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March 2022 Edition

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Acorn Community News

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Hyndburn Borough Council (Emerg)	0800 587 5273
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New talking chair telling stories of local women installed in Accrington Library?

Women's Work, a Hyndburn based heritage project which has listened to and collated stories from women who lived and worked in the local area in the 1960s and 70s, have now installed a 'Talking Chair' in Accrington Library, giving you the chance to hear those very stories.

From standing up against men who thought women should not be in business and being asked to do a pregnancy test at a job interview, to needing their husband's permission to open a bank account, the stories showcase the experiences of a generation of women whose voices are long unheard and whose stories often go untold.

The interviews were gathered after the culmination of 12 months' work during the first UK lockdown and the stories were even used in a short film, which was shown to the public back in September 2021, with more than 120 people gathering at Accrington Market Hall to tune in.





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Now the History in Action (CIC) project, funded by the National Lottery Heritage Fund, have introduced the 'Talking Chair' which when sat on, automatically activates an audio loop of extracts from the funny but also sometimes shocking experiences from Accrington's working women.

The interview clips, which are grouped by theme – early life and childhood, first job, as well as marriage, finances and childcare – last from one to six minutes, with interviews in Urdu and Punjabi at the end of the loop.

The chair was designed by Jane Revitt Talking Furniture http://www.janerevitt.co.uk/story_chairs.htm in collaboration with the women, many of whom had worked in Accrington's textile industry.

Each woman contributed three words which described their working lives and these were incorporated into the fabric design. The fabric was printed by Lantex in Accrington and the chair was upholstered in Preston by Mike Ward of Verve Designs.

Hyndburn-born celebrity and television actress, Julie Hesmondhalgh, said: "We have so many reasons to thank the working women of our town from the 1960s and 70s. It's because of their hard work, determination and campaigning, that we can enjoy a more equal society today.

"The chair looks absolutely wonderful and just sitting down in it for a few minutes really does inspire you and also entertain you, with some fantastic stories from so many lovely women."

Oral history researcher/project manager at Women's Work, Trizia Wells, commented: "History in Action is absolutely thrilled that the talking chair is being installed in Accrington Library, almost two years to the day since Women's Work began.

"Library visitors will be able to sit in the chair and hear the women talking about their struggles to be treated fairly and build a career on an equal footing with men. Their stories may sometimes shock but what shines through is these women's strong personalities, a sense of humour and a determination to stand their ground despite the setbacks. I don't think anyone will be able to listen without laughing out loud or a sharp intake of breath!"

Trizia added: "Women's Work started out as a ten month project, but the pandemic obviously put paid to that. Many local organisations and individuals helped to bring the project to fruition in the light of changing circumstances.

"We are especially grateful to Katherine Walsh, manager at Accrington Library, for agreeing to host the chair. The library is absolutely the right place for it and a great way for Accringtonians to find out what it was like to be a woman in the early days of equality. We hope the chair will spark lots of conversations between the generations and give today's young women an appreciation of the battles fought by those who went before them."

Murray Dawson, Chair of #AmazingAccrington and Managing Director of Scott Dawson Advertising, the latter providing marketing and videography support for the project, commented: "This is a fabulous free attraction for the people of Hyndburn to celebrate the women who have helped to shape the borough."

To hear the stories remotely in full and to watch the film about the project, produced by History in Action's playwright/producer Mick Martin, visit www.stanhillvillage.co.uk.

www.acornnews.co.uk
For more news items



Email: acornnewsinfo@gmail.com Web: www.acornnews.co.uk

Please visit our website at www.acornnews.co.uk for more news items and more in depth coverage of some of the items in the magazine. If you have any stories you think worthy of inclusion or news items you want us to know about first, please contact Peter Jones at editorial@acornnews.co.uk
We will read each submission and publish or follow up with an interview.

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Plant a smile this Mother's Day



Why not treat yourself, or someone special, to a tree, fruit bush or shrub this Spring.





Bev Wood and Staff J2A, Julie Hyatt and Staff Barbara Kays

All Glammed up for Ladies Night

The backbone of our local economy supporting the Mayors Charities I would just like to thank our Hyndburn Independent Business for their help and support for a very successful Ladies evening in aid of the Mayors Charities. The fundraising event helped raise over £1000.00. It started with three mini treatments at Jake Alexandra (J2A) Blackburn Rd Accrington, donated by Bev Wood, followed by a Chinese meal at the Oriental Delight restaurant on Whalley Road, Clayton. With over 30 Ladies in attendance and many raffle prizes donated by local Independent Businesses. The Mayors fundraising committee and I would like to thank you all and your customers on behalf of her designated charities: Community Solutions North West, Pioneer Swimming, Rosemere Cancer Foundation & RNLI.

Prizes donated by Hyndburns Independent Businesses were: Barbara Kays, All the Rage, J2A, Boutique 23, Oriental Delight and many more. Cheryl Duffy. On behalf of Hyndburn Independent businesses and the Mayoral Charity committee.



Church And Oswaldtwistle Rotary welcome a new member

In February the club were delighted to welcome Paul Trickett as a new member. Paul has been a long-time friend and supporter of Church and Oswaldtwistle Rotary through his role as Head teacher at Rhyddings High School. He is originally from Wolverhampton and has studied and worked at various places around the country before moving to Lancashire in 1993 to take up the post of Deputy Head at Rhyddings. He was promoted to the role of Headteacher in 2008, retiring in 2018. Paul is very keen to be involved in all our projects, and we know he will be a real asset to our club.

Covid memorial service at Holy Trinity Church, Oswaldtwistle

Holy Trinity Church, Oswaldtwistle, is planning to hold a Covid Memorial Service at 10.30am on Sunday 20th March 2022. The date chosen is the Sunday before the second anniversary of the first lockdown (23rd March 2020). The Church is situated at the mini roundabout on the corner of New Lane, Oswaldtwistle (BB5 3PH).

The service is for all who have lost a loved one during the pandemic and were not able to have the funeral service that they would have wished. This applies to those who died from Covid or from some other cause.

The intention is that the names will be read out and it will be possible for family members who wish to do so to light a candle in their loved one's memory.

The service will be conducted by the Right Revd John Fenwick, Bishop of the Northern Diocese of the Free Church of England.

The invitation is warmly extended to families in Oswaldtwistle and surrounding area, irrespective of where their loved one's service was held.

Names of loved ones to be read out should be sent to Mrs Sharon Beavan at sbeavan60@gmail.com (07973 283234), preferably by 14th March. It would also be helpful if families could indicate how many will be coming so that the appropriate arrangements can be made.

Holy Trinity Church hopes that the service will offer comfort and hope to those who have suffered bereavement in these troubled times.

Easter at the Civic - April 22

Dustbin Doris

Sat 2nd April 2pm All tickets £9

A dustbin, a homeless lady and an extraordinary tale of courage.

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Mon 4th April 10am, 11.30am, 2pm & 3.30pm

Adult & Child ticket £10 - additional children £7.50, additional adults £2.50

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Explore Oswaldtwistle

Tues 5th April 1.30pm £3.50 per team

Collect an explorer sheet, answer the questions and return to the Civic for a prize.

Alice in Wonderland

Wed 6th April 1.30pm £7.50 (family ticket £24)

Pendle Productions storytellers bring you this fun musical show.

Easter Crafts

Thurs 7th April 1.30pm £5 per child

Create some Easter cards & Easter treats.

Five Little Ducks

Fri 8th April 10.30am £12 adult & child ticket

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Width x Thickness	Length	Single	10+	25+	50+
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25mm x 50mm	4.8m	£6.91	£6.91	£6.28	
22mm x 75mm	3.6m	£5.64	£5.08	£4.51	£4.22
22mm x 100mm	3.6m	£6.38	£5.63	£5.45	£5.26
22mm x 150mm	3.6m	£9.58	£8.45	£8.16	£7.88
22mm x 150mm	4.8m	£12.77	£11.27	£10.88	
38mm x 88mm	3.6m	£7.86	£7.15	£6.91	£6.67
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Mayors viewpoint: Councillor Kath Pratt

February has been a month to remember, both in terms of notable events and as a time of reflection.

I was privileged to plant a new oak tree in Accrington's Oak Hill Park as part of several ceremonies to mark the Queen's Platinum Jubilee.

Marking 70 years since Her Majesty first took to the throne, further tree plantings also took place in Mercer Park and Rhyddings Park.

To place such symbols of strength, stability and sustainability in our Green Flag Award winning outdoor spaces was a fitting tribute.

The Queen's reign has been a constant throughout my lifetime, as with many Hyndburn residents, during several years of change.

And for lots of us, her reassuring demeanour at times of difficulty or uncertainty has been heartening and at times inspiring.

That's why I was also proud to join in raising a glass in Her Majesty's name at the Town Hall and add my signature to her official congratulations card.

Remembering the Accrington Pals

The Accrington Pals Memorial Service was a humbling occasion, marking 107 years since those brave young people left their hometowns for the war.

Eventually arriving at the trenches of the Somme, most of them never came back and their sacrifice should never be forgotten.

My consort and I were honoured to attend a beautiful service in remembrance of the battalion and in respect to their families.

The memorial took place at St. John's with St. Augustine's Parish Church in Accrington on Sunday 20 February.

The sad but uplifting experience was an important tribute to the memory of the 11th (Service) Battalion of the East Lancashire Regiment - the Accrington Pals.

Valentines charity raffle

On Saturday 12 February I was proud to attend an event in aid of my chosen charities at the Peel Park Hotel in Accrington.

It was humbling to see how many local businesses and individuals had donated generously to the afternoon's raffle.

With a Valentine's Day theme, gifts included chocolates, flowers, jewellery and many more items.

These were grouped into larger prize bundles to make tickets even more enticing to guests on the day.

The event was a success, earning more than £750 for worthy causes including Rosemere Cancer Foundation, Community Solutions North West, Pioneer Swimming Club and the RNLI.



Lancashire Family History & Heraldry Society is pleased to announce that their Research Centre at 2 Straits, Oswaldtwistle has re-opened following the Covid lockdown

During lockdown many people commenced researching their family histories. At times this research can proceed without any problems but many people find they come up against a brickwall and if care is not taken you may end up with the wrong ancestors. If this is you then don't worry as the Family Tree Detectives are on hand. The Lancashire Family History & Heraldry Society runs a research centre in Oswaldtwistle which is open each Thursday and the first Saturday of each month from 1pm to 5pm. The centre is opened to the general public, free of charge. If you are just starting your research then the society is willing to help guide you along the right path. The Society has been helping people with their research for nearly 50 years and therefore, we know our way around lots of difference sources so its just possible we can help.

The volunteers working at the Centre have knowledge of the Accrington area as well as other parts of Lancashire and beyond. Not everything you need is on the internet and our volunteers are excellent at finding those "unknown" sources. So why not come along and see if we can help. Give us a try. There is no need to book, just turn up.

Lancashire Family History & Heraldry Society
Research Centre, 2 Strait, Oswaldtwistle, BB5 3LU

Open 1pm – 5pm each Thursday and the first Saturday of each month.

Branch meetings are now starting again and details can be found on our website: www.lfhhs.org.uk

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2022

HYNDBURN
BUSINESS AWARDS

Winners Jason & Amrita Govindji-Bruce of NORI HR & Employment Law who won last year's Beacon Award at Hyndburn Business awards and who are this year's Headline Sponsors

Hyndburn Business Awards 2022

Hyndburn Business Awards will return in its normal slot of mid-June this year and will again help celebrate the wonderful businesses, people and organisations that make Hyndburn a fantastic place to live and do business.

Founder and Organiser Rob Carder has now retired after doing an amazing job on the awards over the last 6 years. New organiser, Rachel Kay, has been an awards volunteer and judge since their inception in 2016, and is really looking forward to taking the reins and leading the volunteer team to deliver the awards.

After the challenges of the past few years, Rachel and all at HBA wanted businesses to be able to celebrate in style in 2022. They have announced that this year's Awards Ceremony will be full black tie, with a three course meal plus coffee and entertainment – and a touch of glitz and glamour. It will take place on the evening

of Thursday 16 June at The Dunkenhall Hotel from 6pm, the hotel are kindly sponsoring a fizz reception too for all guests.

There will be also be investment behind the scenes. The website is being upgraded before nominations open on 31 March. Anyone can nominate their favourite Hyndburn Businesses. All nominated businesses will be invited to enter the awards, with entry from this year being wholly online. The processes for nomination, application, and judging are also being streamlined.

There will be some new exciting awards to enter in 2022 too, including the Family Business Award to celebrate the many businesses owned and run by families across Hyndburn.

The HBA team has just started sourcing sponsors for 2022. Sponsorship represents a super opportunity to help sustain and support the awards, and celebrate local businesses too. There are a host of exciting Award Categories available, where Sponsors join the judging panels and present the awards, as well as Ceremony and Programme Sponsorship too. Interested businesses should contact Rachel for more details at rachel@ribblevalleybusinessawards.co.uk or call on 07920 775457.

The team is delighted to announce that NORI HR & Employment Law – winners of the Beacon Award at HBA21 – will be the Headline Sponsors for Hyndburn Awards 2022. Jason, Amrita and the NORI team, based at Oswaldtwistle Mills Business Centre, are huge supporters of local business in Hyndburn and all at HBA are thrilled to have them on board. Find out more about their epic 2022 charity challenge #12in12for12 where they and business friends are running 12 events across 12 months for 12 different charities at their FB page <https://www.facebook.com/norihrandemploymentlaw>

Sponsors for 2022 will be announced shortly on the Hyndburn Awards Facebook page at <https://facebook.com/hyndburnbusinessawards> that's also where you can keep up with all the latest HBA news so do follow them if you don't already, and watch out for nominations opening on 31 March. Who will you nominate this year?!

Best wishes,
Rachel Kay – Organiser, Hyndburn Business Awards
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Six Ways To Sleep Better For National Bed Month

Achieving a good night's sleep is a problem for an awful lot of people, so to mark National Bed Month this March here are top six ways to help you drift off into the land of nod.

1. Invest in your sleep with a comfortable, supportive bed.

Yes it might be National Bed Month, and yes the focus is on beds, but what you sleep on plays a huge part in how well you doze. A bed with the correct support, comfort and space will ensure you wake less, move about less, aren't disturbed by your partner as much and are less likely to wake up feeling tired or aching. Remember, if you're not comfortable in bed your sleep won't be as deep.

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2. Avoid clock watching.

Instead of staring at the clock and stressing over how many lost hours of sleep you've had, hide the bedside clock or cover it with something. Checking the time only increases stress.

3. Don't focus on how much sleep you're getting.

There's no ideal quota and one size doesn't fit all! Instead look at how you feel the next day. Too many people focus on sleep quantity but what's important is that the sleep you do get is of good quality so make sure you regularly assess that and your comfort levels.

4. Write a to-do list before bed.

Worry and anxiety are a key player in what keeps us awake at night. Often, we get into bed with our mind racing or buzzing with the things that are troubling us or what we need to get done. Keep a notepad and pen by your bed and write down worries or jobs that need to be tackled. It really does help to clear the mind for sleep.

5. Watch your diet.

Avoid over-eating before bedtime and choose foods with sleep-promoting chemicals such as chicken and turkey, pumpkin and sunflower seeds, peanuts, beans and milk. Equally, limit stimulants such as alcohol and caffeine which reduce sleep quality and prevent you feeling rested.

6. Establish a bedtime routine.

Our bodies thrive on routine so establish and prioritise a bedtime routine and, where possible, stick to it. This could be something as simple as putting PJs on, washing your face and brushing your teeth. A bed time routine signals the brain that it's time for sleep.

Like proper nutrition and exercise, sleep fulfils a vital role in keeping us healthy and happy. We need a good night's sleep to ensure we're feeling fit, thinking sharply and generally to give us the appetite and enthusiasm to make the most of everyday living.



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HAPPY Mother's Day

SUNDAY 27TH MARCH



Competition

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Meal for two at The Britannia Inn, Oswaldtwistle

2nd Prize

Gift Hamper Vouchers and gifts



3rd Prize

Gift Hamper worth £30 courtesy of Barbara Kay Shoes

Question 1: Who offer a 3 course meal for £25?

Question 2: Who delivers cheesecake to your door?

Question 3: Where can you buy recycled leather bags and purses?

email your answers to acornnewsinfo@gmail.com or send to
Mothers Day Competition, Acorn Community News,
Oswaldtwistle Mills Business Centre, Clifton Mill, Pickup Street,
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Name

Address

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Answer 1

Answer 2

Answer 3

Closing date Tuesday 22nd March, 2022



Mothers Day Afternoon Tea

Treat that someone special this Mother's Day
We are now taking bookings for our Mothers Day Afternoon Tea £35

The afternoon tea includes:

4 Cheeses of your choice, 2 Chutney, 2 mini pork pies, Cured meats,
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Wine/Prosecco or a pot of tea, Fudge (from the Fudgery)

We have the following dates & time's available for tables of 2 & 4

Friday 25th March, 12-1:30pm, 1:30-3pm, 3-4:30pm, 4:30-6pm

Saturday 26th March - 12-1:30pm, 1:30-3pm, 3-4:30pm

Sunday 27th March - 12-1:30pm, 1:30-3pm, 3-4:30pm

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She cooks and cleans and takes a pride
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 Chastises us when we are bad,
 Comforts us when we are sad.

And through all this we grow and learn.

She asks for nothing in return,
 And even when her kids are gone
 A Mother's love goes on and on.

And when we have kids of our own
 She welcomes them into her home
 Advises us on what to do
 But then she says "it's up to you."

So maybe then on Mother's Day
 Some of our debt we can repay.
 For all her love through joy and tears
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Jetts Accrington Goes from Strength to Strength as New Members Sign Up to Newly Extended Gym

Accrington's most loved 24/7 gym recently became the largest gym in town after the opening of its new extension which saw it double the gym floor space.

On Friday 28th January 2022 – Following months of construction work, Jetts Accrington recently opened the doors to its amazing new extension which saw it double the gym floor space and deliver an even better experience for its fast-growing membership.

Alongside more space to work out, the gym has added new equipment, a larger functional area, and a female only zone. The Jetts 247 Fitness team has also brought its new, fresh approach to fitness to the site by matching high-quality facilities with bespoke programming, alongside embedding the latest technological innovations for its loyal community of members to enjoy including dedicated sports therapy rooms to enhance recovery and performance.

Jetts Accrington is also one of the first UK clubs to launch J-SERIES, bespoke 30-minute small group HIIT sessions that provide the ultimate full-body workout for members of every fitness level, and a new innovation from Jetts Australia as the brand continues to innovate to meet and exceed member demand.

Since opening the new extension, Jetts Accrington has seen a significant increase in new members alongside exceptional feedback from the existing, loyal members that keep coming back for their fitness fix, making Jetts Accrington the #1 place to exercise in the area.

On the extension, Jetts Accrington owner, Vikrant Rana said: "We were already the leading exercise facility in the local area but now, with our fresh new look, our upgraded offering, and a greater footprint, we are delighted to be providing an unrivalled gym experience to our members and the wider community.

"The feedback that we have had from our members has been fantastic and we're now seeing it translate into our membership numbers which continue to increase on a daily basis as Accrington flocks to get its fitness fix at Jetts."

James Garner, Jetts Fitness UK Director, on the extension of the Accrington site commented: "The newly extended Accrington site is just the next step in the Jetts 247 Fitness UK brand evolution, and it embodies why our facilities are the place to make fit happen in 2022. Members at Accrington are now benefiting from an enhanced membership experience that provides all members with everything they need to achieve their goals on their terms. It's fantastic to see the site go from strength-to-strength and we look forward to keeping Accrington fit for years to come."

New members who sign up to Jetts in January will receive FREE access to an all-new 4 week 'Make FIT Happen' training programme (RRP £49.95) tailored to their fitness goals.

There are separate programmes for Muscle Gain, Weight Loss and Functional Fitness, each with specialised workouts and nutritional advice, combined with a focus on mindset to ensure the programme has a lasting impact beyond the four-week period.

For more information about Jetts Accrington and to join, visit www.jetts.co.uk.

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Les cares for his wife Linda who suffered from two severe and life-threatening strokes. We asked Les how the charity has supported him over the years:

"Carers Link has helped me in so many ways. I had a Carers Assessment which was an opportunity to talk about my caring role and the support that is available. Part of the assessment included planning for an emergency and setting up a Carers Peace of Mind Plan just in case something unexpectedly happened to me, and I was unable to care for Linda. Being a part of the service has helped take away some of the 'What if' and replaced it with some reassurance if an emergency did occur."



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A GRAND DAY OUT Part 2

– by Ellison Street



Picture from a post card dated August the 7th, 1907 by Bathurst of Blackburn.

The opening, was recorded by 'OLD HAND' describing the events of the day as follows; -

"Two of the cars had been delivered but a third was due on the following day. I remember taking part in a trial trip on Thursday, April 8th 1886.

The Tramway had been inspected by Major-General Hutchinson of the Royal Engineers on the previous Monday. Two engines and one car were run over the lines with the Inspector riding on the first engine to Church then on to Baxenden, later to Clayton-le-Moors. He expressed himself satisfied with the levelness of the lines, but made some adverse observations on the lines at the top of 'little' Blackburn Road and on Peel Street.

This party included Alderman Hindle, Chairman of the Corporation's Committee, Mr Cramp, (Managing Director of the newly formed Tramway Company), Mr Rowley who represented Thomas Green & Sons of Leeds, (the makers of the engines), Mr Holt, Consulting Engineer and Mr Button, Borough Surveyor.

On Thursday the Tramway was formally opened. This created quite a stir amongst the public, the streets lined by spectators. The first car, which departed the Town Hall, had on board Mr Cramp and Mr Cosh one of the promoters of the Company, with Mr Cubitt representing the Company, Alderman Hindle and Councillors Haythornthwaite, Broughton, Maden and Woolley along with several tradesmen.

At Church boundary the car was met by the Mayor, Alderman Smith. On returning to Clayton-le-Moors it was met by councillors J. Hacking, D. Towers, and J. Smith, Clerk to the Local Board. The lines were in good order, and the engine manipulated to a nicety.

On the arrival in front of the Town Hall the Mayor declared, "That no duty during my Mayoralty has afforded me greater pleasure than formally opening this tramway. I have had the pleasure of riding from Church to Clayton and back, and I am sure that no lady or gentleman can ride in their carriage with greater comfort than that in which I have ridden on this day. I congratulate you on the fact that I can declare this tramway open, it will be of great advantage to Accrington and to our neighbours in Church and Clayton. We have witnessed the driver in full control of his engine, even on the descent of the steep gradient at Waterloo", they will give great satisfaction. The only fare taken on the trial run was one from the Mayor, who handed Cramp a new silver sixpence, which the Managing Director stated, "would be preserved in a suitable form".

The Town Hall & Markets Committee arranged with William Kitchen of the Commercial Hotel for the loan of 50 chairs, to be used at the banquet to celebrate the opening of the electric tramway. In the evening a party of sixty gentlemen was entertained to dinner at the Commercial Hotel on Church Street kept by the Kitchens.

Mr Cosh was in the Chair, supported by the Mayor Alderman Hindle, and H. Worsley. The Vice-Chair was Mr Cramp, who had around him Aldermen Clayton and Councillors Herald and Cubitt. The toast "To the Mayor and Corporation" was proposed. Mr Cosh stated, "I have received nothing but kindness at the hands of the public of Accrington since I have set foot in the town. I had come to this town to make profit for the town and to secure benefits for myself, which I hope will also accrue to the inhabitants."

In response the Mayor acknowledged the toast, and reminded the company that Mr Cosh was a stranger, who, had he known more about them would have probably said less kind things! His remarks "Differed from those usually said about town councils, who generally lacked in capacity and blundered incessantly. There had indeed been hindrances during the construction of the Tramway, but the events of this day had shown everybody was thoroughly pleased with the smooth way in which the carriages glided over the rails". That toast was received with the appreciation of Mr Cramp who stated, "Across the Country tramways were paying concerns, I am sure by the manner in which the public has received them that they intend to use them. With the assistance of men who understand the requirements of this district, we have a Tramway which will be one of the finest investments in the Kingdom". Toasts were proposed for the Company by Mr Cramp, who stated, "That we could not please everybody, but would please the vast majority. The Baxenden section will, I fear, be a 'black hole', but I hope that the Company will not neglect that section of the scheme." This toast was acknowledged by Joshua Hacking, of Clayton-le-Moors on behalf of the local Boards of Church, Oswaldtwistle and Clayton.



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Walks in March include Hareden to Langden, White Coppice, Dunsop Bridge and Sawley

Visit our website for more information:-
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If you would like any further information please contact our Walk Coordinator Dawn Taylor 01254 388390
Thank you Christine.

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Everyone is welcome from complete beginner to novelist.

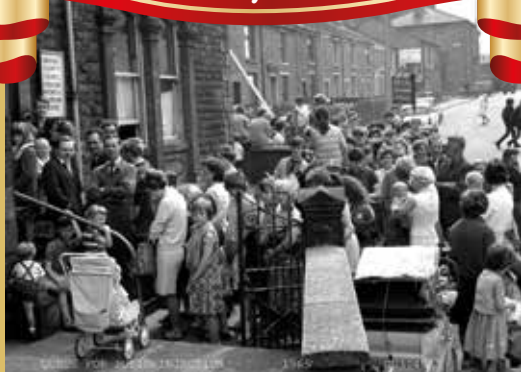
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We will be happy to see you there.

Whether you have something that you want to read out, or even if you just want to listen, you are very welcome, and you might even enjoy the experience.

Oswaldtwistle Writers started in 2010, so we have been helping writers express themselves for over ten years. Just come and check us out. We don't think you will be disappointed.

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KNOCKOUT DONATION: Clayton Amateur Boxing Club coach John Brindle (centre) receives a £500 cheque from Friends of Accrington Grammar School president Eric Beardsworth (left) and membership secretary Geoff Snape

Young boxers' boost from 'old boys'

Amateur boxers have been given a £500 boost from an old school's ex-pupils to help their move to a new gym.

Friends of Accrington Grammar School presented a cheque from their charity fund to John Brindle, head coach and secretary of Clayton Amateur Boxing Club, at the Peel Park Hotel, Accrington.

The money will buy a new canvas for one of the two rings at the new gym, currently being developed in part of Clayton-le-Moors Civic Hall, Pickup Street, ready for a move from the club's existing premises in Ellison Fold.

Accrington Grammar School closed in the 1970s when it was incorporated into Moorhead High, but ex-pupils in Friends of Accrington Grammar School meet regularly and raise money for good causes with an annual dinner and donations from members.

Chairman Bob Dobson said: "When we heard about what the boxing club was doing, especially for the young people of Hyndburn, we agreed it was a most worthy cause."

Clayton Amateur Boxing Club, with about 50 members, aims to increase its membership with the move to the new gym and extend its activities to include general fitness.

Club members are looking forward to their next big event, an afternoon of amateur boxing at Accrington Stanley on Sunday March 27th.

On the bill will be 2019 national youth champion Kai Morley and 2021 female youth champion Paige Howarth, both trained at Clayton.

For tickets call 07825 250307, and to find out more about Clayton Amateur Boxing Club, email john.brindle4@btinternet.com

Winner: Maundy Relief Volunteers

Maundy Relief has been serving some of the most vulnerable in our community since 1998 through Advice, Advocacy, Food Bank and the Night Shelter. Without the support of their volunteers Maundy Relief would not have been able to not only continue but also expand their support during Covid restrictions serving even more of our vulnerable.



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Great Harwood District WI Meeting 9th February 2022

After working over twenty years in the criminal justice system and having met many narcissists personally; Jacqui Jax gave those present an eye-opening talk on "Narcissism – friend or foe?". A narcissist falls in love with him or herself rather than any one else but it is not always a bad thing as they are risk takers, charismatic, energetic and likeable so can be good salesmen and business people. Anyone can have the tendency perhaps just taking lots of selfies and bragging.

However, 1 – 6 % are true examples that cause distress for themselves and others, in adulthood causing problems in finances and relationships. Jacqui listed four types of Narcissists – Grandiose- charming and attention seeking, Vulnerable-has a deep fear of criticism, feels undervalued by society, Communal – likes to be perceived as being upstanding in society but will have ulterior motives wanting to look good, Malignant – enjoys being cruel, paranoid.

Narcissists can have fantasies of great success; they need people to love them but lack empathy so it's dangerous to be in love with one. There can be massive sexual chemistry but also love bombing – showering with gifts and attention, idolisation but also gas lighting and then desertion. Trauma bombing victims often return to abusive partners as they miss the rush of emotions in the brain that the up and down relationships cause. A narcissist loves what you can give them, they are not in love with you.

Criminal offences of narcissists include incest, sexual assault, domestic violence and murder. Examples are killers Mark Chapman and Ted Bundy. They feel better if they can get control and power over others.

Genetics can play quite a big part in the development of narcissism but it can also be caused by someone's upbringing. Parents can be too controlling treating the child as a trophy, guilt tripping them, making them feel that they are never good enough. If a child's feelings are not validated by being allowed to express themselves and releasing their feelings they can, as an adult, turn to anger then violence. As well as excessive criticism from parents too much praise can also lead to narcissism. Narcissists may have been abused as children so are in survival mode thinking that the world owes them.

Psychotherapy can help some, they are taught to have more realistic expectations, learn to accept criticism and what their strengths are. Administering therapy is difficult though as they will try to seduce the therapist.

During the cautionary and informative talk the audience were taught how to find the red flags for Narcissism on an account of the activities of a man jailed for "romance fraud".

The March meeting of the Women's Institute will be at 2pm on the 9th March at Bank Mill House. Rose Dummer will talk about "Yazidi Women".

Visitors and prospective members are welcome.



Born to be Wild – Accrington Wildcats ARLFC celebrate 15 years

2022 sees East Lancashire's only amateur Rugby League club, Accrington Wildcats celebrate their 15 year anniversary.

In a sport that has its roots in the industrial towns of the North, Accrington Wildcats has established itself as a premier amateur sports club, competing in the North West Counties Rugby League and currently holding the accolades of Lancashire and Hyndburn Sports Club of the year.

New Chairman, Pete Hird, puts the club's success down to its strong ethos: "We believe in giving everyone opportunities to develop skills and talents, make friends and keep fit. We have opportunities from the age of 4 upwards including adults if you want to play and for those that perhaps don't want to play there are volunteer roles that help us keep the club running. We are a family and our family friendly approach is so important to promoting positive mental health and wellbeing through sport and the social aspect of the club."

The club currently has training for the under 7s, under 9s, under 11s and under 13s age groups and has recently created a touch rugby team for the open age group. They are keen to attract more girls and women to the sport this year as well as more young people to expand and strengthen the teams that they already have. Autumn/ Winter training is Tuesday evenings at Accrington Academy and in the Spring/ Summer training moves to Wilson's Fields and takes place on a Tuesday and Thursday evening with matches being played on a Sunday, or 'Funday' as the club likes to refer to it. No matter what experience you have of rugby league, you are welcome to join at any time and your first 2 training sessions are free, so you can see if it is the right fit. They are particularly keen to hear from those in the 10-11 age range.

"At Accrington Wildcats, we are first and foremost about enjoying the game. We want players to feel part of something positive where they can build their fitness, confidence, resilience and become part of a team. Don't get me wrong, winning is nice, but we would rather our players enjoy playing for the love of the sport. We keep our subs low and offer financial support for families who need it, so as to make it as accessible as possible. No child should miss out on the opportunity to improve their fitness, health and wellbeing due to financial constraints," explains Pete Hird.

The Wildcats have friends in high places as well as they work closely with Wigan Warriors Super League Club, benefitting from their community outreach programme. This gives members of the club the opportunity to visit the professional training ground at Wigan and receive professional style training before going on to watch a live match at a reduced rate. This always proves to be a fantastic family night out.

So if you or your child wants to get involved in sport and be part of a club that offers a positive experience then why not contact Accrington Wildcats and get involved in Rugby League. You can contact the club on their Facebook page, by e-mailing accywildcats@gmail.com or by calling the club Secretary, Rachel on 07581 845510.



Premier League Kicks 15th Anniversary

Since 2006, the Premier League have carried out the Premier League Kicks programme, using the power of football and the value of sports participation to help youngsters in some of the most high-need areas. In this time Premier League Kicks has engaged 440,000 young people by various means, including free football sessions and educational workshops.

Initially starting as a pilot scheme at just four clubs, the Kicks programme is now delivered across 90 Premier League, Football League and National League clubs at venues in communities where action is needed the most.

During February half-term across the country, all 90 Premier League Kicks clubs have been engaging in local, regional and national events to celebrate the 15th anniversary of Premier League Kicks.

Across the week beginning 14th February, Accrington Stanley Community Trust have been represented in multiple Kicks tournaments, starting off with a Boys U16 tournament hosted at the Stanley Sports Hub.

Seven teams from across Lancashire took part in an initial group stage with the top four progressing to the knockout rounds.

Throughout the day, each team also took part in a healthy eating workshop, giving the players an insight into benefits and consequences of their culinary habits.

After a very well contested first part of proceedings, the teams who went through to the semi-finals were Blackpool, Bolton Wanderers, Burnley and Fleetwood Town.

Both matches culminated with a penalty shootout as Blackpool and Bolton emerged victorious by the slenderest of margins.

The final was once again a tight match but this time there would be no need for the lottery of penalties as Bolton scored a late winner to settle the tournament, travelling back to Greater Manchester victorious.

Stanley were also represented in a Girls U14 tournament at Fleetwood Town on Tuesday and an U13 event held in Preston two days later.

Head of Sport, Lee Walsh, commented: "It was brilliant to host Monday's event and to welcome different clubs from across the region. We'd like to wish a big thank you to Accrington Asda for providing a range of healthy snacks and to everyone who contributed towards making it such a great day."

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