



BOLLINGTON

Live!

Number Sixty Eight

Autumn / Winter 2016



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CARLA: THE SUPER-COLLECTOR!



Bollington produces some amazing people.

Carla Gilder runs two businesses – CG Activewear (sports clothing) and Carla Gilder Fitness (Zumba and other fitness classes). As she takes several fitness classes every week, you won't be surprised to know that she is super-fit.

But there is another side to Carla – she is supremely good at fundraising for worthy causes. In 2015 she discovered that it cost £7,500 per day to run the East Cheshire Hospice, so she was determined to raise that sum within a year.

And she has, and more! In fact, she hopes to raise more than £10,000 by the end of 2016!



Carla has raised all this money by organising loads of events, including the Born Survivor fitness event at Capesthorpe Hall, a Family Festival Fun Day that raised £900 and a hugely popular raffle at the Poachers Inn raising more than £500. Also, she hosted Chico (from TV's X Factor) for a masterclass, and a Bubble Rush at Oulton Park.

All these events have been generously supported by the members of her fitness classes and the wider public.

Carla got the fundraising habit from her mum, June Gilder. Throughout her young years she has been involved in June's events, so she now regards it as a continuing part of her life.

In 2017 she looks forward to marrying long-time partner Rob Alcock, but that isn't stopping her charitable activities. She is now looking for a good cause to support next year, possibly with children as the beneficiaries. Your ideas are welcomed!

Tim Boddington

LETTER FROM THE EDITOR



The diversity of articles sent to us here at Bollington Live never ceases to amaze me. As well as articles arriving in my inbox, as an editorial team, we go out into our community and search for stories – we interview people, we visit people doing their jobs, we research historical events and more.

In September I visited Paul Beardmore the beekeeper – what a great experience! As well as finding out all about bees and honey (Paul is very knowledgeable) I got to wear all the gear and see the bees close-up for myself!

In this issue, amongst other things, we are encouraged to 'make Bolly fruity', listen to Canalside, think about lifesaving skills as well as visiting our new deli and fishman!

I hope you can find something that interests you in this issue. If not why not write something for the next issue? Email me: liveditor@happy-valley.org.uk.

Annette

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9 January 2017

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Back Issues: www.happy-valley.org.uk/live

BOLLINGTON BY...

I'm Trish; some of you might know my voice from Canalside Community Radio where I host a reggae hour every Thursday night at 8pm, repeated on Saturdays at midnight.

Six and half years ago, after a serious illness, I decided I needed to get back on my feet and do something different, so I started volunteering at Canalside for a couple of hours a week doing some admin work.

With the encouragement of all the Canalside team, especially Nick, I now present my own show as well as doing promotional voiceovers, and looking after the 'What's On' section of the website.

Volunteering at Canalside is the best thing I've ever done in my life – as a 'young-at-heart' pensioner I now realise anything is possible!

What's good about working in Bollington?

I love working right next to the canal.

What is your favourite 'space' in Bollington?

The canal! I love boats – in fact I have just learnt to sail and recently spent nine weeks sailing around the south coast in a 42-foot yacht. I started from scratch but quickly learnt all the necessary skills – navigation, chart plotting, knots, sails, tacking ...

What music do you listen to?

I love reggae and Motown, but I listen to all music styles.

What's your biggest achievement?

My radio show.

What's the worst job you've ever done?

Cleaning holiday boats on the Norfolk Broads when I was much younger.

What single thing would improve your quality of life?

I've already got everything I need – I have a wonderful family with five grandchildren.



TRISH NAPIER

How do you relax?

Playing with my younger grandchildren.

What's your favourite film?

Cool Runnings.

Cat or dog? Dog.

Tea or coffee? Tea.

What's your favourite colour?

Green.

What's your favourite food?

I love fish – perhaps there is a theme here!

CANALSIDE RADIO STILL GOING STRONG AFTER 12 YEARS - PAL!

Nick Wright and Mark Blackman recently attended the Community Radio Association awards ceremony in Birmingham where many Community Radio successes were celebrated.

There are now over 250 Community Radio stations broadcasting around the UK. It seems a lot, but when you look at how many cities, towns and villages there are in this country, this still isn't a huge amount – the FM spectrum is virtually chocker! So, in fact, semi-rural neighbourhoods like ours are really privileged to have a full-time licensed community broadcaster – a true gem that should be treasured and supported.

Canalside Community Radio on 102.8fm and at www.thethread.org.uk has been providing radio and media training for over eleven



If you'd like to get involved with the Project, just call 01625 576689 or pop into the studios at Clarence Mill

years and hit a milestone in July 2016 – hosting the thousandth fully trained work-experience youngster. All thousand young people have broadcast on the youth channel, PhaseOne.

Canalside is a not-for-profit company, limited by guarantee,

with Phase One Youth Training and Radio a registered charity. All sponsorships and donations are reinvested in the project – there are no shareholders, dividends, shares or bonuses!

On air you will find out about many local community groups; local events on a daily/weekly/monthly basis; and musically, Canalside serves up the biggest variety of music anywhere in the North-West – it's a fact! There's pop, soul, reggae, 60s, easy listening, 90s, jazz, country, 70s, 80s, charts, 50s, rock'n'roll and more. Why not tune in and have your musical taste buds tickled?

As 'Wrighty' always says: 'Don't knock it till you've tried it ... boogie on down!'

Rob Bashford

JOHN'S EARNED HIS BACON...

Wanted: a trainee prepared to work early mornings, 6 days a week, in the cold, with bloodied animal carcasses; busiest shifts Christmas and Easter, when others are off enjoying themselves.

Sounds like a dream job to you? Could you dedicate your working life to such a career?

Well, that is exactly what a young John Ashton embarked on (albeit probably unwittingly) when he gratefully accepted the offer of employment from his father's best pal, having completed his education at Plant Hill Secondary Modern and prior to that, Bowker Vale Primary, in Higher Blackley.

Roll forward nearly fifty years and John at J.J.J. Heathcote Butchers, having enjoyed a lifelong vocation in the butchery trade, is hanging up his apron for a well-earned retirement.

Born in Higher Blackley in the 1950s, a Manchester ward famous for housing one of Europe's largest parks – Heaton Park – John was an unusually late baby for the time. His mother, being pregnant in her forties, considered her newest arrival to be a 'gift'. His was a small North Manchester family, made smaller with the untimely passing of John's elder brother aged 28, when John was a mere 11 years of age.



It was coincidental, then, perhaps, that he should enter a profession that revolved around family-run shops, and still today the trade maintains independence, even with fierce competition from supermarkets and other commercial outlets.

Having learned his craft as a junior, John joined Manchester Meat Market before starting his own business in Moston in the early 1970s, which he ran for 15 years,

just up the road from Bernard Manning's Embassy Club.

A reliable worker, John was given the opportunity by an appreciative stall owner who was retiring and for whom John had carried out skilful deboning work after completing long shifts at the market.

The period from the mid-1980s to the mid-1990s was a challenging time for John, with an unsuccessful enterprise in Marple followed by a position working in a windowless factory – a tough prospect for a 'shop man', someone who delights in chatting to his customers. However, fortune knocked on his (and our) door when he was tipped off regarding a vacancy in a certain butcher's shop in Bollington.

Unsurprisingly, Jeremy was on holiday at the time, which left stalwarts Chris and Ed to carry out the interview. John joined J.J.J. Heathcote Butchers a week later, in 1996.

Heathcotes is a family butchers that aims to source local, family-grown produce where possible, with beef from Butley Town, lamb from Sugar Lane, Bollington, rabbits from Gawsorth and turkeys from slightly further afield at Goostrey and Holmfirth. And this is further extended by supporting local jam, preservatives and honey makers, not to mention Cheshire-grown rapeseed oil.

John acknowledges that this extended family has been very kind to him over the years, offering him a good working environment, where he can have a laugh and a joke while making sure the job gets done.

The team's sense of humour is gamely on show when I ask them for three words to describe John. This initially tenders responses of 'old', 'pain in the rump' and 'never makes a brew' before a more genuine retort of 'conscientious and never late'. And John's friendly Bollingtonian customers, who he is adamant are never awkward, provide an example of the shop banter he so much enjoys. When I query if they will miss John, from the back of the queue an unnamed



punter looking suspiciously like Jeremy's cousin heckles 'like toothache'!

So what does the future hold for John having worked his last day on Saturday 29 October? Not one for big plans, or someone to rest on his laurels, John's first task is to swap the meat cleaver for a paintbrush and get on with a fair amount of decorating.

But plenty of exercise beckons. John, a keen golfer, with a handicap of 12 (at best), has a passion for the outdoors. He and Linda, his Reddish-born wife of over forty years, who is also retiring just two weeks after John, plan on sun-soaked holidays visiting Lin's brother in Sardinia and long walks to their favourite spots in North Wales, and will maybe even scale our own White Nancy for the first time!

Understandably, John is a bit apprehensive of the changes ahead, but acknowledges that retirement is a state of mind, not just about how much cash is in the pension pot. Having reduced his hours to three days a week since April this year, he had already set the pace for a gradual retirement.

An unassuming man with a gentle manner, we will miss his customer service. Hopefully we will see him from time to time in Heathcotes, maybe helping out on an ad hoc basis, or even just popping in to rankle the gang when the Blues beat the Reds at the most recent derby.

Vicki Cooper

Above:
John Ashton

Photo Left: by
Vicki Cooper

(L to R): Ian,
Jeremy and John

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SWEET SUCCESS

We've always been interested in bees and beekeeping, and one day about seven years ago our pipe-dream materialised when our friend Janet Beech said she had a spare hive with a swarm of bees in it. That was the start of our beekeeping and Happy Valley Honey was born!

Now we have 75 colonies of bees, but we're hoping that will rise to about 100 by the end of the year. That's about 4 million bees! We move the bee colonies around depending on the seasons. In spring we have our hives on oilseed rape fields, then we move the bees closer to home and collect blossom honey, and in August/September the bees move to Gradbach, where they collect heather nectar which is made into heather honey.

The breeding bee colonies are kept in Kerridge and used to replenish any bee losses in honey-producing hives or to make new colonies. In spring and summer we check all the hives once a week – we make sure the bees are looking healthy and have enough to eat – bees live on the honey they make. We also look for signs of swarming, which is natural in bee colonies. If a colony looks as if it might swarm we can

either take some bees away or take the queen away, which stops the swarming.

The average amount of honey produced from each hive is about 40-45 lb, but we once had a hive that produced 200 lb of honey. We produce about 1.2 tonnes of honey a year – that equates to about 3,500 jars. We sell our honey at Heathcotes, Deli 74, Blaze Farm, Cheshire Cat in Macclesfield indoor market, N. Carter & Co. in Church Street, Macclesfield and Marple Health.

'I LOVE BEEKEEPING BECAUSE IT TICKS ALL THE BOXES FOR YOUR SENSES – THE SMELL OF THE HIVES, THE TASTE OF THE COUNTRYSIDE AROUND YOU, THE FEEL OF THE STICKY FRAMES – IT'S JUST GREAT!'

Not all honey tastes the same, as it comes from different flowers and trees at different times of the year. To sell the honey from a particular flower you need over 80 per cent of the nectar to come from that one plant. This is easier than it sounds – if you put your hives in the middle of a field of oilseed rape, the bees won't look any further afield than necessary for pollen and nectar!

We produce three types of honey – oilseed rape honey in spring, then blossom honey, which can contain anything from blackberry to lime-tree nectar, and finally heather honey in late August.

In winter it's too cold for the bees to come out – they cluster together in the hive to maintain a temperature at which they can survive. The bees won't leave the hive unless the temperature is above about 10° C. In the winter we build new frames for the hives, put the honey in jars for sale and finish off making our heather honey.

Paul and Claire Beardmore



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INTERESTING FACTS

One bee makes 1/12 teaspoon of honey in its lifetime

A queen bee lays 1,500 eggs a day

Worker bees only live for six weeks



One of Bollington Live's youngest deliverers



"My name is Luke Beardmore and I'm 6 years old. I go to St John's School and my favourite subject is maths. I like playing with water and pipes in the back garden, playing on the swing and playing computer games. My best friends are Lucas and Oliver K. I help my dad deliver Bollington Live! and search for Pokémons at the same time!"

A NEW WOOF FOR VETS

After five months of renovations, Bollington Veterinary Centre has now moved to its new, permanent location on Ashbrook Road in Bollington, formerly the NatWest Bank.

The new facility has been extended and completely refurbished and the ground floor now houses three consultation rooms, a large state-of-the-art surgical facility, an ultrasound scanner, a dental ops room, a pharmacy, separate cat and dog kennels (including walk-in kennels for large dogs) and an isolation room, as well as separate waiting areas for cats and dogs and climate control throughout.

For opening hours at both surgeries visit www.bollingtonvets.co.uk or call 01625 572999 (Bollington) / 01625 669666 (Tytherington) for an appointment

Downstairs in the old Banks' vaults is the all-important 'brew room' and offices.

Owner Nick Rushton says, 'Designing a purpose-built vets was both exciting and daunting, but with the help of architect Colin Carthy and input from all the staff, we are all delighted with the end result. We feel very lucky to have such a fantastic building.'

Nick opened Bollington Vets on Grimshaw Lane in 2003, after graduating as a vet from the University of Cambridge, and having worked both locally and in New Zealand he identified a gap in the market for a small animal veterinary practice in Bollington, and hasn't looked back. He says, 'We started with just one receptionist, one veterinary nurse and myself, and built it up from there.'

The team now consists of five vets, seven veterinary nurses and six receptionists / administrative staff. They opened a second practice at



Tytherington shops in 2009, which will continue to see small animals from Tytherington, Macclesfield and beyond, with any surgical procedures being carried out at the larger Bollington branch as usual.

The team look forward to welcoming you and your pet at Ashbrook Road. **Kate Gaskell**



VICKY'S DREAM JOB

Bolly Dogs is a growing local dog-walking business run by Vicky Selwood – who arguably has one of the best office views in Cheshire.

While people generally love a dog story, it's the journey that has occurred in Vicky's life that makes this more than a cute tale, and something of an inspiration.

Five years ago, Vicky admits she wouldn't have dreamed of being seen out in a pair of wellies; she was a highly polished office manager, running a team of 150 call-centre workers, and frequently hitting 14-hour days.

This was not withstanding her admirable status of being a new mum.



Longing for time at home with her family, Vicky took up the opportunity of redundancy, with the aim of getting a local part-time job. Ironically, having applied to be a dog walker and failed to reach the interview stage, Vicky ploughed on and decided that she would try going it alone, and work for herself as a dog walker.

She started with the goal of walking three dogs a week – and what started out as a small self-employed venture, around her time with her little girl, has since grown into a successful business which now employs eight staff.

The job is not short of its stresses and heavy logistics, but these are met with admirable optimism and

confidence, with gratitude for the better current work-life balance, compared to her previous job, at the apparent forefront of every hurdle.

And there's no looking back. 'I love my job', she's quick to admit, 'it's really rewarding to be doing something to help people and to maintain happy and well cared-for dogs.'

She's also now unforeseeably comfortable heading out in wellies, without a hair-straightener in sight. And her team, unquestionably, are loving their roles at Bolly Dogs.

Good work, Vicky, you're an asset to the Happy Valley!

Hannah Atkin

BOLLINGTON LIFE-SAVER

Happy Valley Skills 4 Life is a small family business. I deliver the courses, my husband Rich helps behind the scenes with the mountain of paperwork involved and the children (Kristian, 6, and Charlie-Grace, 3) help me practise my teaching skills. We have always lived in or around Bollington and love the area.

The company was started in December 2014. After many years being a lifeguard and then a lifeguard trainer, I wanted to do more. When the Royal Life Saving Society (RLSS) added first aid to the list of courses offered, I saw the opportunity: 'we can help people make a difference; you are never too young to save a life!'

Through the RLSS we offer a range of courses, certificated from the age of 8, but as a company we are looking into courses for all and want to provide courses for younger children too.



My typical day starts with a 6am call from the kids, and once they are packed off to nursery and

school the work can start. My day either consists of preparation for courses, or I drive to a venue to deliver a course. After this there are research and training for myself to ensure that I am up to date, and more often than not I have lunch at the computer.

**THE ST JOHN
AMBULANCE'S HELPLESS
CAMPAIGN HIGHLIGHTS
THAT UP TO 140,000
PEOPLE DIE EACH YEAR
IN SITUATIONS WHERE
FIRST AID COULD HAVE
HELPED SAVE THEIR
LIVES – THIS IS AS
MANY AS DIE FROM
CANCER**

Once the kids are collected from school it's family time till they go to bed at 7pm. The evening will then be spent at the computer if I still have work to be done, or I set off for my other job at Bollington Health & Leisure where I teach life-saving classes for the RLSS Survive and Save Programme, consisting of Bronze, Silver and Gold Medallions. I also teach swimming and deliver the staff training, so life is hectic!

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All of the first aid courses that I have run to date have been in Bollington, though I go further afield for the assessing element of my work. I am happy to say that we have provided a varied range of courses in the short time we have been running. We have run many Emergency First Aid at Work courses for local businesses such as Bollington Health & Leisure, Macclesfield Motor Factors and the Bridgend Centre.

We also deliver a course for little life-savers – this is for children from approximately 8 years old and it covers basic life support and is part of the RLSS Rookie Lifeguard Programme. I have been to Bollington Cross Primary school and delivered a first-aid awareness course to the children.

We like to be as flexible as possible and this flexibility helped a local family who wanted their boys to learn first aid. This was preparation for their Duke of Edinburgh expedition and also contributed to their 'learn a new skill' as part of the D of E programme. I've also done a paediatric first-aid course, fitting in with the client's busy schedule and delivering the course at their home!

We are happy to provide first-aid cover for local events – in fact you might have seen us at the Bridgend Hill Race or the Bollington 10K.

Vikki Swindells

LIFE-SAVING EQUIPMENT AVAILABLE TO ALL AT BOLLINGTON FIRE STATION

Life-saving equipment has now been installed at Bollington Fire Station, thanks to Cheshire Fire Authority and fundraising by Bollington and Macclesfield Community First Responders.

Following a number of local fundraising events in the area, a defibrillator is now available outside the fire station on Albert Road. Anyone can use it, and there is 24-hour access.

Amazingly, if a person suffers from a cardiac arrest, the use of a defibrillator increases their survival rate from 6 to 74 per cent!

Stored in a weatherproof cabinet, the defibrillator is accessed by calling 999, asking for the ambulance service, and getting a code to open the cabinet. The device is quick and easy to use, with voice prompts taking the user through simple step-by-step instructions. The device will only deliver a shock if it doesn't detect a heartbeat – thereby ensuring the machine is not used in the wrong situations.

Helen Crick

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JNR CONSTRUCTION

FOAM AFLOAT

I was in the Kay Brothers' (later Kay Metzeler) office at Waterhouse Mill one day when I spotted a framed picture on the wall.

The picture shows the trading narrowboat 'Hyperion' moored outside Clarence Mill, exactly where footbridge 26A is today, almost fully loaded with huge blocks of foam, the main product manufactured by Kays. A full load probably didn't add even an inch to the waterline!

They appear to be taking the blocks from a van, which is no surprise because Kays didn't manufacture this product at Clarence but at Waterhouse Mill which is not actually on the canal side. This is implied by the caption on the back which reads: "The first load carried on the Macclesfield Canal for 12 years was moved on Wednesday, August 3rd, 1966,



when Kay Brothers Plastics Limited took a load of Kayfoam blocks by the narrowboat Hyperion from Bollington to one of their converting factories 11 miles away, Goyt Mill, Marple. All blocks are normally moved by road from Bollington to Marple and the decision to try canal transport was taken because the Goyt has its own quay directly on the canal."

Regarding the question as to whether this became a regular trip – I think not. This view has arisen from comments at Kay Brothers and from older Bollingtonians.

I suspect the need for trans-shipment at Clarence, and the slow journey to Marple, led them to think they might as well use the van for the whole job.

Tim Boddington

THE HEART OF BOLLINGTON

The Bridgend Centre is a registered charity which, since 1990, has continued to break down social barriers through community integration and by changing people's lives. Its primary aim is to prevent social isolation.

Twenty-six years on, the Centre is as popular as ever, with high attendance figures and lots of support in terms of volunteering and donations from the local community.

Throughout the week, there are a range of different activities and groups taking place at Bridgend, from 'Tot Group' to 'Mindfulness'; from 'Book Club' to 'Craft Club'

**'A WELCOMING,
FRIENDLY COMMUNITY
WHERE ALL ARE
RESPECTED, VALUED
AND SUPPORTED'**

sessions. There are also a number of events throughout the year, to have fun as a community and to raise money for the Centre, for example the Nostalgia Hill Race and the annual Walking Festival.

Some of the biggest recent changes have been in staffing. Ann Mayer, one of the Bridgend founders, retired; Anna Hatley returned from maternity leave and two new members were appointed: Helen Dewhurst and Kerry Langstaff.

The Centre is also currently trialling opening on Fridays, and depending on how popular the services are on that day, it is hoped that this will become a permanent arrangement.

There have also been improvements in facilities at the Centre. For example, a new kitchen has been fitted with funding provided from a number of sponsors, including Peaks and Plains, IBM, and Macclesfield and Poynton Round Tables.

The future looks exciting for the Bridgend! Following a period of consultation with Centre regulars, including a questionnaire, staff and trustees are developing a business plan in order to clarify the priorities for the next three years.



www.
bridgendcentre.
org.uk

Telephone 01625
576311

info@
bridgendcentre.
org.uk

Some of the things now in the pipeline include:

- maximising income from the shop by introducing an 'electronic point of sale' till to manage stock and claim gift aid on items sold
- developing the reception area to make it more accessible, user-friendly and welcoming
- providing new activities to attract new users and retain existing customers
- developing a new, modern website and increasing the Centre's online presence on the Web and social media
- developing partnerships with local businesses to strengthen resources and adaptability to change.



BOLLINGTON



October

Wednesday 19th to Saturday 22nd - 7.30pm
Strictly Sex Factor on Ice & The Fat Lady Sings Bollington Festival Players
 Arts Centre £9, £8 conc.
 bftickets@hotmail.com 07776 239613

Thursday 20th - 7.30pm
BDH&FC - designing a garden
 A talk by Jeremy Herbert, from Stoke City Council. Community Centre
 Member: £1.50 non member: £3

Friday 28th - 7.30pm
Murder by Gaslight
 Arts Centre online £10, £8 conc.

Saturday 29th - 10am
Craft & arts fair
 In its eight year with workshops, goods and refreshments Arts Centre Free 560459

Saturday 29th - 8pm
Atari String Trio
 Bollington Chamber Concerts
 Arts Centre £15, £2 conc. online

Monday 31st - 4.30pm
Light Party
 Celebrate All Hallows Eve at St Oswald's Church £2.50 Bev 500970

Monday 31st - 6pm
Halloween Ghost Walk
 Bring a torch & wear your scariest costume
 Bridgend Centre 576311

November

Wednesday 2nd - 7.30pm
Pott Shrigley Flix in the Stix - Eye in the Sky
 Village Hall; £4 advance, £5 on door
 pottflix@gmail.com

Friday 4th - 8.15pm
Bolly Comedy Club
 Arts Centre £10 online

Saturday 5th - 8pm
The Washington Whirlygigs
 Jazz at the Arts Centre £10 574410

Thursday 10th - 7.30pm
Kerridge War Memorial Curry Night
 The Viceroy £15 inc food
 susan.poynton@hotmail.co.uk

Sunday 13th - 10.30am
Remembrance Parade led by Bollington Brass Band
 Starting at the recreation ground and proceeding to the War Memorial

Sounds of Africa!

Friday 11th November 7-11pm
 Bollington Arts Centre
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Monday 14th - 6.30pm
Scibar Sparks at 50,000 feet
 A talk by Professor Ian Cotton, Manchester University, on the use of high voltage systems in aerospace applications
 Vale Inn Free

Tuesday 15th to Saturday 19th - 7.30pm
Showtime by Bollington Light Opera Group
 Civic Hall £12 inc hot pot supper
 Tel: 431038 or blogbookings@aol.com

Thursday 17th - 7.30pm
BDH&FC - restoration of Grappenhall walled garden
 A talk by Lynne Podmore
 Community Centre
 member £1.50 non member £3

Friday 18th - 8.30pm
Red Ruff at Bolly Folk Club
 Dog & Partridge
 £7 online at bollyfolk.com

Saturday 19th - 10am until 3pm
Charity Vintage Bric a Brac Sale
 Bridgend Centre free entry 576311

10th Anniversary Concert - Claritas, East Cheshire Hospice Choir
 Saturday 19 November 7.30pm
 Macclesfield Methodist Church, SK10 1BX

Enjoy a programme of easy-listening, popular music classics and friends
 Sarah Barron, Joe Butler-Smith, Kate Shaw and Stagecoach Macclesfield Singing Troupe.

Tickets (inc. refreshments): £7.50
 East Cheshire Hospice 01625 433477

Friday 25th - 7.30pm
Celebration of Simon & Garfunkel
 Arts Centre £12 online

Saturday 26th - 8pm
Tom Poster Pianist
 Bollington Chamber Concerts Arts Centre
 £15, £2 conc. online

Sunday 27th - 2.30pm & 5pm
Midwinter Nightmare
 Bollington Festival Music Theatre
 Arts Centre £7.50, £3.50 conc. on the door

Sunday 27th - 4pm
Christmas Light Switch On
 Town Hall

December

Friday 2nd - 8.15pm
Bolly Comedy Club
 Arts Centre £10 online

Saturday 3rd - 8pm
Baby Jools and the Jazzaholics
 Bollington Jazz Club
 Arts Centre £10 574410

Saturday 3rd - 1pm
Christmas Fair
 Bollington St Johns Primary School
 £1 adults, kids free

Wednesday 7th - 7.30pm
Pott Shrigley Flix in the Stix - Money Monster
 Village Hall £4 advance, £5 on the door
 pottflix@gmail.com

Friday 9th - 7.30pm
A Bird Break in the Hebrides
 A talk by Bruce Kendrick
 Arts Centre £5 online

Saturday 10th - 8.30pm
Belles at Christmas
 Bollington Belles with special guests
 Arts Centre £5 online

Tuesday 13th - 7.30pm
Messiah for All
 Arts Centre £6 261933

Friday 16th - 8.30pm
Stanley Accrington at Bolly Folk Club
 Dog & Partridge £7 online at bollyfolk.com

Saturday 24th - 6pm
Christmas Eve - carols around the tree
 Town Hall

DATES FOR YOUR DIARY

To include your event in the next issue, please e-mail: livedates@happy-valley.org.uk

2017

January

Friday 6th to Saturday 14th

The Pied Piper

Panto at the Arts Centre £10, £9 conc.
bfptickets@hotmail.com 07776239613

February

Saturday 11th - 8pm

Belcea Quartet

Bollington Chamber Concerts Arts Centre
£15, £2 conc. online

All tickets for Arts Centre produced events can now be bought online from:
www.bollingtonartscentre.org.uk

Monthly Events

Artisan Market

1st Sunday 10am to 3pm
Clarence Mill

White Nancy Breakfast Club

Last Sunday of the month
From 7am, see Facebook page

Sip & Knit

2nd Wednesday
8pm Vale Inn Free 575147

Car Wash

Alternate Wednesday
Recreation Ground £2.50

Knit and Natter

2nd & 4th Thursday 2pm
Community Centre Free 575557



LET'S MAKE BOLLINGTON FRUITY!

Needless to say, one of the many beautiful things about Bollington is the access to open spaces with scenic walks along the canal, the Middlewood Way and the numerous paths and way-marked trails around the town.

I try to make the most of this beauty by getting out regularly for a wander, and together with my friends we sometimes even manage a trot, taking in the loveliness of our surroundings.



outdoors. Whilst not taking away from the splendour of Bollington, comparing this to the open-air lifestyle I benefitted from in Africa (northern weather aside), the most

noticeable difference is that fruit could be found everywhere in the villages where I grew up. This was because everyone grew a fruit tree or edible plant to help improve nutrition.



It would be wonderful to appropriate this tradition by planting fruit-bearing flora in the town, for sharing with neighbours, friends and visitors.

Everyone of us could be inspired to help make Bollington fruity simply by planting, say, a strawberry pot or, if feeling more enthusiastic, by planting a plum or apple tree, at home or in a community garden, where we can all enjoy it.

How lovely it would be to go on a walk and pick one or more of our 5 a day!

Miriati Naiga



THE BRIDGEND CENTRE

Charity Shop open:

Mon-Thurs 10am-4.30pm

Saturday 10am-1pm

01625 576311

Monday

10am-4.30pm Internet cafe
10.30am-12pm Bosom buddies
2pm-3pm Reminiscence

Tuesday

10am-4.30pm Internet cafe
10.15am-12.30pm Crafts
1.30pm-4pm Art
2pm-4pm Reading group

Wednesday

10am-4.30pm Internet cafe
10.15am-1pm Guided walk
2pm-4pm Mah jong
2.15pm-4.15pm Creative writing

Thursday

10am-4.30pm Internet cafe
10.30am-12 Yoga
11am-12.30pm Reading circle
3pm-4pm English conversation

Saturday

10am-1pm Internet cafe

GRAVE CONCERNS

In May 2003, St John's Church was closed for divine worship, and formally closed in February 2006.

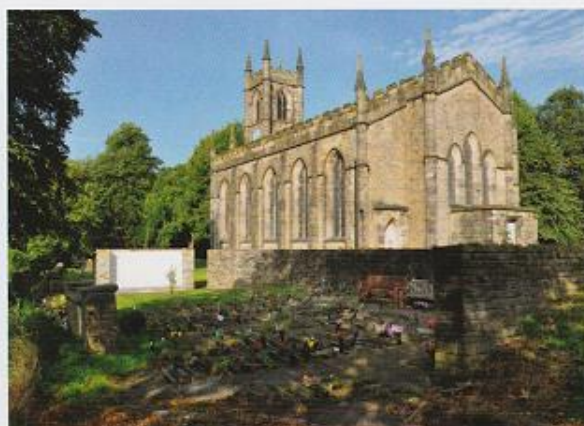
The church was finally sold to the Simply Group in 2010 to allow its development for residential use whilst retaining public access to the churchyard. News is awaited on the progress of the development.

In 1834 St John's Church was consecrated and an area of 5540 square yards of ground was also consecrated as a place of Christian burial. This has been added to over the 20th century. However in 2001 the Parochial Church Council (PCC) decided no new graves would be dug.

Burials can still take place in existing family graves and the burial of ashes can be arranged in the columbarium, a place for holding cremated remains. This has recently been extended to provide space for the foreseeable future.

With the sale of the church in 2010, a pastoral scheme allowed part of the churchyard to the north to be used for residential purposes with plans for a carpark. The gravestones were relocated to an area bordering the northern boundary and the graves left undisturbed.

The maintenance of the churchyard is the responsibility of the PCC. The PCC has applied for, and received, financial contributions from Bollington Town Council, mainly for specific work such as



improving drainage, extending the columbarium and paying for grass cutting.

The problem of the cost of maintaining the churchyard is huge, although the members of the Payback scheme do an invaluable job in cutting the grass and tidying up parts of the graveyard. Suzanne Wainwright



keeps the columbarium regularly mown. Tullis Russell who border the churchyard have expressed interest in supporting further drainage work.

Maintenance of churchyards is a national problem recognised by the

government. When a churchyard is closed for further burials the responsibility for maintenance may be transferred to the local authority. Many local authorities are worried about this obligation.

At present St John's can only apply for compulsory transfer of responsibility for maintenance to the local authority for those parts of the churchyard which have been formally closed. Under current legislation the PCC are not able to apply for a Closure Order for the rest of the churchyard. An application to the Ministry of Justice for closure was made in May 2006, which is awaiting a response.

There are some community benefits to the community in maintaining the graveyard:

- allowing continued burial of ashes in the columbarium
- satisfying the growing interest in family history research, using the excellent guides to graves available on the church website
- providing an open space within the town boundaries
- nature conservation by strategic grass cutting.

At the present time the PCC are examining their options to determine the best way forward.

If you would like to know more about the overall plan of the churchyard you can find this on the St Oswald's web site.

Sandy Milsom

Photos:
Tim Boddington

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ROBINS

I will stick my neck out and suggest that at least ten per cent of your Christmas cards this year will feature a robin.

So why do we associate robins with Christmas? Well, it's claimed that it's all down to our wonderful postmen, who were called 'robins' because of their red uniforms. And of course, Christmas cards are delivered by our postmen.

However, like puppies, these birds are not just for Christmas. Beautiful robins come to our gardens throughout the year. In fact, the photo (far right) was taken in the spring, when I was digging over our small vegetable plot, when I can almost guarantee that a robin will come down and devour their favourite meal of grubs and worms from the newly turned soil. If you want to see these birds all through the year, then offer them mealworms on a bird table and they will keep coming back for more.

AROUND 75 PER CENT WILL DIE BEFORE THEY REACH A YEAR OLD

I did say you can see robins all year round. That's true, but please don't assume they are the same robins. Younger birds, many females and the odd adult male, do migrate. In fact, old records show that robins ringed in England have been found in southern France, northern Spain, Belgium and Holland. Robins ringed on the Isle of Man have turned up in Ireland and South Wales. Robins ringed on the Continent have also been found in the UK.

It is possible that the robins you see in your garden in the summer migrate south, and the robins you see in the winter have migrated

from more northerly and eastern climes.

Go for a woodland walk at any time of the year and you will hear a robin trilling away in the foliage. Robins have one of the most engaging songs of any bird. It has a melodious quality all of its own. To this old birder, their song never ceases to please, but do listen carefully as their autumn and spring songs are distinctly different. The autumn song is softer and less effervescent – even melancholic – than its spring song, which is dynamic and robust.

Mortality in robins is high. Robins often live for just a couple of years but the oldest recorded robin was over 11 years old. Around 75 per cent will die before they reach a year old, due to predation or simply lack of suitable food.



This high mortality rate is reflected in clutch sizes of between 5 and 8. The female robin will take about two weeks to incubate her clutch and the male bird will feed her continuously with worms and caterpillars. A second clutch is



Photos: Bruce Kendrick

Bruce will be giving a talk at the Arts Centre on 9 December at 7.30pm: 'A Birding Break in the Hebrides – in search of Eagles and Ospreys'. £5 on the door – all proceeds to the Arts Centre

not unusual and third clutches are possible.

The male bird does lots of parenting, often feeding the first set of fledglings while the hen bird is incubating the second clutch. Fledgling robins have a speckled breast; their red breast slowly appears over the next six months or so.

As winter approaches, a plea for some garden feeding! A bird like a robin can use up to 10 per cent of its body weight during one cold winter's night. Unless this loss is replaced within 48 hours the bird is in danger. It does not take many days before the bird is too weak to forage, so prolonged cold spells of a week can be fatal.

Bird tables can make a big difference to the survival of our robins, even here in semi-rural Bollington. Their favourite bird-table treat is mealworms, but they will take seeds and other crushed nuts and the like.

Also, a cautionary note here – please don't feed bread or heavy cakes to any bird. Confectionery and sweet things, even from our own wonderful Bollington bakers, are not a natural part of any bird's diet.

Bruce Kendrick

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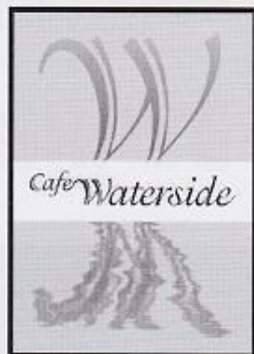


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AWARD FOR THE MEDICAL CENTRE



Photo Left:

L-R:
Debbie Vinsun
Dr. Wilson
Paul Hedgeland

Bollington Medical Centre has been presented with an award from the National Institute of Health Research in recognition for achieving Primary Care Research Centre of Excellence status.

The award was presented to Dr Wilson by Debbie Vinsun, the Chief Operating Officer of the Greater Manchester Clinical Research Network and by Paul Hedgeland their Business Development Manager.

Debbie said, 'This is the first award to be presented in the country for research excellence in Primary Care'. Our practice falls into the Greater Manchester region, which covers all GP practices from East Cheshire to East Lancashire – 2.9 million people!

Not a lot of people know that our small Medical Centre is involved in some very important patient trials led by Dr Wilson and Ann Burgess, the research nurse at the practice. In fact Ann just won 'Research Nurse of the Year'.

Ann explained that more and more patients are being treated in the primary care setting and hence there is a need for research in primary care. Patients with life-long conditions such as diabetes, asthma, and chronic obstructive pulmonary disease, used to be treated in the hospital setting but now these patients have access to better medicines and are living full lives being looked after by our GPs.

The Medical Centre has been involved in asthma studies as well as a recent study on a new drug for those people on long-term opiates for pain relief who suffer from the side effect of debilitating constipation. The team at the Medical Centre look through patient records and see if any patients are eligible for the studies – the patients are then approached to see if they would like to part of a trial. Ann said 'The studies make the patients feel special and we find that this improves patient satisfaction'.



One of the patients – Joanne – attended the presentation – she said 'the drug I was on was a wonder-drug and the surgery were fantastic in supporting me through the trial. The thought of a drug trial was little scary, but everything was very well explained – I even had an emergency phone which was answered by one of two GPs 24 hours a day during the year of the trial.'

Joanne continued, 'When I had to retire from work due to ill health I lost a part of my life but the

wonderful people at the practice have got me through my many medical issues.'

Also present at the event were members of the Patient Participation Group who, amongst other things, help organise the open days at the practice and attend 4 or 5 meetings a year to provide a link between patient views and the running of the surgery. One member of the PPG said 'I think we have contributed to the improvement in accessibility – not just the ramps at the entrance, but the clarity of the website and the return to the traditional telephone answering service'.

The success of our Medical Centre is obviously based on the enthusiasm and commitment of all the GPs and the entire staff – one patient commented 'We have a traditional GP service here in Bollington where they shout your name when it's your turn. Just little things like that are important for me. But as well the behind the scenes support is amazing from all the staff.'

Annette Hurst

CENTRE STAFF:

Name: Laura Beresford

Worked at medical centre for 6 years

Job title: Systems and Research Manager

Job description: Management of information governance, IT and systems, clinical research, and quality of services.

Day to day duties include managing the clinical information system, ensuring data is stored and used appropriately, co-ordination of clinical trials, management of chronic disease registers and clinics. Also works with the local clinical commissioning group representing the interests of patients and practices in the Bollington, Disley and Poynton areas.

SOMETHING FISHY!

You may have spotted the large white van with a blue and white awning parked at the entrance to Pool Bank car park every Tuesday and Friday afternoon from 12 to 3pm. Indeed, you may have already purchased some of the excellent wet fish sold from it!

The van belongs to the Oceanwave Fresh Fish & Seafood Company, which has been trading since 1961, and has had three different owners. The current one is Mathew Clark, who has owned the business for 16 years. He became involved in the fish business through the recommendation of a friend, and in order to purchase the company he took a huge gamble and remortgaged his home. Through Mat's dedication and hard work the gamble has obviously paid off!

Mat gets up at 4am on four days a week to ensure he is one of the first to arrive at the Fleetwood



quayside. The daily catch comes from inshore boats and from as far afield as Grimsby and Scotland.

The busy auction takes place in the market hall. After Mat has satisfied himself as to the quality and the type and quantity of fish his customers require (indeed most of his customers are repeat trade), Mat travels to serve his customers in Bramhall Wilmslow, Tytherington, Poynton and Alderley Edge.

Mat Clark with his fresh catch in Pool Bank

Photos: Simon Nottage



Before he started trading in the town Mat did some market research among the local shopkeepers, and asked residents if they thought this service was something people would want. He was reassured: potential customers felt it was about time fresh fish was available to buy in Bollington.

Importantly, Mat prides himself on cleanliness, punctuality, friendliness and reliability. He will take advance orders and, if necessary, will deliver to customers' doors at no extra cost. However, he doesn't go around Bollington cold-calling door to door. His twice weekly 'pitch' on Pool Bank car park, with free parking for customers, has more than helped the business to flourish.

Finally, Mat commented: 'The business in Bollington has taken off more than I could have dreamt of, and I can't thank people enough for supporting me.' **Kate Gooding**

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HOLLIN HALL

Walking over to Hollin Hall Hotel to meet the new owners in September gave me a bit of a déjà vu feeling, having written an article on previous owners, years ago, for *Bollington Live*!

Hollin Hall is a lovely old house set in a fantastic elevated position overlooking fields of grazing sheep, but over the years, in my opinion, this lovely building has been unloved and uncared for. Is all this about to change?

I certainly hope so! The new owners – four of them – have over a hundred years of experience between them of actually running hotels, with Hollin Hall being their first joint hotel venture for the friends. Speaking to Cheshire born-and-bred Carole Taylor – one of the new owners – inspired me with a confidence I've never felt before about the fate of Hollin Hall.



NO 74 DELICATESSEN

Trying to interview Jackie Robinson and Natalie Frith – owners of the new deli on Palmerston Street – late on a Friday afternoon, when I thought it would be quiet, proved quite tricky due to a stream of customers! The new deli has really taken off. One customer said, 'I love it in here – I can come in for a delicious treat, a sandwich or just a coffee.'

Up until recently Jackie had a home-based cake business making cupcakes and celebration cakes from her kitchen in Rainow, while Natalie worked in education at South Cheshire College. They had chatted about opening some kind of foodie shop in Bollington for a while and when Curtis Curiosities came up for rent they knew that was the right place for them. After an amazing makeover the deli opened over the summer and since then the pair have been refining and changing their offerings based on customer feedback.

Jackie said, 'It's been really good; it's been a steep learning curve for both of us but we have had incredible support from the village shops around us and amazing support from customers.'

The pair's roles have split naturally: Jackie spends most of her time in the kitchen making all the sandwiches,



cakes, pâté, hummus and salads, to name but a few home-made things, while Natalie has taken charge in the shop. Although raw treats – made from all-natural ingredients – are one of Natalie's specialities. And they also do business lunches and outside catering!

Looking around the shelves it is clear that Jackie and Natalie have decided to stock local produce wherever possible – Fruits of the Forage produce sits alongside Galore and jars of Happy Valley honey. They buy amazing hams



Natalie (left) and Jackie (right)

from Jeremy at Heathcotes and roast them to fill their ciabatta sandwiches, and Mat, our new fish man, has supplied some dressed crab on a few occasions.

If you haven't been to No. 74 Delicatessen yet perhaps you'd like to pop in for their Christmas hamper launch night on Wednesday 9th November from 5 - 7pm. This could be your answer to all those difficult presents!

Annette Hurst

Carole explained that she is now the full-time Operations Director and is actually living in the hotel, so she can be hands-on in terms of what needs doing and supporting the staff. 'I've got a very understanding and supportive husband and family!' she says. Having already spruced up the entrance with wonderful pots of flowers, Carole was in the midst of managing a deep clean of all the customer spaces.

Carole has worked for the De Vere group of hotels as well as The Hotel Collection, managing hotels up and down the country from Cornwall to Scotland. In fact, three of the four new owners worked originally for

the Malmaison Group when there were just four hotels – when they left, there were 26!

So building, refurbishing, running and managing hotels is not new to these owners.

Carole was enthusiastic, of course, about her new joint venture, but there was also an air of steely determination and perfectionism about her – just what Hollin Hall needs. John, Nick and Tony are the other joint owners – each with their own skill sets in operational management, estate management/maintenance, IT and systems analysis, financial and food and beverage.

New owners (left to right) John, Carole and Tony

A new chef has been appointed and has been given free rein to access local produce, developing new menus, and an all-day bar menu not previously offered at Hollin Hall, with a family-friendly Sunday lunch top of the list of priorities.

Carole has already done her homework and found out that Bollington is a tightly knit but vibrant community and she is genuinely keen for the hotel to be part of that.

I left Hollin Hall with a true feeling of hope for its future under the stewardship of its new owners. At last Hollin Hall is in safe hands!

Annette Hurst

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ADELPHI - 30 YEARS ON

It is 30 years since Adelphi Group set up on the fifth floor of Adelphi Mill in Bollington, and staff at the UK headquarters have been celebrating this outstanding achievement across a number of events.

Founded in 1986, the Group now comprises 17 companies across 7 global offices, with global headquarters in Bollington, occupying the top three floors of the mill, and US headquarters in New York. Over 600 staff worldwide, are all dedicated to marketing support services in the healthcare industry, as well as global drug development and healthcare improvement interventions.

The success of Adelphi is clearly demonstrated by its continued growth, its position as a unique leading global healthcare marketing services organisation, its ongoing high-level client relationships with leading pharma and new and emerging pharma and biotech, its thought leadership presence in both therapy area and skills expertise, and as a major employer and sponsor in the local community the list is endless.



The 30-year celebrations began in February with a spectacular, glamorous Masquerade Ball held at Gorton Monastery, (photo above) a unique and impressive venue, where masked staff and their partners were wined and dined whilst being entertained by a stunning aerialist, entertainers and singers, dancing the night away to the band Dexter.

This was followed by a summer event, with some members of staff walking from Buxton to Bollington and then on to the Windmill pub at Whiteley Green for a garden event and barbecue.



Visiting Adelphi during its celebrations, guest David Rutley, the constituency MP, commented: *'I just want to add my congratulations to the team at Adelphi. They have achieved a huge amount over the last 30 years for their customers, and very importantly for our local economy and community. I am most grateful for that contribution and wish Adelphi every success in the decades to come.'*

As a global group, Adelphi supports international organisations, and has an ongoing initiative with Unicef to help fund water pumps, tetanus vaccines, rehydration salts and winter clothing for children worldwide.

Alongside this they also like to support local initiatives, and this year are sponsoring a charity event with Macclesfield Riding Club to raise money for the East Cheshire and Douglas Macmillan hospices, a long-standing relationship with Macclesfield Town Football Club, the Christie Hospital, local schools and annual fund raising activities such as Red Nose Day and Comic Relief.

Most recently Adelphi sponsored the cycling 'Tour of Britain' which visited Bollington in early September, leading the way with the display of orange bicycles on show around the village. A small team from Adelphi, supported by the Group, have also just completed the Yorkshire Three Peaks Challenge in aid of East Cheshire Hospice.

Looking forward, the group is well placed to continue. Three powerhouses of expertise, with capabilities that are multidisciplinary but also bring problem-solving connectivity.

Here's to the next 30 years.

Alison Geary

DOWN HIGH STREET...

Recently my husband and I attended a small party where the conversation changed to Bollington and how it has altered over the last 50 years.

Looking back, as I recall, we used to have 3 post offices, 3 garages that sold petrol, 2 doctors' practices, 2 chemists, countless pubs and numerous little shops that sold everything and anything. Lots of the shops were just in people's front rooms!

Perhaps you can walk around and see if you can spot where these shops used to be.

Walking down the High Street from Palmerston Street there used to be:

- Sweet shop
- Grocers shop
- Thomas - Ladies dress shop
- Chadwick's newsagents
- Mrs Lane's wool shop
- Hamilton's cake shop
- Hairdressers owned by two sisters
- Chemist shop (across the green) which became Mellor's supermarket
- Goodwin's Ladies and gents clothes
- Jones stationer's
- Mr Whitehurst's green grocery on the corner of Oldham Street
- Braddock's the grocer
- Lee's cobblers (next to the Queens Arms pub)
- Annie Oldfield's grocery shop
- Turning into Water Street from High Street there used to be:
- Coe's the painter and decorators
- Arthur Henson's shop selling fresh fish and fruit
- Mrs Gammon's green grocers
- Mrs Streets pottery and china shop
- Webster's shoe shop behind the school
- Ankers ironmongery shop
- Watts toffee shop - a must, before your trip to the cinema

I wonder how many people can remember the red telephone box at the aqueduct?

Ann Heathcote

JOBS OR GREEN SPACE?

Bollington, like every community, has the advantage of a series of designated open spaces. These open spaces are categorized by the local planning authority, Cheshire East Borough Council, in ten separate ways and are officially mapped as part of the Cheshire East Local Plan.

Each category has a designated expected area per 1000 of population. Over the last year a group of residents have been examining Bollington's open spaces on behalf of the Neighbourhood Plan.

The categories are; **Parks and Gardens** such as our Memorial Gardens; **Natural Urban Green spaces** such as Tinkers Clough; **Green Corridors** like the Middlewood Way; **Outdoor Sports Facilities** like Bollington Cross sports fields; **Provision for Children and Teenagers** like Coronation Gardens; **Allotments** like Lowerhouse Allotments; **Cemeteries and Graveyards** like St. Gregory's Churchyard; **Accessible Countryside in Urban Fringes** [none categorized in Bollington]; and finally **Civic Spaces** like the Market in High Street.

The categories are interesting because together they encompass what planners think a community needs in order to be successful, sustainable and also to provide for the physical and mental health and well-being of its residents.

Open space is very much valued by the community and in the recent survey conducted for the Neighbourhood Plan, (where we had responses from over 1900 residents) a solid majority regarded all open spaces listed as important to them and 99% wished to conserve our natural environment where open space plays such an important role.

So when a designated open space comes into question as the result of a Planning Application there is a special scrutiny that needs to be applied.

'Planning Application 15/2354M Bowling Green, Ingersley Vale, Bollington, for 11 two and a half storey dwellings and 2 two storey houses' was exactly such

an application. But with this application a number of complex considerations had to be balanced.

The important local employer Tullis Russell, is facing challenging times. The traditional business of providing paper for the postage stamp industry is declining and cannot be relied upon in the long term to provide secure employment for its highly skilled and well-motivated workforce. If the company is to continue trading successfully, new products and markets need to be found.

The company is now planning to invest significantly in new modern technology. Due to the size of the proposed equipment a new production building will be constructed on the existing site. Finance is available for the machine at competitive rates but not for the building. Tullis Russell were therefore faced with having to realise some of their assets to provide finance for the building.

They decided, after many years of supporting the high class Bowling Green in Ingersley Vale, that it would have to be sold for housing. The housing market in Bollington was very buoyant and the land would attain a substantial price.

So when the Planning Application came before the Town Council the debate raged between wanting Tullis Russell to find a way forward to protect and develop employment in the town in the long term, and the permanent loss of open space and a valuable sporting facility that would be lost. Councillors felt torn but on first hearing the plans were rejected.

One of the difficulties the Town Council faced was explaining to the Cheshire East Planners that, although Tullis Russell was contributing to a new Bowling Green on Kerridge Cricket Club Ground, that still meant a loss of open space to the Town

because that ground was already open space - but at last the penny dropped.

Eventually it was decided that given the very special circumstances involved, the protection of a valued local business and the support of long term employment outweighed the loss of the open space and a sum of money would be accepted on behalf of the community to improve open space elsewhere.

These decisions have now been implemented.

Meanwhile the Policy for open space recommended in the Neighbourhood Plan is:

EO1 All currently designated open spaces listed and shown on the Cheshire East Map of open spaces for Bollington will be maintained as such in the Neighbourhood Plan. No development will be allowed on any open space unless there are exceptional circumstances and clearly defined and identifiable community benefits.

These exceptional circumstances would include:

- maintenance of large scale employment opportunities
- the provision of highly specialised residential property for particular social/medical need.

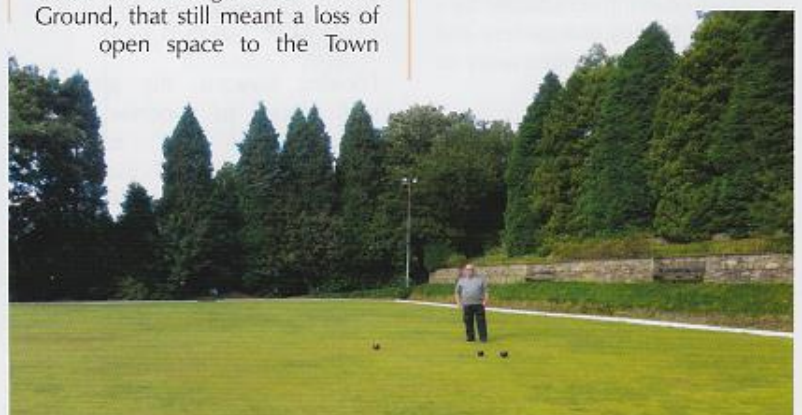
In such special circumstances the following conditions will apply;

- any facilities currently associated with the designated open space will be suitably replicated to ensure no loss of amenity
- the area of open space lost will be compensated for by a suitable allocation of land.

Ken Edwards

Photo:

Annette Hurst



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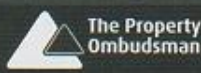
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THE 'MEET, MOVE AND IMPROVE' PROJECT

The 'Meet, Move and Improve' group is a health and wellbeing project for stroke survivors and their carers.

The only group of its kind in the area, it started eight years ago, and was originally set up by MADYSS (Macclesfield and District Young Stroke Survivors) in conjunction with Bollington Health and Leisure Centre. The Project is now wholly run by the Centre, and meets every Friday during term-time for specialist-led individual and group exercise.

There are two separate programmes. The first is for survivors, who are offered specific group-exercise classes and Instructor-supported work in the gym. Once a month, aquarobic exercise is also on offer. The second programme is for

carers, who are able to access the gym, swimming pool, jacuzzi and zumba class.

These meetings not only offer the opportunity to encourage recuperation after a stroke for survivors but also respite for carers, who can face a challenging and isolated time when a loved one suddenly becomes dependent. The project also offers invaluable opportunities for both survivors and carers to meet, make friends and form a support network through the exchange of ideas and experiences.

The group is self-financing, with members paying £5 if they take part in activities or £1 if they only wish to have a drink and a chat. The group also looks at opportunities to raise funds to help meet the running costs of the project.

Stroke survivors and their families learn about the group through word of mouth, referral from health professionals and information leaflets provided by Bollington Health and Leisure Centre via the coordinators and members.

Currently there are between 18 and 24 regular attendees ranging in age from 40 to 80. However, there is always room for new members to join this welcoming group to continue rehabilitation, regain confidence and reclaim fulfilling lives.

Kay Evans

*For further information, contact
Bollington Health and Leisure Centre:
reception@bollingtonleisure.co.uk*

Photo: Janet Beech



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