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LIFE, LOVE & MEMORIES



MEMORY LANE

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Welcome to our September newsletter. We start this month with a poem to help with the understanding of Alzheimer's.

Do not ask me to remember
Do not try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you to be with me at all cost.
Do not lose your patience with me.
Do not scold or curse my cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me till my life is done.



Clare Hornby



ME+EM fashion label founder Clare Hornby, who is originally from Saddleworth.

Clare grew up in Saddleworth, Greater Manchester, and went to university in the city, (MMU) and has now gone on to build an incredible fashion empire with her brand which is known and loved by women across the world for its 'affordable luxury' designer wear and praised for its 'innate sense of what busy women want to wear'.

Clare started out selling shoes on Oldham Market and now runs a £120 million fashion empire.

Clare told the Manchester Evening News: "I worked on Oldham Market selling second hand shoes as a 15 year old. They were Italian shoes with small faults, and it was a friend of my Dad's, he said 'If Clare wants to try and sell these she can'. "So Dad took me down at 6am in the morning, I queued for a stall... and I sold my first range. I worked out what people liked, the price they would pay, so I selected some more, and it went from there. I think I maybe always had the entrepreneur in me."

Clare first established an eye for fashion aged just 14, sewing with her mum, and had a particular obsession with trousers. She said that's probably where it all started. Going on to establish a substantial trouser business and then moving on into tailoring and dresses.

She knew that investing time and money in great fabric and flattering fits would make her fledgling brand stand out from the crowd. "Sticking to those principles of quality, flattering fits and thinking about women broadly has allowed us to grow the business," she says.

ME+EM may not be quite a household name, but the brand has quietly grown under the radar with growth in the US too, and has become a huge favourite in fashion circles.

It's also been worn by a host of A-list stars, including Leighton Meester, Bella Hadid, Olivia Colman, as well as royalty with Princess Catherine choosing one of the brand's pretty pink summer dresses for a visit to the Chelsea Flower Show, seeing it swiftly sell out.

After those early days of selling on Oldham Market, Clare established an early dream to become a fashion buyer at posh department store Harrods. After studying at the old Manchester Polytechnic (now MMU), she moved to London having secured a place on the Harrods Graduate Training Scheme.

The inspiration for her own fashion label came while working at Harrods. The first suit she bought in the sale, a black Armani suit, she credits with helping her to get her next job, in advertising, saying the suit gave her confidence.

She started her own fashion brand from scratch in 2008, laughing now, she says: "Naivety was my best friend, I didn't know a single supplier, I designed the first collection myself - but now, 16 years later, we're at 400 people in the company.

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ME+EM Founded in 2009, the label loved by Nicole Kidman, Sienna Miller, the Countess of Wessex and the Duchess of Cambridge has carved a special place in busy women's lives by delivering the sort of wardrobe solutions they need, but don't have time to hunt for. Hornby calls it "the three Fs": flattering, functional and forever.

They now have ten stores in London, five in America, one in Edinburgh as well as stores within stores including at Selfridges and back at Harrods where she first started out but the prospect of a first standalone store back on home turf in Manchester was too good for Clare to miss after wanting to open one for a long time.

Clare said: "My daughter has just started at uni in Manchester, and they've just had the Chanel show, Soho House is opening in Manchester, media businesses are moving here. It's so exciting to have a strong, northern city."



The new store on King Street in Manchester.

ME+EM Fashion

Kate Middleton in pretty Me+Em pink Shift Dress at Chelsea Flower show.



..... and it all started at just 14 on Oldham Market selling factory seconds until in her 30's she had what she calls her 'light bulb' moment to create her own fashion business.

At the time she was working in advertising in London where she met her husband and quickly became stepmum to three teenagers and mum to two daughters.

Times weren't always easy for whilst living in Sussex during the week Clare dealt with demanding clients and at the weekends travelled home to look after five children. She said to her husband the only way I can manage, is to do my own thing.

So in 2007, with a friend Emma, they came up with The Pyjama Room, a business based on beautiful, comfortable clothes to hang out in at home and remortgaged their houses to fund it. Like Claire Emma had tiny children and wanted a change.

They later rebranded themselves as Me+Em offering designer-quality basics for busy women.

When Emma left the business to focus on her family in 2012 Clare wondered if she could go it alone. She had fought hard for the flexibility around the children and wasn't going to give it up. She managed to cope with her busy schedule never missing any of the childrens' sports matches and had meetings in the car whilst driving the children to school. The upside of all the juggling was it gave her the insight into what clothes women wanted and needed.

Today Clare Hornby is one part of a power couple with her husband Johnny who founded advertising agency The&Partnership and is a director of ME+EM. He is also the chairman of Prince Harry's Sentebale charity and a cofounder of lager and cider brand Hawkstone with Jeremy Clarkson. The couple of 18 years, both in their early fifties, live in the idyllic Cotswolds village of Little Barrington in Gloucestershire, with their two daughters, Maddy 17 and Grace 16 and Claire is stepmum to Johnny's three children from a previous marriage.

In the grounds of their sprawling Cotswold mansion the couple have 26 horses, together with Alan the dachshund and Maple the working cocker spaniel. Johnny adores horses and in the house, horse portraits line the hallway, including a huge framed photograph of Johnny's favourite horse, 'King of the Road'. The picture was commissioned and given to him on his 50th birthday by his great friend Sir Charles Dunstone.

Daughters, Maddy and Grace
with a new foal



Johnny & Clare
with one of the horses



QUIZ QUESTIONS — MUSIC

1. What band sold the most albums in the UK in 1995?
2. How many No.1 UK singles did the 'WHO' have?
3. What country do 'Ace of Base' come from?
4. What was 'Spandau Ballet's' only No.1 in 1987?
5. What are the surnames of Robson and Jerome?
6. Which two big acts featured Jimmy Somerville?
7. Annie Lennox and Dave Stewart comprised who?
8. Marc Almond was the vocalist with which group?
9. Name one of the 'Monkees' — other than Davy Jones?
10. In what year was the Live Aid Concert?
11. Who shared John Travolta's No.1 hit in 1978?
12. Who had 'No Particular Place to Go' in 1964?
13. What was 'Scaffolds' colourful No. 1 in 1968?
14. What was Neil Young's only No. 1 UK album?
15. Who is known as 'The Godfather of Soul'?
16. What was the 'Beatles' last No.1 hit in the UK in 1969?
17. In 1964, where was the 'House of the Rising Sun'?
18. What was the 'Beach Boys' first UK No.1 hit in 1966?
19. What Scottish group had two huge No.1's in 1975?
20. Who was George Michael's partner in 'Wham'?

Answers on next page

QUIZ QUESTIONS MUSIC ANSWERS

1. Oasis
2. None (had 12 Top Ten hits)
3. Sweden
4. True
5. Green and Flynn
6. The Communards and Bronski Beat
7. The Eurythmics
8. Soft Cell
9. Micky Dolenz or Michael Nesmith or Peter Tork
10. 1985
11. Olivia Newton John
12. Chuck Berry
13. Lily the Pink
14. Harvest (1972)
15. James Brown
16. The Ballad of John and Yoko
17. New Orleans (in the single of 1964)
18. Good Vibrations
19. The Bay City Rollers
20. Andrew Ridgeley

Poem provided by Jean

With age...your eyes may stop seeing up close, and your ears may miss the distant sounds.

You sleep fewer hours, you walk a little slower -

But something beautiful begins to happen.

You start loving yourself a little more.

You carry fewer regrets.

And you begin to chase your own happiness—without apology.

You become selective with your circle.

Only the real ones remain.

You stop searching for answers you already carry inside,
and you no longer need unsolicited advice.

You don't greet those who never greeted you.

And you no longer waste energy arguing with people who
don't know how to listen.



With the years, you realise:

There's only one life—and it's far too precious to live in fear.

So you slow down.

You savour the little moments.

You embrace your wrinkles.

And you stop giving the mirror the power to define your worth.

Because growing older isn't fading.

It's about finally shining—on your own terms.

Richard Gere

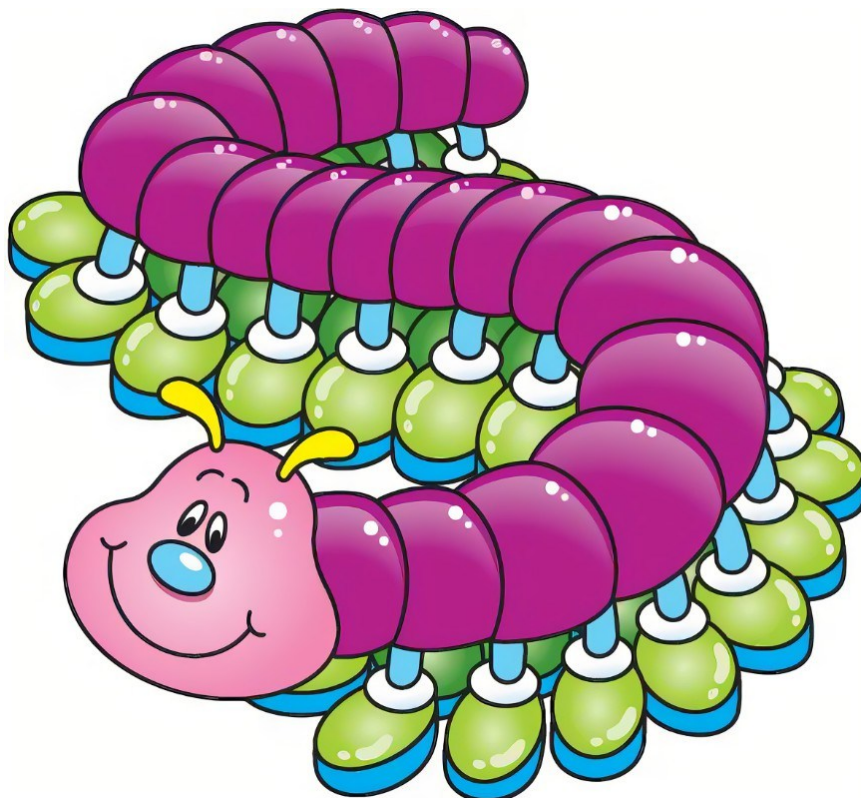
JOKE FOR SEPTEMBER (Found on Facebook)

Andy went to the pet shop and bought a centipede in a box for £100. When he asked the shopkeeper why it was so expensive he was informed that it was because the centipede could talk.

When he arrived home Andy asked the centipede if it fancied going to the pub for a drink but there was no reply.

Later that day Andy tried asking the centipede again but there was still no reply. By this time Andy was thinking that he'd been fleeced by the shopkeeper and that the centipede had never talked at all. He was so mad about this he picked up the box, shook it violently and shouted "Do you want to go to the pub or not? Why won't you answer me?"

At this point a little voice piped up from inside the box saying "Don't get your hair off mate - I'm just putting my shoes on!"



1.

Jean's Recipe

HAM AND CAULIFLOWER SAVOURY

Serves 4

Ingredients:

- 1 large cauliflower
- 2ozs (57g) margarine
- 2ozs (57g) plain flour
- 1 pint milk
- 3 tsp Dill Weed Spice
- 1 tbs Onion Powder
- 1/2 tsp seasoning salt
- 1/4 tsp ground white pepper
- 4ozs (113g) lean cooked ham/bacon chopped.
- 4 ozs (113g) Red Leicester cheese, grated.
- 11ozs (312g) tin sweetcorn—drained (optional)

Garnish:

- 1/2oz (14g) butter
- 2ozs (57g) fresh white breadcrumbs.

Remove outer leaves from the cauliflower and wash cauliflower.

Place whole in a large saucepan of boiling salted water.

Boil for approximately 5/10 minutes until centre of cauliflower is beginning to soften.

Drain carefully to keep cauliflower whole and keep warm.

Meanwhile, make the sauce:

Melt margarine and stir in the flour.

Cook over a gentle heat for 1/2 minutes.

Remove from heat and blend in the milk.

Add dill weed, onion powder, seasoning salt, pepper, ham, cheese and the sweetcorn, if using.

Bring to the boil and cook gently, stirring for 5 minutes.

In a separate pan, gently melt butter, stir in the breadcrumbs and fry until golden brown.

Place the cauliflower in a serving dish.

Pour over the sauce and garnish by sprinkling over the breadcrumbs.



Photo.
Without using sweetcorn.

REMEMBER WHEN—THE LOSS OF AN OLDHAM LANDMARK



The site has housed a range of activities dating back to the Grand Theatre in 1908. Followed over the years by the Gaumont Cinema, a Bowling Alley and nightclubs including the Astoria and Butterflies and even a Roller Derby Team. Many of you reading this will have memories of going to the cinema or dancing the night away at one of the night clubs or trying your hand at Ten Pin Bowling.

We look back at just one: The Astoria:

It is almost unimaginable that such big stars played venues in towns like Oldham, but music historian Richard Houghton said bands needed to do it at the time.

"There was no pop radio in those days, so if you were trying to make it in the music industry, you needed to get out and play gigs," he said.

"A lot of bands were out on the road all across the country and the Astoria was one of those places where the people who ran it would just put a band on.

"But the roll call of the bands who played there in the sixties is quite impressive." Legend has it that The Beatles were in the dressing rooms at the Astoria when they got a telegram from Brian Epstein saying, 'Congratulations lads, you are number one in the singles charts with 'Please, Please. Me'.

Today the modern trams glide along passing the site of this once iconic building that with its different uses provided many hours of pleasure for generations of Oldhamers. Now all gone, forever!



TEN RANDOM THOUGHTS ABOUT BIN DAY

Bin day can be the most stressful day of the week for many people so here are some observations:

1. Discovering that there's no more effective alarm clock than a bin lorry's air brakes two doors down.
2. Knowing that if you decide on a whim to put out the wrong colour bin you'd make an entire street question their sanity. Now that's powerful!
3. Asking yourself if it's time to put a little romance back into your relationship you realise "blue bin goes out tonight" is the first thing you've said to your partner all day.
4. Waiting with bated breath to see whether the small, extra bag you've left beside the wheelie bin will be accepted by the 'Gods of the bin lorry'.
5. Feeling a powerful urge to call 999 as you spot a passer-by slipping an empty crisp packet into your grey bin.
6. Noticing that next door have 'accidentally' swapped your essentially identical bin with their own then embarking on a 3am ninja-style raid to get it back.
7. Showing enormous levels of grace and courtesy by dragging your neighbour's empty bin a few centimetres in the general direction of their house.
8. Making the disastrous mistake of allowing the lady across the street to use your unused green bin and then finding that she's emptied an entire rockery into it.
9. Wondering why no one's ever written a horror story about the scariest prospect of missing the first collection after the Christmas break.
10. Refusing to accept that your bin really has been emptied until you've had a sneaky peek inside even though
 - a) it weighs much less than it did and
 - b) it's in the middle of the road!

Life Story VOLUNTEER VISITOR recruitment

How many times do you hear people say 'I can talk to anyone', if you are one of them, you are just the type of person we are looking for. Someone who likes meeting new people and getting to know them whilst taking down their Life Story.

No Qualifications are required.

We want you to enjoy the experience and wouldn't expect you to do anything you didn't feel comfortable with.

The Life Story books are a joint venture which you would be an important part of: Visiting volunteerwhich would be you, records the persons story.

Typistwho besides typing puts in any photos the person supplies and also adds pictures to further enhance the book which you have written.

The Proof ReaderWho checks everything is in order.

Each book is different, some are quite short, others longer so it's impossible to say how long each one will take.

Many friendships have been made over the years by people visiting.

If you have time on your hands and want to find something to occupy yourself we hope you will consider joining us. Any questions will be answered and you will be able to see samples of the books that have been produced.

Please contact :

**0161 633 0213 and ask for Anne or
email: lifestory@ageukoldham.org.uk**

ANIMAL CORNER

ORMONDE



I'm Ormonde – The Most Famous Horse at Horse Guards Parade, Household Cavalry, Life Guards Regiment London.

You can see me in action standing tall with the Life Guards Regiment.

But listen carefully...

Get too close — especially without permission — and I might just headbutt or bite.

I'm loyal, majestic, and love children... But when I'm not in the mood — I don't care who you are!

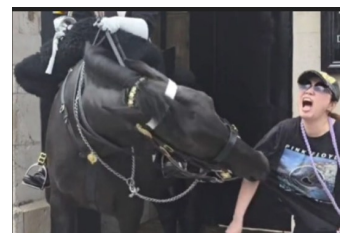
Role and Significance

Ormonde serves as one of the King's Guard horses, which are integral to the ceremonial functions of the British monarchy. These horses are part of the Household Cavalry, responsible for guarding the royal residences and participating in state ceremonies, including the Changing of the Guard at Horse Guards Parade. The horses are trained to remain calm and composed in the presence of large crowds, making them a symbol of royal tradition and pageantry.



Behaviour and Incidents

Ormonde has gained attention for its behaviour, particularly in interactions with tourists. There have been instances where guards have had to remind visitors not to touch the horses, as this can startle them and disrupt the ceremonial duties. One notable incident involved a guard yelling at a tourist who attempted to touch the reins of the horse, highlighting the importance of maintaining a respectful distance from the King's Guard horses.



Anyone with access to the internet:

If you would like to see Ormonde become a global legend for more information see facebook Kings Guards UK

SPORTING GREATS

ARMAND DUPLANTIS



Armand Duplantis is a Swedish-American Pole vaulter.

Country: Sweden.

Born: 10 November 1999.

Place: Lafayette, Louisiana, U.S.

Education: Lafayette High School

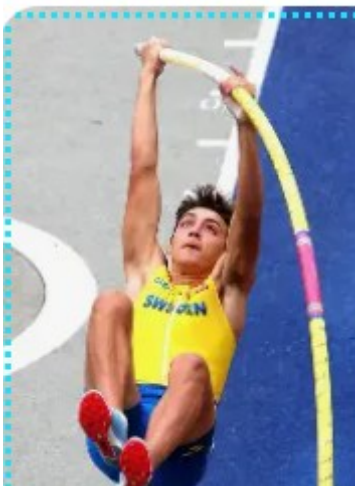
Height 5ft 11 ins.

College Team: Louisiana State University.

How high is too high? For **Armand ‘Mondo’ Duplantis**, the answer doesn’t exist. The Swedish pole vault sensation recently shattered his own world record yet again. 6.27 meters. His 11th world record. Another leap into history! Duplantis needed just one attempt at the All-Star Perche meet in Clermont-Ferrand, France, as he sprinted, planted, and soared past 6.27m. The crowd erupted, fireworks ignited, and yet another record was rewritten. It’s what he does, set the bar, then clear it!

He has been doing it since 2020; each time he has broken the world record, he has done so by just one centimeter. Four of those record-breaking jumps have come in the last year or so alone, including when he won his second Olympic gold in Paris with a 6.25m clearance.

Just 24 years old, and yet already owns two Olympic golds, two world indoor titles, and two outdoor world championships! His dominance is unquestioned; his only real competition is himself! But records don’t happen in isolation. Behind every vault, every title, every historic moment, there’s a foundation. Someone shaped his technique, pushed his limits, and set him on this path! Duplantis has the talent, but his journey didn’t start alone. Who built the foundation for the world’s greatest pole vaulter? The answer lies in his roots!



cont...

In a simple backyard in Lafayette, Louisiana, a four-year-old boy held up a broomstick and looked at the sky. His dad watched him, seeing something he knew well, the boy's desire to defy gravity and fly. "He just took to it, he would jump in the house all the time with a broomstick," recalls Greg Duplantis to a TV Channel. "I knew he loved it and was going to work hard at it."

Armand's father, Greg knows the physics of flight better than most. A four-time U.S. Olympic Trials qualifier with a personal best of 5.80 meters.

Armand's mother, **Helena Duplantis**, the Swedish-born athlete who traded her **heptathlon** career for motherhood and coaching greatness! Helena was born in Avesta, Sweden, on **March 27, 1965**, where she grew up surrounded by sports. Her father, **Lars-Åke Hedlund**, was a national-standard pole vaulter who ran the local athletics club!

Armand got his long legs from his mom and some of his calmness and his speed, aggression and pole vault skills from his dad.

Armand's nickname came from a family friend who called him "Mondo man" because "Mondo is **'the world'** in Italian

Greg Duplantis, is American, while his mother, Helena Duplantis, is Swedish national. On August 1, 1987, they married and settled in Louisiana, USA, where they raised their four children - all athletes but who knew their third child would rewrite pole vault history?

Andreas and Johanna – Pole vaulters.

Antoine – A baseball player.

Mondo – A world record-breaking pole vaulter.

Armand with his
mum and dad



Armand proposed to his long time girl friend Desiré Inglandar a Swedish model and content creator, on his flight home from the Paris Olympics.



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EDITOR
JOAN HOLMES



Life Story

Every life has a story...

