH NEGATIVITY

Stack up the troubles and summer can sound as bad for your health as winter: hay fever, dehydration, heat exhaustion, burns, skin cancer... The list is a familiar one.

Make no bones about it, lighter, longer days are better for you, as you move outside and exercise. It just takes a few precautions.

Keep the clobber on

Wearing sun cream and proper clothing for protection is as salient advice as it has ever been. Being properly dressed, particularly when walking, also offers a shield against insect bites and the lack of antibiotics to treat them. You may think they are a given in summer, but bug bites can cause a wound that becomes seriously infected if the skin is broken.

Global warming has created the perfect environment for an invading army of horse flies. Certainly, the pudding has been over-egged with media images of vampire hoards causing welts and swellings!

Without the medication to soothe infection, the possibility of a small bite turning into a deadly infection remains. Had we developed new antibiotics and not seen them as a panacea for everything, then this situation may not have occurred.

Keep skin covered when rambling in the countryside, particularly near water and in long grass.

That should include the feet by the way, as barefoot injuries increase once the heat rises.

Flaming dangerous

Two other health risks are barbecues and anti-social behaviour.

Ill-cooked meat on the grill can result in salmonella, and even flipping burgers and throwing on more charcoal can be hazardous when the person in charge is fuelled by alcohol.

Drink generally can be the demon in the summertime. All-day binges in the sun lead to dehydration, liver damage and poor choices.

But overdoing the sauce is not the only problem. Drugs taken at summer festivals and in the open, lead to a myriad of unfamiliar behaviours, including, sadly, violence. Police forces across the country report peaks of harm during the summer months, many exacerbated by drink.

Summer's the time

For all the seasonal health problems summer might summon, the ability to exercise and get fit far outweighs its downsides.

Post-Covid Britain is still experiencing a mental health crisis, but the power of light and sun can provoke happier, more hopeful emotions. It is arguably a time of reduced stress as those fortunate enough to afford time in the sun do so.

As far as wellbeing is concerned, nothing is finer than the lazy, hazy days of summer, and the power and light of the sun. Just treat it – and yourself – with a little respect, that's all.



ABOUT THE WRITER

Dr Anita Sharma is a published women's health expert, the founder of the charity Endometriosis Awareness North and the president of the Rochdale Inner Wheel club.

As a GP, she previously coordinated the NHS pessary service for Greater Manchester. She also works closely with Rochdale medics to reduce unnecessary antibiotic prescribing.



Zen Internet named as one of the UK's best workplaces

Zen Internet has earned recognition as one of the UK's Best Workplaces by Great Place to Work, a leading authority on workplace culture.

Rochdale-based Zen, the only Which? Recommended Provider for Broadband, emphasises its people-centric business, pioneering the belief that the happiness and wellbeing of its people should come before making money.

As a member of the B Corp community, Zen has committed legally to considering the impact of its decisions on workers, customers, suppliers, community, and the environment. Certified B Corporations represent a unique business model that integrates purpose with profit.

Over the past year, the Rochdale firm has enhanced flexibility and refined its hybrid work model, particularly focusing on supporting employees returning from

maternity and adoption leave. The company continues to emphasise psychological safety at work.

Zen's commitment to its people is evident in its career development initiatives. In the last 21 months, 20 employees have transitioned to new roles, 47 have been promoted, and 14 have benefited from secondment opportunities.

Zen's people and culture director, Ayshea Robertson, said: "We are thrilled to be Great Place to Work-Certified™!"

"It means a lot that our people have reported a consistently positive experience with their colleagues, their leaders, and their jobs.

"This is important to us because we know that when our people have a high trust experience every day, they are more productive, drive better business results and make a difference to our customers."

HOPWOOD HALL SUMMER OPEN EVENT

Hopwood Hall College and University Centre is the place to unlock your potential – and this journey could start as soon as September 2024.

The award-winning college – which has campuses in Middleton and Rochdale – offers a wide range of courses for learners of all ages.

Many people are just one qualification away from starting an exciting new career, securing a long overdue promotion or progressing to university.

The process begins by attending the college's summer open event from 10am-12pm on Wednesday 21 August.

This is the ideal time to hear from expert tutors, explore the full range of courses, access support such as bespoke careers advice, and check out the facilities



following multi-million-pound investments.

School leavers can find out about the popular range of apprenticeships and vocational programmes at the college, including T-Levels.

These qualifications have a strong record for success when it comes to helping young people progress onto employment, university or higher-level apprenticeships.

Meanwhile, adults can pick from a wide selection of courses with various modes of teaching.

There are part-time courses taught in person, online and on a flexible basis – allowing students to gain skills in a way that works best for them.

It's at Hopwood's University Centre where all manner of people aged 18+ are seizing the higher-level qualifications that are so important for climbing the career ladder.

And for those who have always dreamed of going to university but don't quite have the credentials, then there's Access to Higher Education, which allow people to get on their way to a degree for free.

The college is now accepting applications, with enrolment beginning at the end of August.

So no matter your age, skill level or professional ambitions, your journey to an exciting future can start as soon as this summer.

For more information on courses, applying and the upcoming open event, visit hopwood.ac.uk

ALMOND, LEMON AND PLUM TART

by Natasha Brown - owner of Brown's Cakes

This recipe uses a traditional frangipane combined with lemon zest and lemon curd to create a plum tart with a sharp lemony twist.

Ingredients

For the pastry

150g plain flour
75g cold butter
50g icing sugar
1 egg yolk
1 tbsp ice-cold water

For the frangipane

100g butter
100g caster sugar
2 eggs
55g plain flour
75g ground almonds
Zest of 1 lemon
1 tsp almond extract

For the filling

2 tbsp lemon curd
4 or 5 plums
2 tsp of honey warmed in the microwave

Begin by making the pastry.

Rub the butter and flour together to create a breadcrumb-like texture, then stir in the icing sugar, followed by the egg, and, lastly, the ice-cold water.

Bring the pastry together to form a dough. Squash it into a flat circle shape, wrap in clingfilm then leave in the fridge for 30 minutes to rest.

After 30 minutes, roll the pastry into a thin circle and lay it in a flan dish. Push the pastry against the bottom and side, but leave it standing a little over the edge of the dish. This helps prevent the tart shrinking and the excess can be cut away later.

Chill the pastry for another 30 minutes in the fridge.

To make the tart

Preheat the oven to 180°C (160°C fan) gas mark 4.

Beat the sugar and butter until light and fluffy then add the eggs one at a time with a spoonful of flour with each egg to prevent the mixture curdling. Stir in the rest of the flour, ground almonds, lemon zest and almond extract.

Spread a layer of lemon curd over the base of the tart then smooth the frangipane mixture on top. Cut the plums in half and remove the stones, then slice. Decorate the tart with the plum slices.

Bake in the centre of the oven for approx. 35 minutes, until the tart starts to turn golden brown. Check the tart is cooked by inserting a wooden skewer and checking that it comes out clean. If it's not baked, keep it in the oven and keep checking every few minutes until done. Once baked, take the tart out of the oven and brush the top with some honey whilst it's still warm.

The tart can be eaten warm with custard or is lovely at room temperature served with cream. It also keeps well for a couple of days and becomes a little moister and stickier with time.

Enjoy!



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Health and wellbeing during Fire and Earth season

In traditional Chinese Medicine (TCM), the seasons are closely linked with the five elements – Wood, Fire, Earth, Metal and Water. Summer is associated with two elements – fire and earth – which shows us how seasonal transitions affect our health in subtle ways.

Staying healthy and happy during the summer is all about going with the flow of the season's energy. Think of it like tapping into the good vibes of sunshine and warmth while keeping your body and mind in balance.

Early summer is all about embracing that vibrant fire energy, which means finding joy, staying active, and keeping your heart happy. Early summer is characterised by rising temperatures and increasing yang energy. Fire corresponds to this phase, particularly in the beginning of summer when the weather becomes warmer.

During early summer, fire acknowledges the peak of yang energy, so there's a need to balance it with appropriate practices and lifestyle choices that are more yin, like meditation and gentle exercise.

Protecting the heart from emotional stress is key, along with staying hydrated and eating cooling foods like cucumber and watermelon. Rest and self-care replenish qi, our life force energy, while moderate exercise supports circulation and vitality. Care should be taken when spending time outdoors to avoid excessive sun exposure.

Late summer represents the transition from the peak of yang energy to the beginning of yin energy. This phase is associated with the earth element, which corresponds to the spleen and stomach organ systems.

In TCM, the spleen is considered one of the most vital organs for overall health and wellbeing: it plays an essential role in digestion,



ABOUT THE WRITER

Suzanne Cooper is a complementary healthcare therapist using the principles of traditional Chinese medicine.

energy production, immune function, and it also regulates metabolism and fluid balance.

Emotional wellbeing is linked to the spleen, with excessive worry affecting its function. Symptoms of a spleen imbalance may include fatigue, digestive issues and susceptibility to illness. A balanced diet, stress management and adequate rest can support spleen health.

The earth element represents stability, nourishment and transformation. Late summer is a time where it's essential to support digestion and overall stability, especially as the season shifts towards autumn.

This includes maintaining a balanced diet with emphasis on easily digestible, nourishing foods such as whole grains, root vegetables and cooked foods. Avoiding excessive worry and overthinking, which can weaken the spleen, is also important. Engaging in grounding activities such as walking in nature, practicing mindfulness, and gentle exercise can help balance the earth element.

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WLTP Consumption Figures for the Suzuki range shown: Combined fuel Consumption MPG 53.2-64.2 Combined CO2 Emissions (g/km) 99-120.

Three generations, a family business

New Castleton hydro pool sessions funded for Parkinson's sufferers

Castleton Health and Leisure Centre is now home to a long-awaited hydrotherapy pool which offers funded sessions for sufferers of Parkinson's disease.

'HydRose' is the legacy of the late Rose Richardson, who was diagnosed with Parkinson's in the early nineties, and was advised to visit a hydrotherapy pool to help manage her pain as her condition worsened.

Rose kickstarted fundraising efforts with her husband, Dave, in 2016. Their 'Hydro16' campaign was awarded a £100,000 grant from Viridor Limited just six weeks before Rose passed away.

Now after raising £140,000 over the last eight years, the hydrotherapy pool has become a reality, and opened its doors at Castleton Health and Leisure Centre in April 2024.

And thanks to funding from Parkinson's UK, people with Parkinson's in the local area will also benefit from receiving five hydrotherapy sessions with staff assistance, although spaces are currently limited.

Local man Vincent Swift was the first client who suffers with Parkinson's to use the new hydro pool.

His carer Joe said: "Since Vincent started to use the Hydrotherapy Spa Pool, he's slowly seen the benefits of using the facility.



"His mobility has improved marginally, there's also been a slight reduction with the Dyskinesia and Vincent's posture has improved slightly - also, Vincent's seen a reduction in knee pain since starting the sessions."

A spokesperson for the pool management team said: "After years of fundraising by Dave Richardson along with capital investment from ourselves and a much-appreciated Viridor grant as part of their Environmental Credits Scheme, it is great to fully open to the general public our new HydRose therapy facility."

The leisure centre is currently awaiting delivery of an accessible changing bed and shower stool, so anyone requiring this is advised to book appointments ahead of time.



Hydrotherapy sessions can be booked via the Castleton Health and Leisure Centre website: www.chandl.co.uk

To enquire about the Parkinson's funded sessions, please call the leisure centre on 01706 353 663.

BBC show produced by Rockerdale Studios sees Michael Sheen grilled by 35 neurodivergent interviewers



Neurodivergent interviewers grilled A-list celebrity Michael Sheen in a special BBC One interview by Rockerdale Studios, an independent production company co-founded by Rochdale's Stu Richards.

Airing to celebrate Autism Acceptance Week, 'The Assembly' saw a cast of 35 people aged 18-77 who are autistic, neurodivergent or learning disabled, question multi-award-winning actor and director, Michael Sheen.

The format is an adaptation of French show 'Les Rencontres Du Papotin', which saw the likes of Emmanuel Macron and Camille Cotin (Call My Agent) face the neurodivergent journalists of the Papotin.

With no topic off the table, the Good Omens star, 55, answered tough questions from musicians, artists, writers and students, such as the age gap between himself and his partner, 30-year-old actor Anna Lundberg, what makes

him cry, his opinion of the British Royal Family. However, the Welsh actor was also asked some easier questions about his height, his favourite Disney film and his first-ever crush.

Mr Sheen said he was "very excited" before the show because he "really had no idea" what he was going to be asked.

He said: "I said yes to being a part of The Assembly because it was just such an extraordinary and interesting idea. Reading about the original French series, it just sounded so extraordinary, different and potentially a very revealing way to approach the tried and tested interview process, but obviously it is a lot more than just being an interview.

"The interview part of it is just one aspect of the project and I think there is still a lot of confusion, ignorance and fear around people with any kind of difference. I think being able to be involved in a project like this could maybe break down some of those barriers."



Speaking before the show's airing, he added: "I was quite moved at times by seeing how much people had to struggle to overcome certain things they were dealing with in order to ask questions at times. That was uplifting. I don't know what people will learn about me... but it's not about me, it's about that fantastic group of people, but I certainly got a huge amount out of it too and I hope an audience will as well."

Rockerdale Studios, a disabled-led company that puts on- and off-screen disabled talent at the heart of its work, was founded in 2017 by CEO Stu Richards and COO Michelle Singer, who have made a name for themselves with their unique brand of mischievous and provocative comedy content.

Stu is also known for co-creating and writing the BBC Three comedy, Jerk, and Rockerdale is best known for Channel 4's Mission: Accessible.

Working closely with the BBC's Creative Diversity Team, Rockerdale Studios spent "a long time" working with a number of

groups around the UK - and with "three superb organisations" in particular to select their cast.

They said: "Building trust was essential and it was important to have the time for this to happen. It was satisfying to have built such a diverse team, too: many of our off-camera team self-identify as disabled or neurodivergent."

Stu added: "We wanted a big name [for the interview] and their personality was also important. You need charisma to draw people in and be able to deal with the edgier questions. Michael Sheen was that funny, intelligent, honest bloke who we felt would be the perfect guy."

He said: "We wanted edginess in the show, provocativeness, but that question [about the age of Michael's partner] was very early on in the shoot.

"We were watching in the gallery and thought, 'what if he walks off, what if he hates that question'. That was terrifying. Anna was actually there in a different room, so it was double the nerves because we didn't know how she would take it as well.

"It resulted in a profound and emotional answer."

When asked about the feedback received from the show, Stu said: "We've had a lot of neurodivergent people say, 'Finally, a portrayal that is representative of all of the many sides' [of neurodivergent people].

"We've also had responses from parents of neuro kids, because they're used to seeing quite sad stuff, gentle piano music, so the response has been really positive."

'The Assembly' is available to watch on BBC iPlayer until March 2025.



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POST OFFICE HORIZON SCANDAL

This is the second in a series of articles in which Molesworths' dispute resolution team will review the Post Office Horizon scandal, the issues arising from it, and what might happen next.

This article considers the function and use of private prosecutions by commercial organisations, exploring both the legal framework and the practical implications of such actions.

The Law

English law allows any person or organisation to initiate a private prosecution.

This means that private individuals, as well as companies, can prosecute alleged offenders without the involvement of public prosecuting authorities like the Crown Prosecution Service (CPS).

The legal basis for this is found in the Prosecution of Offences Act 1985 and the Criminal Procedure Rules, which govern the conduct of these prosecutions.

Private Prosecution – Why?

Commercial organisations may choose to pursue private prosecutions for several reasons:

- Efficiency and control: companies often perceive private prosecutions as a faster alternative to public prosecution, giving them more control over the handling of the case.
- Deterrence: by taking legal action independently, companies can send a strong message to deter future offences against them.
- Resource allocation: in some cases, public authorities may lack the resources or the will to prosecute certain crimes, such as fraud or intellectual property theft, leading companies to take matters into their own hands.

Risks and Challenges

While private prosecutions offer benefits, they also come with significant risks and challenges:

- Cost: private prosecutions can be extremely costly, with the organisation bearing all legal costs upfront. If the case fails, they may not recover these costs.
- Reputation: companies must consider the potential reputational damage that could arise from pursuing legal action, especially if the case garners public or media attention.
- Legal and ethical questions: there are complex legal and ethical issues involved, including the potential for conflicts of interest and the fairness of the prosecution.

The Post Office Horizon scandal is a prominent example where the misuse of private prosecution power had devastating effects.

Hundreds of sub-postmasters were wrongfully prosecuted based on faulty data from the Horizon IT system.

This situation highlights the risks of serious injustices when commercial organizations exercise prosecutorial powers without adequate oversight.

In the next article we will consider broader implications of IT failures in legal and business contexts.

WHAT'S ON THIS SUMMER

FEEL GOOD FAMILY PICNICS

TUESDAY 30 JULY - Broadfield Park, Rochdale
WEDNESDAY 31 JULY - Limefield Playing Fields, Middleton
THURSDAY 1 AUGUST - Hare Hill Park, Littleborough
FRIDAY 2 AUGUST - Queen's Park, Heywood

Feel good family picnics return this summer at four parks around the borough.

The free events include activities, music, performances, sports and shows, all of which drew over 9,000 attendees last year.

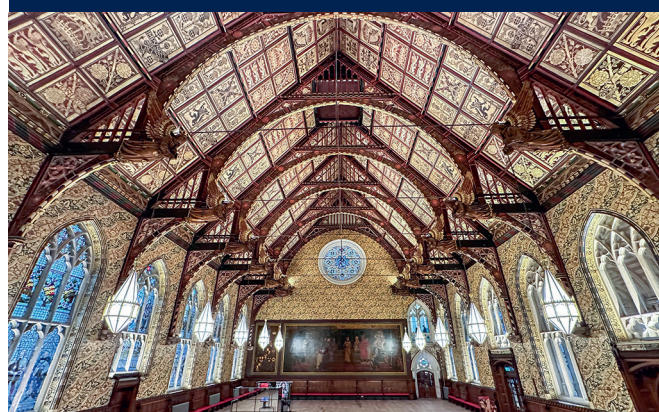


TOWN HALL TOURS

Discover Rochdale Town Hall's rich history on one of the daily tours led by knowledgeable volunteer guides.

Suitable for all ages, these tours delve into the building's creation, its craftsmen, and its evolution over time.

Booking is essential, with group bookings available. Book via rochdaletownhall.co.uk and immerse yourself in local history.



FEEL GOOD FESTIVAL ROCHDALE TOWN HALL SQUARE SATURDAY 10 AUGUST

Rochdale's upcoming Feel Good Festival has a great line-up, with chart-topping indie pop band Lottery Winners and Heather Small, the voice of M People. Also taking to the stage will be well-known 90s rock band Ocean Colour Scene, known for some major hits including 'Huckleberry Grove' and 'The Riverboat Song'.

This summer the main stage returns to its usual location on Rochdale Town Hall square after a five-year gap.

Tickets are available from www.rochdale.gov.uk/feelgoodfestival



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