

Health centre turns to games console fitness

A BURY health centre is encouraging youngsters to get active — by prescribing a course of games console sessions!

Rock Healthcare is using the popularity in computer gaming to offer young people in the area a chance to get in shape.

On Tuesday between 11am and 2pm, one of the treatment rooms will be turned into a Xbox Kinect fitness centre.

A GP will be on hand to offer advice and answer any questions the young people and their parents may have about health, exercise and diet.

The class will last two hours and will give people an opportunity to try out sports such as athletics, football, boxing, table tennis and volleyball all from the comfort of the centre.

Paul Massey, practice manager for Rock Healthcare, based at the Moorgate Primary Care Centre in Derby Way, said: "We do not see the Xbox Kinect as a replacement for conventional exercise, but more as a complement.

"Our aim is to show youngsters that there are creative ways to integrate healthy and fun physical activities into their lifestyle."

For more information on the Xbox Kinect exercise class: call 0161 447 9820 or visit rockhealthcare.co.uk

St George's flag flies high

BURY will be flying the flag for England's patron saint throughout the upcoming bank holiday weekend.

The Mayor of Bury, Councillor John Byrne, will hoist the St George's cross outside Bury Town Hall this morning. He will be accompanied by invited guests and the Rector of Bury, Dr John Findon.

Although St George's Day is not until Saturday, the flag will fly continuously over the Easter weekend.

Great-grandson discovers adventurer's Mexican link

Tottington family have more than 300 relatives across the Atlantic



ADVENTURES: Arthur Greenhalgh



DISCOVERY: Robin Bayley

by Sarah Poole

FOR decades, Ruth Jones beguiled her grandchildren with tales of her father's adventures in South America at the turn of the 20th century.

She told them how Arthur Greenhalgh left Tottington to experience bandits, wild jungle journeys, hidden bags of silver and the Mexican Revolution.

But when one curious grandson decided to follow in his great grandfather's footsteps 100 years on, he discovered a family of 300 relatives!

Robin Bayley, believed something was missing from the family tales, and left his life in London to retrace Mr Greenhalgh's journey across the Atlantic, through America, Guatemala, Colombia, Venezuela and Mexico. He said: "I didn't really question what I was doing, I was just caught up in the whole thing. I felt there was a story to be uncovered.

"When I found the family I spent every waking hour meeting new relatives, I didn't really have time to think. I found it very reassuring to have had a hunch and realise I was right, and to be able to go to the other side of the world and be welcomed because of who your ancestor was. When I tracked down the village and cotton mill where he had worked, it was just like Tottington."

When Mr Bayley returned to England in the mid-1990s, his grand-

mother was astonished to discover that her father, known in Mexico as Arturo, had a daughter, Quitita, with his Latin American lover, Maria.

The Mexican family had believed that Mr Greenhalgh died on the Titanic and the love letters he wrote to Maria never reached her. Mr Bayley said: "Grandma was horrified at first. But I think she found it humbling that she still had things to learn at that age."

Intrigued by her new-found family, Mrs Jones travelled to Mexico at the age of 90 to meet her relatives and see the place where her father had lived for 14 years.

It took Mr Bayley five years to pen his story, and Mrs Jones was able to read *The Mango Orchard* before her death at the age of 102.

And the author made another discovery more recently, when he featured on BBC1's *Inside Out* programme. He came across a letter in the *Bury Times* of May 20, 1899, entitled *A Tottingtonian in Mexico*, telling of his tales.

Mr Bayley said: "The theme of the book is the importance of storytelling in families. I went there because of my grandmother's stories and in the end it was a role reversal because I was telling her the truth."

"Grandma was horrified at first. But I think she found it humbling . . ."

ROBIN BAYLEY



HORSEBACK: A family memento of Arthur Greenhalgh pictured in Mexico



DESCENDANTS: Some of the Mexican branch of the Greenhalgh family

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