

ROCHDALE

# FEEL Good FESTIVAL

2010

Friday 13 -  
Saturday 14 August

## THE LIGHTNING SEEDS

The Herbaliser | Kirsty Almeida  
Plus another 20 artists across 7 venues

Celebrity chefs

**GINO D'ACAMPO**

Andrew Nutter | Aazam Ahmed

Quality food market

Programme



for Greater Manchester  
and Wigan



# FISH LOVERS hate waste

Nothing's better than a nice bit of fish. I keep an eye on the use-by date and if it's getting close I'll either freeze it, or make fish pie for me and my flatmate. Perfect.

[www.recycleforgreatermanchester.com](http://www.recycleforgreatermanchester.com) has more tips and recipes to help you waste less food and save up to £50 a month.

LOVE  
FOOD  
hate waste

# Live music, good food, great times

Every summer Rochdale's indoor venues and town centre are filled with amazing musicians, star chefs and artists. This is music and food at its very best – an exciting explosion for the senses!

Two days of fabulous free entertainment – the Feel Good Festival is different, diverse and daring!

We've put this programme together to help you make the most out of your visit. Look out for the big main stage by the town hall too, with a great line up of live performances.

## Saturday 14 August

The main stage, Town Hall Square  
Gates open 3pm

The Lightning Seeds

The Herbaliser

Kirsty Almedia

The Travelling Band

Ellen and the Escapades

Plus special guests



All information in this programme was correct at time of publication. Rochdale Borough Council and Rochdale Town Centre Management reserve the right to change acts and events without prior notice. Artists appear circumstances permitting. Visit [rochdale.gov.uk/events](http://rochdale.gov.uk/events) for the latest. Thank you for reading this. Enjoy the festival!



With a stack of classic hits such as 'Pure', 'The Life of Riley', 'You Showed me', 'Lucky You', 'Sugar Coated Iceberg' and 'Perfect', the Lightning Seeds were one of the most prominent bands of the 1990s. Earlier this summer lead singer Ian Broudie teamed up with Robbie Williams, Russell Brand, Frank Skinner and David Baddiel to release a re-vamped version of their football anthem 'Three Lions', to coincide with the World Cup Finals in South Africa. The anthem shot straight back into UK singles chart. 'The Very Best of The Lightning Seeds' album was released in 2006 and they are recognised as having produced some of the catchiest, happiest and most celebratory pop songs of all time.

## The Lightning Seeds

### The Herbaliser

Funk hip-hop pioneers 'The Herbaliser' certainly know how to get a party started!

They fuse dance, funk and hip hop music, creating an uplifting sound that has been delighting live audiences for years. Since expanding their line up in the late 90s 'The Herbaliser' have become acclaimed festival favourites around the globe. They'll be bringing their party pack of crowd-pleasers and rousing feel good sounds to town when they make their Rochdale debut.

### Kirsty Almedia

Widely tipped by the music press as one of the hot names to watch in 2010, Kirsty releases her first album 'Pure Blue Green' in September. The Gibraltar-born Middleton resident has already been making waves on the live circuit with her seven-piece band and intriguing mix of soul, jazz and folk songs.

### The Travelling Band

Back by popular demand, their shimmering blend of cosmic-country-pop, folk, and bar band rock has made them one of the most talked about artists to emerge from the Manchester music scene.

# Live music

Friday 13 August and Saturday 14 August

## The Flying Horse

### Friday

Red Deer Club

A night of precious wonky indie pop and mayhem, 8pm.

### Saturday

The Fellons

Soulful funky house, 10.30pm - 2am.

## Touchstones

### Saturday

Catherine Tyldesley sings from the classics songbook.

Children from Falinge Park School make their festival debut, 12pm - 3pm.

## Bar 5

### Saturday

Karima Francis, plus special guests.

12pm - 3pm.

## The Litten Tree

### Friday

The Travelling Band, plus special guests, 9pm.

## Mango

### Friday

Fat Northerner

Middleton label and founders of the world famous 'Unconventional' present two of their acts and DJ's, 11pm.

## East

### Saturday

Rochdale's finest along with New Zealand Punk Calypso, Hidden Revolution, Ruby Suns plus special guests, 10 pm.

# Quality Food Market

Friday 13 and Saturday 14 August  
9am–5pm on The Butts

# Good food

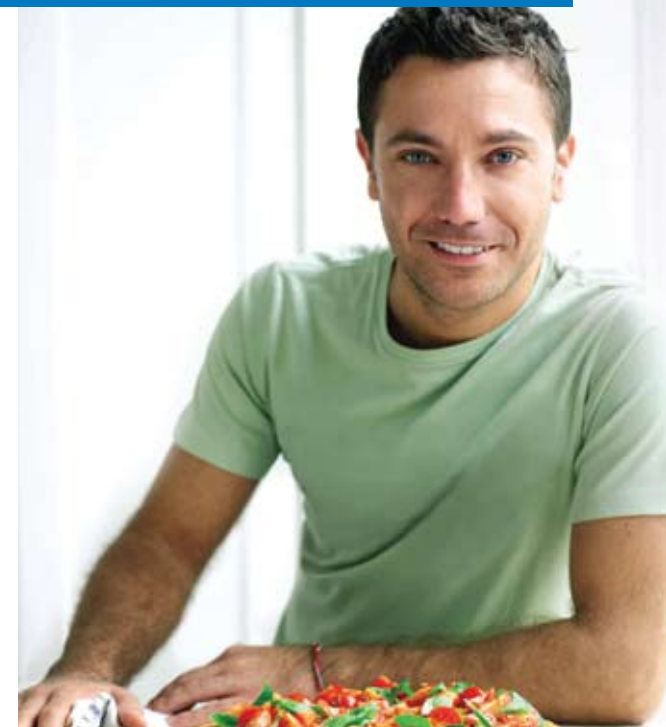
## Gino D'Acampo

**Appearance times:  
Saturday 14 August  
(11am, 1pm and 3pm)**

Cooking superstar Gino D'Acampo appears in our celebrity kitchen sponsored by 'Love Food Hate Waste' on Saturday. He'll be demonstrating his cooking skills, and sharing some of his favourite recipes. He might even find time to sign copies of his latest book!

The popular Italian is best known from his appearances on television shows 'Saturday Kitchen', 'Ready Steady Cook', 'Daily Cooks Challenge' and the celebrity food contest 'Soapstar, Superchef'. He also presents the 'One Stop Food' feature on ITV1's flagship 'This Morning'.

Away from the cameras Gino has worked as head chef at two



prestigious London restaurants, develops recipes for Tesco and also runs his own food company.

His flamboyant personality and dazzling cookery skills have made him hugely popular, and last year he was crowned King of the Jungle on ITV's hit series, 'I'm A Celebrity - Get Me Out Of Here!'



A summer market with a wide selection of tasty snacks, treats and gifts. You'll also find lots of fabulous ideas for looking and feeling good. Tempt your tastebuds! There's always a wide selection of fresh fruit and vegetables, bread, meat, fish and a few surprises too. Don't miss local traders like Ladies Only Ltd, 25 Ten Boutique, Fitness First, Link4Life, Jamie Oliver at Home, Number 10 and Do you feel good? True Serenity will be offering free consultations about health and well-being plus acupressure massage and Reiki tasters.



## Aazam Ahmad

### Appearance times:

Friday 13 August (1pm, 3pm)

Saturday 14 August (10am, 2pm)

Award winning chef Aazam Ahmad is delighted to be returning to the Feel Good Festival. The enigmatic BBC Fusion Chef will be appearing in the celebrity kitchen on both days. In addition to numerous television appearances on programmes such as 'Grubs Up', Indian food guru Aazam is a regular at some of the most prestigious food shows in the world, including the BBC Good Food Show.



## Andrew Nutter

### Appearance times:

Friday 13 August (11am)

Saturday 14 August (12pm)

Rochdale's very own Andrew Nutter is one of the most exciting and innovative of the new breed of celebrity chefs. His latest book 'Nuts About Food' is his most ambitious yet, revealing the secrets of his cooking, which critics describe as "food with a touch of magic."



Enjoy family fun at the Rochdale Feel Good Festival, there's something for everyone!

- Children's funfair
- Street theatre
- Circus skills from Sklight Circus Arts

## Family entertainment



# Festival warm ups

Don't miss some special shows and events leading up to the festival.

## Feel Good – Battle of the Bands

Saturday 10 July, Coast (above East), South Parade, Rochdale, Doors 7.30 pm, FREE ENTRY

Eight local finalists battle it out for the chance to open the main stage on Saturday 14 August.

## Motown Night – Saturday 17 July

Featuring special guests Catherine Tyldesley and Larry Woods. Star of stage and screen, singing sensation Catherine Tyldesley prepares for her festival debut alongside Larry Woods, lead singer in one of the UK's finest soul bands, Souled Out.

Tickets £6, phone **01706 624104**

Or in person from the Heywood Civic Centre box office. (£8 on door, subject to availability)



## Our partners



Every year in the UK we throw away £12 billion worth of good food. Whether we are cooking too much, letting food go past its best as we don't know the best way to store it, or are unsure of what the date labels mean, throwing away the odd bit of food is easily done. But all this waste really adds up. Over a year the average family throws away £680 of food shopping – equivalent to an annual utility bill. That's a lot of food!

Come and see us at the festival and you'll get lots of helpful tips to help you make the most of the food you buy.

For a few of our favourites visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

'Do you feel good?' is the borough's one stop shop for healthy lifestyles help and advice. Look out for us at the festival as we can help you access services and activities that can help to improve your lifestyle. Whether you want to quit smoking, eat a healthier diet, exercise more or lose some weight, there is a range of help available.

To make a change and take a step in the right direction take a look at [www.doyoufeelgood.org](http://www.doyoufeelgood.org)

For more Feel Good Festival news and updates, plus photographs and reviews of the festival don't miss the latest copy of your local newspaper.



## Tell us what you think of the festival, you could win £50.

Text your comments on the festival to 60300, and start your message with the word COUNCIL. We'll pick a text at random and the winner will get £50 of goodies from your favourite shop in Rochdale.

[rochdale.gov.uk/events](http://rochdale.gov.uk/events)

## Feel Good Fun Day, Hollingworth Lake

Sunday 11 July

Sailing, windsurfing, kayaking, canoeing, plus children's entertainment. Fun for all the family!

Phone **01706 370433**, [www.link4life.org/holwac](http://www.link4life.org/holwac)



## Benidorm's own Irish Rovers

Thursday 5 August, 9pm

## Random Monday Night Rock

Monday 9 August, 9pm

## Feel Good Indie Night - bands and DJs

Thursday 12 August  
9pm until 12.30am

The Flying Horse Hotel  
Town Hall Square, Rochdale  
Phone **01706 646412**

## Fair Trade stall

Thursday 12 August

## Jewellery Tailor

Friday 13 August

Ladies Only Ltd  
St Mary's Gate, Rochdale  
Phone **01706 666314**



## Littleborough Rushbearing Festival

23-25 July

A weekend of fun and activities.  
[www.littleboroughlocal.co.uk](http://www.littleboroughlocal.co.uk)

## Rochdale Feel Good Beer Festival

Thursday 12 August -  
Sunday 15 August

The Flying Horse Hotel and  
The Litten Tree.

Featuring 20 real ales, 12 draft ales and  
15 different bottled ciders from famous  
local breweries.



## Meet Rosie

Friday 13 and Saturday 14 August

Meet the new Rochdale Exchange mascot  
as she launches their new kids club!  
Rochdale Exchange Shopping Centre



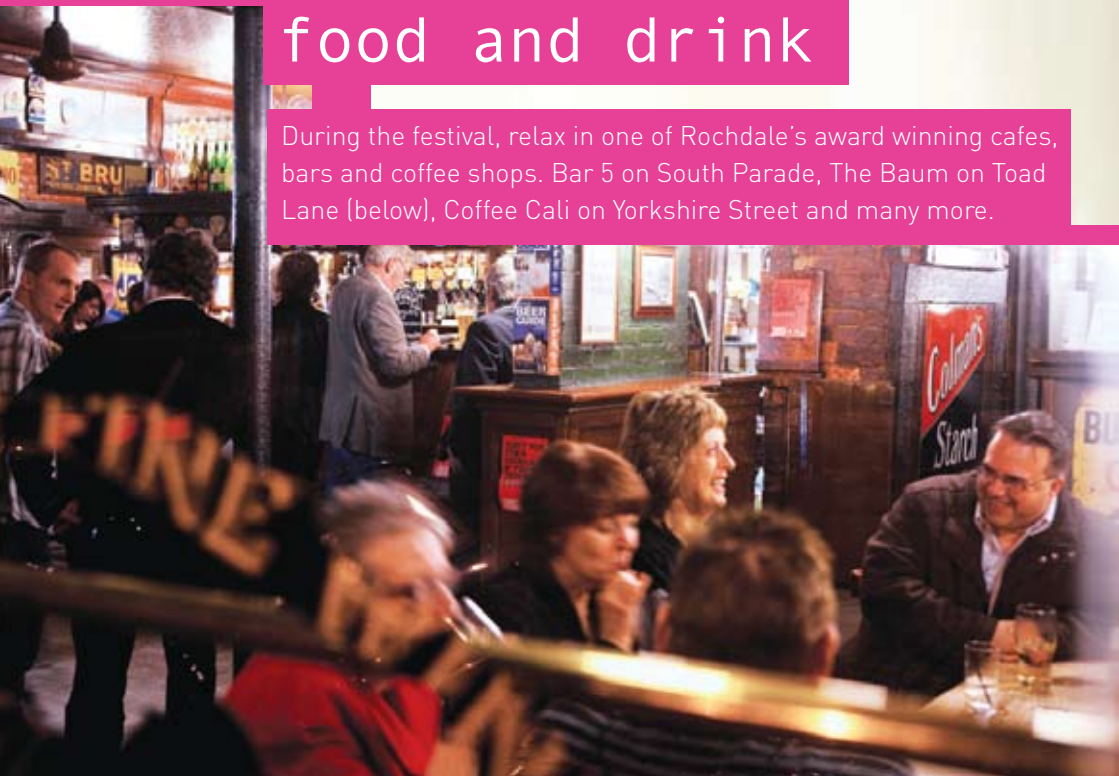
[rochdale.gov.uk/events](http://rochdale.gov.uk/events)

# Shopping



With a vast range of stores including Marks and Spencer, HMV, Boots, Argos and the Body Shop, include some retail therapy into your festival visit! Check out the Westgate Department store, TG Hughes, Wilkinsons and Thorntons. For high street fashion you can't afford to miss stores like River Island, Dorothy Perkins, New Look and Burton. For something a little different, try our specialist independent traders, covering everything from designer clothing and hairdressing, to jewellery and gifts.

# Award winning food and drink



During the festival, relax in one of Rochdale's award winning cafes, bars and coffee shops. Bar 5 on South Parade, The Baum on Toad Lane (below), Coffee Cali on Yorkshire Street and many more.

- 1 The Flying Horse
- 2 The Litten Tree
- 3 Mango
- 4 Touchstones
- 5 Bar 5
- 6 East/Coast
- 7 Main Stage
- 8 Celebrity kitchen & market

