

Safety is on the TV menu for 999 team

JON MACPHERSON

FIREFIGHTERS in Heywood were given a lesson in fine dining by a top chef as part of a cooking safety campaign.

Adam Reid, of The French restaurant in Manchester, attended Heywood Community Fire Station to show crew members how to make a healthy chicken chow mein.

They were joined by TV presenter Vicky Grimes who filmed the visit for ITV's Friday Night Fake-Away show, part of Granada Reports, which aims to help keep people healthy by cooking instead of eating takeaway food.

Firefighters also took the opportunity to remind people how to stay safe when cooking and avoid fires at home.

This month Greater Manchester Fire and Rescue Service (GMFRS) is urging members of the public to stay safe in the kitchen in support of a national cooking campaign, headed up by the National Fire Chiefs Council.

Paul Etches, head of prevention, said: "Every year GMFRS receives calls to



● Chef Adam Reid with presenter Vicky Grimes, Watch Manager Mark Bamford, Firefighter Pete Griffiths, Firefighter Kate Lonsdale and Crew Manager Dave Dodson at Heywood Fire Station

around 1,300 kitchen fires. "Since April 2018 our firefighters have already dealt with more than 1,000 kitchen fires - 85 per cent of these were cooking related which equates to around 890.

"Many cooking fires start when people get distracted

- whether this be general distractions around the home or falling asleep - sometimes after taking medication or drinking alcohol.

"We want to remind people to take extra care to avoid having a fire and also of the importance of hav-

ing working smoke alarms and an escape plan - which can buy you valuable time should you have a fire at home.

"Often the damage caused by kitchen fires is so severe that it results in people requiring seeking alternative accommodation."

To help prevent the increase of kitchen fires GMFRS is encouraging people to follow its safety advice and book themselves a FREE Safe and Well Visit, which may well include the fitting of smoke alarms, by calling 0800 555 815.

Circle of friends to get Co-op cash

THE Heywood, Middleton and Rochdale Circle has been chosen as one of this year's Co-op Local Community Fund beneficiaries.

The community interest company, which is a membership organisation for the over 50s, aims to reduce social isolation among older people in the area and organises up to 40 social events every month.

A spokesperson said: "We are really pleased to be able to announce that we have been selected as one of this year's Co-op Local Community Fund beneficiaries."

HMR Circle has also recently been awarded the contract to operate the



● Representatives from HMR Circle, Mark Wynn and Leanne Chorlton, attended the official launch of the latest Co-op Local Community Fund cluster for the Cutgate and Rooley Moor Stores and Funeral Care.

Volunteer Drivers Service in the borough for at least the next two years. To be

involved with the VDS as a driver or office volunteer email mary@hmr-circle.org.

uk. Members of the BAME (black, Asian and minority ethnic) community who

live with dementia are also being invited to attend the new Khushi Day Service.

It has been set up by Rochdale and District MIND in partnership with HMR Circle and participants can step back in time using reminiscence, music, film, arts and crafts.

It takes place on the second and fourth Thursdays of the month at Khubsure House on Castlemere Street, Rochdale, between 10.30am and 3pm. For more information call 01706 752340. To support HMR Circle through the Co-op Local Community Fund visit <https://memberships.coop.co.uk/causes/20272>.

Win moves B team clear at top of the table

HEYWOOD Chess Club have again been in action last week with four fixtures played.

In the Bury and Rochdale Rapid play the A team beat Tameside A by a score of 6.5 - 3.5 with wins from Dave Almond, John Addison, Tony Jinks and James Wildsmith.

In the Manchester League the 6th team drew away at Eccles 2.5 - 2.5, with wins from John Crompton and Andrew Heys and a draw by Peter Hurn.

In the CLL Div B the B team beat Leyland A team by 3.5 to 1.5 with wins from Dave Almond, Kyle Pelling

and Steve Mason and a draw from John Addison.

This result puts the B team 5 points clear at the top of the division

In the CLL Div A the club had a cup match but the A team were beaten 3-2 with a win from James Carrington and draws from Bill O'Rourke and Phil

Armstrong.

The club have been meeting in Heywood to play chess since 1995.

They have members varying in strength from novice to grandmaster and therefore can cater for all levels of experience.

They have currently 12 teams in the local leagues.

They play out matches at Hopwood Constitutional Sports and Social Club, in Heywood.

Club night is Wednesday evening, with games beginning at 7.30pm.

If you would like to visit one evening, email Bill O'Rourke at worchess@ntworld.com.

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