

Published January 2022

# **LIFE, LOVE & MEMORIES**



# **MEMORY LANE**

**PUBLISHED BY AGE UK OLDHAM**

# NEW YEAR RESOLUTIONS

## Who started the tradition of New Year Resolutions:

Most historians believe **Babylonians** were the first to make New Year's resolutions as we do today, although this famed ancient city held its New Year celebration in March, not January, in accordance with an agricultural year. (4,000 years ago in Babylon, around 2000 B.C.)



Around the world the New Year is celebrated, the clocks strike twelve, bells chime, fireworks light up the night sky and resolutions are made, some forgotten by the following morning whilst others have life changing consequences.

The UK's top New Year's Resolutions for 2021 were:

To eat healthier or change diet	36%
Be more aware and take care of mental health	29%
Spend more time with family and friends	28%
To sort out finances and cut back on spending	24%

A poll showed that young British people aged between 18-24 are most likely to make a resolution with 47 per cent saying they will make resolutions, compared to 30 per cent of 35 to 44 year olds and just 18 per cent of those aged over 65.

## PEOPLE OF OLDHAM

### SARAH LANCASHIRE



Sarah-Jane Abigail Lancashire was born in Oldham on 10th October 1964. She was educated at Hulme Grammar School, followed by the Guildhall School of Music and Drama, graduating in 1986.

Her father, Geoffrey, was a television scriptwriter noted for his work on “Coronation Street” and situation comedies such as “The Cuckoo Waltz”. Her mother, Hilda, worked as his personal assistant. Sarah has three brothers, one older, one younger and one twin.

She began her acting career with the Manchester Library Theatre Company which provided her with an Equity Card. She performed in two plays with the Company, earning a nomination for Best Supporting Actress at the Manchester Evening News Awards for her role in the second one.

Her first marriage was at the age of 22 to Gary Hargreaves, a music lecturer who was 11 years her senior. Pregnant with her first child when she married, she gave birth to a son, Thomas, in 1987. A second son, Matthew was born in 1989.

During her early career, she found herself with large breaks between theatre performances. To support herself financially, she worked as a drama tutor at Salford University alongside her acting work.



Salford University

In 1987 she made a brief appearance in Coronation Street as Wendy Farmer, a prospective lodger for Jack Duckworth. In 1990 she received her “big break” in the role of Linda in Willy Russell’s “Blood Brothers” at the Albery Theatre. She enjoyed performing in London’s West End, but found it difficult to reconcile with raising two young children in Manchester.

Two weeks after finishing her run in “Blood Brothers” Sarah auditioned for the role of new “Coronation Street” character, Raquel Wolstenhulme, a colleague of supermarket employee, Curly Watts. She joined on a three-month contract, continuing to teach at Salford Uni for another year. Raquel first appeared on 25th January 1991 and departed on 10th May, having moved to London to try and launch a modelling career.

In September and October she played the title role in “Educating Rita” at the Queen’s Theatre, Hornchurch.

Following Raquel’s re-introduction on 30th December 1991, she committed herself to “Coronation Street” full time. She became a very popular character as the barmaid at the Rovers Return. She remained in the series until 1996 earning a reported annual salary of £90,000.

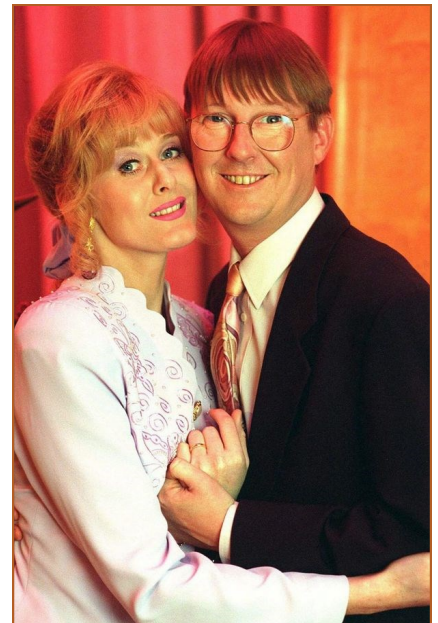


Raquel



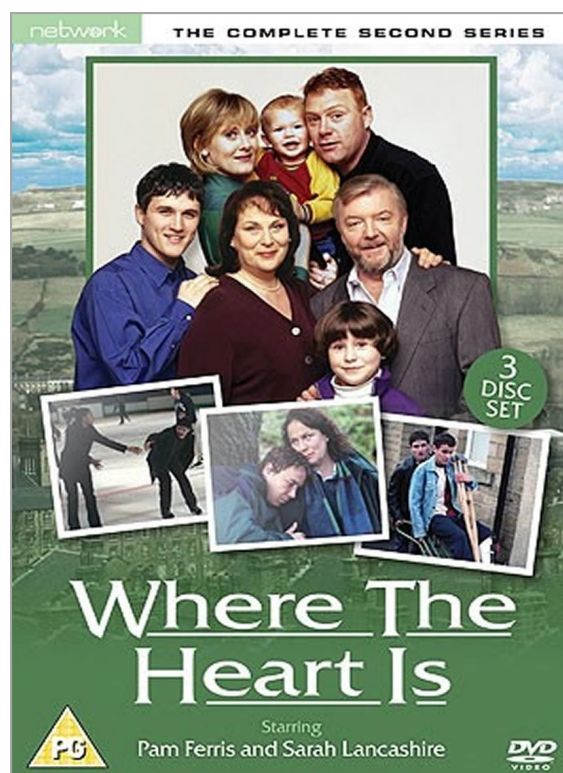
Two years into the role, she suffered a 14-month nervous breakdown but continued working throughout, confiding in no-one but close family. She felt that her marriage had contributed to her unhappiness, so in 1995 she separated from, and subsequently divorced her husband.

In December 1995 Sarah starred in the spin-off straight-to-video film, "Coronation Street - The Cruise," a 75-minute special detailing Raquel and Curly's honeymoon. 750,000 copies of the video were sold, to the value of £10 million. Sarah departed "Coronation Street" in 1996, citing the heavy work schedule and her desire to pursue other projects. Her final scenes attracted 20 million viewers and saw her nominated in the Most Popular Actress category at the National TV Awards in October 1996.



Raquel and Curly

Her next role was as district nurse Ruth Goddard in the ITV series, "Where the Heart Is", which began airing in 1997. She continued in the role for Series 2 and 3, and was again nominated for the Most Popular Actress in the 1998 National TV Awards.



In April 1998 it was announced that she would be leaving “Where the Heart Is”, despite the offer of a pay rise. At the time it was the third most popular drama on British Television, regularly attracting 12 million viewers. Sarah’s decision was reportedly influenced by the series filming away and a fear of becoming typecast.

In the year 2000 Sarah appeared as factory worker, Yvonne Kalakowski, in the BBC 1 drama series “Clocking Off”, and the same year she played actress Carol Atkins in the TV film “Seeing Red”, for which she was voted Best Actress at the TV Quick Awards in September. She was also voted Most Popular Actress at the National TV Awards in October and in March 2001 she was named Drama Performer of the Year by the TV and Radio Industries Club.

2000 was certainly a momentous year for her. She spent eight weeks filming the BBC 1 legal sitcom “Chambers” in which she played “ambitious” and “bigoted” barrister, Ruth Quirke. In July of that year she received a two-year golden handcuffs deal by ITV. She was the first actress to be given such a contract with ITV. The deal, worth £1.3 million, made her the highest paid actress in British television.

In August 2001 Sarah married TV executive Peter Salmon.



Sarah and Peter on their wedding day

Sarah's first role under her new contract with ITV was the 6-part drama, "The Glass", opposite John Thaw.

In March 2002 she received an Honorary Master of Arts degree from Salford University. In April she starred in a two-part psychological thriller, "The Cry", for which she was awarded with a Golden Nymph Award for the Best Performance by an Actress in a mini-series, at the Monte Carlo TV Festival.



She chose not to renew her exclusive deal with ITV in the autumn, as she wished to reduce her workload. Her final role under her ITV contract, was that of Gertrude Morel in an adaptation of D H Lawrence's novel, "Sons and Lovers".

While pregnant with her 3rd child she began an 18-month career break. In March 2003 she gave birth to a third son, Joseph.

Between 2008 and 2011 she narrated the BBC 1 series "Lark Rise to Candleford", and in 2012 she appeared as Head of Ladieswear, Miss Audrey, in the six-part series, "The Paradise", set in a department store in Northern England in the late 19th century.





Between November 2012 and December 2016 Sarah appeared opposite Anne Reid and Derek Jacobi in the BBC drama series “Last Tango in Halifax”. Filming of the 2nd series clashed with the 2nd series of “The Paradise”, which necessitated her leaving “The Paradise” part way through the 2nd series. For her role as Caroline in “Last Tango in Halifax” she won the British Academy Award for Best Supporting Actress in 2014.



Last Tango in Halifax

Also in 2014 she reunited with the writer of “Last Tango in Halifax”, Sally Wainwright, on the crime drama, “Happy Valley”. Between 2014 and 2017 she won numerous awards for the portrayal of her role as Catherine Cawood, including the BAFTA TV Award for Best Actress.



In 2017 Sarah was appointed Officer of the British Empire (OBE) for services to drama.

We can certainly feel very proud of the fact that Sarah Lancashire is an Oldhamer!



Receiving her OBE from Prince William



## PRESSURE SOCKS MISERY

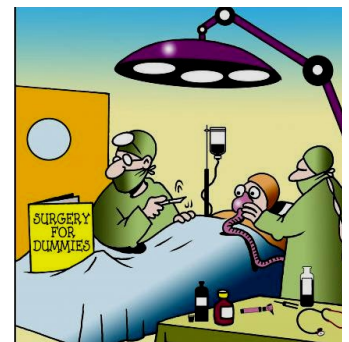
(Anyone who has had surgery and has had to wear pressure socks will understand this!)

I've had an operation, a brand new hip you see  
I had to wear those pressure socks which felt like purgatory  
For six long weeks I wore them to avoid a dreaded clot  
I persevered, I really did, I gave it my best shot



They really clung on to my legs, they thought they were my friend  
Little do they realise this 'friendship's' at an end  
They've been so tight, uncomfortable, driven me so mad  
Today's the day they're coming off - I won't be feeling sad

So here I am with scissors poised to make the first incision  
They're going, they're redundant, it's not a hard decision



What have we here? - there's two strange things that I don't recognise  
My legs all white and scaly, I can't believe my eyes!

Surely they're not my legs, they look so pale and thin  
Six weeks ago they looked quite good with muscles and normal skin  
So off they go, I've had enough, I'm throwing them on the rocks  
I can't say that I'll miss them - GOOD RIDDANCE PRESSURE SOCKS!



*Best wishes to our poet Sue after her recent hip replacement*

## CHANGES TO OUR EATING HABITS SINCE THE 1970'S

Everyone knows that we have now left the EU. Are you old enough to remember when we joined? This year it will be fifty years since it all began:

Parliament's European Communities Act **1972** was enacted on 17 October, and the UK's instrument of ratification was deposited the next day (18 October), letting the United Kingdom's membership of the EEC come into effect on 1 January 1973. Everyone eligible to vote was given the opportunity to vote on whether we joined the EU.

### CHANGES:

One thing that was noticeable after we joined the EU during the 1970's was that many different fruit and vegetables appeared on the supermarket shelves. Today many of these foods are just as common as potatoes have always been but it wasn't the case in the 1970s. Some were completely alien to the majority of Oldhamers and they hadn't a clue what to do with them. Supermarkets placed labels above the fruit or vegetable explaining how to prepare it.

Example:

Kiwifruit

Cut off the top and eat like a boiled egg or slice and eat with salad.



Over the years many different foods have appeared on our supermarket shelves and have become part of our diets. If you were born before the 1970's do you remember eating any of these foods as a child?



Pizzas



1970's Yogurts

*Continued on next page...*



## THE FOOD WE DIDN'T EAT AS CHILDREN

Take a look at the vegetables and you will find some that you didn't eat when you were young and may not eat now but they are in the supermarkets.



Continued on next page...



## *Different types of* PASTA



If you had heard of pasta when you were growing up you were more than likely to associate it with Italy rather than something you might get for your dinner in Oldham.

These are just a few of the foods the majority of older people didn't eat as children. There are many more. All the different types of salad greens that are now available, vegetarian, vegan and foods from around the world.

Even with all the food that is available, for the older generation their favourite foods still remain what they've always eaten, meat pies, Sunday roast, fish and chips, etc., and why not?!



Today there are many exotic fruits in our shops. Years ago the most exotic would have been bananas and for the war generation they had to wait until after the war ended to taste their first banana.



Blueberries are a fruit that years ago would have been associated with America (Blueberry Pie). Wimberries, when in season were more available than they are today.

## PEOPLE AT WORK

This month's story is from the Women at Work project done by Age UK Oldham. The lady whose story it is would love to meet up with friends she made at work. Read the story on the next page, perhaps you may know her and would like to re-kindle old friendships.



# People at Work

Did anyone famous visit your place of work? Did you play a part in the visit?

Did you go to any interesting places relating to your job?

Did you work at a famous place?

Are there any funny stories you can remember from your working life?

If you have a short story that you would like to share with us

**CONTACT: 0161 633 0213.**

## WOMEN AT WORK

**1963 -2007**

### **Carol Jones**

In 1963 Carol started work at Ferranti's on the meter assembly line and worked there for around four years until she left to start her family.

In 1967 Carol became a full time mum and spent the next eight years bringing up her family.

In 1975 she returned to work at the Raven Mill in Chadderton, working on the dayshift in the packing department, where she stayed for the next eight years.

In 1983 she fancied a change and went to work at Osram in Shaw and absolutely loved it. She enjoyed the work and said she especially liked the free and easy attitude and the people were a lot nicer to her.

Carol remembers lots of fun and laughs at Osram and said it was a great place to work.

In 2007 Carol retired from Osram and is no longer in contact with any of the friends she made there but said she would love to meet up with them if she ever got the chance.

***If you remember Carol and would like to contact her, share some happy memories and have a laugh together. Start the New Year with a new friend. Ring Age UK Oldham on 0161 633 0213.***



Duke Mill, Shaw, home to Osram



## QUIZZES

Each number in brackets stands for a word.

Example: 366 **D** in a **LY** (4,2,1,4,4) = 366 **Days** in a **Leap Year**

Can you work out the following? They cover a wide range of subjects:

### QUIZ 1

1. 360 D in a C (7,2,1,6)
2. 273 DC is AZ (7,7,2,8,4)
3. 3 W on a T (6,2,1,8)
4. 27 B in the NT (5,2,3,3,9)
5. 13 L in a BD (6,2,1,6,5)
6. 9 L of a C (5,2,1,3)
7. 23 P of C in the HB (5,2,11,2,3,5,4)
8. 64 S on a CB (7,2,1,5,5)
9. 9 P in SA (9,2,5,6)
10. 6 B to an O in C (5,2,2,4,2,7)

### QUIZ 2

Find the **Animal, Bird or Fish** from the clues below:

1. Bedfordshire Town (8,7)
2. Unknown Quantity (4,5)
3. William Cody (7,4)
4. Drooping facial feature (6,9)
5. Hardwearing Coat (6,6)
6. Sue Townsend Character (6,4)
7. Give a false alarm (3,4)
8. Ladies night (3,5)
9. Profitless pursuit (4,5,5)
10. Road markers (4,4)

## ANSWERS TO QUIZ 1

1. Degrees in a circle.
2. Degrees Celsius is absolute zero.
3. Wheels on a tricycle.
4. Books in the New Testament
5. Loaves in a bakers dozen
6. Lives of a cat
7. Pairs of chromosomes in the human body
8. Squares on a chess board
9. Provinces in South Africa
10. Balls to an over in cricket

## ANSWERS TO QUIZ 2

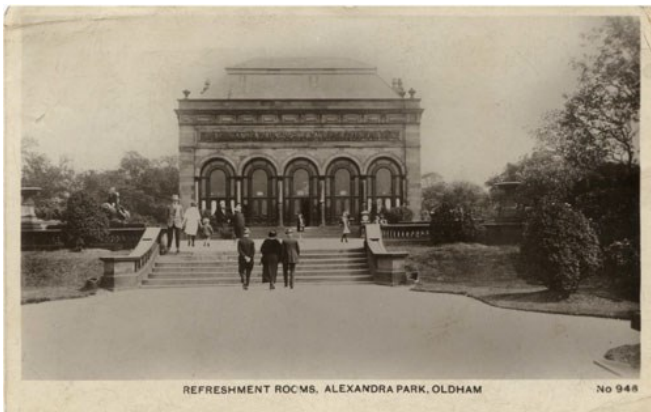
1. Leighton **Buzzard**
2. Dark **Horse**
3. **Buffalo** Bill
4. **Walrus** Moustache
5. **Donkey** Jacket
6. Adrian **Mole**
7. Cry **Wolf**
8. **Hen** Party
9. Wild **Goose** Chase
10. **Cats** eyes

## OLDHAM HISTORY - ALEXANDRA PARK

*(Known locally as Oldham Park)*

Was created in response to the Lancashire Cotton Famine of 1861–1865 as an attempt to keep local textile workers employed. It was opened on 28 August 1865. The park was named to commemorate the marriage in 1863 of Albert, Prince of Wales, to Alexandra, a princess from Denmark. Over the years the park has been a site for relaxation and for carnivals, for brass bands and for picnics. The long promenade was designed for people to walk amongst nature and was originally planted with trees.

At the eastern end of the Promenade a grand refreshment room, with windows of stained glass representing 'peace and plenty' and 'industry and commerce', served visitors for almost a century. It was an imposing building. The design, though not fully appreciated by some at the time, can be seen in the distance on many of the postcards of the park, particularly those of the Promenade. The stained glass windows were gifts of Councillor John Bamford, Chairman of the Parks Committee and ex-Mayor Alderman John Riley. Completed in time for the Park Opening Ceremony, it was intended to have a museum in the upper floor, which never materialised. The lower floor being in the style of a Continental Cafe. Carved across the front of the building were the words "Alexandra Park, Opened August 28 1865". Sadly the building was demolished on 2nd March 1970.



The park has evolved over time and was completely refurbished in 2004 using grants from the Heritage Lottery Fund. Today Alexandra Park is Grade II\* listed and a much-loved local treasure that is used and enjoyed by thousands of people each year.





*Jean recipes from around the world:*



## DENMARK



### DANISH BACON PIE

Serves 4

#### Ingredients:

8ozs short crust pastry

4 rashers of bacon

2 or 3 raw potatoes

2 or 3 eggs

Salt & Pepper

#### Method:

Make the pastry and divide it in half.

Line a shallow pie dish with one half.

Put a layer of sliced potatoes in the bottom, then cover with bacon cut into pieces.

Add eggs, whole, on top of the bacon.

Damp the edges of pastry and cover with remaining pastry.

Decorate the top of the pie and brush with beaten egg.

Bake in a moderately hot oven (375°F) until the pastry is brown and the contents cooked.



# BREAKFAST TREAT

## CREAM CHEESE DANISH

Makes 8



### Ingredients:

1 pkt. Puff Pastry Sheets  
8 ozs cream cheese  
1/4 oz sugar  
1 whole egg + 1 egg yolk  
1 teasp. lemon juice  
1/2 teasp. vanilla Extract  
1/4 teasp. almond Extract  
1 tbsp water  
Pinch of salt

### Method:

Defrost puff pastry for 40 mins if frozen.

Preheat oven 400°F.

Line two baking trays with grease proof paper.

Make cream cheese mix by beating the cream cheese, sugar, egg yolk, lemon juice and extracts on a med/low speed until combined, increase speed until mixture is smooth.

Roll puff pastry sheets out and cut into 4 squares.

Place squares on baking sheet.

Whisk the egg, water and salt together.

Brush egg wash onto the borders of the squares.

Fold in the corners of the squares.

Put two tbsps. of cream cheese mix in the middle of each pastry.

Brush with the egg wash.

Bake for 18 mins, rotating sheets around after 10 mins.

Cool, serve warm.



# ANIMAL CORNER

## Wojtek the War Bear



On April 8, 1942, a group of Polish troops who had been liberated from their Russian captors were in the process of a very long cross-country walking pilgrimage from Persia to Egypt and Palestine with a planned strategic rendezvous with the British Army. In times of war, it's been said to hope for the best but plan for the worst. The chances are that no-one ever thought to factor in a bear cub when that saying made its debut.

Enter into the picture an orphaned Syrian brown bear, who would later be named Wojtek (pronounced "Voytek") by his Polish army adopters. Details of how exactly Wojtek came to be part the 22nd Transport Company, Artillery Division are unconfirmed, but one widely circulated story relates how the cub was traded to the soldiers by a young Iranian boy in exchange for some tins of canned meat.

That trade would turn into an almost two-meter-tall (six-foot), 220 kilogram (485 pounds) of mascot for the Polish troops. Raising him on condensed milk (from a vodka bottle, no less) along with whatever fruit was available from the limited rations, the troops loved having Wojtek around as a relief from the muck and mire they were surrounded by. He took to his human army buddies immediately, and with each passing day became more and more of a morale booster. With the exception getting a hoof to the head by a horse, Wojtek was a hit with other animals as well.

So how far were the members of the 22nd Transport Company willing to go to keep Wojtek in their ranks? When the company was preparing to ship off for the front lines, they made their furry buddy an enlisted soldier with a rank and serial number, becoming Corporal Wojtek. During the Battle of Monte Cassino, Wojtek was put to work carrying crates of mortar shells from trucks to the gunners manning the front line assault. Wojtek became the symbol for the company when his crate-carrying pose became the inspiration for their official badge. Wojtek survived the war years and was tearfully handed over to Scotland's Edinburgh Zoo, where he passed away in 1963 at the age of 22.

*Sources: The Bear That Went To War, The bear who was officially a member of the Polish army during WWII*



## SPORTING GREATS

### SIR ROGER BANNISTER



Sir Roger Gilbert Bannister CH CBE FRCP was an English middle-distance athlete and neurologist.

**Born:** 23 March 1929, Harrow, London.

**Died:** 3 March 2018, Oxford.

**Height:** 1.87 m

**Spouse:** Moyra Bannister (m. 1955–2018)

**Children:** Clive Christopher Bannister, Charlotte Bannister-Parker, Erin Bannister Townsend, Thurstan Bannister.

**Books:** Vincent's 1863-2013

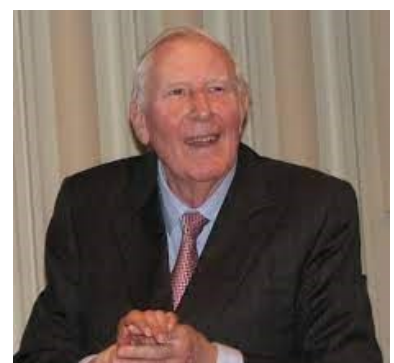
**Movies:** Bad Loser (1977), Champion: The Franz Stampfl Story and TV's What's My Line (1951).

#### ACHIEVEMENTS:

Roger Bannister of Great Britain etched his name into the history books by becoming the first man to break the "once thought impossible if not fatal" but magical 4-minute barrier in the Mile. On Thursday, May 6, 1954 at Oxford's Iffley Road track he crossed the line and slumped into the arms of a friend, barely conscious. The chief timekeeper was Harold Abrahams, the 100-metre champion at the 1924 Paris Olympics whose story inspired the film "Chariots of Fire." He handed a piece of paper to Norris McWhirter, who announced the time. the 1952 Olympian ran 3:59.4. Bannister's record lasted just **46 days**. Bannister went on to become a neurologist and Master of Pembroke College, Oxford, before retiring in 1993.

At the 1952 Olympics in Helsinki, he set a British record in the 1500 metres and finished in fourth place.

Bannister received many honours for his achievements in sports and medicine. He was knighted in the 1975 New Year Honours, and appointed Member of the Order of the Companions of Honour (CH) in the 2017 New Year Honours for services to sport.



## SPORTING GREATS

### SIR CHRISTOPHER JOHN CHATAWAY



Sir Christopher John Chataway was a British middle and long-distance runner, television news broadcaster, and Conservative politician.

**Born:** 31 January 1931, Chelsea, London

**Died:** 19 January 2014, St John's Wood, London

**Spouse:** Carola Walker (m. 1976–2014)  
Anna Lett (m. 1959–1975)

**Children:** Adam, Mark & Mat Chataway.

**Awards:** BBC Sports Personality of the Year.  
British Academy Television Award for Best Personality.

**Books:** *War Without Weapons*, *New Deal for Industry: Government and Industry on the Threshold of Europe*.

He spent his childhood in the Anglo-Egyptian Sudan, as his father was a member of the Sudan Political Service. He was educated at Sherborne School - where he excelled at rugby, boxing and gymnastics but did not win a race until he was 16 - and Magdalen College, Oxford, where he gained a philosophy, politics and economics degree, but his studies were overshadowed by his success on the athletics track as a long-distance runner.

He had a short but distinguished athletics career. At the Helsinki Olympic Games of 1952, in the 5000 metres final, after being passed on the last bend by the Czech long-distance runner, Emil Zátopek, France's Alain Mimoun, and West Germany's Herbert Schade, Chataway's foot brushed the curb and he crashed headlong to the ground. Chataway managed to finish the race in fifth place. On leaving university he took an executive job with Guinness. When Sir Hugh Beaver of Guinness came up with the idea for the *Guinness Book of Records*, it was Chataway who suggested his old university friends Norris and Ross McWhirter as editors, knowing of their liking for facts.

Chataway continued with his running. When Roger Bannister ran the first sub-four-minute mile on 6 May 1954 Chataway and Chris Brasher were his pacemakers. He finished in second place in the 5000m at the European Athletics Championship of 1954, just seconds behind the winner Vladimir Kuts, but two weeks later turned the tables at a London v. Moscow athletics competition setting a world record time of 13 minutes 51.6 seconds. The contest was televised via the Eurovision network and made Chataway a sporting celebrity; that December he won the first BBC Sports Personality of the Year award. After competing in the 1956 Olympics, Chataway retired from international athletics, though he continued to race for Thames Hare and Hounds.

## VISITOR VOLUNTEERS

We are currently looking for volunteers to visit people to help with the Life Story Project.

If you have a few hours to spare each week, why not consider being a volunteer for our lovely project. You will work along side our current team of volunteers who do an amazing job in producing the life story books.

As a visiting volunteer for the project, we would put you in touch with someone who wishes to have their story made into a life story book. The completed books are a lovely way to capture a person's memories and contain information about the person, their family, friends, childhood, working life, pets and holidays, etc. We include family photographs, newspaper articles, certificates and any other interesting documents the person would like in the book. The books are lovely to share with family and friends, but also a great help to carers who can learn more about the person, their life and their likes and dislikes.

Volunteers will visit the person at their care home or own home over several weeks/months, listening and taking notes whilst enjoying a friendly chat. Over recent months we have been unable to make many face-to-face meetings, but our brilliant volunteers have continued to keep the project running by ringing people or by facetime. We are hoping that face-to-face meetings will soon be able to take place as normal once again, but whichever way you prefer to work you will be given full help and support with the role.

Once the notes are complete, they are passed to our volunteer typists who will, with your help, make the finished book. This is then checked by our proof-reader, the person and their family before being printed in full colour.

If you feel you would like more information about the project and becoming a volunteer please contact Age UK Oldham on 0161 633 0213 and ask for Sophie, Anne or Nicola or email [lifestory@ageukoldham.org.uk](mailto:lifestory@ageukoldham.org.uk)

To see an example of a completed book please visit our website, where you will see Audrey's life story book.

If you decide to join our team of volunteers we are sure you will get a lot of satisfaction knowing you have helped with such a worthwhile, enjoyable project.



**PUBLISHED BY AGE UK OLDHAM  
LIFE STORY VOLUNTEERS  
EDITOR  
JOAN HOLMES**



# Life Story

Every life has a story...

