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Live

Issue 82 Autumn 2021

**ON YER BIKE
PUMPKIN PATCH
THE 12 DAYS OF COP**

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Janet Johnson, the Branch Manager at our Bollington office has been involved in the property market for over 35 years, 22 of which have been with Holmes Naden.

She has a dedicated team of long serving colleagues who are hardworking, understanding and all of whom will always go 'that extra mile', which has been a huge part of our success.

Ellis Pembrey, the Lettings Manager has worked in lettings for 16 years – 9 of which have been at Holmes-Naden. He deals with both landlords and tenants and can match high quality

rental properties to suit every need. His extensive experience and knowledge is second to none and invaluable.

Edward has also worked in the industry for over 35 years and has a wealth of experience in all aspects of Estate Agency including new build projects. His team at Prestbury Office also work tirelessly for their clients. Both Bollington and Prestbury Offices offer a bespoke service with attention to detail and customer care which is second to none making them the favourable choice for vendors and landlords and are open 7 days a week.

As Edward celebrates two significant anniversaries he would like to thank all his clients past and present for their continued loyalty.

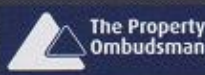
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LETTER FROM THE EDITOR

I can't quite believe it's a year since our first distanced publication in Autumn 2020. Since then, the Bollington Live team have managed 4 issues including this one without a single face-to-face meeting! We have used zoom and email to gather together the amazing variety of articles, as well as having numerous discussions about the safety of our volunteer deliverers who rarely get a mention so a huge thank you to Janet and her delivery team.

We normally meet 6 times a year in a local pub, exchanging ideas for articles, discussing deliveries, catching up with advertising and sponsor needs and of course the reviewing our finances. So, a big thank you to the entire team who have managed to produce 4 issues whilst sitting at home! Thanks also to our advertisers and sponsors who have continued to support us loyally and you, the readers, who have sent in articles, poems and photos.

There are a lot of articles in this issue about the climate. I heard someone on the radio the other day say that ignoring how our climate is changing is like ignoring or denying gravity exists. I quite liked his analogy. Can you take the COP26 challenge – on the centre pages? Have you got an old pumpkin

lantern that can be repurposed? Or a glut of pumpkins in the garden to use up? Then we have the ideal article for you on page 19! And have you seen the new charging points in Poole Bank carpark? Or perhaps building a willow den is your thing? I hope you enjoy these fun and insightful articles. Reading about young local artists and cyclists as well as local businesswomen has also been inspiring for me.

Calling all gardeners! Next year an Open Garden event is planned to raise funds in support of the forthcoming Bollington Festival in 2024. If you have a garden you are proud of have a look on page 15 and see how you can volunteer to be involved.

As we approach the darker days of winter perhaps you might like to write something for the February issue of the magazine. Or perhaps you are keen photographer and can send in some photos for the front cover (portrait only please).

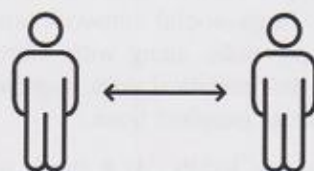
Annette

Date for next copy:
15th Jan 2022



As ever, if you have any ideas for the next issue, please email me: liveditor@happyvalley.org.uk

KEEP SAFE IT'S NOT TOO MUCH TO ASK



LET'S PROTECT EACH OTHER

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Back Issues: www.happyvalley.org.uk/live

IN BLOOM

Loose Leaf Flower School is a family-run floristry school and floral outlet based in a lovely peaceful spot between Bollington and Rainow, the last cottage before the path up to the old mill and over the fields to Rainow village.

Judith (mum), who is a trained florist, together with son Matthew (general crafts and woodworker) and daughter Sarah (social media), have set out to fulfil Judith's lifelong dream, not only of working together as a family but also of creating a floristry school and shop from the comfort of her own home. They are also fortunate enough to have the help of Judith's husband John, eldest daughter Jo and Matt's partner Merce, making it a truly family affair.

Judith, with her many years as a professionally trained floristry lecturer, Matt and John, with their wide variety of woodworking and practical skills, Sarah, with her huge social network and people skills, along with Merce and Jo's technical skills, together make an excellent team.

To quote Judith, 'As a family we try to go above and beyond for our clients and make sure everybody leaves our shop as happy as can be.'

Primarily, Loose Leaf is a floristry school and holds classes such as

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www.thelooseleaf.co.uk

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Tuesday and
Sunday



making autumnal arrangements, Halloween pumpkins and Christmas door rings. Children's classes are always popular and 'Pumpkin Art!', for Halloween.

In the small shop there is a very good choice of flowers, plants and various decorative items, woven willow, textile bags, candles by Solu, and cards by local artists Kate McHale, Ellie Richards and Sophie Jackson.

TIPS FROM JUDITH

Here are a few tips from Judith for keeping your flowers looking fresh and beautiful.

Remove the packaging and add the flower-food sachet to a vase of water. Cut the base of the stems on a diagonal. Remove any leaves that are below the water line. Make sure all the flower stems are submerged in water. And remember, most flowers last longer in mild temperatures, so don't place them on windowsills in direct sunlight. Change the water at least once a week and remove any fading blooms.

Lynn Knowling



ELENA ONWOCHEI GARCIA

As a teacher it is always a joy to hear news of the young adults that were once encountered in the classroom at primary school and, having spent a few years post-retirement doing supply teaching around Bollington, I have quite a few to catch up with.

Elena Onwotchei Garcia is one. Elena grew up in Bollington with her three siblings on Hurst Lane. She went to St Gregory's Primary School, All Hallows, and Aquinas College in Stockport. She studied for a Combined Arts degree (History and Art History) at Durham University. She spent a year in Rome and is currently doing a two-year Master of Arts course at Glasgow School of Art. She is hoping to hold more exhibitions



and would love to exhibit in Bollington at some point. In the future she would like to establish an Arts Education programme to increase primary and secondary schools' engagement with Fine Art.

Recently Elena was one of six artists commissioned by English Heritage to depict six historic figures from the African diaspora, whose stories have contributed to England's rich history. The paintings all hang at the site connected to their subject. Elena chose to paint Septimus Severus, and the portrait is on display at Corbridge Roman town, close to Hadrian's Wall. Elena explains the reasons for her choice:

'I was drawn to Severus because of the parallels with my own mixed-race heritage (Nigerian, Spanish and German), and this made me reflect on how people might imagine someone like us to look. I wanted to go beyond painting Rome's African emperor to portraying a complex individual, by paying attention to his personality and how he chose to be portrayed in his coins, statues and architecture. Historically black people have had little control over their portrayal. Severus embodied and altered the image of the Roman Empire.'

I visited Corbridge in June this year and saw Elena's portrait, which is

*Photo right:
Elena*

*Photo left:
Elena's painting of
Septimus Severus*



an immensely powerful depiction of a strong and intelligent man.

Elena often returns to Bollington to visit her family, visits which have proved a little unpredictable over the last 18 months. During the first lockdown she was working for the Peggy Guggenheim Collection in Venice and was under the severe lockdown Italy imposed. The last lockdown found her back in Bollington, having time to create her portfolio for Glasgow school of Art. Elena always enjoys being back in Bollington. She finds it an incredibly friendly place and a wonderful retreat.

We wish Elena well as she pursues her career in Fine Art and hope that one day, we can enjoy an exhibition of her work in Bollington.

Sandy Milsom

ARTS CENTRE UPDATE

Like so many other organisations, the Arts Centre has been closed for much of the last year and a half. Bollington in the summer seemed to awake again, and as autumn approached, the Arts Centre reopened in September to full use by its regular groups and classes, such relief to many participants.

The Festival Choir, the Brass Band and the Festival Players have regrouped and begun live rehearsing, and the classes –

including various art groups, textiles, dance, languages, pilates and yoga, music appreciation, baby sign, bridge and family history – all resumed.

November sees the start of events, with jazz on the Saturday of the opening weekend, a second wine tasting by Knowles Green to follow up on the highly successful first one in September and a Chamber concert on the final weekend.

Late November and December events at the Arts Centre lead up to Christmas with the choir advent concert on 28 November, jazz and comedy on the first weekend of December, the brass band annual Christmas Concert on 11 December and, after the turn of the year, the Players panto season begins.

A semblance of normality seems to be returning, but one never knows what the future will bring.

Geoff Atkin



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LIVING DEN

On the edge of the woodland at St Gregory's school, nudging up against the orchard and vegetable patch, three new arrivals appeared in 2019: our two beautiful willow dens and a tunnel!

Built by Classes 3 and 4, they are now fully mature and so much fun! Here's how we made them.

First, look at the calendar. Willow canes must be planted when they are dormant in the winter months. After some appalling weather in 2019, we finally got to planting ours in early March, but that's about as late as you can safely leave it!

Next, pick a good supplier and order your canes. This is well worth doing in advance to avoid disappointment. They'll be able to advise you on the quantity of canes you'll need, as well as the length (remember, at least 1 foot of the cane will be buried in the ground). Sadly, our supplier in the Peak District is no longer operating, but there are lots of other suppliers available if you look online.

Then, pick a site for your den: not too shady and not too dry.

Next, plot the footprint of your structure: we used sticks and string.

Once you are happy with the positioning, weed the area ... or in our case, take off the turf.

Get your canes delivered as close to the time of building the den as possible to give them the best chance of taking root. The canes will arrive as big bundles of sticks!

To make your den, simply push the canes into the soil to a depth of about 1 foot and firm them in with your boots.

Continue along the edge of the den, spacing the canes roughly 25 cm apart. These create your uprights. You can then plant further canes between these at an angle and weave the angled cane in and out of the uprights.

When you've finished, reach up and bring the tops of all the canes into the centre and tie them in place. You have a den!

What you do with the floor of your den is up to you, but we decided to put some weed membrane down and covered it with bark chippings.

Finally, during the first year, remember to water, water and water a bit more! Willow is very thirsty and is great to plant if you need to dry out a boggy area of ground.

During the first year or two, you can weave new growth into the structure, creating a living basket. But after a while this will not be needed, and new growth can be taken off with shears. Keep the cut stems though, as these can be dried and used for weaving



activities! This year St Gregory's children will be having a go at willow-star decorations for Christmas.

We'd like to say a big thank you to Bollington resident, Alex Douglas-Kane, who came along and taught us how to make the willow dens. She's a great teacher!

Willow canes can be used to create all sorts of living structures, not just dens and tunnels. The costs are low and the rewards are great, so why not give it a try this winter?

Maria Gray

ON A MISSION

Love Bollington Business (LBB) is on a mission, and every member of the Bollington community, whether you are a resident or fellow business/business owner, is welcome to join us! We want to help small businesses not just to survive, but to thrive. It's all about bringing businesses, resources and customers together to rebuild the strength lost over the past 18 months.

Some businesses were offered funding opportunities throughout the pandemic, but many small businesses/business owners will not have fallen into the necessary categories, and as a result have had to strip their businesses back to basics and start anew. This is not necessarily a bad thing; it can be an opportunity to expand skills and products, but it is difficult, time-consuming and stressful.

Many business owners will have struggled and felt lost, with very little or no support to make the changes necessary to keep going in these situations. Who do small business owners turn to for advice? Local authorities are incredibly limited in what support they offer, and do not make information readily available; it is easy to get lost in the world of Google if you are not 100 per cent sure what you are looking for. LBB will not necessarily have the answers either, but we certainly want to support the business community in trying to find them. LBB already has a variety of members with different educational and experienced backgrounds: there is usually someone who can help or at least point you in the right direction.

Small businesses are pivotal to economic recovery. They are responsible for so many jobs, goods and services within our community. Without them the effect on Bollington would be catastrophic;



they bring the community together, and with the right support they can continue to do so. We have said it before, a small business is not just for a pandemic!

How is LBB hoping to help small businesses/business owners?

On the last Thursday of every month, LBB will host a network and support meeting – not a sales pitch, but an opportunity to meet other local people in business, discuss challenges, seek support and celebrate successes. Each quarter there will be a training session, aiming to meet business needs, hosted by an expert in the specific area; and we will hold at least two social events a year – because it is easy to feel isolated as a small business, and everyone deserves to let their hair down occasionally.

We will be introducing peer networking with mentors to overcome business challenges and recognise and act on new opportunities. Members of LBB will receive all this as part of their membership. Non-members will be asked to pay the cost of each session, which simply covers the admin. that goes into arranging the events.

To ensure residents and businesses alike know what opportunities are on our doorstep we have the LBB business directory: www.lovebollingtonbusiness.co.uk, and a Christmas Directory will be coming through residents' doors to keep shopping local over the season.

What minimal support can everyone offer?

High-street shops and businesses have worked hard to keep their businesses going for the community during the pandemic; now is not the time to turn our backs on them! The rules and regulations surrounding Covid-19 may have been eased but the virus is still here, and the initial support offered from the government to assist businesses through the pandemic is moving on.

The challenge continues as businesses navigate their way to rebuild post-Covid and take on the emerging issues around Brexit, including rising prices and difficulties along the supply chain.

What does that mean? It means that local businesses are still being cautious; if small business owners catch the virus, their business may have to close and income will be lost.

How can everyone help? Follow shop rules: if shops and businesses ask you to maintain social distancing or wear a mask, be respectful of the reasoning behind that and support it.

Be kind, be considerate, be supportive.

Vikki Wray



ON YER BIKE

A warm Sunday morning in July 2021 at the Sir Chris Hoy Velodrome in Glasgow, masks on, arms laden with track bike, road bike, turbo trainer, spare wheels, track pump, kit bag, rollers, bottles, spare water, food for the day and a teenager full of apprehension, nerves, excitement, anticipation and every other emotion that goes with the fear of the unknown.

This was Anna Whitworth-Hay's first national track championship, well first track championship ever! Eight hours and eight rounds of sprint competition later, she walked out with a National Youth Sprint Championship gold medal and jersey. Two days later, she left the velodrome with her second championship medal in the 500m against some of the UK's best girls.

SCHOOL/BIKE/LIFE BALANCE

How does a 16-year-old fit in a weekly programme of training to compete at national level with school and social life, and also, in Anna's case this year, GCSEs?



Enter the 'six Ps': Prior Planning Prevents a Pretty* Poor Performance (*insert any other P).

Early-morning training sessions, late-evening track training, after-school gym sessions, revision, school, pizza with friends, TikTok,

Snapchat, Netflix shows – there's a lot to fit in, but we all work hard to make sure it does, no one more so than Anna.

Anna's online training diary provides a central location for her cycling coach, strength and conditioning coach and team manager to plan training and recovery around her



available time to train, exams, school commitments, holidays, and so on. Add into that a family kitchen diary, where GB training camps, training or racing at the velodrome (normally from 6 to 11pm including travel), gym, coaching calls, etc., are all noted, and we have a complete holistic view which helps us, the family, work around Anna's training. It goes without saying that an athlete of any age needs a support team behind them, from planning meals, family taxis, equipment provision and maintenance, and working with each other to make sure meals are on the table at the right time, kit is washed and dried, and the pet house rabbit hasn't eaten any energy bars that were left lying around.

Asking for a lift to the velodrome one hour before just isn't an option in anyone's busy family household! It ain't gonna happen!



WHAT MAKES A CHAMPION?

In reality? It takes a young lady who has drive, determination, passion and a level of selfishness that all committed athletes need to focus on their journey, their goals and their dreams.

You want to win an Olympic medal? Then who's the only person standing in your way? It's often just yourself. Dream big: go for gold.

And most importantly, never forget the 'six Ps', eat your greens, and squat big or go home.

Thanks to Bollington locals Emily and Alex Wilkinson at AW Muscle & Fitness, Bollington Bike Fit and grandad Alan, for all your help and support to Anna this year.

Claire Whitworth
(mum/CW Fitness PT)
and **James Roberts**
(stepdad/James
Roberts Coaching)



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BLOG RETURNS TO THE STAGE

Bollington Light Opera Group will be making a joyful comeback to the stage in November with a re-working of a familiar format.

The group will stage their return after an enforced two-year gap by putting on *Snowtime* at Bollington Civic Hall from 23 to 27 November. A slight renaming of their traditional *Showtime* will include Christmas favourites as the culmination of a fabulous collection of upbeat numbers performed by a cast boosted by many new members.

BLOG had found themselves forbidden to get back on stage while restrictions stopped both rehearsals and performances during the pandemic



Photo taken by Richard Buck: BLOG Committee
Tickets available from www.ticketsource.co.uk/bolly

More information
from Peter Kent
01625 617027,
07817 596174
or kent.sheila@btinternet.com

The show's co-producers Diane McIntyre and Matthew Gratton told Bollington Live!

'It is fabulous to think we are going to be back performing after so long.'

*We have all missed it so much, and we are delighted to welcome new members who are good performers in their own right and are as pleased as we are to see the return of live entertainment to the stage in Bollington and want to be involved. We are rehearsing hard on some great numbers, including some from the hit shows *Everyone is Talking About Jamie*, *The Lion King* and *Anything Goes*, together with some classic pop numbers, culminating in our lead-in to the festive season, including many seasonal favourites and our special Christmas megamix. We can't wait!*

Andrew Burr is Musical Director.

Peter Kent

BOLLY TODAY PROMS TOMORROW?

Well it was actually Bollington on Saturday 14 August and the Proms two days later when the Marmen Quartet performed two Haydn quartets. The Bollington audience heard it first and the London audience had to wait!

This is an example of the attraction Bollington has for top-rate musicians and those who are on the way to the top. The Marmen quartet came to us as part of a busy programme which includes visits to festivals in France, Germany and Switzerland



Photo: Marmen Quartet

as well as making their Proms debut. Their rise has led to them winning the Grand Prize at the Bordeaux International Strings Competition in 2019 and a recent appointment to a two-year residency at a leading US university. This quartet joins several other internationally known musical groups which continue to make appearances in Bollington – quartets such as the Heath, Castalian and Piatti, and individual performers like Craig Ogden, the noted Australian guitarist.

students from the Royal Northern College of Music. In April, for example, we provided experience of stage performance for two duos – with only a virtual audience but with live streaming. Bollington Chamber Concerts is also involved in running the very successful music appreciation courses. These will shortly be restarted at the Arts Centre, with social distancing for the live group but with Zoom also available.

Bollington Live! readers will know we have been able to stream the chamber concerts using our own resources, but with a season of seven important concerts looming the time has come to consider a professionally provided streaming service with a 'pay wall'. This would help to increase income longer term and drastically reduce the time involved in setting up temporary facilities, but it is expensive to set up and we are actively investigating the potential ways of moving ahead.

Ian Brammer



Our aim is to find musicians we believe will continue to develop in reputation. This aim reflects a keenness to play a role in helping with the learning and experience of rising performers by staging concerts for outstanding

THE 12 DAYS OF COP CHALLENGE

From 1 to 12 November, a campaign ran to inspire people in and around Bollington to significantly reduce their personal greenhouse gas emissions by taking at least one action.

The challenge coincided with the 12 days of the UN climate change conference (COP26) hosted by the UK in Glasgow.

Six years ago in Paris, world leaders negotiated an agreement to combat climate change. The goal was to limit global warming to well below 2°C by reducing emissions of so-called greenhouse gases. That was at COP21. COP26 in Glasgow was important because every five years countries are asked to submit their updated plans for reducing emissions. The UK's ambition is to achieve net zero greenhouse gas emissions by 2050.

The trouble is that the world has already heated up by about 1.1°C from pre-industrial days. This rise may sound insignificant, but it is not. Effects of global heating will spare nobody. Time is running out to prevent runaway climate change destroying our children's lives.

This information can feel overwhelming and way beyond anything that we as individuals can influence or contribute towards changing. But what you do counts. Every fraction of carbon reduction is a positive step for the future. There is still hope.

The 12 Days of COP campaign publicised 12 of the most effective ways an individual can take practical action to reduce their greenhouse gas emissions. (see graphic opposite)

Many of these actions are about reducing reliance on fossil fuels (petrol, gas) – including the choices individuals make about transport, home heating and

home electricity. But food and drink account for a quarter of the carbon footprint of a typical person in the UK. So changing what you eat – and how you shop for food – has a significant impact on reducing emissions:

- Eliminating food waste by eating what you buy can cut your food-based emissions by 25%
- Going vegan – 25%
- Eating foods in season, thus avoiding the use of hothouses and air freight – 10%

During #12DaysOfCOP many Bollington businesses got involved in supporting these practical steps to combat climate change. You may have noticed local eateries offering a vegetarian or vegan special, or an 'Eat seasonal' special.

Sue Reason from the Breeze network organised a confidence-building group cycle ride to Poynton and back, showing a safe route along the Middlewood Way and access points into the town centre. Riders also had the benefit of a free bicycle health check from 'Dr Bike' aka Darren Allgood before setting off. Darren also ran two free basic bike maintenance courses to give people confidence in making minor repairs before taking to the road.

SO, WHAT NEXT?

COP was not just for twelve days in November – we need those positive steps to continue building into something big.

'Many individuals are doing what they can. But real success can only come if there is a change in our societies and in our economics and in our politics. People who are going to be around in 10 years' time, in 20 years' time,

will blame us profoundly if we don't do anything about it.' David Attenborough

Please inspire others to do their bit by spreading the word. Talk about the changes you make to combat climate change, and encourage others to do the same. This will help to create the conditions in which the big systemic change becomes possible; to force leaders to act. It's our way of saying to governments and businesses everywhere: we're doing our bit. Now do yours. The clock is ticking.

For more information about WHY each of these 12 changes can make a difference, and HOW you can make the change, visit the12daysofcop.wordpress.com.

Gillian Lindsey

Photo opposite:

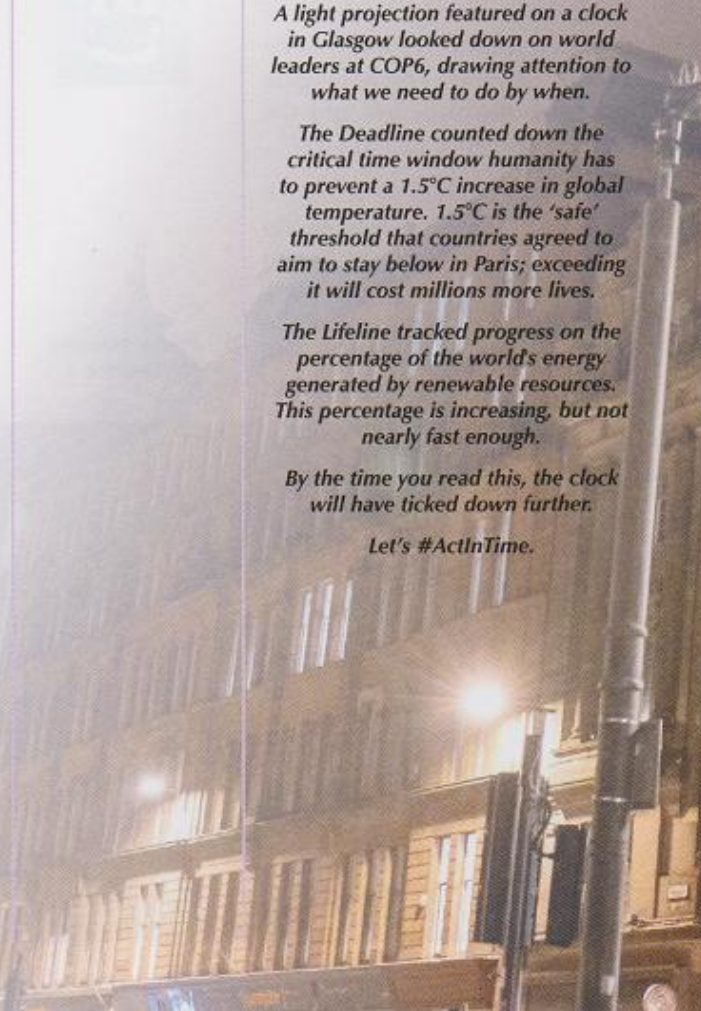
A light projection featured on a clock in Glasgow looked down on world leaders at COP6, drawing attention to what we need to do by when.

The Deadline counted down the critical time window humanity has to prevent a 1.5°C increase in global temperature. 1.5°C is the 'safe' threshold that countries agreed to aim to stay below in Paris; exceeding it will cost millions more lives.

The Lifeline tracked progress on the percentage of the world's energy generated by renewable resources. This percentage is increasing, but not nearly fast enough.

By the time you read this, the clock will have ticked down further.

Let's #ActInTime.



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ABLES

SOCIAL EXPERIMENT AT LOWERHOUSE MILL

Sam Greg, Sr wanted each of his sons to manage a mill of their own. Sam Jr was given Lowerhouse Mill, which was built by the Antrobus family. The Gregs purchased the mill in 1832 and it took nearly two years before it was ready to begin its life as a working cotton mill.

The works included new reservoirs, putting in a new engine – as this was one of the first mills not to be water-driven – and digging shafts for and preparing gas works, which was completed in 1834. Also included in the mill purchase were all the cottages at Long Row, which were renovated and given allotment space.

Sam Jr also built a new building as a Sunday school. The 120 girls occupied the ground floor, and the 120 boys occupied the cellar, the youngest being 10 years of age. All were expected to attend every Sunday.

Sam also opened a playground where both sexes played quoits, leapfrog and hoops, and he installed a leaping bar as well as a tightrope. Also, in the winter, Sam began singing and drawing lessons and geography and history talks, some of which Sam taught himself.

Baths were introduced in 1837 for men and women on alternative evenings, and later, a library for all workers was introduced. Sam believed in providing his workers with fair wages, comfortable houses and gardens for growing flowers and vegetables, and a school and other means of improvement for employees and their children. Attention was paid to them when they were sick or in distress, as he believed that these improvements would benefit the whole community, the workers and mill alike.

It is possible that Lowerhouse was

one of the first, if not the first, example of a major employer giving his workers these types of benefits. Social inclusion and workers' rights and conditions were virtually unknown at this time and it was well before philanthropists such as Titus Salt of Saltaire Mill and the likes of Cadbury's Bournville and the Levers and their Port Sunlight village. The only other example of such an enterprise I can find is Robert Owen, a social reformer who carried out a similar type of social enterprise at New Lanark in Scotland. Sam Jr was aware of Robert Owen, and may well have fashioned his ideas on Robert Owen's conception of philanthropy.

THE 1840S: SETBACKS AND WITHDRAWALS

In 1846 Sam Jr introduced new stretching machinery into the mill. The workers were unhappy and a 'turn out', involving some of the workforce, followed. The fact they had not come to Greg to discuss their grievances shocked him and, in his wife's words, 'broke his spirit'. His ambitions for the social harmony of the community seemed to have been destroyed. His subsequent illness meant that he could not speak or hear about the mill's affairs, and he was never again involved in its business with the people of the community.

His brothers supported the family, and his sister Agnes came from Styal to live in Bollington to help the young and growing family. The mill made losses, meaning that there were few resources to support his schemes and his family. It had been calculated that by 1847 there were losses of £32,000 – in today's money this equates to £3.5 million.

Although he had abandoned the mill, he gradually developed other interests in writing and theology.

In 1852 he published *Stories from the Life of Jesus*, intended for use in Sunday schools. By the 1860s, although still fragile, he was well enough to lecture students at the Useful Knowledge Society in Macclesfield.

ELIZABETH GASKELL AND THE GREGS

The writer Elizabeth Gaskell visited The Mount, which was the Bollington home of Sam Jr (now a nursing home), on several occasions. She became acquainted with the Greg family during her upbringing in Knutsford. Like her family, the Gregs were Unitarians, one of the nonconformist religious bodies in England – a faith akin to the Society of Friends (Quakers).

Elizabeth was especially close to Sam Greg's wife, Priscilla Mary. The Gregs and the Gaskells both had children, and Elizabeth specially liked to bring hers to The Mount for a taste of country life. Her best-known books are *Cranford* and *North and South*, both of which were televised and are both available to buy. *North and South* was based rather loosely on what happened at Lowerhouse. The book was classed as a study of tension between mill-owners and workers, also seen as an industrial *Pride and Prejudice*.

Less easy were Elizabeth's relations with William Rathbone Greg, Sam's brother, who for a time administered Lowerhouse Mill. William made a bitter attack on Elizabeth Gaskell for what he saw as her misleading description of mill-owners and workers in her novel *Mary Barton*, which, when published in 1848, caused an immediate reaction for its portrayal of the cruelty of industrial life. Its publication coincided with the rise of Chartism, which was a working-class movement for

LL

political reform in Britain. The movement lasted from 1838 to 1857. Elizabeth Gaskell was one of several writers who focused on the conditions of the workers in the northern industrial cities.

She was a very good friend of Charlotte Brontë, and Elizabeth wrote what is considered to be one of the better biographies of Charlotte's life.

ELIZABETH GASKELL THE WRITER

Elizabeth Gaskell's writings sprang from suffering. Married to a Unitarian minister, and settled in Manchester where she helped his work with the poor, she lost her only son to scarlet fever at the age of 9 months. Her husband suggested she wrote a novel to soothe her sorrow, and the result was *Mary Barton*.

The mother of four daughters, she published nine more novels, a biography of Charlotte Brontë, and many short stories, many in the periodicals edited by Charles Dickens. Elizabeth Gaskell's impulse towards social justice, and her complex heroines, are what make her a significant writer today.

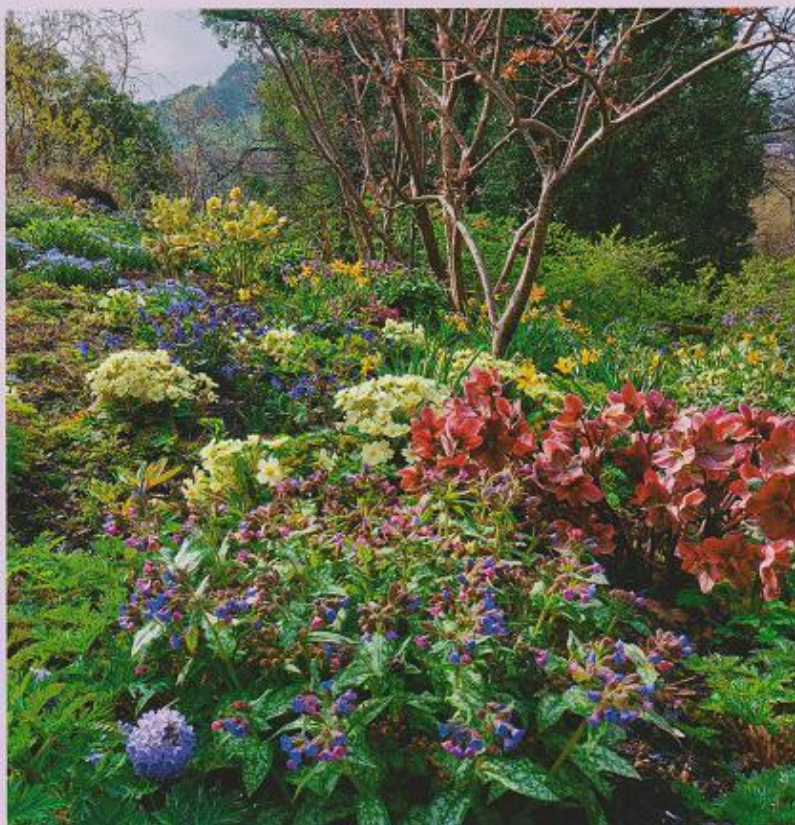
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OPEN GARDENS

Attention all Bollington gardeners. We are organising another Bollington Open Gardens next summer Saturday/Sunday 16th/17th July to raise funds for The Festival 2024. If you have an attractive, quirky, or interesting garden please contact mariaobriensale@yahoo.co.uk with details of your garden, your address, contact number and if possible, a photograph of your garden last summer.

Maria O'Brien



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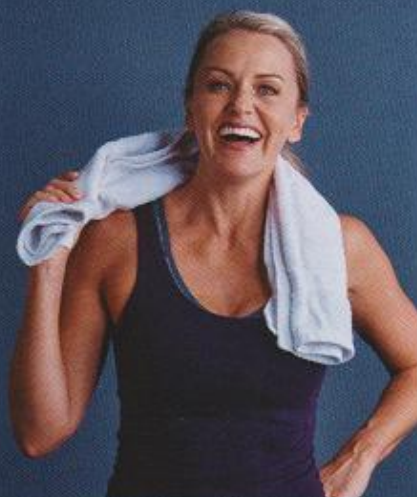
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POWER TO THE PEOPLE

Many people may have noticed that electric vehicle charging points have been installed at Pool Bank Car Park and will soon be connected to the grid and available for public use. Bollington Town Council and Transition Bollington have been working together on this project as we are looking to help residents to reduce carbon emissions.

Thirty per cent of the world's global emissions come from transport. Taking one ICE (Internal Combustion Engine) vehicle off the road and replacing it with an electric vehicle has health benefits related to a reduction in pollution, leading to a reduction in GP and hospital visits. These benefits have been calculated to be equivalent to an extra £150 available to the NHS.

Many residents expressed a wish to change to an electric vehicle through the recent transport survey conducted by Transition Bollington's Mad About Power group, and we found a government grant available for 75 per cent of the cost of providing charging points for residents who have nowhere to install their own point as they have no off-street parking. Four charging points have been installed and, as we write, we're waiting for Electricity North West to connect them ready for public use.

They've been installed by Connected Kerb and the electricity will be provided by Octopus, who provide renewable energy from sun, wind or waterpower. The cost per kWh will be 26p, which means that the cost of charging an electric car is about 75per cent



cheaper than the cost of filling a car with petrol.

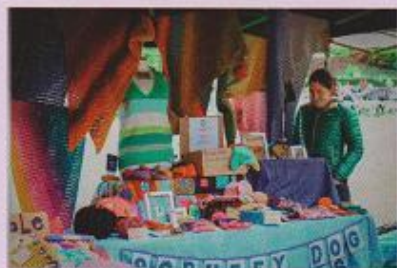
This installation is just a start for Bollington! We estimate that we'll need at least fifty charging points in the town by 2030, so if you'd like to see a charging point installed near you, please contact us.

If you'd like to find out more, please contact Councillor Jon Weston at Jon.Weston@bollington-tc.gov.uk or MAPtransitionbollington@gmail.com

**Mad About Power,
Transition Bollington**

RELAX ON THE REC (FINALLY)

When Chris Bennett and I revived Friends of Bollington Rec our first aim was to hold a free, family-orientated, community-focused event on the Rec to help bring Bollington out of lockdown as soon as restrictions were lifted.



We decided that this would be a community picnic, involving as many local groups as possible. Sarah Hodgkinson and her team were invited to run the first Love Bollington Market since March 2020. Kate Gaskell and Leigh Paton from Bollington Vets were persuaded to run a dog show. Bollington Brass Band were invited to play their first live concert in

Bollington since March 2020. Neil Shaw-Hulme and Canalside Radio also provided musical entertainment, and Transition Bollington were asked to provide a community stand. Would it be a success?

At 8am a small group of volunteers assembled at the Rec to start setting up. Sarah Hodgkinson had staggered the arrival times of the 30 stallholders which made traffic control very easy. Kate and Leigh were marking out the dog-show rings and the rest of us were busy setting out chairs for the Brass Band, cordoning off areas or doing site checks. All we needed were Bollingtonians!

As the gates opened Bollington flooded in. We think about 1,000 people visited the Rec during the day. Many stalls sold all their stock, the dog show was a great hit, and everyone enjoyed the music. It was a joy to see so many happy people being out and about in Bollington.



*Photos by
Lauren Walsh*

What's more, at the end of the day we collected only half a bag of rubbish and no dog poo!

Important lessons about how to run future events were learnt, but we think it was a great success.

So what next? On Sunday 28 November the Rec will host the Christmas Light Switch-On from 3pm to 7pm. This will replace the usual event at the Town Hall and will include an expanded Christmas market, bass band, Father Christmas and carol singers. We have moved the event to the Rec to avoid road closures, so more people can attend in greater comfort, and to have an even more community-focused event.

Roland Edwards



DAVID RUTLEY

MEMBER OF PARLIAMENT FOR MACCLESFIELD

David is keen to assist with any issues or concerns you may have.

It's easy to get in touch...

- 0207 219 7106**
- david.rutley.mp@parliament.uk**
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PUMPKIN PATCH

Every year on allotments and in gardens around the country we see bright orange pumpkins and all kinds of squashes ripening. But we also see quite a lot of waste pumpkin from home-made lanterns and festive decorations.

If you have a spare pumpkin or any kind of squash here's some ideas as to what you can do with them.

PUMPKIN PUREE

One of the easiest things to do if you are in a hurry is to make pumpkin puree and freeze it until you have time to use it in anything from muffins and cakes to smoothies and soups. Cut the pumpkin into quarters or eighths, remove the seeds. Place pumpkin pieces on a baking sheet, drizzle with olive oil and bake in oven (180 degrees C; gas mark 4) for about an hour or until really soft. Leave to cool slightly, scoop out the tender flesh and puree. If you want to be super organised, you can freeze in weighed 8oz batches.

PUMPKIN SOUP

For a basic pumpkin soup, you only need a pumpkin (or 2 x 8oz batches of your frozen puree), a couple of onions and some stock.

Chop the 2 onions and the pumpkin, place in a pan with about 600 ml of stock (depending on how thick you like your soup), bring to the boil and then simmer until the pumpkin is tender (about 15 minutes). Blend, season and serve.

For a creamier flavour you can add cream, milk or yogurt (replacing some of the stock) and if you like spice why not add a couple of teaspoons of coriander and cumin plus some chilli flakes. For a completely different taste try adding a half a teaspoon of cinnamon and nutmeg. Serve with crusty bread for a wholesome winter meal.

ROAST SPICED PUMPKIN IN PUFF PASTRY VOL-AU-VENT

Cut your pumpkin into bite-sized pieces, place on a baking tray and sprinkle with jerk spice (or your favourite Cajun spice) and drizzle with olive oil. Roast in the oven (180 degrees C; gas mark 4) until soft (about 40 minutes). In the meantime, make a coconut curry sauce by mixing a tin of coconut milk with 2 tablespoons of curry powder, heat gently on the hob. Take the ready rolled puff pastry, cut into 10cm squares, score each square 1cm in from the edge – when it bakes in the oven the pastry will puff up but will separate at this score line so you will end up with a vol-au-vent top. Bake pastry in the oven, once cooked, gently remove the scored vol-au-vent top and save. Fill puff pastry case with roasted pumpkin, pour over curry sauce and replace puff pastry top. Serve on its own or with some green veg.

QUICK AND EASY PUMPKIN PASTA SAUCE

Pumpkin pasta sauce? It's delicious! In a large pan gently fry some onions and garlic, add 8oz of your pumpkin puree (depending on how many servings you are doing you might need more), add a small carton of single cream to thin down (add pasta water if its still a bit thick), heat for 3-4 minutes, add a large spoon of grated parmesan if you eat cheese and season to taste. Add cooked pasta of your choice to the sauce and serve immediately. For an extra flourish you could grate some fresh nutmeg on top.

MUFFINS AND CAKES

Sweet treats are probably the most popular thing to do with pumpkins and squash. You can take your own favourite muffin recipe and replace the fruit quantity with pumpkin puree flavouring with cinnamon or nutmeg. For cakes,

pumpkins make quite savoury cakes – adding walnuts or hazelnuts to your pumpkin cake adds a bit of variety.

NOT A COOK?

If cooking and baking is not for you then you can still use your pumpkin by making a vase or bird feeder for yourself or for a lovely home-made gift.

MAKE A PUMPKIN VASE

If your pumpkin is not suitable for eating, then how about scooping out the insides so you can fit a jam jar inside. Fill jam jar with your favourite flowers. Makes a lovely table decoration or a welcoming flower arrangement on your front doorstep!

MAKE A PUMPKIN BIRD FEEDER

Cut the top off your pumpkin, scoop out the seeds leaving a hollow inside with at least 2cm thick pumpkin walls. Make 4 holes evenly spaced around the top of the hollowed-out pumpkin and insert 2 old bamboo canes or sticks to create a cross shape across the top of the pumpkin. Birds can perch on the sticks to feed, and you can use string tied to each stick to hang up your feeder.

Fill the pumpkin with bird food, hang up or put in the garden in a safe place for the birds (no cats) and watch the birds come!

Miriam Beck



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CROWD FUNDING

Bollington Initiative Trust (BIT) has now opened its crowdfunding page on Spacehive in conjunction with the Cheshire East Crowd Initiative to raise money towards the cost of installing a much-needed lift at the Water Street Family Hub.

ABOUT THE PROJECT

The old secondary-school building is now the home of the not-for-profit Bollington Pre-School and the Rainbows, Girl Guides, Brownies and Rangers. The Trust is working to establish a multi-functional Family Hub, restoring and reinvigorating the building for the use of present and future generations.

We need the help of Bollington residents and others interested in supporting such a worthwhile project to fund the installation of a lift to give full accessibility to the first floor. This is not just for people who have physical disabilities, but for parents or grandparents who have young children with buggies, and all the other paraphernalia that comes with getting out and about with a young family. We want to be able to make the whole building family- and disability access-friendly, so that everyone can feel welcome and can join in with the activities and services that will be available.

WHAT WE'LL DELIVER

- A multi-functional, fully accessible Family Hub
- A place for groups and families to meet, learn and socialise
- A place to support families and prevent isolation
- An affordable breakfast and after-school club for children of working families
- A café promoting healthy eating
- A venue for skills workshops

for children, young people, and parents ... And so much more!

WE NEED YOUR HELP AND SUPPORT

Through this specific Cheshire East crowd-funding initiative there is potential match funding from Cheshire East, i.e. if you give a pound (which is of course tax deductible for a taxpayer), there is a possibility that Cheshire East will also give a further £1, up to a maximum of £10,000, towards any individual project from their ring-fenced £100,000 fund.

We wish to emphasise any monies realised through this initiative will be specifically used to part-fund the installation of the lift, the total cost of which is in the region of £100,000. As trustees we are committed to aim to raise funds towards this amount.

Every donation, however small, will get us closer to being able to make the Family Hub for Bollington a reality. Thank you so much in anticipation for your support.

If you would like to know more or get involved, please contact the BIT Chair Will Spinks through the BIT Facebook page or directly on s.spinks1@ntlworld.com.

Kate Gooding (BIT Trustee)

www.spacehive.com/waterstreetfamilyhubliftproject



WALKING FESTIVAL

Yet another walking festival has come and gone, and judging by the turnout over the week, interest has not waned! A big thank you to all the volunteers and organisations involved, both old and new, for making it all possible.

Without them there would be no Festival, and we were very encouraged that all those we approached were again eager to arrange and/or lead walks for the programme. After all, way back in the spring we didn't even know whether we would be able to hold the Festival at all this year.

As usual there was a bumper number on the ever-popular Bear Hunt, with a total of 62 coming along to meet the elusive furry giant! We don't think it quite stopped the traffic this year, but it was great to see so many toddlers (and babies!) having fun on this one. Thanks are due to all the staff at Bollington Library.

'Working up a Thirst to Macclesfield' was also very popular, as ever, and the weather over the first weekend meant the Festival got off to a good start and that the walkers definitely worked up a thirst! The sunshine wasn't quite as continuous as we might have hoped as the week went on, but it didn't seem to put walkers off. The rain finally disappeared on the last Friday to allow glorious sunshine 'Somewhere Over the Rainbow', and on the last Sunday plenty came to enjoy one of the concluding walks to Shining Tor via Lamaload.

We've even had the offer of our first walk for next year's Festival. No pressure there, then! See you all next year.

Bollington Walking Festival Team



CHOPPING UP BOLLINGTON

In every generation the government expects the major Planning Authority for the area to review and change, as they think necessary, the shape and nature of the towns and parishes within their area.

At the moment Cheshire East is carrying out this exercise for a huge area for which they have responsibility. They look at the shape of parishes and propose border changes, recommend changes in the wards in those parishes, recommend changes in the number of councillors each parish elects to serve the community, amalgamate parishes, and even recommend abolishing parishes.

On 18 February this year a set of proposals was published that at long last has been put out for consultation until 28 November 2021. You can have your say on the changes proposed.

WHAT ARE THE PROPOSALS FOR THE SURROUNDING PARISHES?

I will tell you. But first, the very big change is the proposed huge expansion of Macclesfield Town Council. Macclesfield Town Council is proposed to invade Gawsworth and Sutton, take over Higher Hurdsfield, and yes, you've guessed it, invade and dismember Bollington.

Bollington Town Council has created a working group to examine and propose a response on these proposals (Councillors Angela Williams, Helen Ellwood, Judy Snowball and Ken Edwards). We would welcome your views. We can all be contacted via the Town Council website.

WHAT ARE THE PROPOSALS FOR BOLLINGTON?

There are two: internal and external change.

Due to population change and their plans to cut off a portion of our community, it is proposed to cut the number of councillors that represent West Ward, covering Bollington Cross and Lowerhouse.

They propose to add a councillor to Central Ward (the Ward that covers the north-western section of our community, including the northern spur which borders Adlington and Pott Shrigley).

East Ward – which covers two urban patches, one around St John's Church and one around St John's School and stretching south to include Kerridge and the Swanscoe Valley – will not be changed. So the historic equality between wards that has lasted since 1895 will be broken. The 4:4:4 formation will become 3:5:4: West 3: Central 5: East 4.

Your Working Group are proposing:

- Keep representation equal
- Make minor changes to ward boundaries so the wards have more equal resident populations

Here's the external change. They want to chop off the portion of Bollington beyond the Silk Road and add it into Macclesfield as part of the Great Macclesfield Land Grab. Your working group wants that border to stay put.

Many people in that area lived there before the Silk Road was built. Newer residents find Macclesfield remote and are discovering the delights of Bollington, the Leisure Centre, the Arts Centre and the Library as well as the shops, pubs, restaurants, medical centre and primary schools. They are within

easy reach of Bollington by foot, bicycle, car and even bus!

The pedestrian bridge and the Middlewood Way on a summer's day are a lovely way to reach the town. On a winter's night it is a short drive to the welcoming warmth and good cheer of the Cock and Pheasant.

Your Working Group is proposing no border change

During the next few weeks, we shall be writing to our fellow Councils to explore these proposals to see if we can come to a common view.

If you want to share a view, contact the Chair of the Working Group, Ken.Edwards@bollington-tc.gov.uk, or speak to or contact any member of the Group.

If you would like to express a view to Cheshire East, contact your Borough Councillors James Nicholas and Amanda Stott.

If you want to contact Cheshire East you can email Brian.Reed@cheshireeast.gov.uk.

Ken Edwards





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LAST DATE FOR ORDERS WILL BE 11th DECEMBER

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STRENGTH TRAINING FOR WOMEN



@pipl Lauren - Strength and Conditioning Coach

The number of women participating in strength training is much lower than it should be for several reasons. Many women believe that cardio is the best way to lose weight and don't venture into the weights room as they are afraid of looking too 'bulky'. The problem they find is that although they may lose some weight, they aren't building any muscle.

Although cardio is important for overall health and wellbeing it is only half of the equation. For optimal fitness, longevity and to achieve a healthy body, weight training is essential, and many women are missing out on this! A few reasons how strength training can help you:

YOU'LL BUILD STRONGER BONES

It will strengthen your muscles and will also increase bone density, in turn maintaining strong and healthy bones. This is important as women are more at risk of developing osteoporosis earlier than men.

BOOST YOUR MOOD

Lifting weights benefits your mental wellbeing. It has been proven that weight training will encourage the release of more endorphin hormones than cardio. **Get lifting!**

Pip Wyer

YOU WILL GAIN STRENGTH

You will see a change in your body and feel stronger and healthier. You don't have to be an athlete to feel these benefits as improved muscle mass and strength will help you in all forms of physical activity. And no, you won't bulk up, women don't have enough testosterone to gain a lot of muscle mass.

YOU BURN MORE FAT

With an intense weight-training programme your metabolism will stay elevated, and you will continue to burn more calories (and fat) for up to 48 hours after you exercise. During regular cardio you will stop burning fat shortly after the workout.

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