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Issue 70 Summer 2017

WALKS GALORE!

What a joy it was to go out walking with a dozen or so like-minded people on a sunny Saturday in September – the first day of our annual Bollington Walking Festival.

I chose the 12 mile walk to Lamaload - what a treat was in store for us - panoramic views over Kettleshulme, White Nancy, Bollington and beyond that I had never seen before in my 25 years of walking the Cheshire countryside. To say nothing of the interesting and varied conversation on the way. I learnt all about a fantastic (free) app for plotting and looking at walks

On that same Saturday 62 people, yes 62 people, turned up to join the Mayors Boundary. Walk! On other days buses to Buxton and Wincle make some new linear walks possible and these were booked up weeks before the start of the festival.

The Bridgend Centre was buzzing on the sunny Tuesday as people queued to pay for the Silk Road walk and groups of walkers were seen about Bollington enjoying learning about pubs old and new.





By Wednesday if you weren't wearing walking boots and carrying a rucksack then you looked out of place on our Town's streets. Joined by David Rutley (for part of the way anyway!) a band of intrepid walkers set off for the Valley of the Demons while others enjoyed a nature walk.



Later on in the week as the weather took a slight turn for the worse walkers were not deterred – the Nab, Nancy, the Nose, the Chair were all conquered.

What a fabulous event — thank you and well done for all the hard work that went into organising this wonderful week. **Annette Hurst**

LETTER FROM THE EDITOR



I have really enjoyed working on this issue – we have a huge variety of articles for you by many new first-time writers that spontaneously emailed me a story – this is what makes my job so varied and interesting – so thank you!

I particularly enjoyed the debate that unfolded about the proposed new traffic system on Palmerston St. (see pages 18/19 for letters) – it reminded me of a fairly recent yes/no vote that I won't mention as **Bollington Live!** doesn't 'do' politics!

Suffice to say sparking debate and engaging with our readers is something we relish so please share your thoughts with me or indeed any of the committee (listed below). We'd love to hear from you, please email me at liveeditor@happy-vallley.org.uk.

Amette

Date for next copy: 12 January 2018

Bollington Walking Festival team. Left to right:

John Gooding, Tracy Mills, Rob Nicholson, Jim Hoyle, Juanita Bullough

Photo far left:

Photos by Chris Brear

DUR TEAM

Illustrations Matthew Wray

EventsVicki Cooper livedates@happy-valley.org.uk

Cover photograph: St. Christopher's Pott Shrigley by Rick Gem

Bollington Live! is published three times a year on a non-profitmaking basis, with free distribution to households in the town. Under the editorial banner of "**Bollington Live!** - A voice for everyone" we aim to promote local concerns. The Editor cannot be held responsible for the opinion of contributors, the accuracy of the events listings, or the content of external websites referred to within this magazine.

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



THE VICAR OF SHRIGLEY

Nestling in the foothills of the Cheshire Peaks, St Christopher's, the parish church of Pott Shrigley, is impressive, not just in its looks but in its history. It can trace its sandstone roots back to the late fourteenth century.

In fact it's said by some that Christians have worshipped on this spot since Celtic times, and while that may or may not be true, St Christopher's does boast a roll-call of ministers stretching back to the reign of the Tudors – to the year 1502, to be precise. And now another name has been added to that list.

In May this year a packed church welcomed the Revd David Swales as the new priest-in-charge at Pott Shrigley.

Previously the vicar of three parishes near Stowmarket in Suffolk, David and his wife, Kim, have moved back north, as David explains:

'I was born in Bolton and brought up in Blackburn; I trained for the ministry in Durham and during my 33 years as an ordained priest I have worked in parishes in West Yorkshire and on the Wirral. So in many ways being back in Cheshire, back in the North, feels like a homecoming. I feel blessed not just because the parish is in such a stunning location but also because the church membership, the children, staff and parents of our church school and the wider

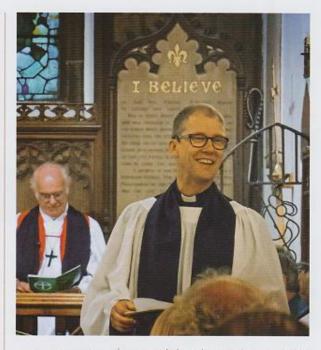
community in Pott Shrigley and Bollington have been so wonderfully welcoming.'

David has taken charge of a busy, well-attended church that's popular with wedding couples and parents wishing to have their children baptised; he sees his new role as one of building on this firm base:

'Kim and I are privileged to have joined a strong, thriving church that's supported by people who care, and that's important because the business of being "church" is very much a team effort. I see my role not only to lead the congregation but to encourage everyone to reach their full potential; within the church, within their Christian faith and within their day-to-day Christian lives.'

'I think that today's church should be looking for ways to respond to local need; for ways to engage, to make a difference and be a blessing to our community. But I also think that the church has an incredible treasure at its heart and that's the good news of Jesus – the news of a God who loves and cares for people. I think that churches should never be so busy that they forget to share this good news – this gospel – with others.'

'One of our major contributions should be to make this known. There is nothing we can do on our own of ourselves that can get us a jot closer



Rev'd David Swales (Bishop Peter of Chester in the background) preaching in St Christopher's Pott Shrigley

> Photo: Steve Murphy

To find out more visit www. pottshrigleychurch. org.uk to God, but the good news is that we have a loving God who is out there searching and reaching out to find us. The wonderful thing we see in Jesus is God reaching out to us to meet us where we are.'

St Christopher's normally holds two services every Sunday – traditional Holy Communion at 8:30am followed by a more contemporary morning worship at 10:45am – a service described by David as: 'an accessible service that most people, even those with little or no church experience, could find easy to connect with' Steve Murphy

LOVING BOLLINGTON

As we approach the Love Bollington Market's first anniversary it's timely to reflect on the last 12 months and just how much the monthly market has become an established part of the town's shopping and leisure facilities.

Since the very first market in November last year, it has expanded to include many new local food producers and even more artisan and vintage stalls.

'The ethos of the market remains the same, though', says Sarah

Hodgkinson, one of the organisers. 'We are a not-for-profit organisation, and once our costs have been covered, we donate the remainder to charity. In the last year we've donated money to the Mayor's charity, supported many charity stalls and are now one of the official sponsors for the Bollington Under-18s Football Team.'

The organisers; Jane Ewington, Jane Wilson, Edwina Wood, Barbara Stephenson and Sarah Hodgkinson, are determined to keep the market small enough so that the stallholders



can make a go of it but large enough to offer a unique shopping experience and contribute to local business and economy.

Sarah Hodgkinson



BOLLINGTON HARRIERS

Having recently blown the dust off my running shoes, I was delighted to see the creation of a local running group: the Bollington Harriers.

It's tough running alone; the temptation to quit after 3 minutes and detour to one of our local beer gardens, the inability to create a route that veers from running in a straight line and back again along the Middlewood Way (I speak for myself here) and the threat of an angry mob of cows charging at you as you flee for your life over an electric fence.



A regular group outing is a real help in spurring each other on, as well as an opportunity to meet new people and the chance to be able to represent the Happy Valley in upand-coming events. The training sessions have been superb — with steady runners supported at the back of the run and helpful pace-setters at the front — the group is kept as a unit by either looping back at set landmarks, or waiting at intervals until everyone is back together. There's a variety of routes and settings — from flat straight runs to up and over the hills. Everyone is made to feel very welcome and there's support online with people sharing routes to the Facebook group, along with photos of the group runs.

It's early days, but there's already a great support, with runners coming from other areas including Manchester city centre – looking for a change of scenery from pounding the pavements of Deansgate and escaping the need to dodge masked men on mopeds, briefcases and serial shoppers.

A special mention goes to Harriers Sarah Bradley and Caroline Pauling – who are both training for the London Marathon. Sarah is raising money for the Miscarriage Association, and Caroline is running for the 'Make Some Noise' charity – both would welcome any support.



Good luck on your mission – we're all rooting for you!

It's been really nice to meet up with other runners and make new social contacts, and Bollington Harriers is another great addition to our lovely community. All that's left to add is that with all this uptake of sport, what a good job there's my great local physiotherapy class at Bollington Health and Leisure to help with strengthening!

You can contact the club at bollingtonharriers@gmail.com or sign up through the Bollington Health and Leisure website. Yearly membership is just £5 and the running sessions are free.

Hannah Atkin

ANDY'S 35 MILE MISSION

In addition to his commitment to Bollington Harriers, the Senior Citizens Group, his role as Mayor of Bollington and his family, this year Andy Langdon decided that he'd challenge himself to trekking up White Nancy 203 times.

This was more than a bid to gain legs like Chuck Norris; this was a mission to raise money and support local charities: the Mayor's Senior Citizen Welfare committee and the Bollington 2019 Festival. It was carried out as a salute to the 100-year anniversary of the 203 people that lost their lives in the First World War, and are listed in the memorial gardens in Bollington. Ice packs were required, sinus

infection was fought, but not even pound coin-sized hailstones got in Andy's way, as his commitment saw him undefeated in his challenge to climb 56,840 metres, which is over 35 miles: the equivalent of walking from Everest base camp to the summit three times over (ignoring the climate and environment!).

At the time of writing, Andy has raised over £1,200 and still has 75 climbs left to complete. Any further donations would be much appreciated to acknowledge his efforts and to support our home town. Well done Andy – we look forward to you swimming the length of the Manchester Ship Canal in 2018.

Hannah Atkin





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CHRISTMAS TREATS

It's over a year since No. 74 Deli opened, so I asked them to help us out with a treat for Christmas that was easy to make and looked spectacular! I think the bakers among you will agree that this Christmas Pavlova Wreath will look great on any table this festive season.

Annette Hurst



For the Pavlova

6 large free-range egg whites

350g caster sugar

1 tsp white wine vinegar

1 tsp cornflour

For the filling

600ml double cream

50g icing sugar, sifted

200g strawberries, quartered

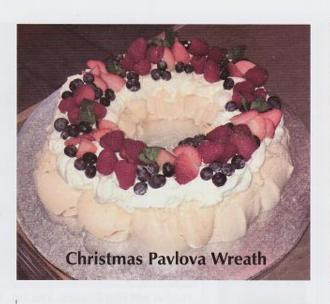
300g raspberries

200g blueberries

50g pomegranate seeds

a few mint leaves, to decorate

icing sugar to dust



No. 74 Deli

No. 74 will be launching their Christmas hampers on the evening of 9 November where you can pre-order your Christmas gifts.

Watch out for other late-night shopping evenings throughout autumn/winter.

Keep updated with their events, at hello@no74deli. co.uk or 01625 573648

METHOD

Preheat the oven to 160C/140C fan/gas 3. Line a large baking tray with baking parchment and draw a 30cm/12in circle in the middle of the paper. Draw a 15cm/6in circle in the centre of the larger circle to make a ring.

Put the egg whites in a clean mixing bowl and whisk until they form soft peaks. Gradually add the sugar a little at a time, whisking until the mixture is stiff and glossy. Mix the vinegar and cornflour in a cup until smooth, then stir into the egg whites.

Spoon the meringue onto the ring drawn on the baking parchment. Using a large spoon, make a shallow trench in the meringue for the cream and fruit to sit in.

Transfer to the oven and immediately reduce the temperature to 140C/120C fan/gas 1. Bake for 1 hour–1 hour 15 minutes, until the outside is hard but still white. Turn the oven off and leave the Pavlova inside for an hour or overnight to cool and dry.

For the filling, whip the cream and icing sugar until they form soft peaks. Spoon the cream into the trench in the meringue. Arrange the strawberries, raspberries, blueberries and pomegranate on top and decorate with a few mint leaves and sifted icing sugar.

POET'S CORNER

I was born in Liverpool and later in life lived in Stockport before moving to Bollington in 1989. I worked in the travel business for fourteen years until I was made redundant in 1988. I then began a career as a video cameraman and to date have filmed over 700 weddings. I am still active in some aspects of video services, but when I get time I enjoy writing poetry and articles. My biggest achievement so far was to write for the Friends of Doris Day magazine for three years and I hear from Doris occasionally via email – she is now 95 years old!



HOLY SMOKE

At Christmas time one year,
When I was a very young boy,
I set fire to a Christmas tree
While the choir sang 'comfort and joy'.
I had to light a candle
With a taper and a flame,
But I shook so much that I lit the tree
And soon a fire engine came.
t spoiled the carol service,
As the church was filled with smoke,
And instead of singing 'Silent Night'
The congregation choked!

Bob Cooper



FOOTBALL CRAZY

'He's football crazy; he's football mad ... since Phil became a member of that "Macclesfield" football club ...'. Bollington-born-and-bred Phil Gibbons is a lifelong supporter of Macclesfield Town Football Club.

A personal highlight for Phil, following years of dedicated support, came this year when Macclesfield played at Wembley in the final of the FA Trophy, Prior to the match the club was asked to name two volunteers who had given especially good service to the club. To Phil's pride, they chose him as one of the two. He was presented with a plaque on the pitch at Wembley and was given one of the best seats in the house, with access to the famous Bobby Moore suite. One citation stated: 'Phil has given his soul to this football club!'

Phil's wealth of knowledge and love for the club are very much in evidence, as can be witnessed by his vast collection of matches on DVD and other memorabilia!

His commitment to the club began at just 8 years of age, when Phil's his dad and later, his stepfather,
Phil would attend matches both
home and away. Travelling on the
coach, which used to pick up from
Bollington, was a great adventure
for young Phil.

In 1990 Phil became a ground
steward and around that time he
was also asked to organise a quiz

dad took him to his first game. With

In 1990 Phil became a ground steward and around that time he was also asked to organise a quiz night and raffle for the player Steve Burr's testimonial. This was a great success and Phil's talent for fundraising was quickly recognised. He was appointed social secretary for the supporters' club and went on to organise a further three testimonials for John Askey, Steve Hanlon and Efyn Edwards. This led to Phil organising the supporters' 'Player of the Year' events and also reunion nights for successful teams, such as the players who won the Treble, that is, the Northern Premier League, the Challenge Trophy and the President's Cup in the 1986/87 season. For the last 20 years Phil could be seen chatting to the fans when selling the club's match-day fundraising raffle tickets.

Although there have been a number of memorable matches, Phil describes his highlight match as the FA cup trophy final in 1970. Macclesfield won 2–0 against Telford and of the 28,000 supporters, 17,000 were from Macclesfield. 30,000 people then lined the streets of Macclesfield to welcome the victorious team home.

Phil can also recall two Bollingtonians who played for Macclesfield Town. Derek Rogers was in the squad for the 3rd round FA cup match against Fulham in 1968 and John Walker played in the mid-1980s. Sadly, both players have passed away in the last twelve months. His favourite players of all time are Steve Burr, now the manager of Stalybridge Football Club, and John Askey, the current manager of the 'Sillkmen'.

Although he will still be seen shouting his support from the stands, this season Phil has decided to retire from his volunteer work. But personally, I wonder how long retirement will last for this avid supporter? *Kate Gooding*



ROB WILSON ART

My mixed-media paintings incorporate layers of printed paper, old dress patterns, acrylic paint, ink, watercolour paint and lines of stitching.

Based in the North West, Manchester has become the backbone of inspiration for my art. There's a rich variety of architectural styles, from the neo-Gothic town hall and the John Rylands Library to the modern glass landmark of the Beetham Tower.

In addition to the impressive architecture it is the people themselves that make Manchester such a unique and vibrant city. It's this distinct atmosphere that I love to interpret through my paintings.



Travelling from the outskirts of Manchester recently, a local landmark near Bollington became a focus, as the famous 'White Nancy' set on the hill was adorned with the Manchester Bee. With the city in the distance, the view was overlaid with a tempestuous sky. It almost felt that the sky reflected recent events in the city.

It seemed very fitting to link this piece with a Manchester charity in support of the city that I so love and admire. I have chosen to support the 'We Love MCR Charity', as its aim is to support and improve the lives of Manchester people.

A limited edition of 95 prints have been released for sale, with 50 per cent of the profits going directly to



the charity. Available in three sizes, the prints are available to order directly from www.robwilsonart. co.uk. **Rob Wilson**

The original painting of White Nancy will be available to view at Rob's Open Studio Event at Lockside Mill, Marple, on Saturday 4th and Sunday 5th November.



MAKING A SPLASH!



One year ago one of the country's top 'wet' leisure experts, Portrait Pools, transferred their business from Southport to Bollington.

Formed 27 years ago in 1990 by current Directors, Andrew Rutherford and David Bland, the company specialises in designing and constructing high-end, indoor luxury swimming pools, saunas, steam rooms, hot tubs, hydrotherapy pools, spas and wellness equipment for both the residential and commercial markets.

Their portfolio includes work across the UK, the Channel Islands and Sicily. However, the majority of their business focuses on areas of Cheshire such as Alderley Edge, Bowdon and Hale. The outside of the building situated in Store Street, just off High Street, gives nothing away (apart from the magnificent gateway!) and certainly does not prepare you for what greets you on entering the showroom.

If you have ever browsed the Rightmove website for a millionaire property for sale you may have seen Portrait Pools' work, so you will understand the 'wow' factor one experiences! Indeed, a typical job costs between £100,000 and £1 million! As one reviewer of the company stated: 'The memorable James Bond-style inside-outside pool in Cheshire was astounding!'

However, that said, this multitalented, friendly company has also designed and constructed pools in Sure Start centres in some of the UK's poorest socioeconomic areas.



These premises can only be described as a tardis, for there is not only a showroom displaying a working steam and sauna room and spa pool, but also a cinema, kitchen and staff meeting room, with an impressive chandelier hanging over the central table! This room is available as a meeting space for potential clients, architects

Photo top left: Amazing leisure suite designed and built by Portrait Pools

Photo right: Cinema room in the showroom

Photo bottom left: Meeting room in showroom



and contractors. Interestingly, the company has now acquired another building in Store Street and has promised it will be a showroom even more spectacular than the first. It will be — as one of the directors, David, says — 'Something a little different!' I, for one, can't wait to see it!

The company's reputation as one of the UK's leading companies in the field was confirmed at January's 2017 British Pool & Hot Tub Awards, hosted by the British and Irish Spa and Hot Tub Association and the Swimming Pool and Allied Trades Association. As the most successful winners of the night, the company came away with an amazing ten awards.

These were then topped by five gold awards, which included 'Refurbishment Pool of the Year', 'Pool Contractor of the Year' and 'Outstanding Pool of the Year'.

The directors of this thriving company are delighted that their move to Bollington has been such a resounding success. Currently employing twenty-five people, they are looking to expand and provide further employment opportunities. They are currently planning an Open Day for local residents in the near future, so watch for the date, as I can assure you that visiting the showrooms will certainly be an interesting, eye-opening experience! *Kate Gooding*



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BOLLINGTON BY...

A growing section of our community are young families, many new to Bollington. I have the good fortune to live on a new estate, which has many such families, and have managed to persuade two of them to talk about their impressions of Bollington.

As Bollington is considered to be the top place to bring up a family, according to the Daily Telegraph, I wondered what had brought them here.



The Jones Family

Joanna and Rich Jones and their two children George (4) and Nancy (13 months) moved to Bollington almost two years ago. Joanna has just returned to work as a Director of Communications, from maternity leave and Rich is a digital consultant. George just started school at Adlington last September.

Why did you choose Bollington?

We were living in Chorlton and when we had George we wanted to give him a life like we had growing up, away from the urban bustle. We didn't know Bollington, but while on a training run I looked over the viaduct from the Middlewood Way and decided that it needed investigating. I was joined by Joanna and we both felt that we had found the right place to bring up our children.

What do you find so good about Bollington?

It feels safe and people are very friendly. It's also not a place that people pass through. It is also close to wonderful countryside for walking and we like going up White Nancy and along Kerridge Ridge. The children just love to play on the green area in front of the house, with some of the many children that live on the estate.

What is your favourite place in Bollington?

Rich: Running along Kerridge Ridge; Jo likes The Green, George loves Coronation Park and Nancy likes wherever George is.

What is your family's favourite place?

Summer Fridays at the Cock and Pheasant, and home, of course!

Is there anything you would change?

A craft and gift shop would be nice, and a greengrocer. It might help to have a pedestrian path along Flash Lane as it is dangerous to walk along.

How would you sum up the appeal of Bollington for young families?

There are some very good schools, nurseries and pre-schools. The quality of life is good. From Bollington it is easy to access Macclesfield and Manchester. There are good parks and recreation areas, great walks, like-minded people and it is a very niche place, quite special.



The Murphy Family

Can you tell us a little bit about your family?

I am Amanda, my husband is Stephen and we have two boys, Christopher, aged 4 and Dylan who is 1. Stephen is Deputy Head at St Mary's Primary School, Marple Bridge and I am a French teacher in two primary schools and work part-time. Dylan goes to a local childminder and Christopher goes to Bollington pre-school. So life can be hectic at times in the Murphy house.

How did you come to Bollington?

I come from Sussex originally and Stephen is from Liverpool. We lived in Didsbury and Stephen worked in Salford, and when Christopher was born we wanted to live in a more rural area but not too far from a city. We love walking and had walked around the Bollington area. One day when we were having a walk here we saw a sign for Bellway Homes and called in to look at some houses. We found one we liked, and moved in eighteen months ago. I grew up in a place like this and wanted our children to do the same. By now I was expecting our second child.

What are your favourite places in Bollington?

Stephen: I like being able to walk onto the Middlewood Way, go on the Recreation Ground, watch a bit of cricket, and call in at The Vale, all within such a short distance from each other.

Amanda: I like the views, especially up towards White Nancy. I love a coffee in the Deli. Christopher's favourite place is pre-school, which he loves, and Dylan is happy to be with us

How does your family relax?

We enjoy cycling along the Middlewood Way and have a little trailer for Dylan, and we also like to walk up to White Nancy.

What makes Bollington good place for your family?

There is a good support network for young families. Christopher loves the Bollington pre-school, which has flexible sessions, which suits parents, and a dedicated staff. There are also many other good nurseries and excellent schools with choice for parents, a library, which has some special events for children, and parks and play areas. So there many reasons for choosing Bollington to bring up a family.

I know there are many families who have recently moved to Bollington and we hope you feel as welcome as these two families. At *Bollington Live!* we like your feedback, so let us know what you feel about your new home.

Sandy Milsom



October

Friday 27th - 7.30pm Legends of Soul Arts Centre £15 online

Friday 27th - 8,30pm

Rob Murch & Michelle Holding at Bolly Folk Club

Dog & Partridge £6 online at bollyfolk.com

Saturday 28th - 8pm

The Jubilee String Quartet

Bollington Chamber Concerts Arts Centre £17.5, £2 conc. online

Tuesday 31st - 4.30pm

Light Party

Celebrate All Hallows Eve at St Oswald's Church Bev Nixon 500970

November

Wednesday 1st - 7.30pm

Pott Shrigley Flix in the Stix - Their

Village Hall £4 advance £5 on the door pottflix@gmail.com

Friday 3rd - 8.15pm

Bolly Comedy Club

Arts Centre £10 online

Saturday 4th - 10-11,30am

Well Dressers coffee morning

Community Centre, homemade cakes and pies for sale, raffle, tombola, entry £1 inc tea and biscuit

Saturday 4th - 7pm

Adrian Cox and Jamie Brownfield

Arts Centre £10 online

Thursday 9th - 7,30pm

Kerridge War Memorial Curry Night

The Viceroy £15 inc food susan.poynton@hotmail.co.uk

Saturday 11th - 7.30pm

Edwina Hayes

Folk/Americana singer/songwriter Arts Centre £10 online

Sunday 12th - 10.30am

Remembrance Parade led by Bollington **Brass Band**

Starting at the recreation ground and proceeding to the War Memorial

Tuesday 14th to Saturday 18th - 7.30pm

Showtime 2017 by Bollington Light Opera Group

Civic Hall £12 inc hot pot supper 431038 or blogbookings@aol.com

Sunday 12th - 7pm

Festival of Remembrance

Daisybank Nursery, Bollington

Tickets: £10 in advance; £12 on the door. Refreshments will be available during the interval.

Limited issue: 20 VIP tickets at £15 each to include pre-concert prosecco with Bollington Town Mayor Andrew Langdon from 6pm in the Town Hall.

Tickets available after 1 October from Bollington Town Hall (10am-12.30pm); Chadwick's Newsagents; and George Burgess, tel.1625 575016.

Thursday 16th - 7.30pm

Bollington Horticultural Society - plants for autumn colour

A talk by Ingrid & John Millington Community Centre member £1.50 non member £3

Friday 17th - 8.30pm

Kieran Halpin at Bolly Folk Club

Dog & Partridge £9 online at bollyfolk.com

Saturday 28th - 10am until 3pm

Vintage & Artisan Market

Bridgend Centre free entry 576311

Friday 24th - 7.30pm

Whitechapel Freaks

Two hand horror drama Arts Centre £10 online

Saturday 25th - 8pm

Northern Chamber Orchestra Soloists

Bollington Chamber Concerts Arts Centre £17.5, £2 conc. online

December

Friday 14 - 8.15pm

Bolly Comedy Club

Arts Centre £10 online

Saturday 2nd - 8pm

The Magnificent Seven

Bollington Jazz Club Arts Centre £10 online

Sunday 3rd - 4.30pm

Christmas Light Switch On Town Hall

Sunday 3rd - 7.30pm A Christmas Concert

Arts Centre £10 online

Wednesday 6th - 7.30pm

Pott Shrigley Flix in the Stix - My Cousin

Village Hall £4 advance £5 on the door pottflix@gmail.com

Friday 8th - 6pm

Christmas Fair

Pott Shrigley Church

Friday 8th - 8.30pm

Brian Peters at Bolly Folk Club

Dog & Partridge £7 online at bollyfolk.com

Saturday 9th - 7.45pm

The Bollington Belles

Arts Centre £5 online

Sunday 10th - 10.45am

Christingle

Pott Shrigley Church

Sunday 24th - 6pm

Christmas Eve - carols around the tree

Town Hall

January

Friday 5th to Saturday 13th

Adventure in Pantoland

Panto at the Arts Centre £10, £9 conc. bfptickets@hotmail.com 07933 745926

February

Monday 12th - 6.30pm

Scibar Histopathology

And the science behind treating breast cancer by Roger Hunt Vale Inn Free

Saturday 24th - 8pm

Busch Piano Trio

Bollington Chamber Concerts Arts Centre £17.50, £2 conc. online

Love Bollington Market

Markets are held on the second Sunday of each month

> Forthcoming markets 10.00am-3.00pm:

12 November: in the grounds of Bollington Medical Centre

10 December: on The Green on High Street

Facebook/LoveBollingtonMarket

DATES FOR YOUR DIARY

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

THE BRIDGEND CENTRE

Community kitchen, IT suite & charity shop

Mon-Fri 10am-4.30pm Saturday 10am-1pm

Monday

10.30am Mindfulness 1pm Jewellery making 2pm Talk and Games (TaG)

Tuesday

10.30 Ćraft club 11.30am Reading group (once a month) 1.30pm Art club

Wednesday

10.15am Guided walk 2pm Mahjong 2.15pm Creative writing

Thursday

10.15am Yoga 11am Reading group (weekly)

Friday

10.30am Choir 1.30pm Musical tots

ROYAL BRITISH LEGION Rollington & District

Bollington & District Branch of the Royal British Legion is proud

to be holding our popular Festival of Remembrance, in aid of the Poppy Appeal. All monies raised will go towards the national appeal and will be used to provide support for our ex-service personnel and their families, both in Bollington and throughout the country.

Many of us try to buy a poppy each year and wear it with pride, for which the Royal British Legion is very grateful. So why not come along and help us to celebrate and commemorate our brave service personnel and their sacrifice.

In order to help spread the message that 'Remembrance is not just about the two world wars', this year's Remembrance Parade and Festival will focus on the 35th anniversary of the Falklands campaign.

As in 2016, the Festival includes music from the award-winning Bollington Brass Band, supported by the magnificent Chapel-enle-Frith Male Voice Choir, who wowed



audiences last time. Providing a balance of musical talent – and hopefully, some control – will be Neil Shaw-Hulme and Benjamin James Clark, with the wonderful 'Baby Grand'.

Bollington & District Branch of the Royal British Legion is one of the oldest branches in the country (originally formed as branch number 007!), with a long and proud history of support for our ex-service family. Formed on 15 May 1921, we will soon be celebrating our 100th anniversary and aim to have 100 members by then.

The Chairman and Committee would like to all those of you who support us so generously on a regular basis.

Valerie Thickett

MONTHLY EVENTS

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 10.00am-1.45pm Recreation Ground £2.50

Knit and Natter

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



Arts Centre tickets: www.bollingtonartscentre.org.uk

HORTICULTURAL SOCIETY

This summer, Bollington Horticultural Society's annual two-day trip was to Highclere Castle, better known as 'Downton Abbey'.

On the way there they visited Waterpenny Gardens in Oxfordshire and admired the beautiful water lilies, before travelling on to Bampton village, where places featured in the drama series – the church, the cottage hospital, the Grantham Arms and the green where Downton Fair took place – were filmed.

After an overnight hotel stay, they continued to the impressive Highclere Castle, the opulent setting for Downton Abbey. Here some people were slightly disappointed with the gardens, but the house came up to all expectations. It was designed in 1848 by Sir Charles Barry, who was also the architect for the Houses of Parliament, and the grounds were landscaped by Capability Brown. The rooms are beautifully decorated



and there are descriptions of which scenes of the series were filmed in each room. Everyone agreed it was a very successful trip.

The picture, taken by Ann Stringer, is of the group at Waterpenny Gardens



EMBRACING BOLLINGTON

Embrace Marketing, a fullservice marketing and creative agency based in Bollington has quadrupled in size in the past 12 months.

Becky Reardon, Managing Director and Founder of Embrace Marketing shares her experiences of starting-up and running a local marketing and creative agency. 'I started Embrace Marketing in 2015. When I took the plunge, I didn't have a single client and worked from my home in Macclesfield, juggling a new business with a very energetic puppy! Fortunately, the company I worked for before starting Embrace was very supportive and they became our first client and things grew from there.'

Becky has always enjoyed problemsolving and multitasking so with the ability to 'think outside the box' the marketing agency Embrace Marketing was born. Becky explains what makes Embrace different



'Typically, you will have either a 'marketing agency' or a 'creative agency'. We combine the marketing strategy and consultancy with the creative and we aim to stand out from our competition'.

Becky chose Bollington as her office base as it's a beautiful place to work. Originally the offices were based in Adelphi Mill but they have recently moved to Clarence Mill. The team enjoys a canalside location in more ways than one – they are a few doors down from the popular From left to right:

Grace Linnell, Ciaran Reardon, Emma Goodwin, Becky Reardon (Managing Director),

Alice Wray, Ashleigh Walker and Alex Vann Café Waterside and regularly enjoy lunchtime walks along the canal with office dog Zac!

The team at Embrace have had an excellent start and have been shortlisted for two E3 awards and one FSB award. Becky puts this down to the culture saying, 'Everyone in the team inputs into how we run the business, from our company values, through to the processes we put in place, through to creative campaign concepts for clients. We run frequent internal workshops to make sure we all continue to have our say and shape the business and the team's roles accordingly.'

Her best piece of marketing advice is to place yourself in your customers' shoes. 'It's not about what you want, it's about what they want. Make sure your messages are differentiated from the competition and directly fulfil what your client wants/needs.'

HERE WE GO AGAIN

The next Bollington Festival will be with us in two years' time and planning is under way. Now is the time to tackle the vast jigsaw of events that needs careful piecing together in order to give us the exciting experience we have come to love.

Expect a diverse programme featuring visiting professional artists and groups to entertain and inspire us on our home patch. Of course, all festivals do that, but key to our unique festival is our own people. Together, we make it happen: we organise, steward and perform. Community is our speciality.

The impetus and outreach of the Bollington Festival offer groups an opportunity to go large and organise activities and performance on a grander scale, reaching new audiences. Let Festival 2019 be a target for us all, a catalyst in encouraging increasing community participation and great fun too.

All local groups are invited to take part in the Festival throughout May 2019, within the formal programme, and surrounding it in 'halo' events. As before, special Festival groups are set up to plan things involving complementary activities, under headings like Visual Arts, Literature, Science, Walks, Sport, and Spirituality – and there's always room for more.

Obviously, there is a limit to what can take place at Bollington Arts Centre and in the marquee on the Rec., but there are other opportunities and venues to consider.

The Opening Night of Bollington Festival 2014 featured over one hundred locals of all ages and talents entertaining us in a variety show we called 'Bollington's Best'. And wow, they did us proud!

It was such an inspiring start to the fortnight that we are doing it again. Do you want to participate? Can you help deliver it?



Bollington Festival 2019

bollingtonfestival.org.uk

info@ bollingtonfestival. org.uk

www. bollingtonfestival. org.uk Oh, the Parade ... your club, group, family will join in, won't you? And the Family Picnic, and Dog Show ...

Obviously, the Festival is only possible with sufficient funding. So, if you want to help out financially you can join our 100 Club (with a chance to win prizes) or become a Festival Friend (as an individual or company) and receive various benefits throughout the Festival.

Jose Spinks



Festival Parade Photo: Janet Beech

S YOU Gir.

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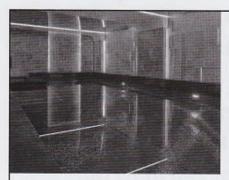
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BURNING AMBITION

Bollington fire crew manager Tom Ladds says: 'The role of an on-call firefighter is unique. It is an exciting opportunity for anyone who wishes to challenge themselves and serve their local community.'

Once successful in your application, we will provide you with all the training and support you need to join the operational crew. This will see you working as part of our team to deal with all types of incidents, including fires, road-traffic collisions, chemical spills and large animal rescues. You will receive training at our Winsford headquarters and at the station that will enable you to achieve a nationally recognised qualification as a firefighter.

As a fire and rescue service, we serve every person in Bollington and the surrounding area, whether they are living there, working there or just visiting. All applicants must be able to respond to Bollington Fire Station within 5 minutes for their application to be considered.

We would encourage anyone from the local area to visit us at the Fire Station on Albert Road to find out more about the role of an on-call firefighter and learn if they would like to be a part of the team. We are on station for training every Monday evening between 6pm and 9pm. If you would like to speak to, or meet us outside this time then please e-mail thomas.ladds@cheshirefire.gov.uk.

Most on-call firefighters have a career outside the fire service, but can combine both roles within their day-to-day lives. For example, our current crew have jobs ranging from accountant and local business manager to the self-employed.

For more information: www.cheshirefire. gov.uk/jobs/oncall-firefighterrecruitment



On-call firefighters are an essential part of the emergency services network. They have often chosen a career outside the fire service, but also wish to serve their community as a firefighter ready to respond to emergencies, prevent fires and other incidents from happening, and protect people and property across Cheshire. Bollington crew are called to around five incidents each week, with most of them lasting between one to two hours.

If you join us you will be paid for your time, whether this is at incidents or for training and other work. A new on-call firefighter can expect to earn around £5,000–£7,000 per year. *Tom Horsfield*



FOOD FOR THOUGHT

A few weeks ago, I was in the mood for reading a light novel, and I came across this book on our bookshelves.

Encouraged by my wife, but with some reluctance, I dived in, and was pleasantly surprised to read an absorbing and curious tale combining science with cannibalism, agriculture and a curse that has bedevilled an Italian family for centuries.

There is no need for any particular scientific interest to enjoy this book.

D.T. Max has skilfully distilled his research into a narrative that anyone can understand. The remarkable story of how prions were discovered and the dangers that we face from them is told with utmost clarity.

Spanning from the 18th century through to the present day, we are taken via tribes in Papua New Guinea, Mad Cow disease in Britain and the meat industry in the US, in an unravelling of how a peculiar protein that destroys brain tissue

The Family That Couldn't Sleep: Unravelling a Venetian Medical Mystery

By D.T. Max

336pp, Portobello Books Ltd may have entered our food chain. Along the way, we are introduced to several interesting characters and learn of the risks that we have faced in the past and may still face from the food we eat.

This book is a thought-provoking account about a disease that may directly or indirectly touch many of us and provides insights as to how remarkable personalities in competing scientific groups can attempt to dominate their fields of science.

Jon Beck



LIVING AT HOME

I was driving to work one morning and couldn't get that song out of my head; you know the one, from Toy Story, 'You've got a friend'. All our children and grandchildren know the song and it made me think, children find it so easy to make friends because they join in and play.

As we get older life tends to take over and when we reach retirement and old age our friends, partners and family tend to disappear we have time on our hands but fewer friends to play with!



Live at Home tackles isolation, promotes independence and wellbeing, and we tailor our activities to suit the needs of our



members, so if you want to meet people and make friends, take gentle exercise or have fun going out on trips or to an event, then we can help.

We have luncheon clubs every week in Macclesfield and in October we started a luncheon club at Shrigley Court in Bollington. Great food, great company and loads of fun and laughter!

We have so many services to meet the needs of our older generation, but we need more volunteers to make their lives special. Volunteering for Live at Home is special; it's not just about giving a few hours of your time; volunteering can give so much in return. Whatever skills you have, we need you! Chris Harrop

Right: You can contact Gemma on 07703 770513

Left: Tel 01625 612410 or email Macclesfield. liveathome@mha. org.uk

A CUT ABOVE

Trusting a fellow school mum to cut your hair when it's the type of hair that makes a hairdresser's heart sink (and usually leaves you looking like Leo Sayer) is a big risk. Watching her multi-task, swig a glass of rosé and chat to ten different people whilst cutting your hair makes the risk appear greater. I was terrified – despite the complimentary glass of wine. Yet I was left with the best haircut I'd ever had, and my phobia of hairdressers resolved.

Gemma manages to combine her creative vision and skills with banter that is miles away from the classic 'So are you going anywhere nice this year?' The tunes are flowing, there's Prosecco offered alongside the usual brew, and kids are welcome to come along and run around in the garden. But above all, you leave feeling as if you've been injected with the positive vibe that she oozes. I've since sent my mum – who didn't want anything fancy, and left with a really nice cut, that was perfect for her.

Having previously owned a salon in Manchester, and worked in salons in London, Gemma recently took her small mobile hair business and opened Apple Tree Hair – which is based in her outhouse in Bollington – and has quickly thrived. She is confident in her skills and respects people's choice – there's no pressure to mimic a celebrity cut, there are no imposed fringes,

crew cuts or synthetic extensions – it's simply whatever is right for you. *Hannah Atkin*

YOUR POINT OF VIEW

I had the biggest response ever, in terms of emails and comments to the Paradox Reigns article in our last issue outlining a new road layout on Palmerston St.

The most interesting letter for me pointed out that Bollington Live was on to this topic in issue 4 in May 1995. We are either way ahead of our time or our town has taken an awfully long time to decide what they want! I'll let you decide!

Annette Hurst

Some letters have been shortened in order to fit in the magazine

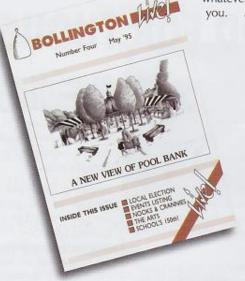
Dear Editor

Reading the excellent article 'Paradox Reigns' and its suggestion for use of small part of Pool Bank for public use, I was taken back to the front cover of Bollington Live issue 4.

Of course the world has moved on. That article issue mentions the 'The Wagon and Horses', 'The Redway Tavern', and 'The Turners Arms' - all changed in different ways.

Thanks to you and the team for continued existence and evolution of ${\it BL}$.

Regards HW





REFURB REALISED

The latest renovation to the Arts Centre is the culmination of a tenyear plan to further renovate what used to be the Sunday School of the Methodist Church next door.

The building itself is over 100 years old. The current planned phase of renovation work is the very latest part of that plan, which provides a classy new foyer, a new Kerridge stone walkway between two new entrances and new security features.



2007 A new roof was installed as the old one was leaking badly (£75,000)

2001 Major changes were made to the auditorium and backstage area to increase occupancy (£110,000)

2014 The Pat Penney Room was added to provide a home for Bollington Brass Band (£45,000)

2015 A new electricity supply was installed as this was required when the Methodist Church closed (£25,000)

2017 Two new entrances and foyers have been provided (£86,000)

The two new glass and steel entrances make it much easier to use all four facilities at the same time with minimum disruption. In addition, WiFi is available throughout the building.



FOUR ROOMS ARE FOR HIRE:

Gallery Bar

Works of art, available for sale, are displayed on a monthly rota basis. There is a bar which can be used for refreshments.

Pat Penney Room

Bollington Brass Band uses this space for rehearsals. We also have a Music Appreciation Society and art/craft groups who use this room. It can hold up to 40 people for presentations and talks.

The Auditorium

Jazz, chamber concerts, comedy nights, talks and other events are regularly held here. The auditorium can hold up to 100 people, with balcony space for another 20. The room is fully equipped with modern sound and lighting facilities.

The meeting room

This room accommodates meetings of up to 15 people sitting comfortably around a large boardroom-type table.

Did you know that your Arts Centre has over 25,000 visits per year? Amazing for good old Bollington, with events such as the very popular pantomimes performed by the Festival Players, regular jazz concerts with top bands, comedy nights, concerts organised by Bollington Chamber Concert Group, talks, plays, book signings, musical nights, a children's musical theatre and classes in arts, dance, embroidery, languages and music appreciation.

The Bollington Brass Band now has a permanent home in the Arts Centre and it rehearses on Monday and Thursday evenings.

Bollington Arts Centre is charity run by a group of seven trustees who all give their time on a purely honorary or voluntary basis. There is an extended management team, again made up of volunteers, with representatives of those who use the centre.

Geoff Atkin (Treasurer), Simon Hardy (Social Media and Programme), Mark Hindley (Estate Manager), Bruce Kendrick (Chair), John Minister (Bookings), Bernard Selby (Bar, Jazz and Comedy), Lee Wainwright (Legal Affairs)

We are indebted to WREN who provided grants worth approximately 40 per cent of the cost of these renovations.

Bruce Kendrick

Dear Editor

We very much welcome the article 'Paradox reigns' relating to the traffic proposals for the centre of Bollington. We live on Palmerston Street and live daily with the very dangerous traffic. It is only a matter of time before someone is badly injured, or worse.

The centre of Bollington could be vastly increased in popularity and pleasantness if it were safe; presently it is not... ... The comment to 'slow drivers down as they enter the historic triangle' is great and very much needed.

To encourage shopping, walking and cycling in our village we must make it safe. By design we can make this happen. It would make our village a lovely safe place and therefore more attractive and economically viable for businesses...

Yours, PAB

Dear Editor

Do not let the beautifully written article, 'Paradox Reigns', seduce you into thinking it is harmless. Having read the full plan recommended for the B5090 through the middle of Bollington, I would like to warn residents that the plans constitute a series of elegant obstructions designed to cause traffic jams throughout the town.

If implemented they would cause problems for road users at peak times and deter businesses from setting up or staying in Bollington. The objective of slowing traffic in key areas is good, but this plan far exceeds what is sensible.

Regards JC



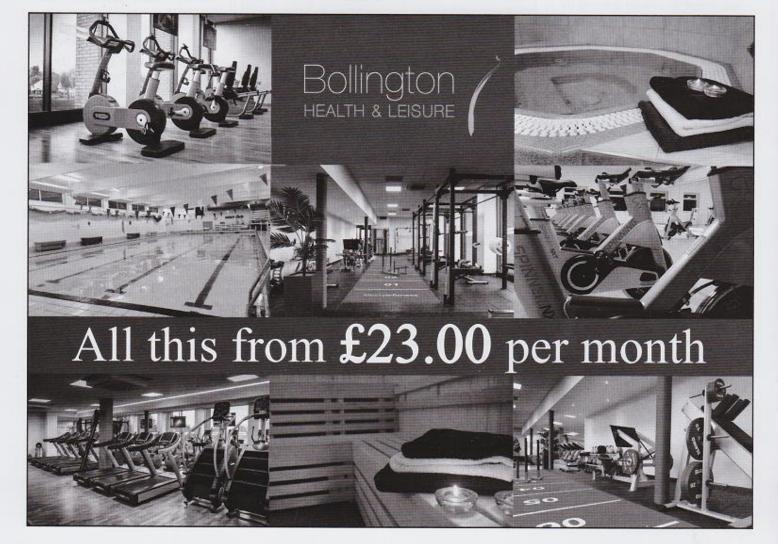


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CLARENCE FASHION PASSION

Tucked away in Clarence Mill is a brand new Bollington business, unlike anything else in the town, a boutique called Sophia Pallucci.

The shop is the result of the inspiration and hard work of two young Bollington mums with a passion for fashion, Shelley Penn and Louise Wilson. They already had a small office in the building where they ran their online clothing business, which will still continue, together with a planned website, but when space became available in the mill they decided to open a retail outlet there as well. Shelley and Louise are not averse to hard work, which is good, as the shop space had to be decorated and fitted out by them to make an attractive shop, which it certainly is.

Both Shelley and Louise have been delighted by the support of the



locals, and they have had a great response from people who have recommended the shop to others. Their idea is to create a shop where all women, whatever their age, size or taste, can find something Sophia Pallucci Opening times Monday-Friday 10.30am-5pm Saturday 11am-4pm Sunday 11am-3pm of interest. They aim to provide quality clothes at affordable prices and keep a limited number of styles and change the stock regularly, which encourages regular browsing. They aim to show a variety of stock and use different suppliers. As they are a small business they can personalise the shopping experience by ordering sizes and colours of garments to suit individual customers.

Louise has a background in retail, and both she and Shelley have a passion for clothes and aim to develop the business further by introducing a range of children's clothes.

They are hoping to have a Christmas event in November and are happy to do fashion shows for charities. So, do go along and check out this new venture. Sandy Milsom

GOOD HEARTED

Leah Goodhind has lived in Rainow for most of her life and originally trained in Musical Theatre at Guildford School of Acting. In 2011 she graduated with a 2:1 BA Honours degree and went straight into the world of auditioning for West End shows and UK tours while also teaching 3–6-year-olds singing, dance and drama on a part-time basis.

In 2014 Leah decided to move back to her family home in Rainow and try something completely different! She has always enjoyed meeting and talking to new people and loves to inspire others.

Leah spent two years working at East Cheshire Hospice as the Community Fundraiser and loved every minute. 'I love working with the local community! You never know who you are going to meet or speak to and no day is the same.'

Leah is now the Fundraising Manager in Cheshire for the British Heart Foundation (BHF), a charity that is very close to her heart. Both of Leah's grandads have suffered from heart disease and this has given her the motivation and inspiration to make a real difference in the Macclesfield area.

Leah is now calling on people across Bollington, Macclesfield and the surrounding areas to join the fight against heart disease by becoming



Tel: 07500 057015 Email: goodhindl@bhf. org.uk. part of a brand-new Macclesfield and District Fundraising Group which will help to raise vital funds for heart research.

The new group will meet once a month. Being part of this new group is a way to meet new people, make great friends, get involved in your local community and most of all ... have fun!

To join the group or find out more, you can get in touch with Leah

Hannah Saxon



A ROOF WITH A VIEW

Ingersley Court Care Home has been an established and familiar residential feature of old Bollington for decades. Many of the residents are from Bollington and have family in the town. And with recent new investment it looks set to build upon its successes.

We caught up with Janice Johnson, the Home Manager, to find out more about the changes planned for Ingersley Court.

So, what's happening to the building?

With CLS Care Services the vision for the future was always to build new village-style accommodation for the older people in the North-West, replacing all of the current services. However, Minster Care saw a value in keeping the smaller care homes, and in particular the skills and dedication of the staff teams.

Plans for the future included transforming the eight apartments attached to the home into extra bedrooms, helping to support an increasing need for care of the elderly in Bollington, and sadly, the company served notice on the tenants. On a positive note, two of the ladies have moved very successfully into the care home, and three others have crossed the road into Shrigley Court, keeping them all in the town. The old apartments will be gutted to create ten stunning new en-suite rooms, with another lounge on each floor.

But it doesn't stop there - we need to have some quite substantial Tel: 01625 574233

www. minstercaregroup. co.uk/homes/ourhomes/ingersleycourt work done on the exterior – don't look too closely at the present conservatory, for instance!! We are looking forward to having all the old wooden windows replaced, having the ramshackle conservatory converted into a slightly larger sun room and extending the lounge above, creating more space for our residents to enjoy.

Internally, the home has been measured up for new flooring throughout – as you might be aware, some of the carpets have been here longer than me! And it wouldn't be right to put new flooring in without a spot of decorating. Andy, our very own jack of all trades, has already almost singlehandedly updated and brightened up much of the interior of the building. There's more to do, and we hope that some of the people living at the home will help us to choose the colours.

Work on the main garden is continuing, with bulb planting this season to provide a burst of colour in the spring, and a roof garden is planned so that the residents will benefit from a much bigger outdoor space.

We are lucky to have a wonderful view at the back up towards White Nancy. Sadly, our residents haven't been able to access the roof terrace in recent years because the balustrade isn't high enough, and is considered dangerous. Minster Care are going to fit a perspex screen, which will not only make it safe but will remove the barrier to that glorious view. Someone from head office has also let slip that we can expect some fabulous new garden furniture — I'll fight you for that spot!!

All the residents are looking forward to seeing the new place take shape – Elsie said she was looking forward to a cooler temperature so that she can sit comfortably in the lounge, Nancy is looking forward to a roof instead of listening to noisy rain, and Sheila told us she was looking forward to more space, but especially, the outside space that will be created with the reopening of the roof terrace.

H. Wright

RUTH RUNS

Sunday 27 August marked the fourth Bollington 10K, a race around the village set to become an annual tradition. Since 2013, the race has raised approximately £12,000 for Bollington Health and Leisure Centre, a registered charity and fitness hub for the local community.

We spoke to Ruth Parker to find out how she got on running this year, for the first time ...



Why did you start running?

I started doing a bit of running 3 years ago, but only ran occasionally. In the last year I have tried to run more often.

What motivated you

to run the Bollington 10K?

I wanted to see if I could do it, and I liked the fact it was right on my doorstep.

How did you prepare for the race?

I tried to make sure I got out running at least twice a week and tried to run 5k without stopping – which I still find challenging.

Are you a member of a running club?

I have just joined Bollington Harriers.

Do you have any tips to spur you along?

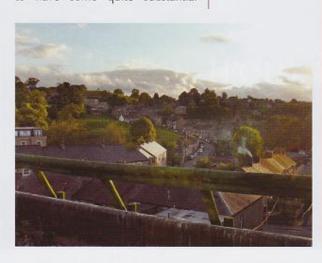
I remind myself how fantastic it feels when you stop! I had heard of the 'runner's high', but hadn't realised how much it would affect me.

Are you training for any other events?

The Wilmslow 10K.

Will you be running next year? Hope so!

Tom Horsfield



HOLMES~NADEN

INDEPENDENT ESTATE AGENTS



Holmes Naden Estate Agents - 25 Years

25 years have passed since I set up Holmes Naden Estate Agents and I've hardly noticed the time, except it's obvious when I look in the mirror!

The housing market, however, has changed significantly, although the essential requirements of vendors and purchasers have not. People buy and sell property to improve their lives and the Estate Agent is the means by which they achieve this goal. Even in this fast moving technological age when hybrid internet agencies are being set up to attract business at discounted rates, we have found that our clients continue to come

back to us. This is because we offer a personal commitment to selling their property, from the initial marketing to completion and they understand that our knowledge of the market in this region of Cheshire and the difficulties they may encounter during the process is second to none. We are dealing with solicitors, bankers and surveyors, on a daily basis and we know the pitfalls. Vendors trust us; this is borne out by the fact that in some instances we have sold the same houses 5 or 6 times over the intervening years. This is my opportunity to thank all my clients, past and present, for their continued loyalty.

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MOVE WELL, GET STRONG, MAKE LIFELONG CHANGES

Strengthening, movement patterns and body awareness, balance, coordination and functional exercises all in one class - led by a physiotherapist.

With the common notion that exercise is largely about looking good in a sequinned bikini, the idea that exercise serves as paramount to ageing well (reducing the risk of pain, nursing home admissions, falls, etc.) is

often neglected.

My approach as a physiotherapist is to educate and promote strength, body awareness and confidence to move - tools that can lead to long-term change. We can't magically prevent everything, but we can act to reduce risk and strive for lasting independence and optimal function.

After years of running specialist Parkinson's and MS classes within the NHS, I realised there's a place for generalised group sessions - from those with chronic pain, to sports people wanting to decrease risk of injury - we all move, and can benefit from moving well. So this year I set up a physiotherapist-led class in partnership with Bollington Health and Leisure, with the aim of providing affordable intervention that facilitates long-term change.

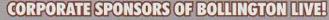
Each group member has a history taken and individual goals are set - then each exercise within the class is amended accordingly to suit individual needs. Everyone works at their own pace and there's education about how exercises link to your function or sports.

The classes are building slowly, thanks to word of mouth - it's something new and I would love it to grow and to be able to offer more classes. I absolutely love my job; to see people change and return to what they love to do.

So stop striving for a shiny six-pack, and make your goal to move well, become strong and make a lifelong change. Hannah Atkin CLASS TIMES:

Wednesdays 9.15am-10.15am, Thursdays 6pm-7pm. Free trial sessions available.





Bollington Live! wishes to thank our local sponsors for their essential support. They have enabled our community publication to continue into its twenty fourth year.

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