



BOLLINGTON

live

Issue 75 Winter 2019

NAME THE LAMB

KELICO CELEBRATES 30 YEARS

DEAN VALLEY SETTING THE GOLD STANDARD

MATT AND VIKKI AT BOLLINGTON PRINTSHOP

The Foot Clinic - Bollington

I have been a private practitioner for the past 20 years, working in Stockport and returning to Bollington, having taken over the family practice. I have a background in nursing in both hospital and private health care settings. My practice has a large data base of patients & receives referrals from GPs and other health professionals.

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GOLD STANDARD

Dean Valley Primary School is celebrating after achieving the highest award available from an international organisation for promoting children's rights.

The children are extremely proud, having been awarded the Gold award by Unicef for their work on the Convention of the Rights of the Child; Dean Valley is in fact the first school in Cheshire East to achieve this. The award is granted to schools that show commitment to promoting and realising children's rights and encouraging adults, children and young people to respect the rights of others in school and their community. Over the last three years the staff, children and parents have held these rights at the heart of their school, striving to make a difference not just to those at Dean Valley but to all children, through fundraising and campaigning.

Through fundraising they have supported families and communities in Malawi by sending a donation to build a toilet block, and children in Syria were sent blankets as part of the Unicef blanket appeal. They organised their own raffles, gathering prizes by approaching local businesses which, in turn, has raised awareness.

Closer to home, the pupils of Dean Valley have campaigned to make a difference as part of the Outright project. Children wrote powerful letters to Michael Gove imploring him to make further changes to improve levels of pollution around the country. They also organised their own 'Walk to School Day', which saw an impressive increase in the number of children who walked to school, decreasing pollution in their area.

Empowering children to speak out about their rights and to promote change has been amazing. One parent told us: 'They know they have a voice and that they are entitled to be safe ... as a result of all this they can flourish, because they feel comfortable in themselves.'

Vicky McPherson

LETTER FROM THE EDITOR



There's quite a lot that goes on behind the scenes to produce **Bollington Live!** not least the logistics behind the delivery of the magazine to every home and business in Bollington.

Last November we had a rethink about where the 5000 copies of the magazine could initially be delivered. We needed somewhere that was open to the public a lot of the time, accessible, with space

for lots of boxes three times a year, and willing staff to help keep track of the distribution of the boxes.

Bollington Health and Leisure came to the rescue! So a BIG thank you to Tom and the Leisure centre staff for helping out.

Also at the end of last year Simon and Louise Nottage retired from Bollington Printshop and Matt Wray, who has worked with Simon for 20 years took over with his wife Vikki. A massive thank you to Simon for his dedication to **Bollington Live!** When I first started as editor I soon realised this magazine was Simon's 'baby' – something to be protected and cherished. I am sure Matt feels the same and I look forward to working with Matt for the forthcoming issues.

Oh, and did someone say Bollington Festival? Hope you enjoy the programme snippet in the centre pages.

If you have a story you would like to share with us, please do get in touch - we'd love to hear from you, please email me at liveditor@happy-valley.org.uk.

Date for next copy:
17 May 2019

Annette



YOUR TEAM

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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

CHANGES AT THE PRINTSHOP

Last November, Simon and Louise said goodbye to their life's work - **Bollington Printshop** - and headed for a well-earned retirement here in Bollington.

As many of you know Simon has been the one and only designer/printer of **Bollington Live!** (see back page under the header!) since the beginning. So as a committee we couldn't let this momentous event pass without some celebration!

We usually meet as a committee in January and Simon had indicated he would like to stay on the **Bollington Live!** Committee and help with the advertising and take the odd photo. With this in mind Kate Gooding (our chair) arranged a meeting at the Church House for the whole committee and we invited all the past editors. Unbeknown to Simon this meeting was to be a celebration meal in his honour.

We had a great evening, a very short meeting, lots of laughs and reminiscences and we presented Simon with a montage of the front covers of all 74 issues of **Bollington Live!**

As we say 'goodbye' and 'thank you' to Simon we also say 'hello' and 'welcome' to Matt who will now design the magazine.

Annette Hurst

MATT AND VIKKI TAKE OVER

Matt and Vikki Wray took over **Bollington Printshop** from Simon and Louise late last year.

Many people will know Matt Wray, as he has worked with Simon since 1998. Fewer people might know Vikki, Matt's wife, who, having originally worked as a lawyer in Macclesfield, has now joined Matt in their new business together. Vikki said: 'My role at the Printshop is sales, accounts and keeping Matt on track - quite like at home, really!'

Matt said: 'I wasn't surprised about taking over from Simon as it had been discussed on and off for a few years, but it really took up some pace over the last two years. It seemed like the most obvious and simplest option, but these things take time to be done right.'

When you speak to Vikki in the shop or on the phone she seems to have taken to her new role with ease. She said: 'I love my new job! I'm in a whole new world from my previous working life, which makes every aspect refreshing and a challenge - I am very much a person who loves a challenge.' She continued: 'I'd like to action all our new ideas at once, but the main focus is on our customers, and if we start introducing new products all at once we could lose sight of the quality of what is already being offered.'

Photo: Matt and Vikki at the Printshop

Matt and Vikki now work and live together, which has its challenges. A lot of people warned them against working together, but they both have their individual roles, and Vikki said: 'I have Matt "my business partner" 9-5pm-ish and Matt "my husband" the rest of the time,' which is a great attitude to adopt. Matt, on the other hand, has realised quickly that Vikki is the boss, as he says: 'Happy wife, happy life!'

Matt and Vikki have already changed the main office layout upstairs. They thought that as they spent at least eight hours a day there they wanted somewhere that felt more comfortable and relaxed and less like an office. Easy chairs, a low coffee table and some 'housey' ornaments are the most obvious changes. Other than that the customers are the same and there is the same warm welcome and creative can-do approach that is a well-loved feature of the Printshop.

Matt and Vikki celebrate their tenth wedding anniversary this year so they said working together now is just the icing on the cake.

They have two children who keep them on their toes. Vikki said: 'The children are both creative, funny and have bags of energy, so whenever we can involve them in our work life we do. It's great to



show them what we do and how hard we work; hopefully it'll help them have faith in themselves that they can do whatever they want to do too.'

Their 3-year-old daughter has already been known to answer the phone saying 'Bollington Printshop', even when the phone doesn't ring! Their 8-year-old son has already created a Printshop mascot: Inky the Printshop Platypus!

You can see that Matt and Vikki are passionate about their new business. Matt said: 'I love being creative, no two days are the same and I get to build a future with Vikki - it's win-win!'

We wish Matt and Vikki all the best with their new business together at the Printshop and look forward to continuing working with them on **Bollington Live!**

Annette Hurst

RETIREMENT CALLS

I actually believe our retirement was initiated by David Bowie and Alan Rickman, both of whom died aged 69. Mortality became a reality. Admittedly, Simon and I are only 63, but it was a little too close for comfort.

Also, it was gradually dawning on me that a lot of our business involved designing and printing bespoke wedding stationery, so young, dewy-eyed couples didn't want to be disillusioned by two elderly people who had recently celebrated their Ruby anniversary.

For 37 years, our family, friends and 'a life' were always on the back-burner. Our children had to fit in around the business and both spent their formative years at work with us. Our son never called us 'Mum and Dad', but 'Simon and Louise', much to the amusement of his schoolfriends, as this was what he heard our customers call us. He also learned how to change the settings on our printing press long before he was out of nappies. Luckily, our daughter was considerate enough to time her arrival into the world just after Simon had shut the shop one Saturday lunchtime.

Adapting to retirement is proving easy (Simon) and challenging (Louise). Annoyingly, despite my dragging Simon from the Printshop, kicking and screaming, he has found retirement very easy.



Photo: Simon and Louise in their younger days

He has DIY jobs, woodworking projects and, of course, his photography.

On the other hand, I have been restless, unsettled and distracted, unable to cope with the lack of structure in my life and reduced to spending an entire day in the kitchen, relabelling my spice jars and putting them in alphabetical order. Oh dear ...

On 12 November 2018, Bollington Printshop became Bollington Printshop Ltd, run by Matt and his wife Vikki. I don't think many people have actually realised that Simon and I no longer work there, which is an excellent outcome.

Matt knows the business inside out and history seems to be repeating itself. The Printshop now has another young and enthusiastic couple at the helm, capably running things, and the smooth transition will ensure Bollington Printshop Ltd goes from strength to strength. Support your local printer!

Louise Nottage

NO CARS!

Reflecting on the Global Warming conferences in 2018, wouldn't it be satisfying to read this:

Bollington Town Council report on Public Transport 2030

Most residents have traded in their petrol and diesel cars and have one hybrid vehicle. There are now several public 'hook-up' points around the Town. The need for the second vehicle has been reduced because of excellent public transport services.

Since the decision from CEC to integrate into the Greater Manchester Transport Strategy there are now integrated public bus, train and tram services across the region. Because road traffic has been greatly reduced, pavement surfaces have been improved and road crossing points made safer. No more cars are parked on pavements. People are walking instead of driving.

Roads have a 'shared space theme' where tolerance between driver and cyclist has been established. Cyclists use marked out lanes on the main roads, and to overcome Bollington's hilly side roads many have discovered E-Bikes. Bollington Town Council have installed bicycle racks/shelters adjacent to all public buildings and parks, commercial offices and retailers.

Since the refurbishment of the Middlewood Way walkers and cyclists have established this route as safe for school journeys or as a means of cycling to either Macclesfield Station or the new refurbished Town Centre.

Let's hope this dream can become a reality.

Malcolm Bailey

NAME THE LAMB

Together with my husband Stephen and our friends Chris and Carolyn Thompson we are doing Name the Lamb for Maggie's Manchester.

Maggie's is part of The Christie hospital, and offers a place for patients and their family to visit for support and advice. Lambing

is due to start on 20 Feb and we are again inviting people to name a lamb for a minimum donation of £5 per lamb.

You can find us on Facebook where a just giving page will be set up to make a donation.

Helen Sheldon



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KELICO CELEBRATES 30 YEARS

I was given a warm welcome by Mark Kelly and his mother, Margaret, when I visited them recently at Mark's family firm Kellico Interiors in Clarence Mill. (I am sure everyone will have looked into their showroom when on the way to a cuppa at the Waterside Café!)

This year the Kellico team is celebrating the 30th anniversary of the founding of the business, which specialises in re-upholstery and bespoke furniture.

Reflecting back on 1989, Mark pointed out there used to be far less choice in terms of furniture shops and fabrics back then, and in those pre-internet days it was much more likely for families to own a very long-lasting traditional three-piece suite.

More modern trends tend towards sofas as cut-price 'fashion items' which are changed fairly frequently - or towards bespoke and higher quality furniture which will last but need not cost an arm and a leg.

Kellico prides itself on offering flexible and individual furniture solutions which are also affordable. Mark and his team are just as happy to mend a broken

spring or re-stuff saggy cushions as part of the service they offer!

Following his training and apprenticeship Mark set up Kellico Interiors in Stockport, and later moved to Bollington to what was then former Mayor John Kershaw's French Polishing premises in Store Street (now Portrait Pools). Mark's parents also joined the firm and after a stint in Adelphi Mill the developing business found a permanent home in Clarence Mill about 15 years ago.

It was very clear to me that the Kellico team really values the fact that they are a part of the Bollington community which is well known for actively supporting local businesses. The workforce are all local too - and very loyal, but I couldn't persuade all seven of them out of the workshop to have their photo taken on one of Mark's sofas!

There has been a decline in training places for furniture making (the nearest college nowadays is in Buckinghamshire) - and equally in apprenticeships available, so it has been vital for Mark to offer in-house teaching and to develop and hold on to



Photo: Mark Kelly with his mother Margaret

talented staff.

Looking to the future, Mark remains optimistic. He feels that people will increasingly value furniture which is restored or 'upcycled' in some way. He points out too that everything used in the business is always carefully recycled.

Twenty-first century green credentials and the whole notion of sustainability are clearly here to stay but personal tastes in home décor still do change all the time (Mark's prediction is for more pattern and colour in people's homes)....so here's to the next 30 years!

Claire Moreland

MBM REMEMBERED

The 150th Anniversary of the opening of Bollington's railway in 1869 provides the opportunity to look back at how it came into being, how it developed over the years, how it fared financially (or otherwise) over the years, when it closed, and its fortunes since closure.

The opening of the Macclesfield Canal in 1831 saw industrial development in the form of cotton mills being established along the Canal, as well as Lord Vernon's coal wharf and timber and saw mills at Aqueduct Wharf. But, in 1863, industrialists in Macclesfield wanted

improved links to the national rail network and those in Bollington a connection to the rail network. Their agitation led to the adoption by two national railway companies, the Manchester, Sheffield & Lincolnshire Railway and the North Staffordshire Railway, combining to successfully promote and build the MB&M, which opened on 2 August 1869. From then on the economic importance of the canal to Bollington diminished.

By 1874, there was one coal merchant located at the station, as well as Thomas Cooke, the owner of Billinge, Kerridge, and Bollington



Photo: Bollington railway station around 1905

quarries (this business was later taken over by Joseph Wetton). The Bollington Goods shed was built in 1874. In the early 1880s, coal was coming by the MB&M from Adlington Collieries to the Bollington Gas Works. By 1918, raw material for the mills that had



article continued on page 11

FARMMADE IN BOLLINGTON

Bollington residents are always delighted to welcome a new business to the town but are particularly pleased when it is a local person opening this new business. FarmMade Tearooms on Oakenbank Lane is such a new enterprise.

Hannah Barton, the owner and manager, is from a well-known local family - the Heathcotes. Indeed, the new business of FarmMade Tearooms is in the paddock of the house where she grew up.

After leaving school Hannah gained management qualifications but always knew what she wanted to do was to open a tea shop. In 2017 she opened her first Tearooms in Audlem, Nantwich and this was very quickly followed by her opening her second in June 2018, the Bollington/Rainow Tearoom.

Due to her warm personality, drive and commitment the business is already incredibly successful. She now employs 15 people across the two businesses with six residents from Bollington, aged from 16 to 60 years, working



in the Oakenbank Lane tearooms.

Hannah is a very hands on manager. She makes the mouth-watering cakes herself along with her mum and great team of staff. Her love of baking began at a very early age when she would bake with her Mum (Liz). Wherever possible, the Ingredients that are used for all the delicious items on the menu are locally sourced, for instance meat for the sandwiches and burgers comes from Heathcote Butchers (her Great Grandfather's - of course!).

The customers who find their way to this delightful teasop range from walkers, cyclists, horse riders, and day trippers to locals who regularly call in for breakfast and lunch! FarmMade was also active within the Bollington Walking Festival, being one of the ports of call in the 'slow food stroll'.

Hannah is very enterprising. For example, the tearoom has a small shelving area where she sells 'out of the ordinary' local crafts. She also has a converted horse trailer catering unit which serves homemade burgers, sausages and

cakes at horse shows, weddings and festivals across Cheshire.

Hannah's social life involves an active participation as a member of the Young Farmers Association. She was the Cheshire Young Farmers County Chair Lady 16/17, their Dairy Queen in 2010 and Macclesfield Young Farmers Chair Lady 2009/2011.

Hannah in her busy schedule is also finding time to plan for her wedding at St Christopher's, Pott Shrigley, this year where she will marry Dairy Farmer Philip.

When asked about her future ambition Hannah said, 'I want Farm Made to be a hub of the community with people coming to the tea room to have an enjoyable special experience.' She added, 'My dream was to do this and now I'm getting to live my dream.'

We wish her every happiness and success for not only her business career, which I am sure will go from strength to strength, but also her new journey in her personal life.

Kate Gooding

www.farmmade.co.uk

FIRST AID FROM BLC

Over the past few weeks year 5 and year 6 pupils from Bollington Cross have been treated to some unusual extracurricular activities. They have been learning that it's never too young to save a life, and to be educated in the fundamental and essential skills of first aid.

Vikki Swindells from Bollington Health and Leisure has been sharing her expertise and offering sessions that cover a wide range of life-saving skills. They have been learning how to alert and communicate with the emergency services, as well as understanding and demonstrating how to administer first aid for cuts and bruises, or to make a crucial intervention. Head teacher Yenson Donbavand and class teacher

Laura Smith said it has been a pleasure to watch her students enthused by such a serious topic, and she hopes they will take these skills on board and flourish.

The sessions not only offer first aid education but have also encouraged the children to be more confident and communicate with each other and work as a team.

It is Bollington Health and Leisure's pleasure to be involved with the local community, and as a centre manager I'm proud that the staff and the centre's ethos is having such a positive effect on the youth of the village. It is something that we are looking to roll out to other local schools in 2019.

Tom Horsfield



ST JOHN'S ICT CLUB

This is an article produced by the ICT afterschool club of St John's Bollington CE School.

The head teacher of our school is Mrs Walker; she is very kind to all of the pupils. In St John's we get up to a wide range of fun and education at the same time. We like to have school teams and clubs after school. In the summer, we have academies every week. Read on to find out about this brilliant school and its students.

St John's was opened in November 1968. Last year we held a special celebration for the school's 50th birthday.

This school has lots of really cool features. In school, we have a massive stage. Outside we have a large field with a football pitch and a woodland area where we can learn about nature. The playground is really fun with two obstacle courses.

Class one have reading buddies and like to read with the older pupils in school. Class Two really enjoy their writing, crafts and arts. Class three have learnt about Ancient Egypt and are currently learning about electricity. Many of us love maths and practical science lessons. Class 4 usually have maths and English in the morning.

Mr Hodgson teaches PE at this school. We get up to lots of fun



things such as basketball, football, hockey, cricket and fencing. We always start our lessons with a warm up. We stretch our muscles, and get ready for the fun activities. Mr Parker recently held a staff vs. pupils table tennis competition.

AFTER SCHOOL CLUBS

There are lots of fun after school clubs at St Johns:

Choir: We practise for an event called Young Voices. Lots of other schools attend this event.

Yoga: Mrs Jobbins does yoga with people after school in Class 1. We have special yoga mats to do it on.

Table tennis: Mr Parker teaches us after school – we recently held a pupils versus teachers competition. The score was 7 to the grown-ups, 14 to the children.

ICT club: Mr Timmis has an ICT club. In this club we learn about scratch programming and using Microsoft Office program.

Science: Class 3 are working on Harry Potter potions and we really enjoy it.

BOLLINGTON BY



Sam Waterworth is an 8 year old Year 3 pupil of St Gregory's Primary School. He is an avid Manchester United fan.

What is your favourite subject at school?

I like Art and Literacy

Why do you like about Art and Literacy?

I like sketching. We've been doing a project on Antarctica. I liked doing the background using different colours and shading. We've have also drawn penguins and cut them out. I like writing stories too.

What do you like doing when not at school?

I like football; football; football.

Do you play for a football team?

Yes. I play for two - Vipers Junior football team and the PFA - Pro Football Academy team. I go to All Hallows School in Macclesfield to train. I won the Manager's Player of the Year and the Parent's Player of the Year awards. The trophy is like a huge ball and is heavy. I keep it under my bed!

Who is your favourite player?

I like the no 17 but Kevin de Bruyne is not my favourite player. That's Christiano Ronaldo who plays for Juventus.

Is there anything else you like doing?

There's one thing I really love. It's water parks. I love to go to 'Splash Landings' at Alton Towers and 'WaterWorld' in Stoke.

What is the best food Mum or Dad cooks for you?

It's a 'snack plate'. It's made of all different snacks - cheese; crackers; tomatoes; lettuce and cucumber. You can choose what to eat from it. It's not cooked at home for me but I love the noodles at Wagamama's.

Where in Bollington do you like to go to?

The rec to play football and the skate board park to go scooting. In the summer I go to the fun swim at the leisure centre and ride my BMX bike along the Middlewood Way. I'd really like a segway when I'm 9

Kate Gooding



Photo:
Mr Timmis,
class 3 teacher
and IT genius
with pupils
from the IT club



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DR JOHN COOPE

As many Bollingtonians will know, the Bollington Festival was the brainchild of Dr John Coope, the first Festival being held in 1964. As we approach the 11th Bollington Festival this May it is timely to write about the founder, Dr John, for those people who have recently moved into the village and never knew this great man.

I have spent about six months collecting material about Dr John's contribution to Bollington's cultural life. During the course of this research I came across some handwritten notes of an interview Dr John had clearly given to someone. I have as yet been unable to identify the interviewer and the interview was never published. The full text is now on the Happy Valley website, entitled 'Spotlight on Dr John Coope' (under the heading History and Obituaries, at the bottom of the page).

The interview says a lot about Dr John's enormous contribution to Bollington and captures his personality. Here are a few excerpts.

... So the first Bollington Festival took place in 1964 with the specific intention of renewing these societies. A lot of local people helped, but John was the initiator and mentor. It was he who coordinated the efforts of the Scouts, Guides, and all the other local enthusiasts for the local groups. Very early on the organist began rehearsing 'The Messiah' and the schools also came in a big way...

...All of this is obviously very time consuming and requires a lot of energy. When I asked Dr John how often the Festival was held, he replied with a wry smile, 'When the pain of the last Festival has faded.' Seriously, the answer is not less than 4 years, and usually more than 6 years apart...

... When asked for his most satisfying memory of any Festival,

John talks of the one in 1993. The people had been asked to make lanterns for themselves and to bid farewell to the festival from the top of Nancy at midnight on the final day... When they reached the top of the hill and looked down they saw a magical sight. Walking up the hill were hundreds of people... each carrying a lantern. I feel it a great privilege to have lived a life that made that possible ...

He talks of his debt to other people and how he has leant on their creativity. With modesty he adds: 'I'm pleased and proud to have been part of a community like this.'

The text concentrates on Dr John, but it should be remembered that all the events and organisations mentioned were the work of so many volunteers – and the volunteering ethic continues to this day. If you know who did the interview please contact me via the **Bollington Live!** editor.

Geoff Atkin



Photos:
Bollington Scouts in 1964 Festival parade



Bollington Festival Choir in 1979 off to perform at Llangollen



John Coope with bust and sculptor Keith Godwin (1981)

MBM CONT'D

once come by canal was coming by rail, and a motor lorry and three horse teams were needed at Bollington goods yard; by then there were four coal merchants at the station.

The MB&M enabled Bollington people to travel further afield. In 1882/84, there were rail excursions to Alton Towers, Buxton and Birkenhead, whilst rail improvements in 1885 at Middlewood, in the form of a railway flyover, enabled locals to take advantage of a new express railway service between London, Birmingham and Buxton.

The introduction of Omnibus services between Macclesfield and Bollington from November 1913 led to retaliation by the MB&M. Between 1921 and 1939, it ran a railway shuttle service operated by a petrol-electric railcar, known affectionately as the Bollington Bug, and then by a coal-fired railcar. But with the outbreak of War, this shuttle service ceased.

For much of its life the line never made a profit, and heavy losses in the 1920s and 1930s led to proposals to close it. It survived then, but it was inevitable that, against the background of the Beeching proposals in the early 1960s, the line would face closure. Despite strong opposition locally, the line closed on 5 January 1970; the station was demolished in 1971 and the track was lifted at the same time.

When in 1982 proposals to convert the line into a footpath and cycleway were brought forward, there was vehement local opposition to the planned demolition of the Viaduct, and this vigorous campaign was successful. The Middlewood Way was opened on 30 May 1985 by the environmental campaigner, Dr David Bellamy.

Basil Jeuda



Bollington Festival 2019



Buy tickets online at:
www.bollingtonfestival.org.uk

Welcome to the launch of the programme for the 2019 Bollington Festival. Over 100 events, activities and exhibitions will take place at venues throughout our wonderful village, including a 700-seater marquee on our recreation ground. We've done our best to put something on for every age and interest. Musically we're offering rock, folk, classical, jazz and opera. We'll also have magic, science, literature, art, politics and movies plus a variety of talks, exhibits and events to mark the 150th anniversary of the opening of the Macclesfield, Bollington and Marple Railway. In the meantime these pages provide a taster of what's to come, with a few highlights.

10-27 May 2019

Bollington's Best

Kick off the Festival with a celebration of local talent. Young and Old(er) - 100+ performers entertain us: dancing, singing, you name it! Festival Marquee
Friday 10th May 7:00pm
£5.00

Parade

With a railway theme to remember the opening of the train station in Bollington 150 years ago, the Parade is followed by entertainment and catering stalls on the football pitch by Bollington Health and Leisure. Saturday 11th May 11:00am
Free

Here Comes The Sun

The renowned geneticist, Professor Steve Jones, considers sunshine and its effects on health, sleep, memory and more: and why today's twilight world of tablets and smart-phones is taking us back to the Middle Ages. Festival Marquee
Saturday 11th May 3:00pm
£7.00

Bollington Festival Choir with Kathryn Rudge

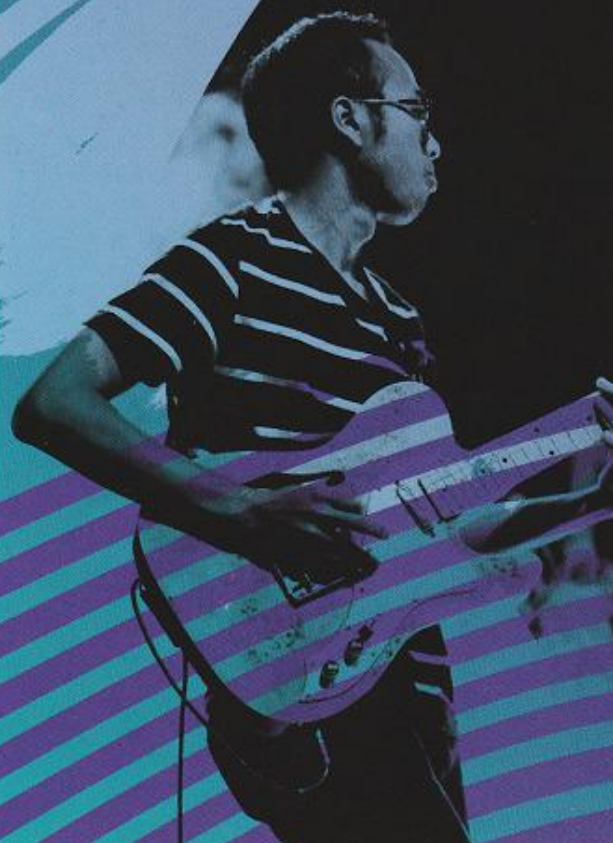
All the best choruses from all the best operas - supplemented by a sensational soloist. Festival Marquee
Sunday 12th May 7:30pm
£12.50

While and Matthews

A leading force on the UK's acoustic folk roots arts circuit and named 'Artists of the Year' at the prestigious Port Fairy Music Festival. Folk music from the very best: Chris While and Julie Matthews, formerly of the Albion Band! Festival Marquee
Monday 13th May 7:30pm
£15.00

The Sports Panel

Record-breaking fell runner, Nicky Spinks; Premiership referee, Anthony Taylor and others give you a unique insight into their training, lifestyle and mindset and answer your questions. Wear your sporting colours. Hosted by BBC sports presenter, Caroline Barker. Festival Marquee
Tuesday 14th May 7:30pm
£10.00
£5.00 under 18's



Breakthrough Music

Hosted by Manchester performance poet David Scott, aka ARGH KiD. Showcasing some of the best new bands and artists from across the North West.

Festival Marquee

Thursday 16th May 7:30pm
£10.00

Ceilidh

Dance the night away to music from North America, Quebec, England, Scotland and Ireland played by the exceptional Maplewood ceilidh band. Family fun and no experience necessary.

St. John's School

Friday 17th May 7:30pm
£10.00

Oasish

Bring back the glory days of Manchester BritPop band, oasis with the winners of the 2016 and 2017 National Tribute Music Award. "The UK's premier oasis tribute band!" - The NME.

Festival Marquee

Friday 17th May 8:00pm
£15.00

Nick Robinson

You've heard him on the BBC's R4 Today programme. Today, the broadcaster is in Bollington talking about contemporary politics.

Festival Marquee

Saturday 18th May 10:00am
£10.00

Morgan & West

"Magicians, time-travellers and all round spiffing chaps" return to bring us an amazing, awe-inspiring family show of magic, wit and whimsy.

Festival Marquee

Saturday 18th May 2:30pm
£7.50

David Gibb "Climb That Tree"

Join David on a musical journey through his hilarious and often surreal imagination, where bears live in the cupboard under the stairs and trips to the moon are a regular occurrence. For young children 3+ and their families.

Arts Centre

Sunday 19th May 10:00am
£5.00

Kate Humble

The celebrated television presenter talks about her life working with animals and wildlife, the far-flung places this has taken her and the inspiring people she has met on her travels.

Festival Marquee

Monday 20th May 7:30pm
£20.00

Oysterband

Five-times BBC R2 Folk Awards winners, the six-piece rock and punk folk band formed in the 70s and still "gives it welly". A huge success in 2014's Festival.

Dance, sing, enjoy!

Festival Marquee

Wednesday 22nd May 7:30pm
£17.50

RNCM Jazz Collective

The young guns from the Royal Northern College of Music return - see tomorrow's star jazz musicians, playing today.

Festival Marquee

Thursday 23rd May 7:30pm
£12.50

Comedy Extravaganza

Justin Moorhouse takes time out of his Northern Joker Tour to lead an all-star line-up, in the capable hands of your MC for the night, Kerry Leigh. Featuring Jo Caulfield and Will-E Robo.

Festival Marquee

Friday 24th May 7:30pm
£20.00

Eddi Reader (and Special Guests)

A masterclass in musical entertainment featuring a rare blend of meltingly true vocals and towering romanticism.

Festival Marquee

Saturday 25th May 7:30pm
£20.00

Benedict Allen is (not) lost?

Benedict will recall the highs and lows of his awe-inspiring trip to Papua New Guinea, tell exhilarating tales from his life as an explorer and show never-before-seen material from his travels across the globe.

Festival Marquee

Sunday 26th May 12:00pm
£15.00

Vesbim Pink Floyd Show

Re-live "The Wall" album, and more. Lights, lasers, music to set alight Bollington Festival 19's spectacular Last Night with music from this talented tribute band.

Festival Marquee

Monday 27th May 7:30pm
£20.00

For more information, and to purchase tickets, please visit:

bollingtonfestival.org.uk

You'll also find updates on our Facebook page and Twitter feed.



Buy tickets online at: www.bollingtonfestival.org.uk



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BEAUTIFUL BOLLINGTON OR BLOTS ON THE LANDSCAPE?

Does the Planning System help Bollington?

The local community looks to our planning laws to protect and enhance Bollington as it develops from a 19th century working town based on the textile industry centred on our massive mills, to a community fit for the 21st Century where the internet and services including the retail trade are the basis of local livelihoods. We hope these Planning Laws have been strengthened locally by the creation and adoption of our Neighbourhood Plan

How is our planning system standing up to the strain?

At one level it seems to work pretty well. Many residents wish to expand their living accommodation for their personal requirements; an extension for an extra bedroom, a reordering of a cottage, the addition of a sun room. Even quite large extensions at the individual level go through the process and obtain permission without too much difficulty. This is probably because at this level people are sensitive to their immediate neighbourhood and wish to take into account neighbours' interests and concerns as well as their own needs.

It is at the level beyond the personal that problems arise. Where the motive is simply profit rather than direct domestic need the system seems to lack strength and vigour from the community point of view. We have had our share in Bollington. I only need to mention the Bay Leaf proposal for an

Photographs taken by Simon Nottage



additional supermarket or the 11 large terraced houses proposed on the ex-Bowling Green in Ingersley Vale. And now we have a proposal, though not yet an application, to place 10 houses on a platform over the mill pond next to Dyers Court.

The houses at the top of High Street are another example of such problems. They have stopped and started over the last five years and below is the story of the planning application for these houses.

Bollington Town Council dealt with the planning application 18/5791 in December 2018. This was for minor amendments to the 6 dwellings directly opposite Chancery Lane. The original application was in 2008 for 14 dwellings (08/1426P). The 10 years difference indicates two things to me. The first is the weakness of development control and the second is the persistence and patience of developers where profit is to be extracted.

First there is the maximum bid, in this case 14 units. This was so outrageous in relation to the restricted site it was withdrawn. Later in 2008 an application appeared for 13 dwellings. This went to committee, was refused, and an appeal made to the National Planning Inspectorate and the appeal was dismissed on the 7 December 2009.

In 2010 after a pause for thought the developer launched two separate planning applications, one for 6 dwellings at the top of High Street and one for 4 dwellings on land at the top of Cumberland Drive. The ancient principle of divide and rule. Application 10/2108M for 6 terraced dwellings was given full planning approval with conditions on 16 July 2010. The other application was refused, appealed and eventually allowed by the planning inspectorate.

Were the 6 houses now built and sold? They were not. Building began in a desultory fashion. There were three further applications to extend the time limit for the original application in 2013, 2015 and 2016, the last of which was approved on the 23 January 2017. And at last the houses had the possibility of completion.

Since 2013, instead of looking out over an interrupted view residents had partially-built houses blocking their view with an elevated tin shed hovering above them. Work on the houses stopped and started over and over again. The upset and inconvenience of traffic movements, parking and dust penetration plagued residents. Local residents had no idea what was going on or who was responsible. A beautiful historic wall was removed and no one knows if it is to be properly replaced.



Photographs on opposite page taken by Richard Vanner

There was intermittent disruption by construction traffic but no prospect of an end to the process. At one time the site was not only neglected and appeared abandoned but lacked security and was dangerous. The authorities that might have been responsible, such as Cheshire East Building Control and the Environment Agency, appeared unable to take any responsibility. Rumours abounded in relation to the financial security of the business managing the development. The developer appeared to go into financial receivership. Various names were used, Cheshire Acres, Prestbury Properties and finally Harrison Homes.

The latest information comes from The Bailey Partnership based in Plymouth. We are told that the receiver has appointed a project manager to build out the site, and the plan is to complete the 6 houses opposite Chancery Lane by next March and the further 4 houses by next August. This is no comfort to those people who had already paid a deposit expecting completion by the end of 2016 and have lost those deposits to the reorganisation of the building company through receiverships. They are entitled to ask where did my money go and am I going to get it back?

We would hope that Bollington Town Council and our Borough Councillors might ask for a detailed review by Cheshire East Planning Authority of the history of this development so we can do everything we can to avoid such a blot on the landscape affecting Bollington again. We all need to learn from our mistakes.

Ken Edwards

Join our group on Facebook- Save The Village Pond or email- savethevillagepond@gmail.com



SAVE OUR POND

The Mill Pond on Ingersley Vale is an important part of Bollington's industrial heritage. The pond is a significant part of village life, attracting many visitors, including families with young children who come to feed the ducks or people just wanting to relax in a lovely tranquil spot.

The pond was recently sold to a private owner at auction. In October 18 local residents were informed by Emery Planning that the new owner will shortly be submitting a planning application to build 10 houses on the pond.

The pond is on a Designated Open Space in the Bollington conservation area set out in the recently approved Neighbourhood Plan. This proposed development will be one of the first instances in which we see how effective our Neighbourhood Plan will prove to be.

As well as the loss of open space, development on the pond will have a severe effect on the wildlife. There are fish, ducks, Canadian geese, herons and kingfishers, all living on the pond.

Development plans for Ingersley Vale have already been approved with 12 properties on the Bowling Green and a possible further 66 expected when the Rainow Mill site is developed. All this traffic will have to pass down Church Street or Lord Street, both of which are already suffering congestion problems. The present infrastructure simply cannot cope with yet more traffic from another development. Furthermore to allow access to the pond development most of the parking on Ingersley Vale will be lost.

Local residents have set up an action group to oppose this proposal. We feel that this is an issue that affects the whole of Bollington. If planning permission is granted to build on the pond in the conservation area where will be next?

Claire Baldasera



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TED IS COMING TO TOWN

How many famous Teds can you think of? Heath? Hardly a contemporary figure. Rogers? Well known as the host of 3, 2, 1 but that show last aired in 1988! Arguably the most influential Ted of our age isn't a person at all. It's an acronym – TED – and it's coming to Bollington on 16 June 2019.

TED Talks (it stands for Technology, Entertainment & Design) began way back in 1984 as a conference in California. Given its Silicon Valley origins, it was an opportunity for tech innovators to take to the stage and demonstrate things like the compact disc and the e-book.

Since then TED, now a globally-recognised brand, has changed significantly. Its scope has broadened to include topics from all walks of life (under the strapline 'Ideas Worth Spreading') and inspiring talks are now available on YouTube, Netflix and the main TED website www.ted.com.

TED^x
Bollington
*x = independently
 organized TED event*

In another move to make the brand more accessible, its current owner Chris Anderson created TEDx, an opportunity for committed individuals to apply for a licence to run a TED-themed event in their own community. Bollington resident Sara Knowles did just that; she received the license from the organisation to host TEDxBollington at Bollington Arts Centre in 2019.

'I'm delighted to be able to bring TEDx to my home town,' says Sara. 'I've always admired the concept and in 2016 I delivered a talk at TEDxNantwich. I spoke about a life-defining experience I had aged 22 in Croatia during the Balkans conflict, how it set me on a quest to understand conflict and how we

can avert it. I'm now looking for 6-8 speakers from our community who have a story to inspire and inform others. TEDx is not intended as a platform for professional speakers, but for people with a passion and an idea worth spreading on a global stage.'

Each TED event has an over-arching theme and for the Bollington event Sara has chosen The Art of Connection.

'Connection can mean many things,' she explains, 'As a theme it allows our speakers plenty of scope to be creative, and to draw inspiration from within our community' She points out that in Bollington we're connected with the landscape through our outdoor pursuits and agriculture, our industrial heritage and, of course, each other.

'From White Nancy and the surrounding hills you can see landmarks such as Jodrell Bank Telescope, which connects us with the wider universe. You've got Alderley Edge and its association with Arthurian legends and ancient mythology. And there's the cityscape of Manchester, with its international airport and diverse population. We cherish what we have within Bollington and look outwards too. These linkages can inspire and define us.'

Sara explains her motivation for bringing TEDx to Bollington – 'I wanted to provide a platform in my community for people to share their passions, ideas, stories and perhaps find their voice. This is a wonderful opportunity for us all to learn from each other and experience TEDx as an audience member, a speaker or an organiser.'

TED talks last up to 18 minutes; the idea being that anything longer looks too much like a lecture, while less time doesn't do justice to the topic.

Sara points out, 'It's interesting that the presentation given by



leadership guru Simon Sinek was to an audience of just 50 people, using nothing more than a flip chart and a dodgy microphone – it's the quality of your idea and the passion and creativity with which you put it across that matters most.'

An event like this requires a lot of preparation and Sara is currently looking for sponsors and help with website development, marketing strategy, social media, design for digital and print, stage production, videography, photography and event management.

One hundred tickets for this non-profit event will go on sale in early 2019. To get involved and stay informed about the event join the TEDxBollington Facebook Group or email tedxbollington@gmail.com.

See also the TEDxBollington website at <https://www.ted.com/tedx/events/32326>

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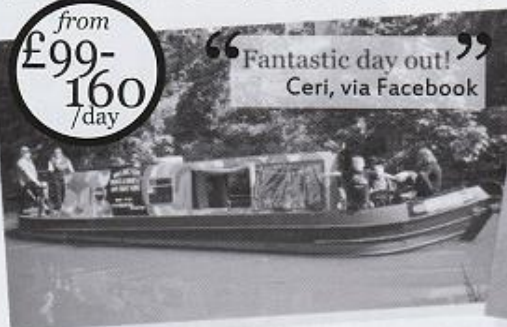
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MOTHERNATURE SANCTUARY

Opening a centre offering spa treatments but with more emphasis on wellbeing treatments and classes, all under the same roof and accessible to everyone, has always been my dream. That dream was realised last April when Mother Nature Sanctuary opened. Here's my story.

I started work as a holistic therapist in Bollington in 2010 after moving here in 2009. My husband is originally from Stafford and I am from Hertford and we stumbled upon Bollington just after we married, when we were looking for somewhere to move to that felt like home. We fell in love with the cottage, the place, the charm, the people, the sense of community, and the number of pubs (there were considerably more than there are now!).

When I became pregnant with our first son, I naturally became very aware of looking after my body. To be honest, it was probably the first time in years that I started putting myself first, and it was mainly due to me knowing I was carrying our precious baby.

From talking to my clients, women in particular, I notice that we tend to think about family and friends first, putting our own self-care further down the list of priorities. I include myself in this. We all lead busy lives, but how can we look after everyone around us, if we don't look after ourselves? I know myself as a parent – when I am tired and run down, I struggle to parent in a calm manner.

I am now a mother to three young children, and while still on maternity leave with our youngest daughter, I started to think about going back to work. Thinking about my dream 'centre' I started looking for premises, never expecting to find the perfect venue right in the centre of Bollington! It was hard work repurposing the building on Palmerston Street but eventually Mother Nature Sanctuary opened its doors for the first time.

Mother Nature Sanctuary has a range of coaches, therapists and class leaders offering their range of services within the space, but the ethos is very much around looking after our clients' wellbeing. So if we notice someone may benefit from meditation, yoga or Pilates to

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further complement something they are already accessing then we are able to offer this to them too, so offering a real holistic service based on their needs. Equally, if someone has never tried something before, like ballet barre or mindfulness, then they can come along and give it a go, with all equipment provided to feel comfortable, even though they might not be an expert.

For me this coming year is very much about my therapists and me collectively looking at how we feel at certain times of the year – for example, Christmas is a very happy time, but for some it can be a hugely stressful, busy, tiring, isolating time of the year. For some people they are on burnout, but I want us to look at ways of addressing their needs to help nurture people through those periods. I am also looking to create a group of women to help me understand how women from different ages and stages of life feel during the year so we can try and address women's needs, alongside working hard to offer



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Siobhan Alexander





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ST GREGORY'S CHURCH MEMORIAL

During the 2014 Bollington Festival, Mike McCulloch and I attended an excellent lecture by Dave Williams on 'The History of Bollington, WW1'. During the lecture Dave showed pictures of the various memorials in and around Bollington including those in churches.

The original St Gregory's Church memorial was erected on the front of the old St Gregory's Primary School on Chapel Street. The building is now a private house but the memorial was left in place and is still visible.

I thought it was time the present day St Gregory's Church had a memorial. The original memorial and school playground was given by George Cawley Swindells, of Pott Hall and Adelphi Mill, in memory of his son, Lt. Colonel Geoffrey Hillier Swindells. At the time of WW1 Geoffrey Swindells was the organist at St Gregory's Church and lived at Clough Bank. He died in action on 1 August 1918 and is buried at Raperie British Cemetery, Villemontoire, France, with other soldiers from

Bollington and Macclesfield.

I took a picture of the original memorial and showed it to the St Gregory's Church Council. The Chair of the Council, Paul Kerryson, is the present day organist and he agreed to ask the Church Council for funding, which was unanimously approved.

At this time I only had the names of the soldiers killed in WW1. Deacon John Lomas then found the names of the two soldiers from St Gregory's who died in WW2. We published the names in the Parish Newsletter and asked for corrections or comments. It appeared that one name was missing; however after further checking it was discovered that although the soldier attended St Gregory's School he was a member of St Oswald's Church and was already mentioned on the St Oswald's memorial.

This all took time and the 2014 Remembrance date was missed. However, the 100 year anniversary of the end of WW1 seemed an opportune time to unveil the new

Memorial. This was done at 11am on Sunday 11 November 2018.

Mike Marley



BOLLINGTON CIVIC SOCIETY

After 31 years in Rainow, why did you move to Bollington? The answer is that we were greatly attracted to the town, through frequent strolls along Kerridge Ridge to White Nancy, squash at the Leisure Centre, the Festival Arts trail, Chamber Concerts, Probus, Music Appreciation, the Bollington Art Group. Also our two sons lived in the village at different times.

We have lived in Bollington for three years now and have much enjoyed coming closer to the local community. In addition having decided to downsize and cease being hostage to the car, we live in a house where on our door step there is a bus stop, the Post Office, Medical Centre, Pharmacy, Co-op, Arts Centre, the library, Macclesfield

Canal and Middlewood Way.

One outcome of our move has been joining the Bollington Civic Society as Membership Secretary. Many longstanding residents have followed in the footsteps of the founder, Dr John Coope, in bringing alive and safeguarding the unique features of the town. As a newcomer I have particularly enjoyed the superb archive of 6,000 images in the Discovery Centre telling their own story of the neighbourhood and also easily accessible at home on the Happy Valley website.

This year there has been a drive to increase the Society's membership through a leafleting campaign which has already produced positive results. On arrival in



**Meetings on
3rd Monday
of each month
from September
to May (except
December),
Community
Centre, Ovenhouse
Lane 7.30pm**

www.happyvalley.org.uk/civicsociety

Bollington an immediate task was to read and then vote on the Neighbourhood Plan, a project in which the Civic Society played a major role. This provides a benchmark against which future development should be controlled in a sustainable manner.

Successful regeneration is there for all to see, but there has often been a struggle with new ventures in the built environment which have been approved in spite of opposition from residents and the local authorities. The Bollington Civic Society provides a forum for channelling individual views on vital matters of conservation and heritage in addition to building development.

Richard Brimelow

MARCH

Saturday 20th - 10am until 3pm
Vintage & Autumn Fair
 Bridgend Centre free entry 576311

Friday 1st - 8.15pm
Bolly Comedy Club
 Arts Centre £10 online

Wednesday 6th - 7.30pm
Pott Shrigley Flix in the Stix
A Star is Born
 Village Hall £4 advance £5 on the door
 pottflix@gmail.com

Friday 8th - 7.30pm
Rick Kemp (Steeleye Span)
 Arts Centre £12 online

Saturday 9th - 2pm to 4pm
Bollington Horticultural Society & Flower Club
 53rd Spring Show at the Civic Hall
 contact Mrs J Burton 572668

Saturday 9th - 8pm
Adam Walker, James Baillieu
 Arts Centre £17.50 online

Monday 11th - 6.30pm
Scibar - Ed Pilkington
The Middlewood Way by a Cheshire East Ranger
 Vale Inn Free

Friday 15th - 7.30pm
Anahata & Mary Humphries at Bolly Folk Club
 Dog & Partridge online at bollyfolk.com

Saturday 16th - 7.30pm
An evening of easy jazz, swing & bug band music
 Arts Centre £8 online

Thursday 21st - 7.30pm
Bollington Horticultural Society -
 Heuchera A talk by Vicki & Richard Fox,
 Chelsea Gold Medal Winners
 Community Centre
 Member £1.50 non member £3

Friday 29th - 8pm
Eleanor Conway Walk of Shame 2
 Art Centre £12 online

Saturday 30th - 10am to 3pm
Artisan Spring Fair
 Bridgend Centre free 576311

APRIL

Friday 5th - 8.15pm
Bolly Comedy Club
 Arts Centre £10 online

Saturday 6th - 8pm
The Bingham String Quartet
 Arts Centre £17.50 online

Monday 8th - 6.30pm
Scibar - Occupational Asthma
A talk by Dr Bernie Grameek
 Vale Inn Free

Saturday 13th - 7.30pm
Bollington Brass Band
 Arts Centre £8 online

Thursday 18th - 7.30pm
Bollington Horticultural Society
New RHS Bridgewater Garden
 Community Centre
 Member £1.50 non member £3

MAY

Friday 3rd - 8.15pm
Bolly Comedy Club
 Arts Centre £10 online

Saturday 4th - 2pm
Bollington Brewing Co. 3 Peaks Fell Race 9km route
 Online registration only, open from the end of February

Monday 13th - 6.30pm
Scibar - Graphene
A talk by Dr Avarind Vijayaraghavan
 Vale Inn Free

Tuesday 14th - Saturday 18th 7.30pm
 (matinee on 18th 2.30pm)
Sister Act by Bollington Light Opera Group
 Civic Hall 431038 blogbookings@aol.com

Thursday 16th
Bollington Horticultural Society
Mike Poultney talks composting
 Community Centre
 Member £1.50 non member £3

JUNE

Friday 7th - 8pm
Bollington Boat & Folk Weekend Concert
 Arts Centre £8 online

Friday 14th - 7.30pm
Just Like That! The Tommy Cooper Show
 Arts Centre £12 online

Monday 24th to Friday 28th
Well Dressing - help us! Please join us to help make the displays ready for the opening ceremony, by the Mayor elect.

Saturday 29th June at 11.30am
 Greg Fountain, Flash Lane
 Anne Swindell 575753

JAZZ AT THE ARTS CENTRE

March 30th 8.00 pm
Adrian Cox Profoundly Blue

April 27th 8.00 pm
The Jazzaholics
 One of the finest traditional bands
 In the land, always in demand.

September 7th 8.00 pm
The Wabash Jazzmen
 A superb traditional quintet, regular visitors and ever popular.

October 3rd 8.00 pm
The Brownfield/Byrne Hot 6
 Two of the best of the crop of new, young musicians with their modern take on great standard tunes.

November 2nd 8.00 pm
Kevin Grenfell's Jazz Giants with Paul Harrison.
 As if the Giants aren't enough of a treat, we also have our Danish visitor.

December 7th 8.00 pm
John Hallam & Alex Clarke with Tom Kincaid's Three Bears
 Christmas comes early to Bollington with the youngest and the not so young front liners, fantastic.

OPEN GARDENS WEEKEND

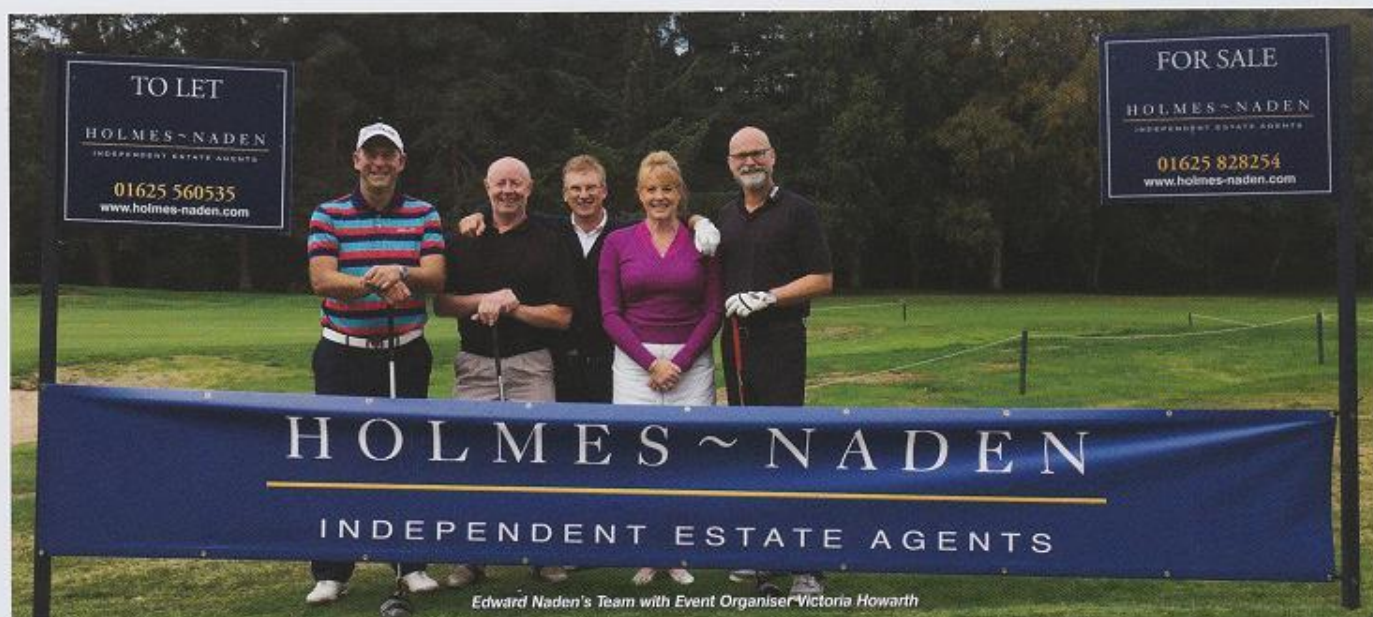
Saturday 29 and Sunday 30 June 2019. 10-4pm
Come and explore some lovely local gardens Cakes and refreshments on the Green High Street
 Tickets and maps available from Belfields Bakery, Heathcotes Butchers, Bollington Leisure Centre, The Bridgend Centre and on the Green over the weekend
 Tickets £5 for both days and children free



Arts Centre tickets:
www.bollingtonartscentre.org.uk

HOLMES ~ NADEN

INDEPENDENT ESTATE AGENTS



Edward Naden's Team with Event Organiser Victoria Howarth

Holmes-Naden Charity Golf Day

Holmes-Naden Independent Estate Agents Prestbury hosted their first Charity Golf Day at the prestigious Prestbury Golf Club on Thursday 13th September 2018 sponsored by Edward Naden, Managing Director of Holmes-Naden Independent Estate Agents in aid of Alder Hey Children's Hospital and Belong Dementia Care Village in Macclesfield.

Local businesses, members of Prestbury Golf Club, friends and colleagues supported the event by entering eighteen teams of lady and gentleman golfers. The format for the day was a Quad Am Stableford Competition with many hole competitions to be won. Blessed with sunshine, the golfing event began with bacon roles on arrival, a shotgun start followed by a two course meal after play in the Club House, with a raffle, auction and prize giving presentation.

An amazing £9,500 was raised on the day and the proceeds have been divided equally between Alder Hey Children's Hospital in providing children's activities



Gina Moorjani (Experience Co-ordinator, Belong) with Event Organiser Victoria Howarth

for the Ward and Belong Dementia Care Village in Macclesfield providing the funds to purchase a Sensory Unit to promote mind stimulation for patients suffering with mental health issues from first diagnosis to end of life care.

Our thanks go to the Green Staff at Prestbury Golf Club for the excellent presentation of the Course, to the Catering Staff for their culinary delights and to the office staff for their kind

attention throughout the day.

On behalf of Holmes-Naden we would like to give special thanks to all the golfers who supported the event, to those golfers who were unable to play but still gave generous donations and to the local businesses who sponsored holes at the event. It is the support and generosity of these kind of individuals which make these charity days so successful and we send our heartfelt thanks to everyone in enabling us to support our chosen charities.

Thank you.



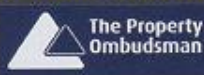
Edward, Jan, Ellis and Sophie (Alder Hey)



THE VILLAGE
PRESTBURY
SK10 4DG
TEL: 01625 828254

16 HIGH STREET
BOLLINGTON
SK10 5PH
TEL: 01625 560535

lettings@holmesnaden.com
sales@holmesnaden.com





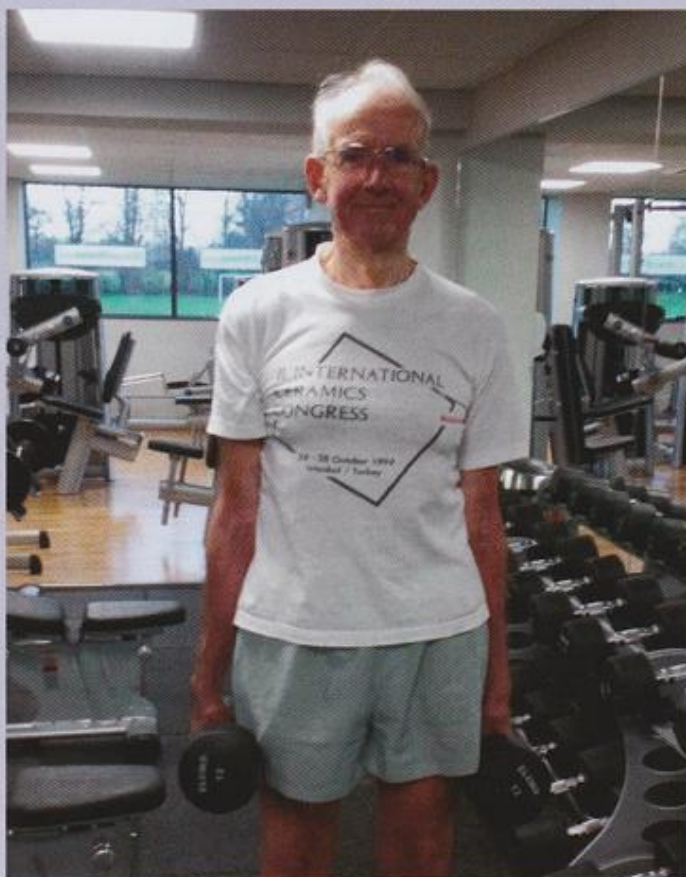
PHIL DOES PULL UPS AT 82

Bollington Health and Leisure Centre prides itself on supporting all age groups and abilities. The centre has been delighted by the number of members who have started, or continued, to do weight training over the age of 80 and would like to share a few inspiring stories of members!

Phil, 82, attends the gym twice a week and continues to cycle around Macclesfield. He is a great example of a member who has progressed from the physio service to working with our gym instructors to maximise his strength, coordination and reaction times. Phil can now do 3 pull ups, and is striving for more!

Luise is a gym member and also exercises regularly at home – all contributing to being a very young 85 year old. She does rehab exercises for her arthritic shoulder, to allow her to keep playing the flute, and attends the gym independently along with joining our physio classes. If the flute becomes difficult then Luise has a back-up plan to try an Oboe; just so she can keep doing what she loves. Luise has started the new year with inspiration from author Carl Honoré about making most of our long lives.

Philip is 85 and works weekly with our gym instructor Tom to maximise his strength and balance for management of his Meniere's Disease, which effects his balance. He does weight machines, free weights and uses the stability ball (alongside debating football referee decisions).



The gym doesn't need to be about vanity, it can serve as a way of maintaining independence and quality of life. We are proud to support this and of our community of members who support each other regardless of age or ability.

Keep up the good work everyone and remember you are never too old to do strength training.

Tom Horsfield

CORPORATE SPONSORS OF BOLLINGTON LIVE!

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

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