

# NORTH DOWN ADVERTISER

Issue 92 - December 2013

Tel: 028 9751 1002

Bangor • Hollywood • Donaghadee

Reid  
Blinds

LOUVRE - VENETIAN - ROLLERS - WOODEN - VELUX - ROMAN

- Free Measuring
- Free Fitting
- Free No Obligation Quote

**4 Verticals from £99**




**Tel: 028 9180 0505**

[www.reidblinds.com](http://www.reidblinds.com) email: [sales@reidblinds.com](mailto:sales@reidblinds.com)

Unit A8, Ards Business Centre, Jubilee Road, Newtownards, BT23 4YH



GTINI Car Winner Jamie Peacock from Edinburgh, Scotland is pictured collecting his winning car from Comber resident John Middleton of GTINI along with Lynn Cowan from NI Children's Hospice. The car raffle raised £10,000 for the charity. For further information, please visit [www.nihospice.org](http://www.nihospice.org) or [www.gtini.com](http://www.gtini.com)

## GTINI'S ROAD TO SUCCESS FOR NORTHERN IRELAND CHILDREN'S HOSPICE

The GTINI, a local Volkswagen Audi Group (VAG) from the Comber area has raised a staggering £10,000 for Northern Ireland Children's Hospice.

The group, established in 2006 was set up as an internet forum to feed the appetites of 'VAG' car fanatics.

One of their main objectives within the group is to run shows throughout the year, for car enthusiasts to enjoy whilst also supporting a local charity. This year Northern Ireland Children's Hospice was the benefiting charity through a charity raffle to win a VW Lupo Car. The GTINI team transformed a standard Lupo into a 'show car'

in the months leading up to their 'Dubshed' show with the objective of raising as much money as possible for Northern Ireland Children's Hospice.

Speaking about supporting local charity, Northern Ireland Children's Hospice, John Middleton from the GTINI group comments,

'We were delighted to nominate Northern Ireland Children's Hospice as our chosen charity. They do amazing work in helping local children across

Northern Ireland with life limiting illnesses and we are thrilled to be doing our bit to support such a worthy cause.'

'The team at GTINI worked extremely hard to get our prize show Lupo ready for our first event, Dubshed at the Kings Hall Complex back in April which saw over 800 cars on show, with entrants coming from all over Ireland, GB and Europe. It is fast becoming one of the best shows on the calendar and a perfect opportu-

nity to raise vital funds for Children's Hospice.'

GTINI run three shows each year which include Dubshed, Castlewellaan and Titanic Dubs.

The raffle car was taken to each of these as well as shows in Ireland and Great Britain. Jamie Peacock from Edinburgh, Scotland was announced as the lucky winner, at final show, Titanic Dubs, Belfast.

**Continued on Page 6**

## Hollywood wins Best Kept Town Title

North Down Mayor Councillor Andrew Muir has praised all those involved in helping Hollywood win the coveted title of Best Kept Town 2013.

Speaking after the announcement was made, Councillor Andrew Muir said: "This is an amazing achievement and I have to say congratulations to everyone involved in making this happen for Hollywood.


"Having taken the runner-up spot last year, this year's success is well-deserved after the amount of hard work, time and energy that went into securing this title.

"Winning this title is proof that by Working as One we can succeed. The Council together with community groups, such as Hollywood Residents Association and Hollywood Conservation

Group, has worked relentlessly in sprucing up the town, tackling eye sores and making the place a great town to visit, live, work or invest in.

"How a town looks is vital to attracting visitors and hopefully this news will encourage tourists and residents alike to come and see everything Hollywood has to offer, all surrounded by award-winning beauty."

**NORTH DOWN ADVERTISER**  
**39,198** Copies Guaranteed  
**Tel: 9751 1002**



## NEW! Hearth-Warming Fireplace & Stove Package Deals

Including Guaranteed Fitting Service



New Bigger, better  
**Showroom**  
With Fireplaces

**The Stove Yard**  
Ireland's Biggest Stove Dealer

Kiltonga Industrial Estate  
Belfast Road  
Newtownards BT23 4TJ  
Mon to Fri 9.30 - 5.30  
and Saturday 'til 12.30

For Special Offers please visit:  
[www.thestoveyard.com](http://www.thestoveyard.com)  
Tel 028 9181 4443

## used clothing co.

Working with you today for a brighter tomorrow

For a Free Home Collection

Call: 0845 520 1551

or visit [www.usedclothingco.com](http://www.usedclothingco.com)

**NEW DROP OFF POINT AT - 6 ROAD ENDS, BANGOR**

**Tel: 0845 520 1551**

**Balloo Drive, Bangor • Hollywood Road, Belfast**

"Together we have raised over £100,000 for Childline in Northern Ireland"

**MERRY CHRISTMAS TO ALL OUR CUSTOMERS**



## McCRACKEN Flooring

We bring you some of the **Finest Quality Fitted Carpets & Flooring from around the world.**

You will find a selection of **Solid Woods, Laminates, Carpets, Sheet & Pressed Vinyl, something to suit all tastes.**

Also on show is a large & varied selection of **traditional and modern Rugs.**



**Tel: (028) 91273057**

[www.mccrackenflooring.co.uk](http://www.mccrackenflooring.co.uk)

Unit 71, Dunlop Commercial Park,  
1 Balloo Link, Bangor BT19 7HJ

# BANGOR CARERS COMMEND FOSTERING AS THE 'SPRINGBOARD TO A BRIGHTER FUTURE'

**Art & Framing**  
**BANGORS' LARGEST PICTURE FRAMING SHOP**  
 ART CLASSES ARE BEING HELD IN THE GALLERY  
 Phone for details of regular free demonstrations with Jim Poole.  
**LOTS OF CHRISTMAS GIFT IDEAS**  
 Free & easy parking at the front door.  
*We wish all our customers a Merry Christmas & thank them for their continued support.*  
 Visit our website [www.artandframingbangor.co.uk](http://www.artandframingbangor.co.uk)  
 or visit Units 31-32, 8 Balloo Drive, Bangor BT19 7QY  
**Tel: 028 9145 3178** Find us on Facebook

**Bangor foster carers, Mark and Jenny Gillespie, have said that fostering has "brought so much" to their lives, but recognise it is a huge shock for a child to be left with strangers.**

Speaking as Kinder-care Fostering Northern Ireland said that Looked After Children need "a springboard to the future - not just a safety net", the local carers emphasised the difference fostering can make to a child or young person:

"We have been fostering for seven years - one long term child for the past six years, and one child with significant special needs placed with us recently.

"We couldn't have any family of our own and

felt that we still had a lot to offer. We contacted Kinder-care and spoke with Niall, and ultimately felt that we could give a child a chance of a stable loving home environment.

"We have had some really rough times, but when we remember who these children really are we look past the behaviours and see them as fantastic wee children. These children haven't asked to be brought into the situation they are in, but they have been

able to come through so much. They are being brought into a strange person's home and all the 'stranger danger' work goes out the window and they are told we will care for them.

"Having support from family is important, for us and for the children we care for. Everyone around us sees these children as part of the family and treats them just the same.

"Everyone at Kinder-care, from the administrative staff to the

full social work team, is always available to listen to us and to offer support when we need it - at all hours of the day. When a placement broke down we couldn't have got through this without the support of Kinder-care - we never thought we could get through something so hard as a child having to leave us because they needed more intensive support."

Speaking ahead of an event celebrating "inspiring outcomes" for children and young

people, Chief Executive of Kinder-care Fostering Northern Ireland, Iain Anderson, said that he was "immensely proud" of Kinder-care's achievements:

"Over the last two years we have changed the lives of over 75 children and young people, helping them navigate a wide range of life challenges.

From April 2012 to March 2013, 24% of children in our care were supported to return home, and a further

17% were supported to move onto their permanent family through adoption."

If you have at least one spare bedroom in your home, experience in caring - preferably with children, and the time, energy and caring persona to support a child/young person, then fostering could be for you.

If you want to learn more about fostering children and young people in Bangor, please call the Kinder-care team on 028 9094 1690.

**NEW CHINA** 121  
 8 DUFFERIN AVENUE, BANGOR, BT20 3AA  
*Sit in with our service - No extra charge*  
*Bring your own wine - No extra charge*  
 Sit in & Takeaway **T. 02891 456 121**  
**BUY 2 MAINS AND GET 1 STARTER FREE WITH THIS VOUCHER**  
 DELIVERY FROM 11AM CLOSE DAILY

## Club Takes To Water With Council Funding

**Donaghadee Sailing Club has taken to the water with two new dinghies and equipment, thanks to grant aid from Ards Borough Council.**

The club benefited from funding of more than £3K, helping to meet 50% of the costs of buying two

GP14 Sailing Dinghies, with associated equipment, including buoyancy aids and wetsuits, after successfully applying for financial support through the Council's Sports Capital Grant Programme.

The programme is open to all sports clubs and offers grants to help clubs

invest in new equipment, as well as to improve facilities for local residents to participate in sport.

The sailing club's new boats are being used to help beginners or those interested in trying out the sport to do so without any personal financial outlay, which will help make sail-

ing more accessible to local people.

Councillor Robert Adair, Chairman of the Council Services Committee, visited the sailing club to see the boats on the water:

"The new dinghies and equipment mean the Club is now able to extend the opportunities for young people in particular to have a go at sailing, but without the need to buy or maintain their own boats. This is a boost to the sport as well as the Club and I'm delighted to see the boats now being used regularly in the water," said Councillor Adair.

Nick Butler, Commodore of the Sailing Club, said:

"Donaghadee Sailing Club is delighted with the generous support received from Ards Borough Council enabling the Club to

secure these additional two boats. Since opening the new club house in 2009, the Club has been following an ambitious development plan and the additional capacity provided by these boats will help us deliver the sailing experience to larger groups from the local and wider community."

Anyone who would like further information about the Sports Capital

Grants Scheme which can provide up to 50% match funding for investment up to £10,000 should contact

Emma Hingston, Sports Development Officer, Ards Borough Council, Tel: 028 9182 4018.



**Pictured with two new dinghies are James Ogg, Nick Butler, Emma Hingston, and Councillor Robert Adair**

**WADO INTERNATIONAL KARATE DO FEDERATION (NORTHERN IRELAND REGION)**  
**Learn Traditional Japanese WADO RYU KARATE**  
 Instructor Mark Mawhinney 4th Dan  
**Ards Leisure Centre**  
 Mondays 8.00pm - 9.00pm Beginners Class  
 Adults and Children (7years - 15 years)  
**Comber Leisure Centre**  
 Wednesdays 8.00pm - 9.30pm Beginners Class  
 Adults and Children (7years - 15 years)  
**Bangor Aurora Centre**  
 Fridays from 5.00pm - 6.00pm Beginners Class  
 Adults and Children (7years - 15 years)  
**ALL CLUBS FIRST 3 SESSIONS FREE**  
 For details telephone 028 9145 9250 or 07812 897 541

**Bangor Cake Craft**  
 N.I.'s Leading Cake Supplies  
**QUALITY CAKE DECORATING EQUIPMENT & SUPPLIES**  
**Tin Hire, Print/Photo Icing Sheets & Gift Vouchers Available**  
 23 Innotec Drive, Bangor BT19 7PD Just off Balloo Road  
**Tel: 028 9145 4488 / 07732 72 50 20**  
[www.bangorcakecraft.co.uk](http://www.bangorcakecraft.co.uk) Find us on Facebook

**RED LEAF**  
*kitchens & interiors*  
  
 Unit 2, Jubilee Business Park, Jubilee Road, Newtownards, BT23 4YJ  
 Email: [info@redleafkitchens.com](mailto:info@redleafkitchens.com)  
 Free Design Service - Call and book now  
**Telephone: 028 9182 6678**  
[www.redleafkitchens.com](http://www.redleafkitchens.com)

**ARDS FIREPLACES**  
  
 Unit 1, Jubilee Business Park, Jubilee Road, Newtownards, BT23 4YJ  
 Email: [info@ardsfireplaces.co.uk](mailto:info@ardsfireplaces.co.uk)  
**Telephone: 028 9182 7117**  
[www.ardsfireplaces.co.uk](http://www.ardsfireplaces.co.uk)

**OVENEZE**  
**OVEN CLEANING SPECIALISTS**  
**WE CLEAN OVENS, AGAS, GRILLS, HOBS, EXTRACTORS, MICROWAVES & BBQS**  
 £5 OFF WITH THIS ADVERT  
 • Removes stubborn burnt on grease and carbon  
 • No fumes, no mess and minimum disruption  
 • Low odour, biodegradable products  
 • Bulb and filter paper replacement service available  
 • Landlords & letting agents welcome  
**Why not call us today and get a free quote over the phone. No hidden costs, our price depends on the size of the oven, not how dirty it is.**  
**T. 08453 900222 or 07780 986777**

**KIRKISTOWN CASTLE GOLF CLUB**  
 142 Main Road, Cloughie BT22 1JA  
 Tel: 028 427 71233  
*Play Golf as nature intended*  
 18 Hole LINKS Golf Course  
**2 FOR 1 GREEN FEE VOUCHER**  
 (Redeemable Monday, Wednesday, Thursday or Friday)  
 Ring (028) 4277 1004 to book a tee time  
 Present this voucher at the Pro's Shop on arrival and get two green fees for the price of one.  
**Valid until 31st January 2014**  
 North Down Advertiser December 2013

# Water for Health was the topic at St Malachy's Primary School

Water for Health was the topic of the day at St Malachy's Primary School when NI Water's education team recently paid a visit.

NI Water's educational programme, H2O and the Wonderful World of Water, teaches children about the importance of drinking water and how to identify the symptoms and effects of dehydration.

The children were introduced to H2O, a water drop figure and mascot for the programme. They also took part in practical demonstrations and games to explain how much water children should drink each day and how much of the body is made up of water. After discussing both tap and bottled water, pupils took part in a taste test to see if they could tell the difference. Each pupil received a re-usable NI Water bottle.

NI Water's Environmental Education Manager, Jane Jackson said:

"NI Water places great importance on educating young people in the vital role water plays in our lives. H2O is a fun way for children to learn about why water is essential for good health and how they can help to conserve this precious resource.

"We are delighted with the positive feedback we have received from schools who have participated in our education



St Malachy's Primary School Bangor recently were paid a visit by NI Water's education team

programme. It's a fantastic way for us to work within the local community and educate future generations of water users!"

The programme is aimed at Key Stage 2 and designed to complement a key element of the Northern Ireland Primary Curriculum - the 'World Around Us'.

A teachers' learning pack, with further classroom activities is available to download from [www.niwater.com/education](http://www.niwater.com/education).

**DALLAS ELECTRICAL & BOILER SERVICES**  
**PROFESSIONAL OIL FIRED BOILER SERVICING**  
 (£40 inc new nozzle and electronic efficiency testing and report)  
**PROMPT BREAKDOWN REPAIRS** OFTEC Registered  
**ELECTRICAL WORK UNDERTAKEN**  
 Domestic & Commercial  
 Rewires - New Builds - Alterations  
 Approved Contractor  
 Contact David Dallas 07724809875  
 Bangor 02891 479248

**Visitor Information Centre**  
 34 Quay Street, Bangor

**Christmas Gift Ideas**  
 Discover the treasure-trove of beautiful jewellery, stocking fillers, Guinness & Titanic Gifts, leather goods, local history books and more in Bangor Visitor Information Centre!

15% Discount available on presentation of this ad in store (excludes Sale Items & Stamps)

028 9127 0069 | [northdowntourism.com](http://northdowntourism.com) | festive times!

**Special Bangor Christmas Market**  
**Wednesday 18th December**  
 North Down Borough Council and Bangor Market Traders invite you to join them as you prepare for Christmas.

**Festivities include**  
 Santa who will be taking children's Christmas lists.  
 Mulled wine and shortbread.

Bangor Market is run every Wednesday from 7am to 1pm in Asda Car Park, Market Street, Bangor.

For further details:  
[www.northdown.gov.uk](http://www.northdown.gov.uk) Tel: 028 9127 0371

**Magrath Fuels**  
 "FOR THOSE COLD WINTER NIGHTS"  
**NO NEED FOR CASH AND CARRY WE DELIVER FREE!**  
 COAL, STOVE FUELS, LOGS, OIL, SMOKELESS FUELS, TURF etc.  
**ORDER ONLINE NOW - [WWW.MAGRATHFUELS.CO.UK](http://WWW.MAGRATHFUELS.CO.UK)**

**SPECIALIST STOVE FUEL**  
 LASTS UP TO 40% LONGER THAN COAL!

**ORDER LINE 9145 4565**  
 DELIVERY TO BT 16, 18, 19, 20, 21, 22, 23

**25kg and 50kg available**  
 NEVER BUY POOR QUALITY COAL AS IT MAY DO DAMAGE TO YOUR FUEL APPLIANCE. ALL OUR COAL IS RECOMMENDED BY THE COAL ADVISORY BOARD.

**DM DRIVING SCHOOL**  
 David Moffett  
 APPROVED DRIVING INSTRUCTOR  
**CHRISTMAS OFFER:**  
**5 HOURS TUITION & TEST £130**  
 CHRISTMAS VOUCHERS AVAILABLE  
 Other Offers On Request!  
[www.dmdrivingschool.com](http://www.dmdrivingschool.com)  
**07903324659**

**S. Campbell** PLUMBING & HEATING SERVICES  
**SPECIALISTS IN BOILER BREAKDOWN & REPAIR**  
**ALL ASPECTS OF PLUMBING & HEATING UNDERTAKEN**  
 • Boiler Servicing From £45  
 • Oil & Gas Boilers Installed, Serviced & Repaired  
**FREE ESTIMATES**  
**MOB: 07974 831595**  
 328d Old Hollywood Road, Hollywood, BT18 9QR  
 stevieplumber@hotmail.com

## North Down DUP MLA Gordon Dunne has spoken in the Assembly in support of improved services for mental health.

The MLA stated during an Assembly Motion: 'Mental Health is an ever increasing issue and unfortunately 1 in 4 people will experience some kind of mental health problem. Practically every family in Northern Ireland will be affected by mental health during their lives, with women more likely to have been treated for a mental health problem than men. Self-harm and suicide statistics are also linked in many cases to mental health issues. The fact that 10% of children have a mental health problem and that depression affects 1 in 5 older people highlights the startling fact that mental health knows no boundaries on age, race, class

or gender. It is vitally important that services are in place to provide care and support to patients, carers and families affected by mental illness and that they are consistent across all Trust areas. There is no doubt that the Troubles have had an impact on the mental and physical well-being of our population. The legacy of the troubles lives on, the loss of family members through shootings, bombs and other attacks has left its mark on society. Given our troubled context and the trauma experienced by so many, there is no quick solution to the challenges which we face.

'Sufferers and their families must have a full range of professionals within accessible reach for help and support. Given the fact that mental health is a wide ranging issue with many contributory factors, a joined up approach involving different agencies and departments from all levels is essential. I would like to commend the work of many local charities who do such an excellent job in difficult circumstances, Local organisations like CAUSE who bring much needed support and compassion to sufferers and 'Action Mental Health' who do such an important work in providing care and help through the 'New Horizons' facility. There is no doubt that Northern Ireland has a high prevalence of poor mental health and high levels of post-traumatic stress and we must all continue to work to reduce the burden of mental health across our land.'

**CHRISTMAS TREES ARRIVING SOON**

CHOOSE FROM A FULL RANGE OF NOBLE FIRS, DOUGLAS FIRS, NORWAY SPRUCE, SMALL APARTMENT TREES, POTTED TREES, HOLLY WREATHS, PLUS A FULL RANGE OF STANDS.

**WoodStoc**  
 Outside made better.

2A Balloo Park, Balloo Industrial Estate, Bangor, BT19 7PP. T: 028 9147 7133  
[www.woodstoc.com](http://www.woodstoc.com)

**UltraSlim Clinics**  
**LOOKING FOR THE PERFECT BODY WITHOUT SURGERY?**

UltraSlim Clinics are providers of the most effective non-surgical weight loss treatments to help inches drop off & finally get rid of those stubborn areas.

- **Ultra sound Cavitation & RF Technology**  
 Targets, breaks down and liquifies excess fat, improves cellulite & stretchmarks helps tighten skin.
- **Weight Management Advice & Aftercare available following treatments.**

Clinically proven. **Non surgery, no needles, no pain, no pills, no downtime - Instant results first time everytime!**  
 50a Grays Hill Bangor, BT20 3BB  
 Tel: 028 9122 6375 or 07552 234887  
 email: bangor@ultraslimclinics.com  
[www.ultraslimclinics.com](http://www.ultraslimclinics.com)

**OPENING OFFER 3 TREATMENTS FOR £150**

**Curves**  
**8 weeks for £59**

Why wait to make your New Year's Resolution? Get ahead, shape up and save NOW.

Jeantte Barnes  
 N.I. CURVETTE OF THE YEAR 2013  
 Lost: 68 inches - 80 lbs, 10 % body fat

Call Curves Today..  
**Ards 028 9181 0004**  
**Bangor 028 9147 1776**

**DUNDONALD OLD MILL**  
**OPEN 7 DAYS**  
 231 Belfast Road, Dundonald BT16 1UE Tel. 9048 5030  
 Dundonald Old Mill Coffee House - valid until 24 December 2013  
**FREE TEA OR FILTER COFFEE\* WITH THIS ADVERT**  
 \*Regular Tea or Cup of Filter Coffee

**GILMORE FUNERAL DIRECTORS LTD.**  
**INDEPENDENT FAMILY BUSINESS**  
 13 The Square, Comber, BT23 5DX

Are you worried about funeral costs?  
 Are you concerned that your funeral will be a burden on your family?  
 Why not make life easier for your loved ones and call in or phone to discuss the many options of a pre-paid Golden Charter Funeral Plan or review an old plan.

**24 Hour Service To All Areas 02891872949**  
[www.gilmore-funeraldirectors.co.uk](http://www.gilmore-funeraldirectors.co.uk)  
 Headstones erected, lettering added, stones cleaned.  
 Ken Gilmore Dip.F.D., M.B.I.F.D. Licensed Member  
 British Institute of Funeral Directors  
 Serving the Community for 25 years

**fleuriste** CREATIVE, PROFESSIONAL AND INDIVIDUAL FLORAL DESIGN

Christmas Workshops NOW ON - ask instore for details. Learn how to create wonderful Christmas arrangements for your home.

Also in store: • Christmas Decorations • Garlands • Gift Ideas • Candles • Christmas Wreaths • Flowers For all occasions  
 Wishing all our customers a very Happy Christmas & New Year

[www.weddingflowers-belfast.co.uk](http://www.weddingflowers-belfast.co.uk)  
 028 9060 1616 124b Upper Lisburn Rd, Finaghy, Belfast, BT10 0BD  
 fleuristeflowers@yahoo.co.uk

**CGS CLADDING & GLAZING SERVICES**

- UPVC windows and doors
- Guttering/Fascias/Soffits
- 10 year guarantee
- Free survey and quote
- Glass replacement
- Doors from £500
- Semi-detached fascias, soffits\* and guttering from £500
- Glass replacement
- PVC cleaning and repair service

\*Manufacturers extended 20 year guarantee  
[www.cgswindows.co.uk](http://www.cgswindows.co.uk)  
 Tel: 028 9185 9619 / 028 9071 4457  
 Mobile: 0781 4755 263

**Board Up & Glaze**  
**Broken Windows / Replacement Windows**  
**24 Hour Emergency Board Up Service**  
**Domestic & Commercial**

- Same day glass replacement service where possible
- Double/single glazing replacement
- Broken down glass - UPVC repairs (handles, hinges, locks etc.)
- Shop front glazing - PVC Frames & Doors Supplied and Fitted
- Mirrors - Decorative glass - Bevelled glass - Furniture access
- Security filming (mirrors/antishatter films, two way vision films)
- Velux window glass replaced - UPVC soffit & fascia - UPVC cladding

Tel: 028 9182 7624 Mob: 078 3043 7315  
 Scrabo Road, Newtownards

**Quality Potatoes FOR SALE**  
 British Queens | Pentland Dell  
 Kerr Pinks | Maris Piper | Navan

Contact James on  
**078 8935 8650**  
 75 Windmill Road, Donaghadee

Merry Christmas & Happy New Year!

**The Party Poet**

The Party Poet will create a personalised poem for any occasion. All poems are delivered as a presentation scroll or can be framed. The Party Poet also offers the unique service of reciting the poem at your event or can arrange a 1 hour coaching session to enable you to present the poem yourself like a professional. For an innovative way to communicate your feelings; contact The Party Poet who will create a personalised poem based on the information you give. The Party Poet will use humorous, romantic, poignant, serious verse to record memories and precious moments. A perfect gift for Birthdays, Anniversaries, Retirements, Christmas, Good Luck, Weddings, Christenings, Funerals etc.

**The Party Poet**  
 If you're looking for the perfect gift  
 For a certain day,  
 Or want memories recorded  
 In a very special way,  
 When you're short of ideas  
 And you don't know what to buy,  
 When the thought of trekking round the shops  
 Makes you want to cry.  
 Have a poem written,  
 Don't waste any more time,  
 Record those moments of romance  
 Or humour in a rhyme,  
 If you love someone and want to  
 Make sure that they know it,  
 For a unique and personal memento,  
 Why don't you call The Party Poet?  
 © Donna Parkinson

For further details contact - Donna Parkinson 07749331793  
 thepartypoet@gmail.com www.thepartypoet.co.uk (website under construction)

# SERC HOST BUSINESS INNOVATION CONFERENCE

'There are many ways to innovate' was the key message at the Road Show of the East Border Region Innovation, Opportunity, Training and Advice (iOTA) Programme which took place recently at South Eastern Regional College (SERC).

Held at SERC's award winning Environmental Skills Centre, the iOTA programme seeks to enhance understanding of the process of innovation and make local businesses more aware of the benefits of innovation in their businesses.

First, delegates were welcomed by Councillor Alan McDowell who said "The iOTA Programme is an exceptional opportunity for potential new and small to medium sized enterprises in the East Border Region to develop their innovation capacity by accessing skills, expertise and knowledge".

Next delegates were treated to an inspirational talk by innovation expert José Pietri on innovation and collaboration.

SERC Director of Corporate and Economic Development Mr Thompson Keating said,



Pictured at the recent East Border Region iOTA Programme which took place at SERC are Emma Pearson, North Down Development Organisation, Janice Cooke, SERC Business Innovation and Development Officer, José Pietri, Mindshare Consulting, Councillor Jennifer Gilmour, Deputy Mayor North Down Borough Council, SERC Director Thompson Keating and Clare McGill, SIGNAL Centre of Business Excellence

"SERC are delighted to host this conference. SERC recognises that innovation is an important part of growing the local economy and that not all companies have the capital to invest in

equipment. By enabling companies' access to equipment and expertise at the College we can help local companies' fast-track their ideas to product creation and production."

Funded through the European Union's INTERREG IVA Cross Border Programme, the Programme is open to individuals, SMEs and micro enterprises in the following coun-

cil areas in Northern Ireland - Ards, Armagh, Banbridge, Craigavon, Down, Newry and Mourne and North Down as well as Counties Louth and Monaghan in the south of Ireland and will be delivered by a cross border consortium led by Newry and Mourne Enterprise Agency. SERC offer a wide range of solutions to meet the specific training needs of your organisation. To find out how your business can get results from SERC please visit our website at [www.serc.ac.uk/getresults](http://www.serc.ac.uk/getresults) or call us on 0845 600 7555.

# RUSSELLS OF BANGOR

4a Holborn Avenue, Bangor

- 24 Hour Service
- Trained, Professional Staff
- Price Lists & Written Estimates
- Members of the NAFD
- Dignity Funeral Plans
- Memorials & Floral Tributes



Telephone:  
**028 9127 0303**

## STRANGFORD ARMS HOTEL

*LeWinters*  
BISTRO, BARS & RESTAURANT

Tel: 028 9181 4141

Strangford Arms Hotel, 92 Church Street, Newtownards BT23 4AL

[www.strangfordhotel.com](http://www.strangfordhotel.com) | [www.lewinters.com](http://www.lewinters.com)



### 4 Course Festive Menu from £20 per person

#### Christmas Party Nights (prices are per person)

Fri 13 <sup>th</sup> Dec	Resident DJ	£25
Sat 14 <sup>th</sup> Dec	Rio (Live Band)	£30
Thurs 19 <sup>th</sup> Dec	Resident DJ	£20
Fri 20 <sup>th</sup> Dec	Rio (Live Band)	£30
Sat 21 <sup>st</sup> Dec	Fusion (Live Band)	£35
Sun 22 <sup>nd</sup> Dec	Resident DJ	£20
Christmas Eve	Resident DJ	£20

#### Afternoon DJ (Music 2.30pm - 5.00pm)

Friday 13<sup>th</sup>, Friday 20<sup>th</sup> & Monday 23<sup>rd</sup> December

#### Other Entertainment Nights

Boxing Day	Re-live the 80s with Resident DJ & great drinks promotions
Fri 27 <sup>th</sup> Dec	Resident DJ
Sat 28 <sup>th</sup> Dec	XIII (Live Band), with special cocktail promotions all night
Sun 29 <sup>th</sup> Dec	2-piece Live Country Band

## SANTA SUNDAYS!



Sunday 15<sup>th</sup> Dec, 1-2pm  
Sunday 22<sup>nd</sup> Dec, 3-4pm

Come along, have a meal, meet Santa & receive a gift!

**Fun Factory**  
every Sunday 12-8pm,  
& Bank Holiday Mondays  
**Bouncy Castle, Playstation,  
Colouring In, Soft Play.**

extra Christmas Fun Factory dates...  
Boxing Day & New Year's Day!

## NEW YEAR'S EVE

### ENTERTAINMENT

7PM - 9PM LIVE 2 PIECE BAND

9PM - 11PM RESIDENT DJ

11PM - 1.15AM FUSION (LIVE BAND)

£10 PER PERSON COVER CHARGE FROM 7PM

### BISTRO & RESTAURANT

FREE ADMISSION TO LEWINTERS FOR ALL DINERS  
DEPOSIT REQUIRED TO RESERVE YOUR TABLE

Terms & Conditions apply

### ACCOMMODATION OFFER

FROM £35.00 PER PERSON SHARING B&B

FROM £50.00 PER SINGLE B&B

FREE ADMISSION TO LEWINTERS  
FOR ALL RESIDENTS

**IRONING SERVICE**  
**Have your washing ironed.**  
**Your garments can be returned folded or hung.**  
*(please supply own hangers if hanging is required)*  
**Pick up & delivery service available.**  
*Covering Bangor, Holywood & the surrounding areas.*  
**Call 028 9146 2351**  
**or 078 9406 1361**

**KEYNOTE MUSIC BANGOR**  
**02891 466341 - 07742986239**  
**ROLAND C SERIES CLASSICAL CHURCH ORGAN**  
 Ideal for church or home use.  
 • Trade-in welcome  
 • Repair service for most makes available  
 Yamaha Tyros Keyboards 3 & 4  
 Call for best deal.  
 Contact David today  
 keynoteorgans.co.uk



**Continued from Page 1**

Speaking about the success of the events run by the GTINI, Lynn Cowan, Events Fundraiser at Northern Ireland Children's Hospice says, "We are thrilled to have the support of the GTINI this year. They have

worked so hard all year to organise three fantastic car shows as well as spending time preparing the winning car. Of course none of this would have been possible without the involvement of the sponsors who donated parts, time and effort in this task. I would like to thank John and the GTINI group for their exceptional gener-

osity and involvement throughout the year, "The £10,000 raised could pay for over 300 hours of specialist nursing care for a local child with a life-limiting or life-threatening condition. Congratulations must also be given to Jamie on winning the fantastic car, and to everyone who bought a ticket in aid of Children's Hospice."

Northern Ireland Children's Hospice is the only service of its type in Northern Ireland caring for children and young people with very complex needs who require 24 hour specialist care.

There are over 600 life-limited children living in Northern Ireland who need care that only Children's Hospice can provide.

For further information on Northern Ireland Children's Hospice and the GTINI please visit [www.nihospice.org](http://www.nihospice.org) and [www.gtini.com](http://www.gtini.com) respectively.

**The Dancers Corner**  
 for tights to tutus... and all that jazz  
**HIGH-QUALITY DANCEWEAR**  
**Stocking Christmas Nativity Costumes**  
 Brand names such as Freed, Capezio, Roch Valley, 1st Position, Bloch, Little Ballerina, Revolution, Pineapple, Plume and more!  
 Call: 07917 573 476  
[www.thedancerscorner.co.uk](http://www.thedancerscorner.co.uk)  
[www.facebook.com/thedancerscorner](http://www.facebook.com/thedancerscorner)

**Hollywood Wins Best Kept Town Title**



Pictured above is North Down Mayor Councillor Andrew Muir with Holywood Residents Association celebrating their Best Kept Medium Town 2013 award

**BALLET CLASSES**  
 Mondays: St. Katherines, Fortwilliam  
 Tuesdays & Thursdays: St. Johns, Malone  
 Wednesdays & Fridays: Old School, Holywood  
 Saturdays: Carnmoney, Presbyterian Church, Newtownabbey  
 RAD Syllabus from Pre Primary to Advanced 2.  
 Teacher: Laura Walker B.A. (Hons) A.R.A.D.  
 Tel: 028 9076 3953 Mob: 077 1164 3958  
 Email: [laurawalkerballet@hotmail.com](mailto:laurawalkerballet@hotmail.com)  
[www.laurawalkerballet.co.uk](http://www.laurawalkerballet.co.uk)



**Make A Child's Christmas Truly Magical With An Nspcc Letter From Santa**

Every festive season, children across North Down write to Santa in the hope that he'll visit on Christmas Eve with a sackful of presents and Rudolph in tow.

**Plain English Computer Services**  
**NO FIX, NO FEE**  
 Computer Sick? Or Just Sick Of Your Computer?  
 PC & Laptop Repairs - New & Used Computer Parts  
 Spyware & Virus Removal - Full Data Recovery Service  
 A Computer Company That Talks Plain English!  
[sales@pecsni.co.uk](mailto:sales@pecsni.co.uk) [www.pecsni.co.uk](http://www.pecsni.co.uk)  
**Tel: 02891 820431**

Imagine their surprise if they were to receive a reply from the man himself - the perfect gift to help keep the magic of Christmas alive.

For a suggested donation of just £5 to the NSPCC, a child will receive a fun, colourful and personalised Letter from Santa, with a festive story tailored to their age. You'll be able to choose from seven different beautifully illustrated styles, making them the ideal

gift for families with more than one child as each can receive a truly unique letter.

The reindeer mail-room will be open until 17 December 2013, and all those who request a Letter from Santa this year will be entered into a draw to win a once-in-a-lifetime trip to Lapland for a family of four.

You can request your Letter from Santa at [www.nspcc.org.uk/santa](http://www.nspcc.org.uk/santa) or by calling 0845 839 9304.

**sclarke son**  
 funeral directors  
 84 Newtownards Road  
 Bangor BT20 4DR  
 (028) 9127 2549  
[info@sclarkeandson.co.uk](mailto:info@sclarkeandson.co.uk)  
[www.sclarkeandson.co.uk](http://www.sclarkeandson.co.uk)

We've been caring for families in Bangor since 1918

24 hour service  
 Private funeral churches  
 Live service transmission throughout the world  
 Bereavement counselling and support groups  
 Prepayment plans  
 Monumental services



**Floral Design**  
 For all your floral needs.  
 Wedding • Christening • Funeral • Birthday  
**FOR ANY OCCASION**  
 Merry Christmas & A Happy New Year To All Our Customers!  
**Tel: 028 9146 7740**  
 2 Donaghadee Road, Bangor, BT20 5RU  
[gale.brown@btconnect.com](mailto:gale.brown@btconnect.com)

**EXPRESS SKIPS**  
 Midi Skips  
 5 Tonne Skips  
 10 Tonne Skips  
 COMPETITIVE RATES  
**028 9046 6600**

HAPPY CHRISTMAS FROM ALL AT

**the zip yard** garment alterations

**OUR GIFT TO YOU**  
**£5 OFF\***  
 when you leave an item in for alteration in December 2013

Earn Zip Yard loyalty points with every transaction

13 Market Street, Bangor, BT20 4SP  
 Tel: 028 9147 9123

FB: [facebook.com/thezipyardbangor](https://facebook.com/thezipyardbangor)  
 twitter: @thezipyardbangor

\* (Redeemable in January 2014 ONLY. Minimum spend required on alteration £20 to qualify). NOT IN CONJUNCTION WITH ANY OTHER OFFERS

# DUNNE COMMENDS GIRLS BRIGADE (GB) WITH NEW FLOWER BED

North Down DUP MLA Gordon Dunne has commended and paid tribute to the Girls Brigade in North Down, the MLA added at a recently launched flowerbed to celebrate the 120th Anniversary of the Girls Brigade.

'The Girls Brigade are a very active organisation right across North Down and I am delighted that

120 years. This flowerbed is a fitting tribute to the many local volunteers and helpers from right across

impact that GB has for so many young people and the many benefits with which membership of that great

have now planted this magnificent flowerbed in Holywood in conjunction with GBNI. This was an initiative which has been setup between the Girls Brigade across Northern Ireland and five local councils to recognise so many years of a successful organisation.

This also adds to the bright and colourful displays within our town centres and helps to keep our local areas looking well. I would commend the Grounds Maintenance team and Ian Beaney at North Down Borough Council for helping to deliver this project.'



Holywood Cllr Stephen Dunne and North Down DUP MLA Gordon Dunne with girls from 1st Holywood Girls Brigade at the flowerbed

North Down Borough Council have planted a special commemorative flowerbed at Ballymenoch Park in Holywood to mark a very significant

North Down who have given so freely of their time over the years in organising and helping at weekly GB meetings. I am well aware of the very positive

organisation brings.' Local Holywood DUP Councillor Stephen Dunne added: 'I am pleased that North Down Borough Council

**Wardrobes NI**  
Sliding Mirror Wardrobes

Sliding Wardrobes at Competitive Prices

**MANUFACTURERS OF QUALITY**  
FITTED & FREESTANDING BEDROOM FURNITURE

Prices start from as little as **£650** inc fitting!

14 Parade, Donaghadee, BT21 0AE  
Tel: 02891 882824 Mob: 07525 645404  
[www.wardrobeni.co.uk](http://www.wardrobeni.co.uk)

**Carpets & Upholstery** *ServiceMASTER Clean*  
professionally cleaned

**RE-VITALISE YOUR CARPETS FOR CHRISTMAS**  
Call now to ensure your pre-xmas booking

Specialists in Residential & Commercial

- Rug and Carpet Cleaning
- Sofa Cleaning
- Stain/Odour Removal
- Stain Resistant Application
- Carpet Repairs
- Fire and Flood Restoration

**CALL NOW: 028 9186 3229**  
Email: [office@servicemasterbelfast.co.uk](mailto:office@servicemasterbelfast.co.uk)

**Rejuvenate Nail & Beauty Clinic**

16 Dufferin Avenue, Bangor. Tel: 028 9147 7226

Facials - Tans - Massages - Waxing - Tinting  
Nail Bar - Pamper Packages - Bridal Packages

**WINTER SPECIAL OFFERS**

Why not treat yourself to one of our special Winter Mini-Facials to keep your skin looking fresh and moisturised in the Winter months?

We have teamed this with a soothing back, neck and shoulder massage to ease away the stress and strain of everyday life.

**OFFER PRICE ONLY £26.00**

**20% OFF ALL OTHER TREATMENTS** (QUOTE "NORTH DOWN ADVERTISER" WHEN BOOKING)

ABOVE OFFERS CANNOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER. OFFERS LIMITED TO ONE PER PERSON

**GIRLS FORMAL PACKAGE 1**  
• Spray Tan • File & Polish only £15

**PACKAGE 2**  
• ½ Leg Wax • Eyebrow Wax • Spray Tan only £25

**PACKAGE 3**  
• Mini Manicure • Mini Pedicure • Eyebrow Wax • Eyelash Tint only £20

[www.rejuvenateclinicbangor.com](http://www.rejuvenateclinicbangor.com) Find us on Facebook

**CARE VISITS AT HOME** *Good Old Fashioned Service*

**Care at home**  
Bluebird Care offers a realistic cost effective alternative to residential care. Continue to enjoy your own home comforts with our support.

**Our Services**  
From personal care to shopping, cleaning or social visits. Everything you need to stay in the comfort of your own home.

**Our staff**  
All our staff are highly trained, motivated to help, police vetted, insured and dedicated to delivering high quality services.

Call our professional team on **028 9042 6615**  
or email [holywood@bluebirdcare.co.uk](mailto:holywood@bluebirdcare.co.uk)  
[www.bluebirdcare.co.uk](http://www.bluebirdcare.co.uk)

# USED CLOTHING CO.

Used Clothing Co have recently opened a third drop off point in the greater North Down area at the convenient location of 6 Road Ends, Bangor.

This new drop off point will be open Monday to Friday 10am to 5pm and on Saturdays from 10am to 4pm.

Used Clothing Co. pay 60p per Kg for good quality clothing, hand-bags, and shoes. We continue to support local charities and work-

thy causes, and by diverting reusable items from landfill we are doing our bit to help the environment.

People often ask 'where do our items go to?' Working with our parent company Clothing Collections International Ltd, the items we collect are graded and exported throughout the world to some of the poorest regions this enables family's to afford items they would never have been able to buy

new.

We would like to take this opportunity to thank all the local people who use our service and welcome anyone thinking of using our service.

We also have other stores located at Balloo Road, Bangor and Jubilee Road, Newtownards, and you can contact us on 0845 520 1551 to organise a home collection, or visit [www.usedclothingco.com](http://www.usedclothingco.com)

**OV DIVING**

LEARN TO SCUBA DIVE BEFORE GOING ON HOLIDAY

- PADI Five Star Dive Centre
- RYA Powerboat Training Centre
- TDI Facility
- HSE Recognised
- First Aid Courses

138 Mount Stewart Road, Newtownards, BT22 2ES  
Tel/Fax: (44) 028 9146 4671 or 028 9186 1686  
Email: [info@dvdiving.co.uk](mailto:info@dvdiving.co.uk) Visit: [www.dvdiving.co.uk](http://www.dvdiving.co.uk)

Comprehensive courses in Scuba, technical & commercial diving.

**GIFT VOUCHERS NOW AVAILABLE**

**CPM**

**Crawfords Painting & Maintenance Service**

Residential & Commercial  
Free Estimates  
Mob: 077 1582 0726

The Smugglers Inn is situated on the beautiful Causeway Coast

Bar Bistro / A LA Carte Dinning

**The Smugglers Inn**  
on the Causeway

**Winter Breaks**  
**3 FOR 2**

2 nights Bed & Breakfast and One Dinner  
From £85.00 Per Person Sharing  
3rd Night Bed & Breakfast Free

**CHRISTMAS VOUCHERS AVAILABLE**  
Phone Reservations  
**028 2073 1577**  
[www.smugglersinnireland.com](http://www.smugglersinnireland.com) email: [smugglers-inn@btconnect.com](mailto:smugglers-inn@btconnect.com)  
ALL OFFERS ARE SUBJECT TO AVAILABILITY & EXCLUDE SPECIFIED HOLIDAYS

## O'Neill defends CAP budget allocation

Agriculture Minister Michelle O'Neill recently announced that discussions on the allocation of UK CAP budget across the regions have reached a successful conclusion. Minister O'Neill said: "I am extremely pleased to announce that as a result of our strong arguments in defence of our allocation of the CAP budget for Pillar I and

Pillar II, we have succeeded in retaining our historic budget share. When I met with my Ministerial colleagues from Britain at the start of this week, I made it very clear that we needed to bring this matter to a rapid conclusion. The decision has now been made and I have secured the outcome I was looking to achieve, which will deliver an additional €20million in support to the local industry between now and 2019. I have already voiced my disappointment that the EU Budget deal will leave us with reduced budgets, but as a result of today's decision, the risk of any further reduction has been avoided. This provides welcome clarity on the CAP monies available in the north and now allows us to move on to decide how these should be best used for the long term benefit of the rural economy and environment."

# HEALTH MINISTER LAUNCHES ONE HEART CAMPAIGN

Health Minister Edwin Poots last night praised the work being done to improve services for cardiac patients, and paid tribute to the Northern Ireland Chest Heart and Stroke (NICHs).

The Minister was speaking during the launch of One Heart Campaign, an initiative by Astra Zeneca which assists patients with heart conditions using personalised text messaging and mobile technology. The service offered by One Heart is a free personalised support programme for patients with Acute Coronary Syndromes who have been prescribed an oral anti platelet.

The Minister said: "I am delighted that as a result of work following on from Transforming Your Care, patients suffering the most severe form of heart attack are now taken straight to a dedicated centre that is capable of undertaking the primary

Percutaneous Coronary Intervention (PCI) procedure 24 hours a day. There is already established a dedicated Primary PCI centre at the Royal Victoria Hospital and by summer 2014, Altnagelvin Hospital will become Northern Ireland's second Primary PCI centre."

Minister Poots continued: "It is working together with pharmaceutical companies like Astra Zeneca and to the unstinting efforts of voluntary organisations such as the NICHs that we are able to continue to provide such high quality services. NICHs has always been at the forefront of innovation in promoting health and informing the public."

**Ollie's Roast Eat & Play**

1 Glenford Road, Newtownards Tel: 028 9181 3287

MUMS & TOTS 9-12 EVERY WEEKDAY ONLY £2  
FREE CHILD ENTRY FOR EVERY £6 SPENT IN THE CAFE

Find us on Facebook

**North Down & Ards Cruse Bereavement Care**

**Somewhere to turn when someone dies**

Have you or your children been bereaved?  
Have you been bereaved by suicide?  
We can help by offering you 1-1 support, pre-bereavement support, telephone support, literature etc.

We are based in Bangor Hospital  
Contact us on 028 9127 2444  
Supported by Public Health Agency

**EXPLORIS PORTAFERRY**

## SEALS AND SANTA AT EXPLORIS AQUARIUM

Whether you're looking to escape the Christmas bustle or not, there's something for everyone at Exploris Aquarium in Portaferry this winter - from festive fare in the cafe, to seals and Santa.

The Aquarium's cutest and most important calling card is the Seal Sanctuary where sick or orphaned seal pups are rehabilitated then released back into the wild. December is often our busiest month as winter gales can separate seal mothers from their newly born pups. If you see a seal pup that may be in distress, do not touch it but call Exploris on 028 4272 8062.

Santa visits the aquarium on the 14th and 15th December, delivering presents to our younger visitors.



On the Sunday, Santa dons a wetsuit to bring a festive feast to the fishy residents of the Open Sea Tank. To make the weekend extra special there will be festive fare available in the café. The aquarium runs a varied programme of exhibitions and events throughout the year.



For further information on opening times and events, check out the aquarium website [www.exploris.org.uk](http://www.exploris.org.uk), or phone 028 4272 8062.

[www.exploris.org.uk](http://www.exploris.org.uk)

Explore and discover a world under the sea

(E) [info@exploris.org.uk](mailto:info@exploris.org.uk) (T) 028 4272 8062

## Minister Concerned About Sickness Absence In Civil Service

**Finance Minister Simon Hamilton expressed concern about the increase in level of sickness absence across the Northern Ireland Civil Service.**

Official statistics published recently by the Northern Ireland Statistics and Research Agency (NISRA) reveals that during the financial year 2012/13 the overall level of sickness absence across the NICS has increased from the figure of 10.1 days (average days lost per staff year) in 2011/12 to 10.6 days, missing the annual target of 9.5 days.

The level of sickness absence equates, in payroll terms, to £30.8million, an increase on last year's figure of £2.2million.

Commenting on the headline figures, the Minister said: "This is very disappointing news given that for a number of years we have seen a steady downward trend in the level of sickness absence."

"I am satisfied however that this reverse in trend does not reflect any dilution in the focus across NI Departments to tackle the sickness absence problem. Managing attendance and reducing sick absence is a key priority for departments, and clearly our work must continue and indeed intensify in some areas to ensure that the targets which are set out in the Programme for Government are achieved."

"It's encouraging

to note that over 50% (52.3%) of our staff had no recorded periods of sickness absence."

The Minister concluded: "Given that reducing NICS sickness absence levels is a Programme for Government commitment, I will continue to encourage Ministerial colleagues to retain a very close interest in this issue. I have also asked my officials to review our NICS policies and procedures and to consider any changes or strategies that may be necessary to ensure our targets are met."

Managing attendance remains a key priority within all NI Departments and there is a comprehensive range of policies and procedures in place to address the problem. Help and support for staff at work and throughout their illness is available, including professional interventions, assistance with rehabilitation and reasonable adjustments. Where necessary, procedures are in place to deal with inappropriate levels of sickness absence.

The Report was completed by the Northern Ireland Statistics & Research Agency and is available on their website: [http://www.nisra.gov.uk/publications/Sickness\\_in\\_the\\_NICS.html](http://www.nisra.gov.uk/publications/Sickness_in_the_NICS.html)

## DUNNE & HARBINSON ATTEND LAUNCH OF CAUSE MENTAL HEALTH CARERS MANIFESTO

**North Down DUP MLA Gordon Dunne and North Down Councillor Adam Harbinson have attended the launch of the CAUSE Mental Health Carers Manifesto.**

Speaking after the launch, they added:

"We are delighted to lend our support to the work of this special mental health charity CAUSE. We are both well aware of the excellent work they carry out and would like to commend them on their work and encourage to keep up the great work"

Practically every family in Northern Ireland will be affected by mental health during their lives, with women more likely to have been treated for a mental health problem than men. Self-harm and suicide statistics are also worrying to say the least.

The facts that 10% of children have a mental health problem and that depression affects 1 in 5 older people highlights the startling fact that mental health knows no boundaries on age, race, class or gender.

It is vitally important

that services are in place to provide care and support to patients, carers and families affected by mental illness. It is vital that services are readily available for patients and carers and that they are consistent across all Trust areas."



Dunne and Harbinson attending the launch of CAUSE Mental Health Carers Manifesto

**Linda's**  
**HOT FOOD BAR**  
**MOBILE CATERERS**  
AVAILABLE FOR CHRISTMAS PARTIES, STAFF PARTIES & NEW YEARS EVE PARTIES  
Birthdays, Engagement, House Warming etc.

**PHONE FOR DETAILS**  
**07706 689 557**

## Flooring Inspirations

Exotic Woods • Cork • Carpets • Vinyls

10'0" x 12'0" Room

Laminate & U/felt **£122.00**

6 Colours - Supplied & Fitted **£280.00**

Fully Guaranteed | Fitted by professionals

Carpet (Average) (at least 20 colours)

Hall 24yd<sup>2</sup> | L/Room 17.33yd<sup>2</sup> | Bed 13yd<sup>2</sup>

Bed 13yd<sup>2</sup> | Bed 13yd<sup>2</sup> - **£320.00**

Without Hall **£290.00**

**FITTING MAX £100 BY PROFESSIONALS**

**ALL FLOORS FULLY GUARANTEED**

WE ARE HERE

57 Prospect Road,  
Bangor  
Tel/Fax:  
028 9127 5242

email: [sales@flooring-inspirations.co.uk](mailto:sales@flooring-inspirations.co.uk)

[www.flooringinspirations.com](http://www.flooringinspirations.com)

**BANGOR'S LEADING FLOORING SUPPLIER**

Luke 18v27

**GHD Repairs Done While You Wait! £20**

**Special Offer:**  
**2 pairs for £30!**  
Now repairing Vacuum Cleaners, Small Appliances & Laptops!

**ALSO Reconditioned GHD's FOR SALE**

Unit 2, 57 Comber Road, Dundonald  
e: [ghdrepairsdundonald@hotmail.co.uk](mailto:ghdrepairsdundonald@hotmail.co.uk)  
T: 028 9048 1334

facebook G H D Repairs Dundonald

**Caremark**

**Care & Support In Your Own Home**

Examples of our services include:

- Companionship, visits to shops, hairdressers etc.
- Medication reminders
- Personal hygiene, light housework, ironing etc.
- Overnight support and Live-in Care
- Respite services
- Childrens services

**We Guarantee nothing but the best Care and Support**

So what next?  
Talk to our friendly staff on 028 9146 7004 or email us at [north.down&ards@caremark.co.uk](mailto:north.down&ards@caremark.co.uk)

**FREE Home Care Assessment**

**NOW RECRUITING CARE WORKERS**

[www.caremark.co.uk](http://www.caremark.co.uk)

**MTS Sulby**  
Supporting People Providing Technology

**Domestic Computer and Laptop Repairs**  
**NO FIX - NO FEE**  
**Business Server Install and Support**

**Call us on 028 90 202040**  
9 Church View, Holywood BT18 9DP

**Family Support Volunteers**

Are you a parent or have you parenting skills?  
Would you like to share these skills?  
Volunteers support families facing difficulties such as loneliness, isolation, post natal illness, disabilities, relationship problems or multiple births.

**Home Start**  
Support and friendship for families

**Can you spare 3 hours per week to support a family?**  
For more information please phone:  
Joyce at Home-Start North Down Tel: (028) 9127 1201  
Email: [homestartnorthdown@talktalk.net](mailto:homestartnorthdown@talktalk.net)  
Training provided - Expenses paid

Home-Start North Down encourages applications from both men and women, those with disabilities, those of minority ethnic origin and those from all sections of the community.

**Preparation Course Starting Soon!**  
**Apply Now!**  
Recognised Charity No: XN91711 Company No: NI22755

# Little Bear's Day Nursery



**Purpose Built Premises  
Catering for Children aged 0-12years**

Up to 20 D.E.N.I. funded pre-school places for September 2014

**ALSO**

Up to 8 non-funded pre-school places if your child is 3 years old.

Only £9.00 per session  
(9.00am – 11.45am, Term Time Only)




## PLAYGROUP OPEN EVENING

**Thursday 12th  
December 2013  
from 6.30pm - 8.30pm**

Award winning Little Bear's Day Nursery is owned and managed by Kerry Hichens and Michelle McFeeters, both aged 35 and with over 18 years experience in childcare each.

This year, the nursery won a Bangor Business Award for Business Development (with more than 10 employees) and were runners up in the award for Best Company to Work For. They currently employ 22 people on both a full time and part time basis and provide high quality childcare for up to 85 children every day.

Kerry and Michelle pride themselves on running a friendly and accommodating childcare service to parents and ensure that every day is fun filled and educational for all the children whether they attend for 2 hours or 11 hours a day. In the nursery's last inspection report from 31st October 2012, they received no recommendations from the inspecting Social Workers, which is extremely rare in the childcare profession.

The nursery also now provides up to 20 D.E.N.I. funded pre-school places, which runs from 9.00am – 11.45am, term times only. For more information on these places, call into our Open Night on Thursday 12th December from 6.30pm – 8.30pm.

For more information, feel free to call into the nursery at anytime or call 91273533 and ask for Kerry or Michelle.

Please feel free to pop in anytime to view the nursery - just ask for Kerry, Michelle or Cat - we look forward to seeing you soon!

**Unit 2a  
Ashbury Shopping Centre,  
Bangor, BT19 6TH**  
Email: [littlebearsnursery@yahoo.co.uk](mailto:littlebearsnursery@yahoo.co.uk)  
Website: [www.littlebearsdaynursery.com](http://www.littlebearsdaynursery.com)  
**028 91273533**



# GET NOMINATING IN SPORTS AWARDS!

The annual sports awards for Ards have opened and local people are being encouraged to get nominating.

The awards, sponsored by Charles Hurst Renault and organised by the Ards Borough Sports Development Committee, are made across 9 separate categories, recognising individual, team and coaching achievements.

Ivan Coffey, Chair of Ards Sports Development Committee, is encourag-

## PC EXPERT

- Home Callouts & In-Home Support
- Computer Upgrades - Repairs - Small Networks
- Wireless Broadband Installation
- Residential & Commercial
- Weekend Service Also Available
- Virus Removal & Free Software Installation
- Very Reasonable Rates
- 100% Customer Satisfaction



**Tel: 028 9185 3129**  
**Mob: 077199 22149**  
[www.thepcexpert.f2s.com](http://www.thepcexpert.f2s.com)

## Lisbarnett Traditional Fresh Farm Turkeys



Now Taking Orders

Supplying fresh turkeys for 30 years.

Tel: 028 9754 1288 / Tel: 028 9187 2266  
Mob: 077 4873 1652

## THE BLACKWOOD

GOLF IN THE HEART OF CLANDONBOYE ESTATE

JOIN US NOW FOR 2014!

7 DAY SEASON CARD & FULL CLUB MEMBERSHIP £650

Find out more about our season cards by booking a 'Try Before You Buy' visit and complimentary round of golf. Contact Blackwood office on (028) 91 852706 (option 2). Terms & Conditions apply.

[blackwoodgolfcentre.com](http://blackwoodgolfcentre.com)



## Craigavad TURKEYS

Quality brought to you

**CRAIGAVAD TURKEYS ARE:**

- Free range Kelly bronze and black turkeys
- Slowly matured for a delicious flavour
- Fed a wholesome cereal based diet, including locally grown oats
- Processed on the farm by traditional methods to minimise stress to the birds
- Hand plucked and hung for a minimum of 10 days to develop an even fuller flavour
- Great value for money
- Delivered to your door at a time convenient to you

WE ARE ALSO ABLE TO PROVIDE FREE RANGE HAM FROM A LOCAL PIG FARMER TO COMPLIMENT OUR TURKEYS.  
MAKE THIS CHRISTMAS DINNER ONE TO REMEMBER WITH A CRAIGAVAD TURKEY!!!

To avoid disappointment - please book early.  
Contact: Jeremy 077 1955 3750  
or Jana 078 8752 8545  
Website: [www.craigavadturkeys.com](http://www.craigavadturkeys.com)



Mayor of Ards, Councillor Stephen McIlveen, with members of the Ards Borough Sports Development Committee and sports awards sponsors at the launch of the 2013 Ards Borough Sports Awards.

ing local sports clubs and members of the community to nominate:

"We say it every year, but that doesn't make it any less true: we have a wealth of sporting talent in the Ards Borough and this is our opportunity to acknowledge the sporting success, the dedication to coaching and the commitment to opening up partici-

pation in sport which happens every day of the year in this area. I would advise our clubs, community organisations and individual residents to submit their nominations".

As well as Charles Hurst Renault, individual awards are sponsored by Ulster Bank, Danske Bank, Trophies by Design, BTW Shiells, Huges Insurance,

Belvoir Lettings, Progressive Building Society and the Mayor of Ards.

The closing date for nominations is Friday 31 January 2014 at 4pm. For further information visit [www.ards-council.gov.uk/sports-development](http://www.ards-council.gov.uk/sports-development) or call the sports development unit at Ards Borough Council, Tel: 028 9182 4018.

## ROADS SERVICE READY FOR WINTER

Following the launch of Roads Service Winter Programme by Regional Development Minister Danny Kennedy, Southern Divisional Roads Manager Simon Richardson has announced how the programme will work locally.

Stocks of salt are at full capacity and until the middle of April, Roads Service has 78 staff and 33 gritters on standby every night to ensure that the 1,800 kilometres, or around 1,118 miles of main roads are treated in the Southern Division of Roads

Service which covers the council areas of Armagh, Banbridge, Craigavon, Down, Newtownards and Newry and Mourne.

Arrangements are also in place to call on contractors and farmers, to help clear blocked roads. Improved communication arrangements and priority secondary salting to rural schools that are most affected by wintry weather conditions have also been put in place.

For areas off the main salted network Roads Service will continue to provide self help salt bins and grit piles. These are available for local residents to use to help deal with snow and ice on pavements.

There is welcome news about the salting of busy town centre footways. Almost all councils are now working with Roads Service to help deliver this important service.

Everyone needs to prepare for winter, and now is the time to do it.

Information on salting and the latest road conditions is available at: <http://www.TrafficwatchNI.com>

The Roads Service winter service leaflet 'Keeping Traffic on the Move During Winter' will be delivered to every household and Business premises over the coming weeks. The leaflet is also available free by calling 028 9054 0540 or can be downloaded from: <http://www.drndi.gov.uk/index/publications/publications-details.htm?docid=7582>

For help and advice about coping with the challenges of winter visit: <http://www.nidirect.gov.uk/winter>

Cant Cook? Won't Cook? Why not...

## Dial A Chef

A PROFESSIONAL CHEF WILL COME TO YOUR HOUSE AND COOK FOR YOU!

Bringing restaurant quality food to your table at home.

We can provide for anything from an intimate dinner for two to a large party!

For more information call: 077 9238 4428  
[dialachefnewtownards.co.uk](http://dialachefnewtownards.co.uk)

## The Yoga Centre New Year 2014

Enrolment on Wednesday 8th January  
from 7.00-8.00 p.m. at Hollywood Yacht Club



For Beginners & Continuation Levels  
For further details contact Judy Glenn 028 9268 2904  
Yoga Centre of Ireland  
[www.theyogacentreofireland.co.uk](http://www.theyogacentreofireland.co.uk)

# CARE AT HOME - WHAT PEOPLE REALLY WANT

A recent survey has very clearly identified the three most important factors for offering good homecare as having sufficient time for care, having friendly, respectful & capable care workers and thirdly, having choice about services provided.

These points were identified by the people who would or do receive care at home and their families, who are often involved in the process.

The survey was carried out in England by The Guardian newspaper, in association with the Department of Health but although the survey refers to England, it is fair to believe that exactly the same outcomes would be reached if the survey were in Northern Ireland.

Traditionally, local care is funded by social services but with on-going budget cuts, many people feel that they do not receive



sufficient time or choice about services. There is care yourself. This way, you are in

another option though and more people are opting to pay for their care themselves and choose their own care provider.

If you or someone you know requires help, you have choices about funding including Direct Payments (ask the Centre for Independent Living in Belfast 028 9087 5001) or you can fund the

control of the services you receive including how long the calls are, what the care worker will do (anything from personal care to taking you out for coffee) and which care company you choose to use.

As one of the foremost providers of self funded care in Northern Ireland, Bluebird Care can advise you and provide the high levels of care you want. Why not phone us today on 028 9042 6615.

## Personal Development Class

**CHANGE YOUR THOUGHTS  
LIVE A HAPPY LIFE**

Wednesday Nights 7pm - 8.30pm  
Commences January 2014

£20 per week or £100 for six week course

CONTACT SHIRLEY 07525 463 025

**GALBRAITH GARDENING & TREE SURGERY**  
CONIFERS & TREES • Topped • Trimmed & Felled City & Guilds  
CROWN REDUCTION  
LOGS FOR SALE BULK DELIVERIES OR BAGGED  
Contact Ian  
Tel: 028 9147 2122 Mob: 078 3371 7732

## Little Wing Pizzeria

Why Little Wing Pizzeria? Because our passion for pizza shines through!

Just taste one of our yummy, traditionally made Naples style pizzas and you'll know what we're talking about. We tirelessly search for the finest fresh ingredients which we cook using time honoured methods, all served in a warm and friendly atmosphere.



Ballyhackamore (Tel: 028 90 651 555), Lisburn Road (Tel: 028 90 666 000), Ann Street (Tel: 028 90 247 000) and Main Street Bangor (Tel 028 91 472 777).

kitted out in aprons and chefs hats and get their hands dirty by making their own pizzas under the watchful eye of our trained pizza chefs.

Just call your local restaurant to find out more! We have four restaurants conveniently located at

We offer a yummy 3 course kids menu including a mini hot chocolate for only £5.95. We also run fantastic Little Winger's Workshops, ideal for birthday parties, where kids get

## LITTLE WING Pizzeria

Have you tried Ireland's largest pizza?!



BALLHACK  
028 90651555

LISBURN RD  
028 90666000

ANN STREET  
028 90247000

BANGOR  
028 91472777

[www.littlewingpizzeria.com](http://www.littlewingpizzeria.com)

## OVENCLEAN

The original oven cleaning specialists



Let Ovensclean take care of one of the most hated chores!

"I'm simply delighted at how sparkly clean my oven and hob look now! It really does look like the cooker is brand new again!"

Martin Belcher

Merry Christmas & Happy New Year to all!

- Ovens
- Hobs
- BBQS
- Extractors
- Filters
- Grills
- Ranges
- Microwaves
- AGAs

Call your local Ovensclean specialist David Askham today on:

0800 840 7127

[www.ovenclean.com](http://www.ovenclean.com)

## dental excellence

Advanced Cosmetic Dentistry

GROUP

“Since my orthodontic treatment I'm full of smiles and cannot thank all of the staff at Dental Excellence enough. I am so glad I had cosmetic braces, my confidence has grown hugely.”

Laura

**Cosmetic Braces**  
Clear.  
Fast.  
Affordable.



- Invisible Braces
- Full Orthodontic Options Available
- Leading Specialist Orthodontist
- Flexible Payment Plans & 0% Finance
- Free Whitening Included

**FREE Consultation**

Before Invisible Braces



After Invisible Braces



PART OF THE **3fivetwo** GROUP

**Dental Excellence**  
5 Shore Road, Hollywood, BT18 9HX  
028 90393980

[www.WeAreDentalExcellence.com](http://www.WeAreDentalExcellence.com)

# PRIORY

## INTEGRATED COLLEGE

• HOLYWOOD •



**The Integrated College for North Down & Greater Belfast**

**Open Night**  
**Thursday 9<sup>th</sup> January 2014**  
**at 7:00pm**

- Are you looking for a post-primary school that will treat your child as an individual?
- A school that believes that every child wants to learn and every child can learn?
- A school that will stretch and challenge your child in a nurturing environment?
- A school that sets high standards for all?
- A school that welcomes and celebrates all faiths and traditions?
- A school that values diversity as an enriching part of education and of life in the modern world?

If so, consider Priory Integrated College in Holywood. We offer a high quality integrated educational experience to 11-18 year old boys and girls from all communities and of all abilities.

Find out more by visiting our website on:  
[www.priorycollege.co.uk](http://www.priorycollege.co.uk)

# Learn About The Fastest Growing Martial Art In Northern Ireland

Following on from the success of the Olympics, Taekwon-Do has become the fastest growing Martial Art in Northern Ireland.

Taekwon-Do is the scientific use of the body for self-defence, it is graceful and powerful yet dynamic, exciting and fun. It is suitable for both males and females from the age of 5 years upwards and offers an opportunity for parents to join and engage with their children in an active way.

In Northern Ireland the largest group is Leo Maguire Taekwon-Do Schools which is affiliated to the United Kingdom Taekwon-Do Council (UKTC). Mr. Maguire as the Northern Ireland National Coach and President of Northern Ireland ITF, has brought the N.I. National Team to victory at both European and World levels.



Leo McShane shows his opponent a clean pair of heels!



Age and height category trophy awards at The Northern Ireland Junior Taekwon-Do Championships 2013 held in the new Aurora Aquatic Centre, Bangor.

This level of expertise is now being passed on to his current students as his fully qualified instructors are all national team members and dedicated to encourage each child to achieve his or her full potential. For adults, our structured

training program offers fitness, friendship and self-defence.

To promote the advantages of Taekwon-Do and sport in general to younger children from 3-5 years, the group run Little Tiger Cub's which is a learn through play

system designed to develop a child's core skills in agility, balance and coordination while promoting self-confidence and social skills. Little Tiger Cub's also introduces children to the importance of 'Stranger Danger' in a controlled

environment. The group runs classes for Taekwon-Do and Little Tiger Cub's at various locations across the province, to find out more visit the website [www.taekwondo-ni.co.uk](http://www.taekwondo-ni.co.uk) or contact Leo Maguire directly on 07891191494.

# Rural Health And Wellbeing In Focus At Major Conference

Agriculture and Rural Development Minister, Michelle O'Neill and Health Minister Edwin Poots recently opened a conference aimed at highlighting rural health and wellbeing within our rural communities.

The conference was organised by the Northern Health and Social Care Trust and Rural Support, a

charitable organisation that provides support through a helpline which offers a listening and signposting

service for farmers and rural families. The conference highlighted how the current difficulties farmers

are facing can impact on their health and wellbeing and highlighted some of the work already being

done to address these issues, and significantly it also detailed the potential for growth and prosperity within the industry.

Speaking at the conference, held at Greenmount College, Antrim, Minister O'Neill said: "Often there is a romantic image of the 'rural idyll' and it is generally assumed that living in the countryside is good for one's health and wellbeing. However, in reality, a variety of complex issues face those living and working in the countryside.

"Rural communities generally face poor access to healthcare services such as the provision of mental health services and access to A&E facilities which are limited in rural areas."

The Minister continued: "My Department's rural community development support service, delivered through the local Rural Support Networks, provides practical advice and support to farmers and farm families on the rural development programme, and on how to access information and advice on the economic assistance available to rural areas."

Minister Poots commented: "Since the introduction of the Farm Families Health Checks programme last year, checks have been carried out on over 3,000 people at Farmers' Marts and rural community events. This level of uptake proves that the farming community has an interest in maintaining a healthy lifestyle. Where farmers can access healthcare advice in a place, and at a time, that is convenient to them, they will do so. It is up to us to ensure that this type of service is made available to them."



## LEO MAGUIRE TAEKWON-DO SCHOOLS

(5yrs - Adults)  
[www.taekwondo-ni.co.uk](http://www.taekwondo-ni.co.uk)



## LITTLE TIGER CUBS

Learn Through Play Programme  
 (For 3-5 year olds)  
[www.littletigercubs.com](http://www.littletigercubs.com)

## TAEKWON-DO

It's safe, practical & fun!  
 Get Fit  
 Learn Self Discipline  
 Improve Self Confidence  
 Learn Effective Self Defence

CLASSES ACROSS NORTHERN IRELAND

Contact Leo Maguire  
 (N.I. National Coach)  
 T: 07891191494



# IT'S ALL HAPPENING AT STEWART MILLER

**Toys, toys, toys! That's the Christmas message from Stewart Miller, Flagship Centre Bangor, High Street Holywood and Conway Square Newtownards.**

"We have all the 'must have' toys for Christmas" explains Claire Bailie, the toy buyer at Stewart Miller.

"Our Number One toy brand is of course Lego, and we carry an extensive range all year round" continues Claire. "Lego Friends for girls is selling well - also popular is Nerf, Doc McStuffin toys, Thomas the Tank, Jigsaws, Board games and of course Barbie, Playmobil and WWE Wrestling figures. A new craze starting to gain momentum right now is the Rainbow loom used to make rubber bracelets - very good value at only £14.99.

"Not to be outdone, our book department have all the latest best sellers from Alex Ferguson, Harry Redknapp, David Jason (Del Boy), Bridget Jones to name but a few, with outstanding sales of the new Mark Larkin, Belfast's favourite author, which is on offer at just £8.99, reduced from £18.99. All your favourite annuals are now in stock and any books to do with pop group One Direction are flying off the shelves as is the perennial favourite The Guinness Book of Records.

"Confectionery has always been strong at Stewart Miller, and this year is no exception with Lindt Lindor, everyone's favourite, on offer at

£2.99. We are selling hundreds, don't miss out! Another popular line this year is the Sweet Shop tin, on offer at £4.99 and moving very quickly. Of course, selection boxes are always popular - it's no secret that local people have a sweet tooth.

"Finally, relation Christmas Cards, calendars and that all important Christmas Stationery, including pocket and desk diaries are all in stock. We offer a wide variety at Stewart Miller."

Stewart Miller is at Flagship Centre, Main Street Bangor, 3 Conway Square Newtownards and 95 High Street Holywood.

# WORKSHOP PLACEMENTS GIVING OFFENDERS NEW DIRECTION

**Justice Minister David Ford has visited a joinery and furniture refurbishment workshop which provides work for offenders sentenced to community service orders.**

Voluntary Services Lisburn (VSL) is a charitable organisation which aims to improve job opportunities for those on community service orders through training and skills development in restoration and refurbishment of second hand furniture. Offenders work alongside skilled project workers in the workshop which has received funding support from the Department of Justice through the Probation Board and the Lisburn Policing Service Community Partnership.

Speaking during his visit, David Ford said: "Voluntary Services Lisburn is a key partner of the Probation Board and the Lisburn PCSP, providing almost 100 placements in the last

two years for offenders sentenced to community service orders.

This has been a good opportunity to see at first hand the work being undertaken by an organisation dedicated to helping those in the community.

"Offenders are expertly trained and can obtain qualifications and can

look to new Job opportunities, while proceeds of sales go back into helping those in need within the community.

"We know that opportunities like these provide real, tangible support for offenders and can contribute to a reduction in offending. I am delighted to visit and lend my support."

## Nail Culture

*Sharon Murdoch*  
Experienced Nail Technician

- Gel & Acrylic Extensions
- Manicures • Gel Polish

Over 20 Years Experience  
Call 028 9145 7872 or 07759 938 392  
31 Robinson Road, Bangor

**20% OFF** All New Treatments until January 2014

## Regent Cleaning Company

For Residential & Commercial Cleaning

Guaranteed good quality service  
Staff are friendly, reliable and fully vetted  
Fully Insured

**Try out our Pre and Post Party Clean Ups this holiday season!**

Contact Denise on 07972 392552  
Email. [denise@regentcleaningni.co.uk](mailto:denise@regentcleaningni.co.uk)

**Free Delivery**

# Dalzells

**OF MARKETHILL**

64-68 Main Street, Markethill, Co. Armagh, BT60 1PL  
[www.armaghelectrical.com](http://www.armaghelectrical.com)

**order by phone:**  
028 37 551260  
[sales@armaghelectrical.com](mailto:sales@armaghelectrical.com)

MON & TUES 9.00am to 5.30pm  
WED 9am to 1pm  
THURS 9am to 8pm  
FRI & SAT 9am to 5.30pm

<b>SAMSUNG</b> 43" PLASMA £349 • HD Ready • Freeview	<b>LG</b> 50" PLASMA £479 • 600HZ • Freeview
<b>SONY</b> 40" LED £449 • HD Ready • 5 Year Freeview HD Warranty	<b>SAMSUNG</b> 28" LED £249 • HD Ready • Freeview HD

0% FINANCE UP TO 12 MONTHS, BUY NOW PAY LATER  
written details on request

digital TV • Blu-ray • DVD • Freeview • HD • ENERGY STAR • SAMSUNG • LG • SONY • PHILIPS • PANASONIC • SAMSUNG • SAMSUNG

**CHRISTMAS CLUB NOW OPEN**



**worth getting up for...**

**McDonald's® Bangor**  
serving breakfast daily from  
**5am until 10.30am**

© 2013 McDonald's. 100% Arabica coffee beans grown on Rainforest Alliance Certified™ farms.

# AMG Digital Ltd

TV Aerials, Digital RTE, FM, Satellite Systems  
Sky Multi Room Viewing  
Telephone Extensions & Moves  
Supply & Installation of LCD & Plasma Home Cinema & Sound Installation

Network Cabling for Xbox, Playstation, Computers etc.

Contact Andrew  
**t: 02891 882913**  
**m: 07974 494559**  
[www.amgdigitaltd.co.uk](http://www.amgdigitaltd.co.uk)

## Best Christmas Present EVER!!

A RACE CAR DRIVING EXPERIENCE WITH **RACE SCHOOL IRELAND**

2-Seater Sport Car Passenger  
Fast Ride Experience  
**only £69**

Formula Race Car Experience  
**from only £149**

FULLY LICENSED MOTOR RACING SCHOOL

**Christmas offers on all Experiences!! • Order your Gift Vouchers Now!!**

Go to [raceschoolireland.com](http://raceschoolireland.com) and order online or  
Ring Now **028 9050 7010** for the drive of your life

## stewart miller



**FOX'S FABULOUSLY TIN**  
~~£12.00~~ **£4.59**



**THORNTONS PREMIUM COLLECTION**  
~~£11.99~~ **£4.99**



**DOC MCSTUFFIN DOLL AND LAMBIE**  
~~£39.99~~ **£34.99**



**ARDS IN THE SIXTIES**  
~~£25.00~~ **£14.99**



**MARY LARKIN SHADES OF DECEIT**  
~~£18.99~~ **£8.99**



**100 HOUR CINNAMON SPICE CANDLE & JAR**  
~~£12.99~~ **£4.99**



**LEGO ADVENT CALENDAR**  
~~£25.00~~ **£19.99**

**CONWAY SQUARE, NEWTOWNARDS  
FLAGSHIP CENTRE, BANGOR  
HIGH STREET, HOLYWOOD**

# 'Cinderella' sparkles at The Courtyard Theatre

The Courtyard Theatre is delighted to announce that their Christmas pantomime will be the favourite fairy-tale 'Cinderella'.

Join Mr Hullabaloo from Thursday 28th November – Saturday 21st December for a fun filled family adventure that will have you singing, dancing and clapping along!

Polish off your glass slippers and get ready to have a ball with the team that brought you Jack and the Beanstalk, Snow White and Aladdin. Featuring an outstanding cast, puppetry dazzling sets and lavish costumes, all ages can join in the excitement as this timeless fairy-tale unfolds.

Christmas comes a little early, with special guest Santa making an appearance and bringing along a gift for each child. A ticket for the performance and a present from Santa are all wrapped up in the bargain price of £9.50.

The Courtyard Theatre in partnership with Mr Hullabaloo has produced three sell out pantomimes and received rave reviews from families, schools and youth organisations. With only 180 seats, this intimate venue is perfect for children to get up close to the action.

Cinderella is at The Courtyard Theatre until the 21st of December, so come and watch dreams come true this festive season.

Further information and tickets are available at [www.thecourtyardtheatre.com](http://www.thecourtyardtheatre.com)

# 'Excellence through Commitment, Contribution and caring'

Glenlola Collegiate is a highly successful grammar school for girls aged 11-18 years with a Preparatory Department – Cygnet House – for girls and boys aged 4-11 years and a Play Group for girls and boys aged 3-4 years.

Our modern school building accommodates 1200 pupils and staff while still retaining the traditional character and ethos of the school. We aim to create a stimulating environment in which each girl can develop her specific talents to maximum effect.

Admission for Year 8 girls is through selection under the AQE CEA arrangements. The School will also consider applications for entry into years 9, 10, 11 and 13 under the existing system of entry.

The School's Open Night will take place on



Thursday 9 January 2014 with the Headmaster's address at 6.45pm. All prospective students and their parents are welcome to attend.

Contact: Glenlola Collegiate School, 2 Valen-

tine Road, Bangor, BT20 4TH  
Tel: 028 9175340  
Fax: 028 91475349  
Email: [info@glenlola.collegiate.bangor.ni.sch.uk](mailto:info@glenlola.collegiate.bangor.ni.sch.uk) or visit [www.glenlola.collegiate.net](http://www.glenlola.collegiate.net)

Recent excellent results achieved in ABRSM & LCM examinations.

## THE BALLYHOLME SCHOOL OF SINGING

Tailored tuition up to Grade 8. GCSE, AS Levels & A Level singing theory coaching provided in Classical & Musical Theatre. For more information contact me, Barbara on

**07740587597**

Member of Tosini  
(The association of singing Teachers in Northern Ireland)

**INDIVIDUAL ATTENTION GUARANTEED**

[www.theballyholmeschoolofsinging.co.uk](http://www.theballyholmeschoolofsinging.co.uk)

## Ballyholme

physiotherapy practice & sports injury practice

Whether it is back pain, sports injury or any other musculoskeletal condition, our aims are the same. Accurate assessment and diagnosis: effective treatment; progressive rehabilitation programme back to optimal fitness; self management and prevention strategies.

Low Back Pain Sciatica Neck Pain Whiplash	Sports Injuries Rehab after Knee, Hip & Shoulder Surgery	Plantar Fasciitis Tennis/Golfer Elbow	Shoulder Conditions Pilates
--	---	---	--------------------------------

Appointments Monday to Friday 9.00am - 8.00pm  
Saturday 9.00am - 1.00pm and 5.00pm - 7.00pm; Sunday 10.00am - 1.00pm

115 Groomsport Road, Ballyholme BT20 5NS  
Tel: 02891 859664 Mob: 0772 4561585  
Email: [info@ballyholmephysiopractice.co.uk](mailto:info@ballyholmephysiopractice.co.uk) [www.ballyholmephysiopractice.co.uk](http://www.ballyholmephysiopractice.co.uk)

WE WOULD LIKE TO THANK OUR PATIENTS FOR THEIR SUPPORT AND WISH THEM A HEALTHY AND HAPPY CHRISTMAS AND NEW YEAR.

# LARGEST WATER WHEEL IN NORTHERN IRELAND RESTORED

The waterwheel at the 260 year old Dundonald Old Mill has been restored and was officially opened last month by the project's consulting architect Dawson Stelfox.

The restoration work was partially funded by a grant from NI Environment Agency and was carried out over 5 months by George Adams Engineering of Newtownards. It involved much specialised work including replacement of all 24 wooden spokes, each 16' long.

Dundonald Old Mill is a listed building set on the course of the Ards TT Motor Car Races which ran from 1928 to 1936. The site is made up of the original mill, kiln house and miller's house. It was built in 1752 by Hugh Barnett as a linen bleaching mill which operated for about 100 years. The water wheel, one of the largest in Ireland, dates from 1850 when the buildings were converted from a linen bleaching mill to a corn mill. The linen mill had been powered by two large waterwheels, 14' and 18' in diameter, but when the conversion to corn was made, these were replaced by the existing huge



Pictured from left to right is Dick Blakiston Houston, Dawson Stelfox MBE, Carolyn Hamill, Stephen Adams and Mrs George Adams

wheel, which measures 32' in diameter by 4'7" wide. It was originally driven by a small fast stream called the Sally River and although now driven by electricity the wheel is nevertheless an impressive sight when

turning. The complex is now a family run Coffee House and Gift Shop, open 7 days a week, and owner Carolyn Hamill says "we are thrilled to have our waterwheel turning once again, and visitors to the

mill also seem delighted, judging by the length of time they spend watching it. It is a wonderful example of industrial architecture and a great feat of engineering which has been lovingly restored by local craftsmen."

## GLENLOLA COLLEGIATE

Grammar School for Girls  
'Excellence through commitment, contribution and caring'

### OPEN NIGHT

Thursday 9 January 2014

Parents and P7 girls are invited to meet the staff and pupils of the Grammar School.

Headmaster's Address at 6.45pm in the Assembly Hall.

Vehicle access will be via the main Valentine Road entrance.

Car Parking is available within the School Grounds from 6.15pm.

Pedestrian access only via Bloomfield Road

2 Valentine Road, Bangor, Co Down, BT20 4TH  
Tel 02891 475340  
[www.glenlola.collegiate.net](http://www.glenlola.collegiate.net)

**WILLIAM CULL**  
Upholsterers & House Furnishers

16 Balloo Avenue, Bangor  
Tel. 9127 1029

**Before & After**

**MAKE YOUR OLD SOFA/CHAIRS LOOK NEW WITH REPLACEMENT FOAM CUSHIONS.**

**LARGE SELECTION OF SUITES / RECLINERS IN STOCK FOR IMMEDIATE DELIVERY**

# Rejuvenate Nail & Beauty Clinic

At Rejuvenate Nail and Beauty Clinic, we invite you to a place where you can escape to an experience of solitude and relaxation, all based at our salon at 16 Dufferin Avenue, Bangor, County Down.

We have made it our goal to provide you with an escape from the sometimes hectic and unrelenting lives we lead in these modern times. It is our hope that you will find our salon to be somewhere you can unwind, to ease the strains of everyday life.

Put yourself in the capable hands of our

highly trained and fully qualified staff who can offer you a vast array of treatments including a deep facial cleanse, indian head massage, full range of waxing services, gel & acrylic nails, spray tanning and much more.

We also have a series of pamper packages available, suitable for a variety of situations, in-

cluding holiday preparation and pre-wedding packages.

Our resident manager brings with her a wealth of experience from worldwide positions, having worked for Clarins and Face, Body and Beauty in London, The Hair and Body Company in South Africa, and Sulis, House of Lush in Australia to name but a

few.

So if you would like to relax, unwind and let all your stress melt away, call us for an appointment on 028 9147 7226. You can also visit our website [www.rejuvenateclinicbangor.com](http://www.rejuvenateclinicbangor.com) to see our full list of services, or like us on Facebook [www.facebook.com/rejuvenatebangor](http://www.facebook.com/rejuvenatebangor) to keep informed of our monthly offers and giveaways.

rejuvenateclinicbangor.com to see our full list of services, or like us on Facebook [www.facebook.com/rejuvenatebangor](http://www.facebook.com/rejuvenatebangor) to keep informed of our monthly offers and giveaways.

## Kennedy launches Winter Service Programme

Regional Development Minister Danny Kennedy has launched the Roads Service Winter Service programme and is calling on all drivers to be prepared for the challenges of winter driving.

From now until the middle of April, Roads Service has almost 300 staff and over 130 gritters on standby every night to ensure that our main roads are salted to help drivers cope with winter conditions.

Roads Service staff work to a tight schedule to ensure that over 7,000 kilometres or 4,400 miles of roads across Northern Ireland are treated with salt in around three and a half hours.

Over 800 tonnes of salt is used on average for the massive logistical undertaking of treating the entire route just once. Roads Service has ample reserves of 110,000 tonnes of salt which are topped-up regularly during the winter.

The Minister stressed that everyone has a role to play and was calling on drivers to prepare by ensuring that their vehicles are fit for purpose.

Roads Service cannot treat every road, but it does provide support. Almost 5,000 salt bins and 50,000 grit piles have been strategically placed on roads not included on the salted network.

Information on salting and the latest road conditions is available on: <http://www.trafficwatchni.com>.

The Roads Service winter service leaflet 'Keeping Traffic on the Move During Winter' will be delivered to every household and Business premises over the coming weeks.

The leaflet is also available free by calling 028 9054 0540 or can be downloaded from: <http://www.drni.gov.uk/index/publications/publications-details.htm?docid=7582>

For help and advice about coping with the challenges of winter visit: <http://www.nidirect.gov.uk/winter>

**HENDERSON MEMORIALS**  
**WE HAVE MOVED**  
 Now at  
 73a Green Road, Bangor, BT19 7QA  
 Why pay Undertaker prices?  
 Check our prices for new memorials and additional work.  
 Tel: 028 9147 2672  
 Mob: 078 5491 3711 / 079 8861 1090

**www.belfastmobility.com**

- Quality leather & electric rise/recline chairs £490 - Delivered
- Walking frames £35. Rollators £90
- Adjustable walking sticks from £17
- Battery chargers from £40
- Adjustable underarm crutches £42
- Hand grabber £10 (no more stooping or reaching)
- Wheelchairs from £160. Free demonstration

Free Brochures  
 Tel: 02890 838111 anytime

## A SELFISH FEW ARE AFFECTING US ALL

DCAL Minister Carál Ní Chuilín has hit out at vandals following recent incidents on the Lagan Towpath.

Park benches, signs and other fixtures have been defaced or destroyed in recent months.

The Minister said: "Vandalism is a blight which affects us all. While it is not a problem unique to our Inland Waterways, it does have a particular impact in areas of natural beauty. It is unfair that

responsible towpath users have to experience unnecessary and unsightly damage and destruction."

The Minister added that it can be far from a victimless crime.

She said: "I appeal to everyone who uses our Inland Waterways to show care and think twice before defacing or destroying public

property, and have some consideration for others.

"I would also urge everyone to be vigilant, and to report any vandalism or anti-social behaviour they see to the relevant authorities.

"These areas belong to, and are for the use of, everyone. We all need to play our part in ensuring that they stay welcoming and safe."

**dyslexia CENTRE**

- **Assessment** Educational Psychology
- **Tuition** All ages
- **Training** Teacher & Parent

Dyslexia affects much more than reading. Learners may have difficulties with spelling, writing skills, recalling sequences like times tables, days, months and phone numbers or instructions. Maths and organizational skills may be problematic. Dyslexic learners are often wrongly labelled as 'stupid' or 'lazy', leading to frustration and loss of self-esteem and motivation. The answer? Thorough assessment and sympathetic teaching matched to a student's way of learning. All Centre tutors have extensive experience and hold professional qualifications in teaching learners with dyslexia. We provide Educational Psychology assessment, individual tuition, Parents' Courses, INSET training to schools and deliver the OCR Level 5 & 7 Diplomas in Dyslexia for teachers.

**028 90 654 670**  
[info@nidyslexiacentre.co.uk](mailto:info@nidyslexiacentre.co.uk)  
 17a Upper Newtownards Road, Belfast, BT4 3HT

**SULLIVAN UPPER SCHOOL HOLYWOOD**

**OPEN MORNING**  
 Saturday 11th January 2014  
 9.30am to 12.00noon

P7 children and their parents are warmly invited to visit the school. Pupils considering entry to Sixth Form are also welcome.

Copies of the school's Prospectus will be available and there will be opportunities to meet pupils and teachers and to observe a variety of school activities.

The Headmaster will speak briefly in the School Hall at 9.30am, 10.30am and 11.30am.

**The Cat's Whiskers**  
 SMALL, EXCLUSIVE, FAMILY-RUN CATTERY

The Cat's Whiskers can especially cater for the elderly, the young and those in need of special care and attention.

- Customisable units for exclusive boarding
- Secure outdoor exercise/play area
- Convenient opening times
- Pick up and drop off service available
- Day boarders catered for

101 Victoria Road, Bangor 028 9145 8377 - 077 3211 6996  
[thecatwhiskersbangor@gmail.com](mailto:thecatwhiskersbangor@gmail.com)

**Kilcooley Primary & Nursery School**  
 Ganaway Avenue, Bangor Tel: 028 9127 0140

**OPEN DAY**  
 Tuesday 17th December 2013 at 2.00pm

Creating a Caring & Learning Community

"Living To Learn. Learning To live"

**VICTORIA PARK PRIMARY SCHOOL**

Strandburn Street, Belfast BT4 1LX  
 Telephone 028 90471274  
[www.victoriaparkprimaryschool.co.uk](http://www.victoriaparkprimaryschool.co.uk)  
 Principal: Mrs A. Gourley BMus (Hons) PGCE DASE PQH(NI)

**OPEN DAY**  
 Friday 13th December 2013

**School Mission statement**  
 We are proud to be an inclusive school providing a high quality, creative and challenging education within a secure, caring and happy environment, where every child experiences a sense of enjoyment and achieves their full potential.

**Under the watchful eye of Mrs. Gourley, Victoria Park Primary School continues to grow and develop as one of the top primary schools in the country. Now in her sixth year as principal, Mrs. Gourley has made it her goal to ensure that all pupils within her care are prepared for the future.**

Mrs Gourley, who was originally the principal of Strand Primary School before it was amalgamated with Mersey St. PS and Sydenham Infants of East Belfast, was appointed principal of the new school when it opened in 2008. Since then, she has watched the school go from strength to strength, as the enrolment numbers increased year after year, and the facilities the school was able to offer became better and better.

The school currently boasts 16 classrooms, a large, spacious library, an ICT suite, an assembly/ PE hall and a small general purpose / special needs room. The classrooms are equipped to the highest standards with every room in the school having sets of iPads, an interactive whiteboard and additional computers linked to the school network.

Victoria Park PS also offer an extensive range of clubs and after school activities for all children, from P1 upwards.

The school has extensive links with business and industry and currently has 6 local companies who allow staff to visit school each week to work with small groups of pupils. The children visit their business partners at work and have wonderful first-hand experiences of employment, citizenship and learning for later life.

**VICTORIA PARK PRIMARY SCHOOL**

# VOLUNTEERING IS GOOD FOR YOUR HEALTH

**Junior Ministers Jennifer McCann and Jonathan Bell welcomed research showing that volunteering has real benefits for health and wellbeing.**

The Ministers were speaking at Volunteer Now's launch in Parliament Buildings of a research study and booklet highlighting the many benefits experienced by volunteers aged 50 plus.

Commenting on the research undertaken by the University of Ulster in partnership with Volunteer NOW's Unlocking Potential Project, Junior Minister, Jennifer McCann said: "We are fortunate more people are now living longer and, by sharing experience and skills across all walks of life, we ensure our strong sense of community which has sustained us in the past will continue to thrive. Our greatest strength will always be the potential of our people and our community to make a real difference."

"When you volunteer to help others you have an increased sense of self-worth, feel needed, have a stronger will to live, and fewer symptoms of depression and anxiety. The volunteers present have proven they have a natural sense of community and an instinct to look out for others, qualities which are a really important part of our fabric. I thank all volunteers for the many

hours you dedicate to helping your fellow citizens and the enormous contribution you are making to a fairer and more inclusive society.

"I commend everyone who participated in this study as, without your input and commitment, the study would never have been completed. Genuine partnership and collaboration is one of the benefits of volunteering. Volunteers help to build a stronger community and do their bit so people of all ages and abilities get the most out of life."

The Unlocking Potential Project booklet "One Good Reason Campaign" provides learning from the project including market research, health research findings as well as engagement and recruitment techniques used to recruit older volunteers. It also covers the impact of older volunteers on local organisations and signposting to additional resources.

Junior Minister Jonathan Bell said: "I am very pleased to launch this booklet showcasing just some of the work undertaken by the Unlocking Potential Project and provides links to resources that will support

people and organisations in the future.

"Government, the private sector and the voluntary and community sector all have a role to play in supporting the growth of volunteering. Older people are particularly well placed to volunteer and share their wealth of experience and expertise. Volunteering by older people benefits everyone and so we must do everything we can to support and encourage it."

"Volunteer NOW continue to inform and encourage more people to consider volunteering. I commend them for recognising the contribution volunteers make, providing access to opportunities and encouraging people to volunteer. I thank all existing volunteers and encourage anyone thinking about volunteering to give it a go."

# INTERTRADEIRELAND ANNOUNCES NI REGIONAL SEEDCORN WINNERS 2013

**Companies from Belfast and Newtownards each win €20,000 cash prize.**

InterTradeIreland recently announced the Northern Ireland regional winners of the Seedcorn Investor Readiness Competition 2013, the largest business competition of its kind across the island, offering a total cash prize fund of €280,000.

The best 'New Start' company in Northern Ireland was unveiled as Belfast-based Blow Moulding Technologies and in the category of best 'Early Stage' company, See.Sense, from Newtownards, came out top in the Seedcorn regional final.

Both firms are guaranteed to receive at least €20,000 each and will now go on to the all-island Seedcorn final on 27 November in Dublin to go up against the winners from the other three regions, Dublin, Munster and Connaught and Leinster.

Blow Moulding Technologies (BMT), a spin-out firm from Queen's University, impressed the judges with its entry in the 'New Start' category. Established in 2011, the company manufactures and sells break-through test equipment for the plastic bottle manufacturing industry. BMT is a 100% export



**Philip and Irene McAleese from See Sense pictured with judging panel member Brian Caulfield from DFJ Esprit. Picture: Darryl Mooney**

business. They have sold products to US and Europe and are now investigating other market opportunities.

See.Sense, from Newtownards is another ambitious company with global aspirations. The firm plans to be the leading cycle technology company for the digital age and they have

recently launched their first product, an intelligent bike light that can help improve cyclist visibility. The light uses advanced sensor technology from mobile phones, so that it can flash faster and brighter at times when it is most needed. The firm plans to apply its innovative use of sensor technology to a wide

range of cycling products. See.Sense, launched its first product on the crowdfunding website Kickstarter and sold over €30,000 worth of lights in a month.

The main aim of the competition is to help businesses become investor ready and to accelerate the development of high potential

projects. More than 1950 companies have taken part since 2003 and previous finalists have gone on to leverage around €170 million worth of equity since taking part. This year, InterTradeIreland re-evaluated and updated the competition to more closely mirror the real-life investment process.

The overall cash prize for the title of Best 'Early Stage' Company is €100,000 and the Best 'New Start' company will win a total of €50,000 with no equity stake taken in return. There will also be a €10,000 award for the best venture stemming from a University spin-out or support programme.

The eight regional finalists will make their investment pitches to the judging panel on 27 November and the winners will be announced that night at the awards ceremony in Clontarf Castle in Dublin.

For more information on the InterTradeIreland Seedcorn competition visit [www.intertradeireland.com/seedcorn](http://www.intertradeireland.com/seedcorn).

Companies can also follow Seedcorn on Twitter @ITI\_Seedcorn.

## Robinson and McGuinness welcome delegates ahead of Investment Conference

**The First Minister Rt. Hon. Peter D. Robinson, MLA and deputy First Minister Martin McGuinness, MLA, joined the Ambassadors and international delegates from 16 countries for a welcome dinner ahead of a recent Investment Conference.**

The purpose of the one-day conference was to showcase Northern Ireland's credentials as an excellent location for foreign investment. It was attended by around 150 potential and existing inward investors.

The First Minister said: "This evening's dinner is an opportunity to welcome the many senior executives, ambassadors and government representatives that have made the journey to be part of this investment conference, as well as current investors who have made such a valuable contribution to our economy."

"While the conference proper begins tomorrow, this evening's event is a unique opportunity for us to begin building relations

with key decision-makers, in the impressive surroundings of Hillsborough Castle.

"The Investment Conference is a direct result of the very positive impression made by Northern Ireland at the G8 Summit in June. It is great chance for us to capitalise on that and ensure that Northern Ireland retains a high profile worldwide."

The deputy First Minister commented: "Tonight's event is an excellent opportunity to strengthen our bonds with existing investors and to warmly welcome potential investors who have taken the time to come and hear what we have to offer as an investment location."

"Foreign Direct Investment can bring many

benefits to our community, by creating new jobs and helping to boost economic growth. It also generates additional opportunities within the local supply chain and leads to the expansion and growth of many home-grown businesses.

"It is important potential investors get the right impression of a highly competitive, stable, investment location. The senior executives at the conference will find a business-friendly Executive ready to support international investment."

The Northern Ireland Investment Conference is organised by Invest Northern Ireland on behalf of the NI Executive and is sponsored by British Airways and Danske Bank.

## NORTHERN IRELAND HAPPIEST PLACE IN UK SAYS ONS

**People in Northern Ireland were happier than those in any other part of the UK last year, a survey has suggested.**

A third of people in Northern Ireland rated their life satisfaction as nine out of 10, said the Office for National Statistics.

England scored lowest for life satisfaction, while Scotland was rated the least anxious country in the UK.

It is the first time differences between UK nations have been published.

The ONS used data from the Annual Population Survey from April 2012 to March 2013 which included the responses of around 165,000 people.

Four questions to monitor personal well-being in the UK were asked:

Overall, how satisfied are you with your life nowadays?

Overall, to what extent do you feel the things

you do in your life are worthwhile?

Overall, how happy did you feel yesterday?

Overall, how anxious did you feel yesterday?

People were asked to rate the questions 0-10, where 0 was "not at all" and 10 was "completely". The survey took place between April 2012 and March 2013.

While 33% of people in Northern Ireland rated their life satisfaction at 9-10, Scotland came second with 27%, Wales third with 26.8% and England last with 25.6%.

Wales, however, had proportionately more people than any other nation in the UK who rated their life satisfaction as low.

The ONS said Wales had the highest level of unemployment among the UK countries at 8.4% between February to April 2013.

In response to how worthwhile people felt their lives were, Northern Ireland triumphed again with 37.6% choosing the most positive responses, while Wales, England and Scotland followed with 31.9%, 31.2% and 31% respectively.

For happiness, Northern Ireland was again well

ahead on the score board, followed by Wales with 31.7%, Scotland with 31.2% and finally England with 30.7%.

Northern Ireland came a close second to Scotland however in levels of anxiety. Four out of 10 Scots rated their anxiety levels as just 0-1.

Happy in Hampshire In England, the southern county of Hampshire scored some of the highest average levels of personal well-being.

Bath and North East Somerset, Cornwall and Rutland also registered high scores in the four questions.

The lowest personal well-being rates were found in Stoke-on-Trent, inner London, Blackburn and County Durham.

In Wales, Gwynedd, the Isle of Anglesey and Pembrokeshire were the happiest areas, while Newport, Blaenau Gwent and Caerphilly reported low levels of happiness.

In Scotland, Eilean Siar, Orkney and Shetland, Dumfries and Galloway and Highland registered higher levels of well-being against the less happy areas of North Ayrshire, Dundee City and Glasgow City.

**THORN QUICKS & HEDGING MIX FOR CMS**  
 Also Privet, Laurel, Green Beech, Copper Beech, Gorse and Green & Gold Leylandii  
 A FULL RANGE OF SHRUBS AND TREES AVAILABLE AT WHOLESALE PRICES  
**THORNS 17p EACH**  
 North Antrim Nurseries, Ballymoney  
**TEL: 078 5038 4422**  
 Ballymoney Area

Established 2000

**DOUBLE GLAZING REPAIRS**

UPVC - WINDOW LOCK - DOOR LOCKS  
 WINDOW HANDLES - DOOR HANDLES  
 GLASS - LETTERBOXES - WINDOW HINGES  
 ALL WORK GUARANTEED

FOR ALL ENQUIRIES CALL:  
**(028) 9186 2736**  
 Mobile 07740 589615  
 UPGRADE YOUR EXISTING DOORS & WINDOWS TO FIVE POINT LOCKING SYSTEM  
 7 Millbank Crescent, Millisle, Newtownards, County Down, BT22 2FB

**BRADSHAW'S BRAE DRIVING RANGE**  
 C/O G. Fairweather, PGA Pro  
**CHRISTMAS SPECIALS:**  
 20% Off Christmas Golf Lesson Vouchers  
 20% Off Christmas Bucket of Ball Vouchers  
 Winter loyalty cards available including 5th bucket of balls free. Now until 10th March 2014  
 Mon-Fri 10am-9pm (last balls 8pm)  
 Sat & Sun 10am-6pm (last balls 5pm)  
**Tel: 07739 796 629**  
[www.bradshawbraedrivingrange.co.uk](http://www.bradshawbraedrivingrange.co.uk)

**Carrowdore Saddlery**  
 Everything for Horse & Rider

Gift ideas for all the family! Gift Vouchers Available.  
**Bargain Basket up to 50% Off**

Beth & Ronnie McKee, along with Alison, wish their customers a very Merry Christmas & a Happy New Year

31 Carrowdore Road, Greyabbey BT22 2LU  
 15 mins from N'Ards or Bangor Tel: 028 4278 8763

# Where Are You Really Eating Out In North Down?

## Check Before You Choose

91% of food businesses in the North Down area have a food hygiene rating of three or above. This is great news for would-be diners in the area but what about the 9% of food businesses that don't meet the hygiene standard?

This is where the Food Hygiene Rating Scheme provides invaluable access to information about what goes on behind-the-scenes in all food businesses to check food is prepared hygienically and safely. The scheme allows you to check the rating of a business and if it's below three, you can choose to switch to a business with a higher rating.

The scheme, which is operated by North Down Borough Council rates food businesses on a scale of zero to five, with zero meaning 'urgent improvement necessary' and the top rating of five representing a 'very good' standard of food hygiene. Those businesses with a rating of zero, one or two

have hygiene standards below that expected by food law.

Consumers in North Down can look out for

Down to find out the hygiene standards of the food businesses in the area. Most people would like to think



Do you check the hygiene standard of the places you eat?

the green and black food hygiene rating stickers which should be displayed on windows and doors to find out the rating of any food business in the area. No sign of a sticker? Then ask inside or check online at [food.gov.uk/ratings](http://food.gov.uk/ratings) to make sure the business doesn't have a low rating.

Colin Magill Senior Environmental Health Officer at North Down Borough Council, commented: "The Food Hygiene Rating Scheme is a fantastic tool for all consumers in North

that the kitchens and food preparation areas in the places they buy food from are clean and hygienic. The stickers make it easy for everyone to check a rating and if it is below three you should consider switching your choice rather than eat somewhere with a low hygiene rating. Our aim is to drive up standards so that all food businesses in the area have a rating of three or above."

Go online and check out the food hygiene rating of your favourite local eateries at [food.gov.uk/ratings](http://food.gov.uk/ratings).

# Football Coach Scores In Justice In The Community Awards

North Belfast football coach Paul Hamilton has been crowned a 'Justice Champion' for voluntary services to his community.

Justice Minister David Ford presented Paul with his award at the 'Justice in the Community' Awards ceremony at Stormont in recognition of his outstanding contribution to the young people of his community.

Justice in the Community Awards recognise individuals and teams, voluntary workers and staff working within community and statutory organisations across Northern Ireland. Nominated projects this year ranged from mentoring services for ex-offenders, mediating community disputes, building community relations between residents and the police to providing opportunities for young people as an alternative to a life of crime and to address anti-social behaviour

problems within local communities.

David Ford said: "Each year at the presentation of these awards I am ever more encouraged by the humanity within our society. These are exceptional people doing exceptional work for our community. The nominees represent the best of the work that goes on daily in our community and statutory sector to support the Justice system.

"Many of these people voluntarily give their time, working selflessly to make Northern Ireland a safer, better, place for all of us. These people are truly inspirational and we owe a debt of gratitude to them."

Also named 'Justice Champions' were Mel Wiggins and Laura Wylie, founders of

Craigavon ACT (Active Communities Against Human Trafficking) for raising awareness of the issues and reality of human trafficking in the Craigavon area, and Ewan Morgan and Elizabeth Kimmins for their work through Community Restorative Justice Ireland in supporting communities within neighbourhood renewable areas across Newry City.

# FOSTER COMMENTS ON LATEST LABOUR MARKET & SERVICES OUTPUT FIGURES

Figures released recently for the period July - September 2013 show that the Northern Ireland unemployment rate decreased by 0.2 percentage points over the quarter to 7.3%.

More recent figures for October 2013 show that the number of unemployment benefit claimants decreased by 600 over the month. There has been a fall of 3,900 in the claimant figures over the last 9 months.

Commenting on the figures, Enterprise, Trade and Investment Minister Arlene Foster said: "The decrease in the Northern Ireland unemployment rate is welcome and means that we remain below that of the UK (7.6%). This also compares favourably to the

equivalent rates in the European Union (10.9%) and Republic of Ireland (13.6%). The more recent unemployment benefit figures for October are also encouraging, showing a fall in this measure of unemployment for the ninth consecutive month.

"The more recent continued decrease in the unemployment rate as well as the fall in unemployment benefit recipients demonstrates that there is some improvement in the labour market which is to be welcomed. I

also note that the Ulster Bank's Purchasing Managers' Index recorded a fourth consecutive monthly increase in business activity during October."

The Minister continued: "A lot of work is going in to encouraging investment into Northern Ireland. Building on the success of last month's Investment Conference, 20 local companies from a variety of sectors including food, legal and manufacturing are currently participating in an Invest NI Trade Mission to Ningbo and

Shanghai in China. Later this week, I plan to travel to Dubai to support a number of local businesses who will be exhibiting at Dubai Airshow along with others who are attending Seafax, the Middle East and Africa Seafood Exhibition.

"These events showcase Northern Ireland as a great place to do business, thanks to its competitive cost base, developed infrastructure and highly skilled workforce. New foreign investment and export opportunities, along with continued

support from Invest NI, will undoubtedly provide quality opportunities for local businesses and people, contributing to the growth of our local economy."

Further information on the latest labour market figures is available in the Labour Market Statistical Press Release (see <http://www.detini.gov.uk/deti-stats-index/stats-labour-market.htm>) and from the Northern Ireland Executive website (<http://www.northernireland.gov.uk/index/media-centre.htm>).

# POPULATION TO REACH 1.9MILLION BY 2020

The population is projected to reach 1.9million by 2020, according to new figures released recently by the Statistics and Research Agency.

The figures show that: the population is expected to increase due to more births than deaths. Over the next decade, the population is set to increase by 10,000 each year due to natural growth (24,000 births and 14,000 deaths annually);

in the next five years, migration is expected to remove 3,000 people from the population. This is in contrast to 2004-8 when migration added 32,000 to the population, however since then emigration has risen and immigration fallen;

the projections show a large increase in the number of older people. Numbers of those aged 65 and over are projected to increase by a quarter in ten years (2012-2022), from 273,000 to 344,000. The oldest, aged 85 and over, are projected to rise by nearly 50% from 33,000 to 48,000;

over the decade (2012-

2022), the number of children, aged under 16, is projected to rise by 5% - 382,000 to 401,000. The population aged 16 to 64 will remain around 1,174,000;

the Northern Ireland population reached 1.80million in 2010, stood at 1.82million in 2012, and is projected to reach 1.90million in 2020. Over the longer term, the population is projected to reach 2million by 2036.

Dr David Marshall, from the Statistics and Research Agency, commented: "Over the next decade, the population is expected to grow by 10,000 each year - reaching 1.9million in 2020. Today's new figures also point to our older population continuing to grow and increasingly shaping Northern Ireland society. As an example, the number of people aged 85 and over is set to rise by 50% in ten years."

# PREPARE NOW FOR THE CHALLENGES OF WINTER

Age NI's Head of Services is urging older people to prepare now for the challenges of winter.

Jacqui Corscadden commented, 'It's fantastic that the summer sun is still shining and there's still some lingering heat in the air, but it won't be long until the nights are drawing in and the cold weather arrives.'

'Age NI's Advice Service is overwhelmed in the winter months with calls from older people who are particularly concerned about financial matters. I would urge older people, their family and carers to contact us now on free-phone 0808 808 7575 if they're worried about paying their heating bills or having enough money over winter. We provide a free benefits check and can often help older people to access additional financial support. Sometimes people don't know

what they're entitled to and others struggle to cope with the complexities of the forms and the claims process. Age NI is here to help.'

Contact the Age NI Advice Service on free-phone 0808 808 7575 today and speak to one of our local advisors in confidence.

**Boorinwood Musical Instruments**  
[www.boorinwoodmusic.com](http://www.boorinwoodmusic.com)  
**ACCORDIONS.**  
 Paolo Soprani Elite 1 grey / blk / red only £1900  
 The Jubilee 1V £2546, Jubilee 111 only £2296  
 Boorinwood "black dots" £287 & 23 button models £380  
 Bargains in concertinas, banjos, flutes, guitar, sax.  
 GORTIN MUSIC W'SALE OF GORTIN, OMAGH,  
 N. IRELAND BT79 8PQ  
 Tel: 028 8164 8492

**Denturecare Express**  
 John McIveen DDC RCS (Eng) DD (FD) Tel: (028) 91 823095  
**SOMEONE KEEPING YOU AWAKE AT NIGHT?**  
  
**SILENSOR SL**  
**ANTI-SNORING AND SLEEP APNEA DEVICE**  
 Effective Treatment for snoring and sleep apnea.  
 Call now for a free consultation.  
[www.denturecareexpress.co.uk](http://www.denturecareexpress.co.uk)  
 75-77 Court Street, Newtownards

**ANDREW'S IRONING BORED**  
*"Life's too short to iron - so let us do it for you!"*  
 • FREE IRONING COLLECTION / DELIVERY SERVICE  
**SAME DAY SERVICE**  
 • HANGERS, GUARDS AND COVERS SUPPLIED - FREE QUOTES  
 • CLEANING SERVICE AVAILABLE • FULLY INSURED  
**GO ON - GET YOUR LIFE BACK!** Find us on Facebook  
**Tel: 077 5814 8344**  
 HELEN'S BAY • CRAWFORDSBURN • BANGOR

**BLOOMFIELD SWEEPS**  
 The Only SWEEP you'll need to KEEP!!  
 NOW OFFERING COWL FITTING, GUTTER CLEANING & REAMING SERVICES.  
 Alan Wishart  
 NIACS Approved Chimney Sweep  
 11 Newtownards Road, Bangor BT20 4BX  
**028 9145 3489**  
**078 5192 9826**  
[bloomfieldsweps@hotmail.co.uk](mailto:bloomfieldsweps@hotmail.co.uk)  
 Bloomfield Sweeps

# FOSTER LAUNCHES N. I'S FIRST CARBON MONOXIDE AWARENESS MONTH

**Enterprise, Trade and Investment Minister Arlene Foster recently launched Carbon Monoxide Awareness Month at an event in Parliament Buildings, Stormont.**

Developed by members of the Carbon Monoxide Safety Group, Northern Ireland's first Carbon Monoxide Awareness Month aims to help protect the public from the dangers of carbon monoxide.

Urging everyone to get behind the new awareness drive, Arlene Foster also underlined the dangers of Carbon Monoxide and urged everyone to take effective measures to keep themselves and others safe. The Minister said: "Carbon monoxide is often referred to as the 'silent killer' as you cannot see, smell or taste it.

"In addition, the symptoms of carbon monoxide poisoning are often

difficult to diagnose, mimicking those of other common illnesses such as flu and headaches.

"The best way to protect yourself and others is to make sure any fuel burning appliances are serviced by a registered engineer at least once a year. Also, chimneys and flues should also be inspected annually and swept, if required, by a registered technician.

"As an additional precaution, you should also install an audible carbon monoxide alarm."

Arlene Foster also praised the ongoing work by members of Northern Ireland's Carbon Monoxide Safety Group to promote carbon monoxide awareness. This includes

a new safety action checklist produced by the Royal Society for the Prevention of Accidents (RoSPA) in the event of a carbon monoxide alarm going off.

Under the acronym 'TASK' the checklist is presented as an easily accessible fridge magnet for easy access for homes and businesses. At the recent launch, guests were also given a preview of a gripping drama called 'TOXIC', which highlights the dangers and fallout when deadly Carbon Monoxide gas affects a home.

Arlene Foster continued: "To date, 'TOXIC' has reached some 10,000 pupils throughout Northern Ireland and this

month it will be performed in 28 post-primary schools and other local venues.

"While tackling a serious issue, the play's hard-hitting message is presented with humour and is a very innovative way to deliver an important safety message to our young people."

During the month members of the Carbon Monoxide Safety Group and organisations in the private and public sector will also promote carbon monoxide awareness throughout Northern Ireland. For more information contact the Health and Safety Executive for Northern Ireland on 0800 0320 121 or visit: [www.hseni.gov.uk/watchout](http://www.hseni.gov.uk/watchout)

## Ministers O'Dowd and Quinn Launch 'Decade Of Centenaries' All-Island Schools History Competition

**Education Minister, John O'Dowd MLA, and his southern counterpart, Ruairi Quinn TD, recently jointly launched the 'Decade of Centenaries' all-island schools history competition.**

The competition invites primary and post-primary students from schools across Ireland to submit a project that identifies a particular event or person from the decade 1912-1922. It should examine the impact of that event or person on their local area. The project can be submitted by a class, a group of students or an individual student.

The projects will be assessed by a three-person panel chaired by Professor Mary Daly

of University College, Dublin. There will be three winning projects from each province, with at least one prize in each province reserved for primary pupils. All winning projects will receive book tokens and will be published online at <http://www.scoilnet.ie>.

The overall winning entry will also receive a year's subscription to 'History Ireland'. An edited version of the overall winning project, or a selection of extracts from

the winning entries, will also be considered for publication in 'History Ireland'.

This joint cross-border initiative forms part of the 'Decade of Centenaries' commemorations which are being organised to mark the centenary of the many important historical events that occurred in the period 1912-1922.

Minister O'Dowd pointed to the benefits of the all-island schools history competition for students and said: "By assessing the impact of an event or person from that decade on their local area, it will enrich students' understanding of how historical events can impact on the everyday lives of ordinary people.

"This is something that cannot be overlooked if we are to fully appreciate how events in the past have influenced, and often continue to influence, the development of modern political, cultural

and social life across this island."

In launching the event, Minister Quinn highlighted the importance of the 'Decade of Centenaries'.

He said: "The legacy of the events of that period, including the 1916 rising, the War of Independence, the Government of Ireland Act and the signing of the Treaty, were pivotal in the formation of the political landscape as we know it today.

"It is appropriate that these events are commemorated and that this is done in as inclusive a way as possible so that their impact on the different traditions on this island can be understood and respected."

The deadline for receipt of completed projects is 4 April 2014. Further details on the competition are available at <http://www.deni.gov.uk/the-decade-of-centenaries-all-island-history-competition.htm>

# TRANSLINK SUPPORT FEMALE FOOTBALL LEADERS PROGRAMME

**THE Irish FA celebrated the graduation of inspirational local women who completed a Female Football Leaders Programme last month.**

One of the graduates, Translink Community Safety Officer Susan O'Neill, explains the importance of the course:

"Over the last twelve months, seven women from across Northern Ireland undertook the programme, which required completion of the ILM 'Women Leading the Way' course, delivered by the Training for Women Network, and further units on resilience, high impact conversations and board training, delivered by Advance Coaching.

"The Irish FA conceived this programme to address the lack of females within leadership positions in football and ultimately encourage more women to get involved in decision-making roles within their local football clubs. The programme has exceeded all expectations and we are really proud to be the first graduates from the pilot programme, which is scheduled to run again next year."

The graduation ceremony, held at the Long Gallery in Parliament Buildings, Stormont, included an address from keynote speaker Karen Espelund, the Chair of the UEFA Women's Football Committee and a member of the UEFA Executive Committee.

Keen to follow in the footsteps of the European and World governing bodies of football, the Irish FA developed the Female Foot-



**Pictured at the graduation are Rosie McKee (Coach of Ulidia Integrated College); Michelle Maxwell (NIWFA Fixture Secretary); Paula Reed (Volunteer Coach at Carnmoney Ladies FC); Colette Young (Acting Vice Chair of NIWFA); Karen Espelund, the Chair of the UEFA Women's Football Committee and a member of the UEFA Executive Committee; Michelle Crawford (Coach at Linfield Ladies FC); Susan O'Neill (Acting Chair of NIWFA); and Valerie Heron (Treasurer of Killyleagh Youth FC).**

ball Leaders Programme as part of the SCORE 2 Project. Funded through the UEFA HatTrick Women's Football Development Programme, this groundbreaking initiative is the first of its kind to be developed and piloted by the Irish FA. The programme concentrates on improving the leadership competencies and confidence of women working locally in football.

The absence of female leaders within key decision making roles in sport is well documented and many organisations are

making conscious decisions to change this situation. Within football UEFA were the first to address the issue when they co-opted Karen Espelund, the former General Secretary of the Norwegian Football Association, on to their Executive Committee. Two years later Karen is an official member of the Committee and at the heart of UEFA decision-making processes.

FIFA followed a similar process and at the FIFA Congress in Mauritius in May the Burundi Football Association President Lydia Nsekera made his-

tory by becoming the first female to be elected onto the FIFA Executive Committee. In addition, FIFA also co-opted Moya Dodd (vice-president of the Asian Football Confederation) and Sonia Bien-Aime (Secretary General at Turks and Caicos Islands Football Association) to FIFA's top table for one year.

To find out more details about applying for this training programme, please contact Sara Booth, the Irish FA Women's Domestic Football Manager via email [sbooth@IrishFA.com](mailto:sbooth@IrishFA.com).

## TOO MUCH SITTING TIED TO COLON CANCER

**Men who are more sedentary face a higher risk of recurring colon polyps, according to a new study, even if these men break up their downtime with bouts of recreational activities such as walking, jogging or golf.**

This suggests that extended inactivity is itself a risk factor for noncancerous colon polyps, benign tumors that can give rise to colorectal cancer, the researchers said.

Known as "colorectal adenomas," these polyps typically can be removed after being identified during a colorectal cancer screening, such as a colonoscopy.

The recurrence of such polyps, however, seems to be greater among men (but not women) who are relatively less active. The researchers looked at activity levels among more than 1,700 men and women, and found that the more leisurely the men's lifestyle, the greater their risk for

precancerous polyps. Men who spent 11 or more hours a day in seated endeavors -- such as writing or reading -- were 45 percent more likely to develop polyps than those who spent less than seven hours a day engaged in sedentary behavior.

The study, funded by the U.S. National Institutes of Health and the U.S. National Cancer Institute, was scheduled for presentation recently at the annual cancer-prevention conference of the American Association for Cancer Research, held in Oxon Hill, Md.

"Sedentary behavior is emerging as a risk factor for poor health," study author Christine Sardo Molmenti, a

postdoctoral research fellow in the department of epidemiology at the Columbia University Mailman School of Public Health, said in a conference news release.

"Even among those who fulfill daily recommendations for physical activity, lengthy periods of sedentary behavior have been associated with early morbidity and mortality, leading to the 'active couch potato' paradigm," Sardo Molmenti said.

Because this study is being presented at a medical meeting, the data and conclusions should be viewed as preliminary until published in a peer-reviewed journal.

Although the study

found an association between sedentary behavior and increased risk of colon polyps in men, it did not prove a cause-and-effect relationship. The authors said no protective link has been established between being more active and having a lower risk for colorectal cancer.

"Given the substantial increase in risk of [colon polyp] recurrence we observed for men with the highest sedentary time, we believe it would be beneficial to see 'reduce prolonged sitting time' added to the list of public-health recommendations currently in place for health promotion and disease prevention," Sardo Molmenti said.

**Logs For Sale**

**STOCK UP EARLY**

Dry, suitable for stoves or open fires - Bulk or Bag

**NOW IN 1 TONNE BAGS**

Some Hardwood Available

Delivery Available

**Tel 07813 167488**

**Caroline Jenkins MACE**

**Canine Behaviour & Training**

Bring an end to dog training related stress, learn the secrets your dog would rather you didn't know and finally solve your dogs behaviour problems, once and for all.

**Hands On Approach**

**1-2-1 Training**

**Kind Training Techniques**

**First Class Aftercare**

**07939 057909**

[www.gooddoggie.co.uk](http://www.gooddoggie.co.uk)

**Motiv8**

**Personal Training Studio**

**45 High Street, Holywood**

**ROOM FOR HIRE**

Suitable for Physiotherapy, Life Coaching, Massage Therapy etc.

**Call 077 7870 5085 for full details.**

# North Down Borough Council Signs up to International Cultural Route

On Friday 15th November the Mayor of North Down, Cllr Andrew Muir, joined with Mayors and dignitaries from Italy and France, along with international and local Church and Cultural bodies, in signing up to the establishment of an association to create an European Cultural route, "The Columban Way", based on the life and travels of both Bangor, and central Europe's most famous Saint, Columbanus.

The signing took place in Bangor Town Hall and will see the start of a process that over the next number of months will develop an application to be presented to the European Cultural Committee in Luxembourg that will see the union formally recognised as an official European Cultural Route.

The initial route is to comprise of Bangor, Luxeuil-les-Bains (France) and Bobbio (Italy) and will recognise the influence of Columbanus' work within cen-

tral Europe and is to be formally established by 2015, the year that will mark the 1400th anniversary of the passing of St Columbanus. This anniversary year one that will be marked with events throughout the European countries he was influential in.

After the initial route is formed it is envisaged that it will then expand to take in the additional countries of Switzerland, Austria and Germany where Columbanus also left his mark through the

establishment of monasteries and settlements.

Mayor of North Down, Cllr Andrew Muir; "I am delighted to be welcoming my counterparts from Italy and France to Bangor for this occasion. Not only did Columbanus play a pivotal role in the spread of Christianity in mainland Europe but his importance both here and in Europe has been recognised in that he was the first person to use the term "European", was notably our first "man of Letters", famous for his

poetry, and was the first Irish man of whom a biography was written, by fellow Monk, Jonas. The creation of this route will be a fitting testimony on a European scale to the man and his work".

His importance to the Church and European Christianity as a whole is also none more so evident by the formal proposal in 2012 to the Vatican to see St Columbanus bestowed with a Patronage of Europe title to mark the anniversary in 2015.

# DON'T OVERSPEND THIS CHRISTMAS

Make it through this Christmas with these handy tips.

**Gift List**  
Compile your very own shopping list for the gifts, window shopping is a great way to get some ideas, take a note of that perfect gift for that special person. Planning what you buying will save you a whole lot of time and will save you from last minute-shopping stress. The internet is the perfect place to start browsing, there's many price comparison sites to help you out although they don't usually have every store covered so make sure to double check to make sure that is the best deal around.

**Know Your Budget**  
Sounds simple enough but every year many people get caught out, either buying over-priced or simply pricey presents. Rule with your head and not your heart, get caught and you'll be paying for this years gifts up until the following Christmas, 'ahh the stress'. Set an overall total budget and an individual/families budget. You could make your purchasing decisions that much more simple. Families tend to over-spend on one another. Don't do it this year, give them a call and ask them not to go crazy this year, stick

to it and you'll both be thankful come the time your stuffing yourself full of turkey. For individual budgeting, know who your buying for. If your not certain of what they'd want, gift cards are always a good buy.

Credit cards/ get 3 months free.

Be careful when using any of your credit or store cards, some shops

will offer a number of months free on your purchases sounds perfect but just wait for a few months when you start getting those inflated bills. Do your research - some deals may make more sense to pay over time, work out how much interest you may have to pay and if there will be sharp fees should you miss a payment.

# TRADITIONAL CHRISTMAS PUDDING

Christmas pudding is a type of pudding traditionally served on Christmas Day as part of the Christmas dinner.

It has its origins in medieval England, and is sometimes known as plum pudding or Christmas Pudding or just "pud", though this can also refer to other kinds of boiled pudding involving dried fruit. Despite the name "plum pudding," the pudding contains no actual plums due to the pre-Victorian use of the word "plums" as a term for raisins. The pudding is composed of many dried fruits and is held together by egg and suet, sometimes moistened by treacle or molasses. Also, flavoured with cinnamon, nutmeg, cloves, ginger, and other spices.

Many households have their own recipe for Christmas pudding, some handed down through families for generations. Essentially the recipe brings together what traditionally were expensive or luxurious ingredients — notably the sweet spices that are so important in developing its distinctive rich aroma, and usually made with suet. It is very dark in appearance — effectively black — as a result of the dark sugars and black treacle in most recipes, and its long cooking time. The mixture can be moistened with the juice of citrus fruits, brandy and other alcohol.

Prior to the 19th century, the English Christmas pudding was boiled in a pudding cloth, and often represented as round. The new Victorian era fashion involved putting the batter into a basin and then steaming it, followed by unwrapping the pudding, placing it on a platter, and decorating the top with a

sprig of holly  
Initial cooking usually involves steaming for many hours. To serve, the pudding is reheated by steaming once more, and dressed with warm brandy which is set alight. It can be eaten with hard sauce, brandy butter, rum butter, cream, lemon cream, custard, or sweetened béchamel, and is sometimes sprinkled with caster sugar.

## Head Rush

028 9146 7130 2a Clondeboye Road, Bangor

**CHRISTMAS SPECIAL**  
HAIR CHALKING NOW AVAILABLE  
24 different colours to choose from,  
perfect for that special night out!

**UPCOMING JANUARY MADNESS**  
25% OFF all Colours & Foils  
+ FREE Conditioning Treatment

**www.SHEDSNI.com**  
Garden Leisure (NI) Ltd

**£299**

**NEW SAFER** alternative to many playhouses.

**"MINI" LOG CABIN** 6x4

**£499**

**"3D" THEMED BED**

2 Hogstown Road Donaghadee BT21 0NL  
Mob/Text: 07720377778  
**02891 240140**



## MENARYS\*

### Christmas is Covered

Ladies Fashion - Menswear - Kidswear - Lingerie - Nightwear - Footwear  
Handbags - Accessories - Home - Cookshop - Gifts - Cosmetics

## REGAN

### SCHOOL OF MOTORING

**Christmas Gift Vouchers Available**  
*Wishing all pupils, past & present a very Merry Christmas!*

Proprietor: Mr. S. Regan ADI 1419  
Holywood's Longest Established Driving School  
EXCELLENT PASS RATE • FRIENDLY TUITION • KEEN RATES  
83 Downshire Road, Holywood, Co. Down BT18 9LY  
**Tel: 028 9042 6378 Mob: 07773 712432**

**Our aim is to provide high quality goods all made from purely natural materials.**

**Open: Monday - Saturday**  
9.15am - 5.30pm

**10% Off** on production of this voucher.

Wholefood - Herbal Medicines - Crafts - Books - Children's Toys

**Iona Shop**  
27 Church Road, Holywood, Co. Down  
**Tel: 028 9042 8597**

## PETALS & BUDS

### FLORAL DESIGNERS

**CHRISTMAS FLORAL ARRANGMENTS AVAILABLE**

WEDDING PACKAGES AVAILABLE

FOR ALL YOUR FLORAL NEEDS DELIVERY SERVICE AVAILABLE

2 HIGH STREET, DONAGHADEE | BT21 0AA  
TEL: 028 9188 4874 MOB: 07704 045634

## Lupton's Lawns

### GARDENING SERVICES

- Grass Cutting • Lawns Laid & Sown
- Fencing • Garden Tidy-Ups
- Hedges & Conifers Topped & Trimmed

*All Work Undertaken • Reasonable Rates Fully Insured*

**Tel: 028 9127 2868 Mob: 077 5251 0787**  
PRIVATE | COMMERCIAL | CONTRACT  
**Merry Christmas & Happy New Year!**

## breathe: Beauty Clinic

100 High Street, Bangor BT20 5BB  
Telephone: 028 9185 9495

**Our treatments include:**

- Dermologica Facials
- Swedish Massage
- Indian Head Massage
- Therapeutic Massage
- Holistic Therapies - ask for details
- Spray Tanning
- Male and female Waxing
- Eyelash and Eyebrow Tinting
- Manicures & Pedicures
- Nail Extensions
- Gel Overlays

*The staff at Breathe Beauty would like to thank all our clients for their continued support and wish them all a Merry Christmas and Happy New Year.*

**Full Body Spray Tan & 14 Day Polish (hands or toes) £25**  
**Back Massage & Express Facial £30 (T's & C's Apply)**

## GARFUNKEL'S

80 GROOMSPORT ROAD, BALLYHOLME, BT20 5NF TEL: 028 9146 5516  
INFO@GARFUNKELSBALLYHOLME.CO.UK WWW.GARFUNKELSBALLYHOLME.CO.UK

Traditional Vegetable Broth, served with wheaten bread  
Breaded Brie with cranberry  
Smoked Mackerel Pate, served with smoked salmon crème fraiche, croutons, watercress and lemon & dill vinaigrette  
Spiced Sweet Potato & Sage Risotto roast red pepper dressing finished with toasted pine nuts  
Chicken And Ham Hock Terrine served with a pear chutney and a rocket, apple, walnut salad

\*\*\*\*\*  
Traditional Turkey & Ham served with roast potatoes, mash, chipolatas, sprouts, root vegetable and rich gravy  
Oven Roasted Chicken Supreme with rosemary and wild mushroom risotto finished with buttered spinach  
Pan Seared Duck rested on a celeriac mash, braised red cabbage, crispy parsnips drizzled with a port and red current Jus  
8oz Sirloin Steak 21 day dry aged sirloin steak, garnished with balsamic cherry tomatoes & fried onions peppered sauce & chunky chips (£5 supplement)  
Roast Salmon set on creamed leeks with thyme and black pepper roasted baby potatoes and a lemon and dill vinaigrette  
Pork Fillet on wholegrain mustard mash with braised fennel and a roast red pepper & tarragon volute

\*\*\*\*\*  
Home Made Pavlova served with fresh cream and seasonal berries  
Christmas Pudding with brandy sauce and cream  
Baileys And White Chocolate Cheese Cake Garnished with raspberry Cointreau compote  
Apple & Cinnamon Crumble with custard and ice-cream  
Trio Of Ice-Cream

Filter Coffee Or Tea Also Included  
**£25.95 PER PERSON**

## SPATS

### The Dry Cleaners

97 Groomsport Road, Bangor BT20 5NG

Curtain Take-Down Service  
Shirt Service  
Duvets Laundered etc.

**Tel: 028 9145 3264**  
*Wishing our customers a Merry Christmas!*

# COTTER'S

YOUR LOCAL DISCOUNT STORE

139-141 Main Street Bangor 25 High Street, Newtownards

**MANY AMAZING OFFERS INSTORE**

Groceries - Toiletries - Large selection of items from 99p

Large selection of Rugs

**CHRISTMAS VOUCHER: 10% OFF all Rugs with this advert**

We would like to thank all of our customers for their support throughout 2013 and we wish everyone a Happy Christmas and a Prosperous New Year

Call at any of our shops and you will be amazed at the many offers and wide selection of goods.

## Adrienne's Hair Salon

Opening Hours:  
Tues - Fri 9am-5.30pm, Sat 9am-3pm

**The Cut That Counts**

SPECIAL OFFERS  
Full Head Foiles & Finish £50  
Wand Curls £12

15 High Street, Donaghadee  
Tel: 028 9188 3915

## Dr. Herbs & Acupuncture

The Famous Name  
In Traditional Chinese Medicine

Give yourself one chance to  
avoid painkillers and surgery

- Medical Massage (acupressure)
- Acupuncture
- Cupping Therapy
- Fire Treatment

Treating:  
Back Pain, Arthritis, Neuralgia, Sciatica, Sports Injuries and many more

91 High Street, Bangor  
Tel 028 9147 8272  
FREE CONSULTATION  
www.drherbsacupuncture.co.uk

# THE 12 COCKTAILS OF CHRISTMAS

There are a number of traditional Christmas or winter holiday drinks, but in recent years people have gotten very creative.

Some people have created Christmas-themed cocktails from scratch, while others have added Christmas twists to existing cocktail recipes. This is a collection of...

well, whatever struck my fancy as a winter holiday cocktail.

1. Eggnog is a tradition for a reason. It tastes great with or without alcohol, which

makes it perfect for gatherings that include drinkers and non-drinkers.

2. Hot Buttered Rum is a classic, cuddly sort of drink - perfect for small parties and parties of two.

3. Mulled Wine is a wintertime classic - red wine with sugar and all sorts of spices.

4. The Peppermint Stick uses white creme de cacao and peppermint schnapps to get a mint chocolate flavor. Easy to serve one by one in pre-mixed pitchers.

5. The Christmas Cookie blends the commonly paired Kahlua and Bailey's with an unexpected shot of peppermint schnapps.

6. Had enough of the holidays already? Have a Grinch and feel better.



Remember to enjoy those yummy cocktails responsibly during this festive season

7. The Santa Shot layers peppermint schnapps, grenadine and green creme de menthe for a beautiful little shot of Christmas spirit.

8. The Chocolate Raspberry Martini is just what it sounds like. Oh, yes, it is.

9. The Red Hot Santa Tini uses chili-pepper infused

vodka and a rim that's cocoa powder mixed with cayenne. Not your typical Christmas fare.

10. Tired of being a grown up? Get a Snowball down you. A blended, creamy drink featuring tequila and cinnamon.

11. The Poinsettia is very simple: champagne, Cointreau and cranberry juice.

12. The Candy Cane blends peppermint schnapps with berry vodka and creme de cacao to make a drink that truly passes for dessert.

Bonus: It's not exactly "cocktails" and certainly not traditional, but you can make Skittles Vodka in red and green in presentation flasks - or Vodka Gummi Bears in red and green.

## GEORGE SITTLINGTON ELECTRICS

- INDUSTRIAL/COMMERCIAL & DOMESTIC INSTALLATIONS
- BATHROOM REFURBISHMENT • REWIRES & MAINTENANCE
- FIRE ALARM SYSTEMS (EMERGENCY) EXITS ETC. • ECONOMY 7 HEATING
- FREE ESTIMATES • NO JOB TOO SMALL
- 24 HOUR CALL OUT SERVICE • ALL WORK GUARANTEED

TEL: 028 9145 6354 MOBILE: 07967 106540  
12 CLELAND PARK NORTH BANGOR, CO. DOWN BT20 3EN

## Caroline's Pilates

Mon 6 - 7pm St Galls, Crawfordsburn Road  
Wed 6.30 - 7.30pm St Galls, Crawfordsburn Road  
Thurs 11.30 - 12.30 St Galls, Crawfordsburn Road

"I shared the common male misconception regarding Pilates until I tried it myself at one of Caroline's PILATES classes. I wish I had started years ago. They are really challenging, but have corrected many muscular deficiencies in my body, improving both my core, overall strength and flexibility and in doing so, greatly reducing long-standing injuries and areas of pain."  
SIMON DANIELLI: Scottish Rugby International 2003 - 2012.  
£5 per class. Suitable for all levels, open to men & women.  
Call 028 9146 3604 for details.

## L2R - NEILLS DRIVING SCHOOL

10 Lessons for £190  
1 Lesson per hour £22

**CHRISTMAS OFFER**  
First 3 lessons for £45  
(must be booked before 31/12/13)

GIFT VOUCHERS AVAILABLE

DOE Approved ADI  
PH: Neill on 07833 668537 or TEXT

## Appearances Beauty Salon DONAGHADEE

**Christmas & New Year SPECIAL**

Gelish 21 Day Polish - colour/French £20

Semi-permanent Lashes & Lash Tint £25

File & Polish - colour/french £8

Make-up £10  
(Available: 1st - 31st December)

\*PARTY PACKAGE\*  
Crazy Angel Spray Tan  
Lash/Brow Tint  
Gelish Polish  
All for £45.00

GIFT VOUCHERS AVAILABLE CARD PAYMENT ACCEPTED

66 Moat Street, Donaghadee Tel: 02891884999  
www.appearancesbeautysalon.co.uk

# The Colour Of Christmas

There are several colors which are traditionally associated with Christmas.

The traditional colours used are Red, Green and Gold. But why do we have them and what do the colours represent?

Green  
Evergreen plants, like Holly, Ivy and Mistletoe have been used for thou-

sands of years to decorate and brighten up buildings during the long dark winter. They also reminded people that spring would come and that winter wouldn't last forever! The Romans would exchange evergreen branches during January as a sign of good luck. The ancient Egyptians used to bring palm branches into their houses during the mid winter festivals.

In many parts of Europe during the middle ages, Paradise plays were per-

formed, often on Christmas Eve. They told Bible stories to people who couldn't read. The 'Paradise Tree' in the garden of eden in the play was normally a pine tree with red apples tied to it.

Red  
As mentioned above, an early use of red at Christmas were the apples on the paradise tree. They represented the fall of Adam in the plays. Red is also the colour of Holly berries, which is said to represent the blood of Jesus when he died on

the cross. Red would also have been worn by St. Nicholas and then also became Santa's uniform!

Gold  
Gold is the colour of the Sun and light - both very important in the dark winter. And both red and gold are the colours of fire that you need to keep you warm. Gold was also one of the presents brought to the baby Jesus by one of the wise men and traditionally it's the colour used to show the star that the wise men followed.

# WHY NOT TRY SECRET SANTA THIS YEAR?

Secret Santa is a Christmas tradition in which members of a group or community are randomly assigned a person to whom they anonymously give a gift.

Often practiced in workplaces or amongst large families, participation in it is usually voluntary. It offers a way for many people to give and receive a gift at low cost.

Deriving from the Christendom tradition, the ritual is known as Secret Santa in the United States, Kris Kringle or Chris Kindle (Christkindl) in Ireland, Secret Santa, Kris Kringle or Chris Kindle (Christkindl) in parts of Australia, Secret

Santa or Kris Kringle in Canada, and the Philippines (where it is also known as Monito-monita). All of these names derive from traditional Christmas gift-bringers.

Thieving Secret Santa  
In this version, participants bring one gift each which is potentially suitable or interesting to any of the other participants. The gifts should be wrapped in such a way as to disguise their nature.

Ideally, the provider of each gift should not be disclosed when setting up the game. Players take turns, and can either open a new gift, or steal a previously

opened gift.  
Secret Casino Santa  
In this version, each person buys a gift for specific amount, not for anyone specifically. Each person also puts in a specific amount of money into a pot. Who goes first in gift selection can be determined by random selection. The options are:  
Option A: Choose a gift  
Option B: Do not choose a gift, and go for money.  
Option C: Put your name in to win all the unwanted gifts by those who went for Option B.

At the end, the gifts that were chosen are opened and the winner of the money and leftover gifts are drawn.

## Ballymacconnell Nursing Home

48 Ballymacconnell Road, BANGOR, BT20 5PS  
Tel: 028 9127 1819  
Fax: 028 9145 3759

**Bangor**

'A Family Atmosphere with Round the Clock Care'

- 25 bedded facility offering nursing care for the Frail Elderly
- Home from Home atmosphere
- Warm, friendly environment
- Operates an 'open house' encouraging family & friends to visit & participate in activities

Ballymacconnell Nursing Home would like to wish all our clients, their relatives and our staff a very Merry Christmas and a Happy New Year.

12 NEW STREET, DONAGHADEE BT21 0AG

FULLY LICENSED CHINESE RESTAURANT

# the kambridge

TEL: (028) 9188 9696

Merry Christmas & Happy New Year to all our customers!

Opening Hours: Sun - Thurs: 5pm - 11pm; Fri - Sat: 5pm - 11.30pm; Closed Tuesday

## E. P. McCormick & Son Monumental Sculptor

~ Established 1938 ~  
AN INDEPENDENT FAMILY BUSINESS

Large selection of Memorials on view in all classes of stone

ENGRAVING • RENOVATING • CLEANING

Distance no object • Personal Supervision • Artwork our speciality  
www.epmccormick.co.uk  
58-60 NEWTOWNARDS ROAD, BANGOR  
TEL/FAX: (028) 9146 0694

# YOU DON'T NEED TO BE CLAIMING BENEFITS TO CLAIM A WINTER FUEL PAYMENT

**Social Development Minister Nelson McCausland has urged people born on or before 5 January 1952, who have not received a Winter Fuel Payment before, to pick up the phone and check if they are eligible.**

Minister McCausland said: "With winter fast approaching it is imperative that older people get all the support they need to be able to meet the costs of their heating bills. Winter Fuel Payments are paid to those people born on or before 5 January 1952. Many people may not realise that you do not need to be claiming benefits to

qualify for this extra money. "Previous recipients of Winter Fuel Payments will automatically receive their payment before Christmas and if you were in receipt of State Pension or certain other benefits during the week of 16-22 September 2013 you will also receive it automatically." The benefits which

ensure that you receive an automatic payment are Income Support, State Pension Credit, Jobseeker's Allowance, Employment and Support Allowance, State Pension, Widows Benefit, Bereavement Benefit, Incapacity Benefit, Severe Disablement Allowance, Attendance Allowance, Disability Living Allowance, Carer's Allowance,

Industrial Injuries Benefits and War Pensions. The Minister continued: "However, some older people who have never before received a Winter Fuel Payment and who were not receiving State Pension or certain benefits on the qualifying week, will need to apply. I would therefore encourage all of these people born on or before

5 January 1952 to contact the Winter Fuel Payment helpline on 0845 9151 515 to check if they can make a claim." Winter Fuel payments are £200 for those households with someone over women's state pension age and £300 for those households with someone aged 80 or over. If there is more than one eligible claimant in the

household the payment is split between them. New claimants can also download a form online at <http://www.nidirect.gov.uk/winter-fuel-payment> or call the helpline on 0845 9151 515, (0845 601 5613 for textphone users). Payments have now started and new claims must be received no later than 31 March 2014.

## BANGOR CHRISTMAS MARKET RETURNS

**Bangor Market has been operational in Bangor over the past 80 years.**

It is an open air Market located at ASDA car park every Wednesday from 7am- 1pm. It offers a wide range of local produce ranging from fresh vegetables, fish, cakes, seasonal plants, clothing and much more. Most importantly there is a warm welcome from all the traders and a bit of banter.

On Wednesday 19th December the market traders and Santa will be preparing for the Christmas festivities. Come along and stock up on the fresh produce, grab a sprig of holly and a last minute present or two. Have a Happy Christmas and we will look forward to seeing you at Bangor Market.

## HOW TO GET INTO THE SPIRIT OF CHRISTMAS WHEN YOU DON'T FEEL IT ANY MORE

**Christmas time is here, by golly, but do you really want to deck the halls with hunks of holly?**

Are you left cold by the commercialism, and yearn for a simpler time when the season felt special, imbued with a spirit that wasn't poured into the eggnog? Do you really feel like recapturing some of the magic and wonder of the season and setting aside the mad rush to go out and buy just for the sake of buying? You can do it! Whatever your reason, or whatever your notion of the season might be, here are some things you can do to recapture the Spirit of Christmas. Put gas in your sleigh. Or car, or whatever it is you use

to collect and deliver your gifts. For you, the spirit of the season is about holiday parties at the office, finding a parking space on the high street, hustling and bustling to get the best deals, exchanging gifts with friends and loved ones, and best of all: the look of delight on your loved one's faces as they open the gift that's exactly what they wanted—even though they never said a word about it! Avoid the crazy crowds. Whatever your reason for the season, nothing can kill the holiday spirit quicker than being crushed against the front of a store by gun-

wielding mobs of bargain-crazed shoppers. Enjoy Christmas television. "Every time a bell rings, an angel gets its wings!" Whether your tastes run towards the traditional Miracle on 34th Street, the classics like A Christmas Carol by Dickens (or it's modern comedic take with Scrooged), stop-action animations like Rudolph the Red-Nosed Reindeer or Nightmare Before Christmas, or cult classics like A Christmas Story, holiday television is filled with nostalgia, humour, morality plays, and lots of simple, fun entertainment.

## BOXING DAY

**Boxing Day is traditionally the day following Christmas Day, when servants and tradesmen would receive gifts from their bosses or employers, known as a "Christmas box".**

Today, Boxing Day is better known as a bank or public holiday that occurs on 26 December, or the first or second weekday after Christmas Day, depending on national or regional laws. The exact etymology of the term "boxing" is unclear. There are several competing theories, none of which is definitive. The European tradition, which has long included giving money and other gifts to those who were needy and in service positions, has been dated to the Middle Ages, but the exact origin is unknown. It is believed to be in reference to the Alms Box placed in places of worship in order

to collect donations to the poor. In Britain, it was a custom for tradesmen to collect "Christmas boxes" of money or presents on the first weekday after Christmas as thanks for good service throughout the year. This custom is linked to an older English tradition: Since they would have to wait on their masters on Christmas Day, the servants of the wealthy were allowed the next day to visit their families. The employers would give each servant a box to take home containing gifts and bonuses, and sometimes leftover food. Boxing Day is a secular holiday that is tradition-

ally celebrated on 26 December, the day after Christmas Day, which is also St. Stephen's Day, a religious holiday. When 26 December falls on a Sunday, Boxing Day in many Commonwealth countries and former British dominions is moved to 27 December. In the UK, Boxing Day is a bank holiday. If Boxing Day falls on a Saturday, the following Monday is given as a substitute bank holiday. On the occasion when Christmas Day is on a Saturday – with Boxing Day on the Sunday – the following Monday (27) and Tuesday (28) of December both become bank holidays.

**GALLAGHER MEMORIALS**  
 Best Prices for all memorial services including:  
 New Memorials  
 Additional Lettering  
 Renovations  
 Artwork  
 Pet Memorials

Tel: 02890 025 040  
 07956 591801  
[www.gallaghermemorials.co.uk](http://www.gallaghermemorials.co.uk)  
 Email: roy@gallaghermemorials.co.uk

**GET THIS HEADSTONE**  
 including all lettering & fitting costs  
**£500**  
 Excludes any council / church fees

**Merry Christmas to everyone!**

21Q Enterprise Road, Bangor, BT19 7TA

**Ballygrainey**  
 Boarding Kennels & Cattery

- DOA Licensed
- Dogs walked twice daily
- Large kennels with runs
- Fully furnished cattery facilities

*Merry Christmas to all our customers, past & present.*

449 Gransha Road, Ballygrainey, Bangor, BT19 7PX  
 Tel: 028 9127 5066  
[www.ballygraineyboardingkennels.com](http://www.ballygraineyboardingkennels.com)

## Give a gift of time this Christmas

Christmas is a time for spending time with family and friends but can also be a very lonely time for many. Why not make some time to spend with an elderly neighbour? This can be especially appreciated at this time of year when the weather can leave the vulnerable especially isolated. You could offer to help them with some tasks

around the house such as maintaining the garden or assist with some shopping or heavy work around the yard such as loading the coal bunker. There are always lots of community charity events at this time of year where an extra pair of hands can be useful – whether it's baking a cake for a sale, manning a stall or even becoming one of Santa's little

helpers. Just by helping with some simple tasks you could make someone else's and your own Christmas even better than you thought!

**nice touch**  
 treatment rooms  
**Gift Vouchers Available NOW!**  
 Indian Head Massage | Swedish Massage  
 Reflexology | Facials | Hopi Ear Candling  
 Hands Free Massage  
 Monthly offers also available!  
 25 king street | bangor  
 07706 985 965  
 NiceTouchTreatmentRooms

**D WHITE & SONS**  
 OIL DISTRIBUTORS  
 HOLYWOOD  
 DOMESTIC & AGRICULTURAL FUEL AT COMPETITIVE PRICES FOR ALL PETROLEUM PRODUCTS  
 FARM FUELS, DERV FUELS & CENTRAL HEATING OILS  
*We will match any price!*  
 Tel: 028 9042 5142 or 028 9042 7205  
 Visit: [www.whitesoil.co.uk](http://www.whitesoil.co.uk) 33 Creightons Green Road, Holywood, BT18 0HQ  
 Wishing all our customers a Merry Christmas & Happy New Year!

*Caireen Langford Hair*  
 5a Sullivan Place, Holywood  
 T: 028 9042 4201  
 Find us on Facebook

**Are you at school or college? DON'T MISS OUT!**  
 Come to us and get a Student Card for 15% DISCOUNT on every visit.  
 (Valid tuesday - Friday)

label.m L'ORÉAL ghd

**BROOKMOUNT FARM**  
**FREE RANGE TURKEYS**  
 BASED IN CRAWFORDSBURN FOR OVER 30 YEARS.

- Slow growing breeds selected to allow birds to reach adult maturity.
- Hand plucked.
- All birds hung for 10 days to give an unrivalled level of both texture and flavour.

**CONTACT US ON 078 5010 0462 TO ORDER**

**FlavourFirst.com**  
 Local Veg Box Scheme  
 Order now and enjoy delivery of our Christmas season veggies

Contact William 07801479980  
 e-mail [info@flavourfirst.com](mailto:info@flavourfirst.com)



# Advice Issued To Schools On Dangers Of Concussion

Education Minister, John O'Dowd, has written to all local schools to provide further information on concussion and to improve awareness of its dangers.

In his correspondence, the Minister has directed schools to advice on how to recognise the signs of concussion and has asked them to ensure everyone involved in the running of sporting activities at schools, including parents and pupils themselves, are aware of the risks.

Mr O'Dowd said: "I have written to all local schools as I want to ensure that schools are aware of the dangers of concussion and the fact that it can lead to death. I also want to highlight Second Impact Syndrome, a rare condition which can occur when a person with symptoms related

to concussion suffers a second head injury. Sadly this was, according to the Coroner's report, the cause of Benjamin Robinson's death in 2011 following a head injury sustained whilst playing a school rugby match.

"Following Benjamin's inquest, I committed to implementing any lessons that could be learned from this tragic incident, which had such a devastating impact on those who knew him. Carál Ní Chuilín, Minister for Culture, Arts and Leisure, who has responsibility for sport in the north, and I met with Benjamin's parents in recent weeks and I have also had discus-

sions with the Chief Medical Officer on the best way forward.

"The letter I have issued today signposts schools to the Concussion Recognition Tool (CRT) which contains a checklist to help coaches, teachers and parents recognise the signs of concussion. Schools need to ensure that all staff, especially those involved in the delivery of sporting activities, and others they bring into school from external organisations to deliver sporting activities, are aware of the signs of concussion and Second Impact Syndrome and the associated risks.

"Parents also need to

be aware of the risks and the signs they need to look for and my letter to schools asks Boards of Governors to consider how they might convey the messages in the CRT to parents.

"We need to ensure that pupils are educated about this important issue. They need to know the signs they should look for if one their friends sustains a head injury so that they can raise their concerns with the appropriate adult. I have therefore asked schools to consider how they can convey the messages in the CRT to pupils in the classroom in an age-appropriate manner."

# ARE YOU WINTER READY? WHAT TO DO IF THE POWER GOES OUT

With the recent drop in temperature there is no doubt that winter is approaching and Northern Ireland Electricity (NIE), the network company, has issued advice to its customers on how to cope if their electricity supplies are interrupted due to poor weather.

NIE is continuously upgrading and maintaining the electricity network to substantially reduce the number and length of disruptions; however storms, third party damage and other events can still affect your supply.

David Keys, Customer Relations Manager at NIE, says: "Our teams work 24 hours a day to ensure that if there is a power cut, it is resolved as quickly as possible and we keep you updated with progress. We work closely with the Met office to get the latest weather information and when we receive a severe weather warning we mobilise staff and resources to restore power as soon as possible. Through the years we've gained a lot of knowledge responding to storm damage. This means



NIE crews out from first light restoring power supplies

that we are now at the forefront of electricity companies in managing the process of restoring supplies following a major incident."

If your electricity goes off:

- Customers should first check their household trip switch and

- Tell us – contact us via our customer helpline 08457 643 643. In the event of a widespread loss of electricity supplies you may make contact with a call handler, or more likely receive NIE's automated service where you can leave details of the premises affected by the interruption and receive a message providing the latest information available. The automated system will pass your details through to our fault management team
- Never approach broken lines or damaged poles and keep children and animals

away. Ensure electric cookers and heaters are switched off, but leave a light on so you know when the power is restored

- Take care if using candles or other naked flames
- If you are using a generator be careful where you site it in case of carbon monoxide poisoning
- Listen to the radio for information bulletins
- Check on elderly or vulnerable neighbours or relatives

For more information about preparing for a power cut, to report a power cut and to learn how NIE responds to storms visit [nie.co.uk](http://nie.co.uk).

# WHO WILL CUT THE GRASS?

A new book has been launched by Cancer Focus Northern Ireland to help very young children when their mum, dad or grandparent has cancer.

"Who will cut the grass?" was written by the leading local charity's family service co-ordinator, Rachel Smith, and illustrated by another staff member, art therapist Joanne Boal.

"I meet families every day who are facing very tough and sad times. Cancer is traumatic, not only for the person but for the whole family. Children love stories so I thought this would be the perfect way to talk to them on their level," Rachel explained.

"I've found that many children worry about the practicalities of everyday living when a close adult has cancer. They worry about who will pick them up from school, make them lunch or help them lace their shoes.

"The idea for the book came from a little boy whose dad was very sick. When his dad died he asked me 'Who's going to cut the grass?'"

"This story is told by nine-year-old Elliott just as his dad Harvey, a firefighter, is diagnosed with cancer. The story follows him, his sister and brother as Harvey grows sicker and then dies.

"It looks at how cancer affects chil-



Andrew Bond (10), who attends the Cancer Focus Northern Ireland Family Support Service, and Firefighter Fintan Burns read a new book for young children to help them cope with the loss of a parent to cancer. Who will cut the grass? was written by Rachel Smith and illustrated by Joanne Boal, both from Cancer Focus. Photo by Paul McCambridge.

dren when Dad is ill and how Mum has to learn to do things that he used to do. With its beautiful, touching pictures, 'Who will cut the grass?' deals with some of the difficult questions children may have.

"It's a sad story but I have given a star role to my cat Sharon - a lot of

families have a pet and I think they add a few smiles to a very sad situation," she explained.

This is Rachel and Joanne's second book. Their first is called 'Who will do my hair?' about a little girl who worries when her mum is sick. Joanne's dog Boris makes a friendly appearance too.

The books are free to Cancer Focus service users and are also available to others for £3 each from Cancer Focus at 44 Eglantine Avenue, Belfast. For more information call 028 9066 3281, email [care@cancerfocusni.org](mailto:care@cancerfocusni.org) or visit [www.cancerfocusni.org](http://www.cancerfocusni.org).

# ASSESSMENT OF POLICE'S ROLE IN THE PAST SHOULD BE BALANCED

NI Conservatives' co-chair, Trevor Ringland, has called upon politicians and the media to offer a more balanced critique of the security forces' contribution to preventing loss of life in Northern Ireland.

He made his comments following the publication of a new book, by the Pat Finucane Centre, which makes fresh allegations about 'collusion'.

"This type of publication will always attract a great deal of media attention, but there is a need for coverage to be balanced by a more thorough look at the past", Trevor explained. "The Northern Ireland Retired Police Officers Association is very clear that any member of the force who broke the law should be punished. Those few offenders damage the reputation of the vast majority of officers, who showed incredible bravery and prevented Northern Ireland from descending

into chaos."

"We should never forget that the police and army saved many thousands of lives during the Troubles. Their courage was one of the main factors which stopped a fully-fledged civil war from developing. 302 RUC officers were murdered during the years between 1969 and 2001, while almost 70 committed suicide and 10,000 were injured. Policemen and women were left to deal with the aftermath of horrific terrorist atrocities and have borne the mental and physical scars ever since, while the perpetrators most often fled the scene."

"The RUC, in particular, was at times attacked

by both perceived sides in the Troubles. Some simple statistics give the lie to claims that it systematically colluded with loyalists. For instance approximately 50% of murders committed by loyalists were solved, whereas only about 30% committed by republicans resulted in successful prosecutions. They charged 8,000 loyalists with terrorist / serious public order type offences, as a result of police investigations between 1972-2001. It's also a sad fact that former police officers and soldiers are the victims of the Troubles least likely to have their full stories told now, because the things they could tell about former

paramilitaries would destroy the peace process."

"Where police officers or soldiers acted outside the law, it was disgraceful and their actions were an affront to their colleagues. Sometimes, though, allegations against the security forces seem to be a constant stream and the sources need to be fully challenged to expose any alternative agendas. It is deeply unfair not to balance these accounts, given that police officers and soldiers were the people charged with keeping the public safe. For the most part they did an incredible job and it is because of their bravery that Northern Ireland today has a hopeful future."

**CHIROPODIST/PODIATRIST**  
HPC REGISTERED  
**BARBARANNE CROSBIE**  
BSc(Hons)BMedSci(Hons) MChS

6 Ranfurly Avenue  
BANGOR  
BT20 3SN  
028 91468207

# GROUND BREAKING PROCEDURES PRODUCING RECORD RESULTS FOR NORTHERN IRELAND COUPLES

- 1 in 6 Couples in NI experience infertility problems
- Pioneering new procedures showing 66% - 70% success rate
- Major investment in state of the art equipment

At the start of National Infertility Week, Origin Fertility Care, Northern Ireland's only Independent specialist fertility clinic, which is part of the 3fivetwo Group, the largest healthcare provider in the province, announced outstanding results from new procedures not available anywhere else in Ireland.

Steve Green, Head Embryologist, says that the news for the one in six couples or individuals locally who experience infertility is excellent and the results



Steve Green, Head Embryologist

he is getting from new PCSI and Primovision (time lapse embryo monitoring) procedures and equipment have driven their success results up to 66% and 70% respectively.

"We are very excited about the results we have been achieving throughout our initial pilot project. These procedures are very new on an international basis and we believe

we are the only clinic providing them in Ireland.

"The PCSI procedure is used on both Sperm Injection and Embryo implantation using Hyaluronan

which mimics the natural enzymes found in the human body relating directly to reproduction. This is now offered as standard procedure for all our patients at no extra cost. Primovision is time-lapse photography which allows us to monitor and select the most developed embryos which has lifted our success rates to 70%. This procedure is having a statistically significant effect on our already high success rates," he revealed.

"This is a pilot project so there is currently no charge, although this is likely to change in the near future as the system becomes more mainstream and we make substantial investment to develop this service further."

# Fewer People Prepared To Get Behind Wheel "The Morning After"

The Northern Ireland Road Safety Monitor 2013 has been published recently.

The report reveals that the proportion of drivers who would drive the morning after consuming a considerable amount of alcohol the night before, has fallen over the year from 30% to less than a quarter (23%). It also reports that the majority of people (69%) oppose drivers taking one drink and driving. However, after one drink around one fifth (22%) of drivers would still get behind the wheel. Both of these findings are similar to last year.

There continues to be overwhelming support for imposing the current set of drink drive penalties on those found exceeding newly proposed limits. For learner and restricted drivers exceeding the new lower limit of 20mg/100ml, 82% of respondents supported imposing the current set of penalties. Although the same lower limit is proposed for professional drivers, this attracted a higher level of support for using existing penalties (88%). For all other drivers, a new lower limit of 50mg/100mls is proposed and just less than nine out of every ten respondents (89%) support the use of existing penalties for drivers caught exceeding this.

Alongside this, the vast majority of respondents considered drink driving (88%) and drug driving (84%) to be offences where police should have the power to seize a vehicle.

Speeding, carelessness on the roads, and drinking and driving are still considered the three main

factors in causing injuries or deaths on Northern Ireland's roads cited by 78%, 61% and 59% of respondents respectively.

The survey also gathered information on the level of awareness and effectiveness of DOE road safety advertising campaigns. Individuals views were sought on a number of road safety topics which included mobile phones, drink driving, school buses, pedestrians and fatigue.

Key Points from the Survey are:

- Respondents perceived the three most important factors in causing injuries or deaths on our roads as people speeding (78%), carelessness on the roads (61%), and people driving after drinking (59%).

- The three principal causation factors recorded in police collision data for the actual number of people killed or seriously injured in Northern Ireland for 2012 were excessive speeding having regard to conditions (12%), inattention or attention diverted (9%) and driver/rider impaired by drugs/alcohol (8%).

- When respondents were asked to list the three most important influences in creating an awareness of road safety, 82% of respondents stated that TV advertising was one of the most important factors. Just over a quarter of respondents rated news and documentaries on TV and Radio (26%), penalties for breaking the law (26%) and a friend or relative involved in a collision or near miss (26%).
- More respondents

(95%) were aware of the 'Hit Home' campaign than 'Just Because' (73%) and 'Underneath' (85%) television campaigns. Across all campaigns the majority of those aware were positively influenced by them.

- Just over three-quarters (77%) of respondents stated that they were aware of at least one radio campaign. In 2012, the awareness levels of the radio road safety campaigns was 81%, which represents a decline of four percentage points over the year and a more significant 10 percentage points from the 87% awareness level recorded in 2011.
- Over four-fifths (81%) of respondents that were aware of a radio advertising campaign stated that it influenced their behaviour in a positive way in relation to road safety.
- Over a third (36%) of motorists report using a mobile phone while driving, (5% hand held, 28% hands free and 3% sometimes hand held or hands free). The majority of those who would use a mobile whilst driving were aware of risks associated with this behaviour.
- On the whole, drinking and driving was opposed by respondents of this survey with nearly seven in ten (69%) stating that it was not acceptable to drive after one drink and the vast majority (95%) stating it was not acceptable to drive after two drinks.
- Just over a fifth of drivers who drink alcohol (22%) would drive after having one drink and this is similar to the levels

reported the last time the question was asked in 2012 (25%).

- Less than a quarter (23%) of drivers who drink alcohol said that they would normally drive the morning after an evening on which they had been drinking four (for women) or five (for men) or more alcoholic drinks, this is lower than the level reported in 2012 (30%).
- A large majority (85%) of all respondents surveyed agreed that the police should be able to stop people at random and breathalyse them for driving under the influence of alcohol which is similar to the response in 2012 (87%).
- Drivers who drink alcohol said the top three penalties which would discourage them from driving if over the legal limit were 'that you might kill or seriously injure someone else' (76%), 'being disqualified for a minimum of 12 months' (63%) and 'that you might kill or seriously injure yourself' (62%).
- Drink driving (88%) and drug driving (84%) were the two most frequently cited circumstances when respondents thought the police should have the power to seize a vehicle.
- The majority of respondents support imposing the existing penalties for those who exceed the proposed new lower blood alcohol limits. For learner and restricted drivers exceeding the new lower limit of 20mg/100ml, 82% of respondents supported imposing the current set of penalties. Although

the same lower limit is proposed for professional drivers, this attracted a higher level of support for using existing penalties (88%). For all other drivers a new lower limit of 50mg/100mls is proposed and just less than nine out of every ten respondents (89%) support the use of existing penalties for drivers caught exceeding this.

Almost half (47%) of all respondents stated that they would never wear high visibility items if out for a walk.

- The majority (95%) agreed or strongly agreed that pedestrians and drivers have shared responsibility to avoid road traffic collisions involving themselves.
- Over seven in ten (72%) respondents stated that they never cycle; of those that do cycle, nearly half (48%) stated that they never wear a cycle helmet.
- Approaching one quarter of motorists (24%) reported that over the past year there had been occasions when they have felt drowsy when they had been driving, this is similar to the level reported in 2009 (27%).
- Six in ten (60%) respondents who reported to feeling drowsy while driving stated they would down the window for cold air, this is similar to that reported in 2009 (56%).

# New Campaign Urges Used Car Buyers To 'Check It, Don't Regret It'

Trading Standards Service is steering consumers in Northern Ireland in the right direction when it comes to buying a used car.

The drive is part of a month-long campaign by the Trading Standards Institute, which launched at the start of National Consumer Week (NCW).

The campaign is urging people buying a used car to 'check it, don't regret it' by assessing whether it is safe, legal and that it is what it seems.

In Northern Ireland, used cars continue to top the number of complaints to Consumerline with over 1,000 people complaining about problems with used cars in the last year.

Trading Standards has issued the following checklist to people buying used cars:

- Check the MOT - it shows the car was road-

worthy when the test was passed.

- Check to see the full service history, to show what maintenance has been done on the car. See if the car has been serviced regularly and make sure that the mileage on the paperwork makes sense.
- Check the registration document, to avoid buying a stolen car. Ask to see the V5C registration document known as the 'logbook'.
- Check if the car has been written off. Cars are written off when insurance companies decide they are too dear to repair or too damaged after an accident. There are different categories of write off depending on the damage to the car.

Check the car doesn't have an outstanding credit agreement or logbook loan.

- Check the car and test drive it before you buy, to spot signs the car isn't what it seems.
- Get a check to show the condition of the car and to check for any hidden dangers. You can also check that repairs have been completed properly if the car is a write off.

The Trading Standards Service (TSS) has taken enforcement action against a number of car dealers in Northern Ireland in the last year, over concerns about car clocking, business practices when selling cars, finance and after-sale guarantees.

# O'Neill Secures £200,000 Fund For Fishing Vessels

The Assembly recently backed a motion brought forward by Fisheries Minister Michelle O'Neill to provide a funding scheme for new satellite tracking devices for fishing vessels.

Speaking in support of the motion for the scheme the Minister said: "As part of the requirements of the Common Fisheries Policy fishing vessels over 12 metres in length must fit satellite tracking devices and transmit their position every two hours to the fisheries authorities. This has been a requirement for vessels over 15 metres in length since 2005 and for smaller vessels since 2011. Larger vessels have been using such equipment since 2006 whilst smaller vessels have yet to be equipped."

"In the context of the provision of strategic assistance to the fleet to help it adapt to change, I decided it was appropriate that the Department should fund not just the first time installation for smaller vessels but also the replacement of the older systems on larger vessels. Funding has therefore been secured from Europe for 90% of the cost, with 10% coming from DARD."

The Minister added: "The cost of the systems will be around £1,500 per vessel and this includes reasonable installation costs and a three year warranty. Arrangements have also been put in place to pay the supplier directly once the system is installed, so that vessel owners will not have to pay any money upfront. All the applicants have to do is complete an application form and arrange with the supplier for a suitable date to fit the equipment."

"We intend to launch the Scheme on 1st December and complete installation across the fleet by 31st March 2014. I estimate that the final amount of grant awarded under the Scheme will be approximately £200,000. This assistance will be a valuable boost to our fishermen to assist them with the costs of complying with the Common Fisheries Policy."

**CASCADE BLINDS** Telephone 91 45 57 22

**4 Verticals ONLY £150**  
Any size - Selected Fabrics | FREE fitting

**4 Verticals ONLY £195**  
Any size - PVC Blackout | FREE fitting

Also: ● Metallic Venetians ● Rollers  
● Wooden Venetians ● Fakro  
● Wood-effect Venetians ● Velux

# WHAT TO EXPECT FROM AN ARCHITECT

The creativity, attention to detail and professional advice of an architect can be invaluable to the success of any build project.

From suggestions on how to make the best use of space and light, to fittings, materials and fixtures, the professional input can give the smallest of projects the wow factor.

But architects don't just come up with the design; they can also manage parts or all of the build on your behalf. An architect can help you through the pitfalls of the planning process, the minefield of building regulations, obtain competitive quotes from contractors, deal with the builders, and even run the

project to ensure your best laid plans are turned into reality.

Any person practising as an architect must be registered with the Architects' Registration Board (ARB). Word-of-mouth recommendation is a great way to find an architect. Otherwise your local planning department - or builder - should be able to recommend reputable architects.

Contact at least three firms that specialise in the type of work you want done - and ideally on the period of house yours is. Then meet with two or three to discuss the project and get some quotes and ask about their fee structure. Employing an archi-

tect is unlikely to come cheap but he or she should be able to maximise your investment, so will be cost-effective in the long run. Also, if your budget is low, you may find that your architect will work at an hourly rate.

Ask to see examples of their previous work and if possible, arrange to visit finished projects and talk to previous clients. Choose the one who listens to you, you feel at ease with and who you think will do the best job.

You need to be sure of their creativity and ability to get things done, as well as your ability to work together. Good architecture needs collaboration and dialogue.

# PLANNING YOUR DREAM HOME

Planning your home can be a tricky problem with various choices to choose from, whether you want to go for a traditional build, looking to build that eco-friendly home or if you simply would like a unique home to stand out from the rest. Heres a breakdown of things you'll need to consider.

First things first you need to have a rough idea of the design of your home. If you're building the home you've dreamed of for years then this part could be easy. Make sure to take notes of every little detail for when the plans are drawn up.

If you've decided to build but your not sure on the design then have a look on the web maybe even call into your local architect to see what you can come up with. Ask friends and family who've previously designed their home.

When you've got an idea you'll be best served to get an architect on board as soon as possible. Have a look at their previous designs and ask yourself if their create visions could

match your dream home or not. An architect may offer different deals and offers but that doesn't always make him the right person for your build.

You should be able to get a rough estimation of the cost of build. You may wish to consider making enquires with your local builders to confirm your expenses. Getting an idea of how long the build will take for completion will be essential in whether you decide to sell your current home or decide to rent a home whilst the building takes place.

The importance of an architect being on board early could speed up the process of your build time and eliminate the little details that could be turned down by the planning

control offices. Make sure you to have an idea of where you want to build and if there's any land available. It's important to make sure you'll be happy with the grounds you have around you, you may want to extend or look to own more land in the future.

Remember to make sure your plans can be fulfilled from the site you end up choosing. Have a glance at your potential neighbours house designs as they may dictate whether or not your house is approved or not.

The size of the house should also be considered for your future plans, such as will your home become a family home at any point and how whether this will be your last before you settle down.

**Rust Busters**  
Specialists in Shot Blasting & Metal Finishing  
Unit 22, 149 Glen Road, Comber, BT23 5QU

Rustbusters, located just 10 minutes outside Belfast, is a company that believes in providing fast, high quality finishes whatever your requirements.

Refurbishment of Gates & Railings



Using a 3 step process Rust Busters can leave your gates and railings looking as new! Powder coating is available in a wide range of colours to suit customer requirements.

Gates/Railings • Alloys • Brass Fittings • Garden Furniture  
• Motorcycle Frames • Alloy Head Casings • Radiators • Car Chassis

**028 90 44 80 33**  
[www.rustbustersni.co.uk](http://www.rustbustersni.co.uk)

**Your Local Gas Installer**

**Mark Vance**  
Plumbing & Heating

**Installation, Servicing & Repairs Undertaken**

2 Victoria Mews, Donaghadee, BT21 0JJ  
**028 9188 8144 078 8449 8870**

CALL TODAY TO FIND OUT MORE



**WANTED FOR SPOT CASH**  
85a Moss Road, Ballygowan

Modern, old fashioned or antiques bought.  
House contents cleared.  
Good clean Chesterfield Suites, Fridges, Washing Machines, Paintings, Tables & Chairs etc.  
ALSO Scrap gold, silver, copper, brass and lead bought.  
Bangor Blue Slates  
If we can sell it, we will buy it.

Ring **028 9754 1823**  
Mobile: **07860 547578 - 07543 981815**

ATTENTION TO DETAIL...

**Hazelbrae**  
KITCHENS



**GET TWO FREE APPLIANCES WITH ANY KITCHEN OVER £5000**  
(CONDITIONS APPLY)

**LEDCOM INDUSTRIAL ESTATE, BANK ROAD, LARNE, BT40 3AW**  
Only 25 minutes drive from Belfast and FREE parking! For a map, directions & opening times log on to the website at

[www.hazelbrae.biz](http://www.hazelbrae.biz) Tel: **028 2827 6089**

 Find us on Facebook

# REMODELLING THE EXTERIOR OF YOUR HOUSE

When deciding on what to remodel on the exterior of your home, take into consideration the financial costs associated with every single item you remodel.

Remodelling the exterior of a home does not have to cost a small fortune. A coat of fresh paint immediately changes the exterior of your home.

Walk around the exterior of your home and pretend you do not live there. This allows you to see your home from a stranger's point of view. Write down the items you need to remodel to give the exterior of your home curb appeal. Once you have your list, consider

the finances involved and implement the items you can without having to obtain financing.

Consider a different colour scheme for the exterior of your home. Perhaps your home currently has a colour scheme of white and green. Change this for a dramatic effect. Consider possibly a tan as your base colour and a red wine for your accent colour.

Call roofing professionals in your area to obtain

a quote on re-roofing your home. Updating your roof provides visual appeal to your home as well as protection from the elements. Decide between a shingled roof and a metal roof.

Purchase your painting materials from your local hardware store. Make sure that you purchase exterior home paint and not interior. Typically, a home's colour theme consists of two or three colours.

# AIR SOURCE HEATING PUMPS

The process of air-source heating revolves around the pump absorbing heat from outside.

The heat absorbed can then be used to supply hot water, radiators or even heat your under-floor heating system. The system can work in cooler temperatures as well meaning its a viable option for most homeowners. The heat from the air absorbed is converted to a fluid which passes through a compressor. Its temperature increases which is transferred to either the heating and hot water circuit. The two main types of systems used are an air-to-water system or an air to air system. An air to water system works well in lower temperatures proving heat for your under-floor heating systems and radiators where as an air-to-air system will generally

only circulate heat to your home but not your water supply.

Positives to the air-source heating pumps is the potential savings on your fuel bills whilst also lowering your houses carbon emissions ensuring you do your bit for the environment. The governments renewable energy scheme could provide you with an added income. The systems are famed for their easy maintenance and not forgetting the most importantly the heat they'll provide to your home. The biggest negative is the price with £6000-10000 being the estimated cost whilst the running costs vary. Its worth noting that the government may provide grants for renewable

energy sources. If your current heating system is inefficient or your

undertaking a new-build then it could be a viable option to consider.

Remember that planning permission will be necessary.

# MCD

## Painting & Decorating

- Professional Painter and Decorator
- Free Estimates
- All Interior and Exterior Work
- All Work Guaranteed

Special Rates for OAP's

Tel: 028 9048 5569 or 07930 635 405

# DESIGN – BUILD – LIVE

That is the ethos of Design Space Limited. When we decided to form our company, we wanted to offer our clients something more than just a generic building experience which was common place in the past.

We want our clients to feel as much a part of the construction process as we do. We value their input at all stage of the project, as we believe this ensures the client gets exactly what they had envisioned and expected.

To enable us to achieve this, we offer more

project control options and a higher level of overall professionalism and service, without having to increase the contract price. The additional services we offer our clients include a designated site foreman, designated project manager/client liaison officer and architectural

design consultant.

Every project is priced by a qualified quantity surveyor. This way we ensure that the client receives the most accurate price. This also gives the client a bench mark on which to compare other prices and ultimately assure the client that we have priced their project

as accurately as possible.

At Design Space, we pride ourselves on the high level of professionalism that we offer our clients. The design space team are a group of highly skilled, motivated and professional individuals. Health and safety and site cleanliness are also of para-

mount importance to our organisation.

If you would like to find out more about all the services we offer, or if you are interested in what we can offer you, then give us a call on 078 1484 8091 or 077 2044 7890. You can also drop us an email at designspace1@yahoo.com.

# WINDOWS 4 U

Windows, Doors, Conservatories, UPVC, Fascia, Soffit  
Guttering Supplied and Fitted at Factory Prices!

MAINTENANCE & REPAIR SERVICE FOR PVC-U, ALUMINIUM, VELUX & TIMBER PRODUCTS



Certified 'A' Windows  
High Quality Workmanship  
**GUARANTEED**  
NO CALL OUT CHARGE  
Fully Insured



(Green for illustration purposes only)

Telephone: 028 9036 4784 Mobile: 07934 034739



# Design Space

## Design-Build-Live



We want our clients to feel as much a part of the construction process as we do. We value their input at all stages of the project.

### SERVICES WE OFFER

- New Builds
- Renovations
- Energy Rated Insulation Systems
- Landscape / Site Works
- Conversions
- Extensions

### Additional services we offer our clients are:

- Designated Site Foreman
- Designated Project Manager / Client Liaison Officer
- Architectural Design Consultant
- Quantity Surveyor Priced Tenders



Designated Site Foreman



Architectural Consultancy

Tel: 078 1484 9081

077 2044 7890

Email: designspace1@yahoo.com

# COULD SOLAR PANELS BE FOR YOU AND YOUR HOME? WAYS TO IMPROVE YOUR HOME FOR SELLING

**Consider installing solar panel and do your bit for the environment, whilst making running your home that much easier even potentially earning money from the government as they pay for your excess energy.**

There are currently two types of solar panel for you to choose from. There is the solar photovoltaics (PV) which turns the sun's energy into an affordable electricity source whereas solar thermal collectors convert their energy into hot water although they tend to fare better during the warmer months. Just a few of the benefits of installing solar energy are the savings on

your electric bills whilst maintaining self sufficient energy source. The government are always encouraging people to switch over to renewable energy sources with different schemes offered such as the tariff feed in., where the government pay you. There are two types of tariffs currently available: the Generation Tariff and the Export Tariff. With the generation tariff you

earn a fixed sum for every kilowatt your panels generate whether you use the energy directly or export it to the power grid.

The export tariff earns you an additional income for every kilowatt hour of electricity you sell back to the grid. If for any reason you can't generate enough electricity then you can still buy from your current provider. Meaning you'll never be without power but your certain to save money.

The costs of the solar PV system costs ranges from £5,500-£9,500 whereas the solar water heating systems are around £4,800. Whether your looking to install solar panels at home or for commercial there's many a reason to make the switch.

## Looking for ways to spruce up your home without putting yourself in the poorhouse?

Whether you're getting ready to sell your home or want to spiff it up inexpensively for your own enjoyment, we've got some good strategies for you to consider.

Make your kitchen really cook. The kitchen is still considered the heart of the home. Potential home buyers make a beeline for this room when they first view a home for sale, so make sure your kitchen

looks clean and reasonably updated.

Buff up the bath. If your tub and shower are looking dingy, consider re-grouting the tile and replacing any chipped tiles. These one-piece units may require professional installation but can still be cheaper than paying to re-tile walls and refinish a worn tub.

Add a room in a week or less. If you have a three bedroom house

with a den, the only reason the den can't be considered a bedroom may be because it doesn't have a closet. If you add as closet to that room, you've now got a four bedroom house. That adds a lot of value.

Look underfoot. Carpeting is another detail that can quickly update a home and make it look cleaner. A professional carpet cleaning is an inexpensive investment, especially if your

rugs are in good shape and are natural colours. If your carpet is showing serious wear, cover it with an inexpensive, strategically placed area rug.

Let there be light. If you have boring recessed lights in your dining and living rooms, consider replacing one of the room's lights with an eye-catching chandelier. Home stores offer a wide range of inexpen-

sive, but nice looking, ceiling fixtures these days. If you have a ceiling fan and light, you can also buy replacement fan blades to update the fixture's look.

Reframe your entry. Do you have a flimsy little knob on your main entry door? If so, spring for a substantial-looking handle-and-lock set. Also, if you're stuck with a basic steel front door, paint it for more eye appeal.

## Tradespeople: Who Does What?

**If you're thinking of taking time off to manage your own project, the best bit of background research is to learn as much about the work of the specialist trades as possible.**

You need to understand the methods and materials used by each trade so that you can pick up any problems at an early stage. Here's a basic guide to who does what on site.

**Builders**  
On the majority of UK homes, the brickie follows hot on the heels of the groundworks team. If you're building with SIPs (Structural Insulated Panels) or a timber

frame, the shell of the building will be put up first and then the brickie will clad the exterior with brick.

**Carpenters**  
As timber frame building begins to gain ground on brick, the role of a good carpenter is becoming more important on many sites. The carpentry team will be responsible for the building of suspended timber floors and either

the installation of factory-made roof trusses or constructing a hand-cut roof-frame. They will work with the bricklayer on the installation of the doors and windows.

**Roofers**  
Once the timber roof structure is complete, the roofer will be responsible for covering the surface with the appropriate membrane and battening ready for the fitting of the roof

tiles or similar. As a rule of thumb, the roofer will be responsible for everything on the roof (except chimneys), from the outer surface of the roof trusses outwards.

**Electricians**  
Leave anything with wires to the electrician, as all the work should be certified and this can only be done by a qualified electrician. Timing of the electrical work can be crucial as these

are some of the most highly-paid and difficult to find tradespeople.

**Plumbers**  
Plumbers will lay the pipework for your water supply and install central heating systems. They will connect up the sanitaryware that you supply but don't normally get involved in building wet rooms or the constructional side of bathroom or kitchens

**InsideStory Curtain Design**  
BESPOKE SOFT FURNISHINGS  
We make Curtains and Blinds for all budgets.  
We offer the following services:-  
Measuring & Design Service  
Supply & Fitting of Rails & Poles  
Library of Fabric Books to choose from eg. Osborne & Little, Jane Churchill etc.  
For further information please contact us on:  
02890426171 or 0776816461  
Email: insidestory1@btinternet.com  
Or visit our website  
www.insidestorycurtaindesign.co.uk

**We Buy Your House Contents "Modern & Antique"**  
Distance No Problem  
  
• Clear Your Garage • Recycle Your Clothes • Dump Rubbish  
• Carpets Lifted Where Necessary  
• Deceased Effects Cleared With Discretion  
M: 07801 979 160  
www.houseclearance.com  
Registered Carriers of Waste

**GREENDAY GARDEN SERVICES**  
TREE SERVICES & GARDEN TIDY UPS  
FENCING  
SNOW CLEARANCE FOR JANUARY, FEBRUARY & MARCH  
20% OFF ALL SERVICES WITH THIS ADVERT  
For a free quote phone Glenn on 079 0752 7903  
www.greendaygardenservices.co.uk

# A QUICK AND EASY GUIDE ON HOW TO EXTEND YOUR HOME IN THE NEW YEAR

## Deciding your budget is the first step!

Working out the cost of a house extension or loft conversion yourself is difficult because each one is different. When you are

working out the cost of extending your house, most advisers suggest building in a contingency of, say 10%, in case your budget

overruns. Consider how you are going to cover the cost of extending your house. If you need to borrow the

money you will normally have the choice of either increasing your mortgage or taking out a personal loan.

Speak to your local authority to see if you need planning permission for your extension or conversion and whether it will need building regulation approval.

If you do need planning permission, decide whether you are going to employ an architect or surveyor to draw up your plans, find a builder and oversee the project, or whether you just want a professional to provide the plans and intend to do the rest yourself.

If you are appointing the builders yourself, get three itemised quotes in writing - not estimates. Don't choose traders be-

cause they can do the job immediately.

Bear in mind that good builders are likely to be busy so be realistic about time scales.

If your builder does not supply a contract, you could draw up one yourself setting out the work to be undertaken in as much detail as you can, with time scales etc. to be signed by both you and your builder.

If your extension needs approval under building regulations, remember to keep the final certificate to confirm that the work is okay so you have it available for future purchasers of your property.

YOUR DRAINS MAY BE INSURED! WE ARE APPROVED CONTRACTORS FOR MOST INSURANCE COMPANIES  
PLUMBING & DRAINAGE  
BURST PIPES  
SEWERS & DRAINS  
CCTV SURVEYS  
HIGH PRESSURE WATER JETTING  
NO CALL OUT CHARGES  
DOMESTIC & COMMERCIAL  
BELFAST 028 9043 4445 BANGOR 028 9146 0070  
Unit 21, Enterprise Road, Balloo South Business Park, Bangor BT19 7TA

**WROUGHT IRON GATES & RAILINGS**  
MADE TO ORDER  
For residential & commercial  
**J.B. ENGINEERING (NI Ltd)**  
FREE ESTIMATES  
028 9127 4742 or 07711 800850

**DON'T FREEZE THIS WINTER!**  
Is your Baxi Busted?  
Has your Halstead Had it? Is your Ideal not so Ideal anymore?  
Are you just Fed up with your Ferroli? Or are you simply not in control?  
WINTERS COMING AGAIN...ARE YOU READY?  
We can supply a Wonderful Worcester Bosch A Rated condensing boiler with either a 5 to 7 year warranty and remote control time clock recommended by Which Magazine. Convert to a Combi which can be done in a day.  
NO MESS ..... NO FUSS Swap your old boiler for a new model. Prices from £1400  
Call into our showroom or contact us **Lightyear Plumbing and Heating**  
104 Abbey Street, Bangor T: 028 9146 3344 www.grateexpectationsni.co.uk

**Grate Restorations**  
Antique & Modern Fireplace Restoration  
From complete restoration to fireplace tidy ALSO Cast Iron Welding Service  
FIREPLACES AND STOVES FOR SALE  
Mob. 07842407733 Tel. 02890392077  
Showroom at 88 Donegal Pass, Belfast, BT7 1BX Open Mon - Sat 11am - 4pm  
gratorations.ni@btinternet.com www.graterestorations.co.uk

**PHIL LANGFORD HANDYMAN**  
No job too small  
QUALITY WORKMANSHIP  
AT A REASONABLE PRICE  
Telephone: 07874 355 055  
www.handyphil.biz

# HOW TO BOOST THE VALUE OF YOUR HOME IN 2014

Improving and renovating your home is an easy way to potentially increase its value particularly helpful in an ever competitive market.

Have a run through your home and pick out the rooms which could do with a fresh coat of paint uncover any problems with your walls. Adding a new coat of paint can really brighten up a room giving it a new lease of life. Whilst your walls may look fine to you, that little hole or patch could put off buyers who are fearful of other unseen problems as a result. Paint and fillers are one

of the best improvements in terms of value for your money as they both are fairly cheap to buy yet give that extra glow from your smooth walls. Deal with clutter, your rooms will look and feel much smaller if cluttered to both you and the all important buyers. Take anything unnecessary out of each room. That desk which is no longer used and replace wardrobes if they're

either too big or small. Having an over-sized wardrobe will only serve to take up space and act as point of distraction from the rest of the room whilst a wardrobe that's too small may show-case a lack of storage space. Clearing out old clothes and toys which are no longer used could prove beneficial in keeping your rooms in order whilst you could also donate them to a good cause.

Cleaning your floors is another option which is both inexpensive and will leave your floors looking amazing. There are a few ways in which you can achieve a new-floor effect but at heck of a lot less than purchasing new flooring. With a number of carpet cleaners proving effective to clean up tricky stains you could choose to polish the floors or even consider sanding your wooden floors

with a new varnish finish of your choice. Converting under-used spaces or preparing them for conversions can show-case potential for expansion for buyers. Convert your attic or at least look to get a flooring down to show-case the space your home has ready to expand in. Cutting the energy output of your home has never been more worthwhile with everyone looking

to save money on energy bills whilst environmentalists will appreciate your greener home. General repairs to any of those little problems that never really annoyed you enough to fix them, now is the time to do so. Remember these problems could be more off-putting to others than they are to you. These tips will help boost your homes value and hopefully encourage a sale.



SPECIALISING IN BESPOKE HANDCRAFTED FIREPLACES

 **Hannah Fireplaces**

Unit 68,  
Dunlop Commercial Park, Bangor.  
Tel: 028 9145 0632  
hannahfireplaces.co.uk

## ELIMINATING THOSE COLD DRAUGHTS THIS WINTER

Consider insulating your house this Christmas to wipe out that nasty draught brushing across your shoulder.

There are a range of options on offer for you to choose from, with insulation available for both your walls and roof/loft.

You should start by finding out when your home was last insulated or, if its an older build, whether or not it was

ever insulated. After you determine whether or not your home needs to be insulated, you should try and determine the type of walls your home is made up of. The wall type will determine the particular type of insulation you'll need to install. The wall will be

one of two types:- either a stud/cavity wall or a solid wall.

Installing insulation in a cavity wall could save you up to £140 a year with an estimated installation cost of around £500. The savings potential is significant over the long-term. The

insulation is normally made up of three materials:- mineral wool, foamed insulator or beads and granules.

Solid walls can be insulated both internally and externally. To insulate an internal wall, you have a choice of rigid insulation boards

or with a stud wall. The cost of installing internal wall insulation is around £5,500- 8,500 with an estimated savings potential of £460 per year whilst an external wall price ranges from £9,400 to £13,000 with and savings potential of £490 every year.

## REPLACING OLD BOILERS

Replacing your boiler will save you money in the long-term, with 55% of your total spending on energy bills each year spent on running your boiler alone.

There really is good reason to check if it's time for a replacement.

The average life expectancy of an efficient boiler is around 10-15 years. If yours is older than this, you may find your boiler is wasting

energy and, as result, costing you more money to heat your home. Depending on your boilers current efficiency rating, you could save up to £310 a year if you replace it with a brand new energy efficient boiler.

The costs of replacing your boiler is around £2,300. The Government are currently running a boiler replacement scheme based on different household income levels for more information visit [www.nihe.gov.uk](http://www.nihe.gov.uk)

There are a number of advantages a new boiler has over an older model, such as most newer models are now condensing boilers, which retains heat that would in the past would have

been lost through the flue. Condensing boilers heat exchanger recovers heat and sends cooler air up the flue, when the water cools to a vapour the gases condenses out resulting in energy being recovered.

## MICRO WIND TURBINES

Micro-wind turbines could be a viable energy source for your home with the inevitable savings over a long-term period making them a sound investment.

Wind turbines catch the wind driving the turbine, which in turn generates electricity.

A micro-wind turbine doesn't need as much space as a normal sized turbine making it suitable for both urban and rural areas. There are two different types of micro-turbine, a building mounted turbine which can be installed on roofs, which are usually 1kW to 2kW in size. The second type are pole-mounted which are free standing and usually come in 5kW or 6kW in size.

The turbines ranges in price the roof-mounted system costs £2000 a 2.5 kW pole-mounted system costs £15,000 whilst a 6kW pole-mounted system is the most expensive at £22,500 exclusive of maintenance fees. With the turbine systems you can store excess electricity in batteries for those non-windy days.

Turbines will cut your electricity bills, with the potential savings paying off the money you spent on installation. With turbines, you'll also cut your pollution ensuring you do your bit for the environment. For more information visit your local council office.

**Jim Hollingsworth & Son Ltd.**

**JOINERY & BUILDING CONTRACTOR**

**New Builds  
Extensions  
Renovations**

ALL WORK CONSIDERED - NO JOB TOO BIG OR SMALL

5 Drumarkin Road, Rathfriland, Co. Down, BT34 5NB  
Tel: 028 4063 0422 Mob: 077 2188 2131

Fax: 028 4063 1927

Email: [jim.hollingsworth@btinternet.com](mailto:jim.hollingsworth@btinternet.com)



**CW DESIGN**  
Architectural Drawings Services  
Plans - Extensions - Roof Space Conversions

Telephone: 028 9146 4436  
Mobile: 075 9232 9933

**FREE INITIAL CONSULTATION**

[william@wcdesignconsultants.com](mailto:william@wcdesignconsultants.com)  
[www.wcdesignconsultants.com](http://www.wcdesignconsultants.com)

**TAS DIGITAL**

Digital Aerial & Satellite Installation & Repairs

**sky Freeview freesat**  
*brilliant for everyone*  
[www.tasdigital.co.uk](http://www.tasdigital.co.uk)

- Digital Aerials • LCD TV
- Sky • Freeview • Freesat
- Multi Room • Home Cinema • Plasma TV

Domestic & Commercial Very Competitive Fully Insured

**Province Wide Service**

**Digital Aerial**  
Installed to one room £69  
BT Vision Set-Up £30

**freesat**

**Freesat Satellite System normally £149.99**

**Fully Installed Now Only £89.99** Includes Dish & Set Top Box

**Don't Delay - Call Today!**  
FreePhone: 0800 955 4016  
Service provided by TAS Digital

# NEW BOX SCHEME SEES BOOST TO CITY RECYCLING

**Belfast residents are helping to boost the city's recycling rates by embracing the new kerbside box scheme, which has just completed its roll out.**

Councillor Steven Corr, chairman of Belfast City Council's Health and Environmental Services Committee, said he was encouraged by the response to the new scheme which has delivered some positive results.

In the first few weeks of the scheme set-out rates have almost doubled with 51% of households putting their boxes out every week, and an additional 185 tonnes of food waste was collected in October compared to just 10 tonnes per month prior to the new scheme roll out.

Councillor Corr said: "While there have been a few hiccups with the new scheme settling in, and the changeover to new black bin collection arrangements, overall the scheme has been very positively received and we're very pleased with the results to date. "Ideally we'd like to see every house that is part of the new scheme, fully utilising their increased recycling capacity. Recyclables and food waste are collected every week which gives people the opportunity to take part in the scheme.

"Our staff are here to help and if anyone has any questions about the new scheme, they can speak to one of our



**Cllr Steven Corr, chairman of the council's Health and Environmental Services Committee, speaks to a householder about the new recycling box scheme which has just completed its roll out.**

recycling advisors on 0800 032 8100 or visit our website.

"I'd like to thank residents for their efforts

in making this scheme a huge success and I would encourage them to keep up the good work."

For more information about the new recycling scheme visit [www.belfastcity.gov.uk/recycling](http://www.belfastcity.gov.uk/recycling)

# HELP THE HEALTH SERVICE TO HELP YOU

**Health Minister Edwin Poots has urged people to think carefully about how they use the health service should they or their family become unwell or have an accident.**

The Minister was speaking ahead of the launch of Choose Well, a public information campaign aimed at raising awareness of the range of health services available to treat everything from a common cold to a major emergency.

The launch was held recently at the Grove Wellbeing Centre, Belfast. The Minister said: "The Choose Well campaign aims to help people gain a better understanding of the choices available and allow them to get access to the right services quickly, whether it is checking online, a trip to the pharmacy or an appointment

with the GP. If people choose well, they will get the right services for them and will help the health service to help them.

"We know through research that people are using their GPs when self care or a trip to the pharmacy will do. For example, around 40% of 16-24 year olds have visited their GP in the event of a cold. Because the number of genuine urgent and emergency cases rises during winter hospitals, GPs and community nursing teams all have their hands full. Very often people do not need to see a GP; pharmacists can advise patients on

minor ailments, pain relief, skin complaints, coughs and colds, over the counter or on the telephone."

The Minister continued: "Choose Well is also about helping the staff in our emergency services concentrate on the people who are the most sick and injured. It's about making it clear to the public that emergency and 999 services are for life threatening and serious conditions. Minor healthcare issues can be dealt with at home, by a pharmacist or by a GP. We need the public to help emergency services to treat emergency cases.

"We have all read

or heard about inappropriate use of the emergency services – the person who dialled 999 for an emergency ambulance because they wanted their prescription collected from their GP Practice or the person who attended ED because their false nails were hurting them. If you use the health service wisely, it means you can be seen and treated more quickly and by the most appropriate person.

"If you're in doubt about which service is most appropriate for you, more information is available on <http://www.nidirect.gov.uk/choosewell>."

# EFFICIENT LIVESTOCK FARMING CAN HELP REDUCE OUR FOOD'S CARBON FOOTPRINT

**Livestock farming has the potential to increase profitability whilst at the same time reducing its carbon footprint, Agriculture Minister Michelle O'Neill has said.**

The Minister was responding to a Report by the United Nations Food and Agriculture Organisation (FAO), entitled 'Tackling Climate Change through Livestock: A global assessment of emissions and mitigation opportunities', which estimates the contribution of farmed animals to global warming and outlines the sector's ability to help tackle the problem.

Commenting on the Report, Michelle O'Neill said: "The

FAO's recent report highlights the potential for livestock farming to reduce its carbon footprint across the world through widespread adoption of existing practices.

"The FAO clearly links farm profitability and the reduction of carbon intensity of food products through efficient use of resources and this is to be welcomed. Every farming system, regardless of scale or region, can make vital efficiencies which will lower

the emissions intensity of food production.

"It is encouraging to note that such an influential Body as the FAO has set a direction of travel that mirrors our own efforts through the Greenhouse Gas Implementation Partnership and a number of the key initiatives identified in this Report have already been implemented throughout the north, particularly the focus on campaigns to raise awareness of Greenhouse Gases (GHGs) at

farm level.

"The FAO have highlighted the need for farmer training and scientific research to set a pathway towards lower emissions intensity in food production and I am pleased that these are areas in which my department and industry partners have already been very active. The report also encourages the continuation of our work to identify the extent to which our natural farming systems can act as a carbon sink."

# GARDENING FOUND TO BOOST LIFESPAN

**Gardening isn't just a relaxing pastime. New research has found it can cut the risk of heart attack and stroke by nearly one-third in people 60 and older.**

The findings, published online in the British Journal of Sports Medicine, are the latest to weigh in on the health benefits of low-impact exercise and longevity. Researchers from the Swedish School of Sport and Health Sciences and the Karolinska Institutet in Stockholm found that gardening — and similar — activities as good as more formal exercise regimens because they decrease total sedentary time, particularly among less-active seniors.

"Our findings are par-

ticularly important for older adults, because individuals in this age group tend, compared to other age groups, to spend a relatively greater proportion of their active day performing [routine activities] as they often find it difficult to achieve recommended exercise intensity levels," the researchers concluded.

The findings are based on analysis of the medical records of nearly 4,000 60-year-olds in Stockholm, whose cardiovascular health was tracked for about 12

years. At the start of the study, the seniors took part in a health check, which included information on lifestyle, such as diet, smoking, and alcohol intake, and how physically active they were.

They were asked how often they engaged a range of daily activities — gardening, car maintenance and blackberry picking — over the previous 12 months, and whether they participated in any formal exercise. Their cardiovascular health was assessed through lab tests

and physical exams to check on blood fats, blood sugars, and other factors linked to heart attack and stroke.

The results showed those who had a generally active daily life had a much lower risk profile for cardiovascular problems, regardless of how much formal exercise they took. They also tended to have smaller waists, lower levels of potentially harmful blood fats and other risk factors. The same was true of seniors who engaged in a lot of formal exercise.

During study, 476 of the participants had their first heart attack and 383 died. The highest level of daily physical activity was associated with a 27 percent lower risk of a heart attack or stroke and a 30 percent reduced risk of death from all causes, compared with the lowest level.

The findings suggest prolonged sitting drives down metabolism and negatively affects hormonal activity — raising cardiovascular risks — while physical activity is beneficial for both.

# Bus & Bike Travelling in Harmony Campaign

**Bus drivers and cyclists are set to benefit from a new campaign which will provide guidance on sharing the road space safely.**

A joint initiative with Translink, Sustrans and Travelwise NI, Transport Minister Danny Kennedy launched the 'Bus and Bike Travelling in Harmony' campaign at Laganside Buscentre in Belfast following a media event on Ravenhill Road showcasing the key safety challenges.

The campaign aims to provide each group with a better understanding of each other's needs such as giving sufficient road space, potential blind spots and the importance of making the appropriate adjustments while travelling to ensure they

travel safely on the road together.

Speaking during the recent launch Danny Kennedy said: "It is important as numbers of cyclists on our roads continue to increase that their safety as well as the safety of other road users is given the highest priority.

"I very much welcome this Bus and Bike Travelling in Harmony Campaign to raise awareness among both cyclists and bus drivers of their individual responsibilities. The new Travelling in Harmony Leaflet sets out clear guidance and common-sense advice to

ensure they are all aware of the needs of those with whom they share the road space."

As well as the new guide, National Standard Cycle Training has been given to bus driver instructors and all 2000 bus drivers will complete a training module this year highlighting best practice of sharing the road with cyclists to support this campaign.

The new Travelling in Harmony Guides will be available in bus and train stations, cycling retailers, online at <http://www.translink.co.uk> and Sustrans website <http://www.sustrans.org.uk>

# ASH DIEBACK

Almost three quarters of people quizzed in Northern Ireland have heard of ash dieback, compared to just over half in the UK

Just over half (54 per cent) of those taking part in a UK-wide survey have heard of ash dieback one year on from the discovery of the disease in our woods.

A YouGov survey commissioned for the Woodland Trust asked the public whether their awareness of threats to trees and woods from pests and diseases had increased over the past 12 months, with half (50 per cent) responding that their awareness had not changed. However, two-thirds (66 per cent) did agree that tree disease and pests were serious issues that need to be tackled.

Those quizzed in Northern Ireland generally fared better, with 72 per cent having heard of ash dieback and 73 per cent agreeing to the importance of tackling tree pests and diseases. While the local response is more optimistic, the Trust recognises that continued effort is needed to raise awareness throughout the UK.

The charity is now highlighting a number of ways that members of the public can help tackle ash dieback – and the many other threats to our trees and woods.

The Trust also asked the public whether they knew of ways to help protect trees and woodland against the risks of tree disease and pests. Thirty-three per cent of the UK respondents and 14 per cent of Northern Ireland respondents stated



Ash dieback, lesions on the bark, by Mike Ryder

they didn't know. However, half of those in the UK and encouragingly 70 per cent in Northern Ireland recognised that planting a wider variety of native trees would help protect our trees and woodland.

The Woodland Trust is tackling ash dieback and other diseases by ensuring that from 2014 all trees it plants and provides will have a detailed provenance and be UK or Ireland-sourced and grown. It is also working with partners including the Forestry Commission and National Trust on the 'ObservaTREE' project to make use of citizen scientists across the country to help identify and verify potential tree disease

cases. Since the discovery of ash dieback in England last autumn the disease has spread quickly throughout the UK, with now over 600 cases in total. In Northern Ireland, 90 premises have been confirmed positive – 87 of these are recently planted sites, with three in nursery environments.

Find out more on the Woodland Trust's website [www.loveitorloseit.org.uk](http://www.loveitorloseit.org.uk)

Members of the public are asked to report any signs of ash dieback and other tree disease to the Department of Agriculture and Rural Development.

Telephone 0300 200 7847 or email [afib.planthealth@dardni.gov.uk](mailto:afib.planthealth@dardni.gov.uk)

# POOTS ANNOUNCES CHAIR FOR CHILD EXPLOITATION INQUIRY

Kathleen Marshall will lead the independent inquiry into Child Sexual Exploitation, Health Minister Edwin Poots recently told the Assembly.

In an oral statement, the Minister said: "I am now pleased to be in the position where I can advise that I have decided to appoint Mrs Marshall to lead the Inquiry."

"Mrs Marshall has a long distinguished career and has published widely. She was the former Commissioner for Children and Young People in Scotland and she was part of the team which undertook the Youth Justice Review in Northern Ireland. "As is normal practice,

Mrs Marshall has been given the opportunity to shape and agree the final Terms of Reference for the Inquiry. This process was only completed yesterday and, as such this is the earliest opportunity to share this information with you."

The Minister added: "I have agreed with the Inquiry Chair that information will be made available at appropriate junctures. For example, at the end of the call for evidence strand of the Inquiry, when evidence

provided has been analysed by the Inquiry Board and Team. An Inquiry website will be established to facilitate the sharing of information throughout the process. And, of course, any evidence which emerges throughout the process that indicates that immediate action is needed to protect children in the here and now will be made available to the appropriate authorities."

Speaking after the Minister delivered his state-

ment to the Assembly, Mrs Marshall said: "I am very pleased to have been appointed to lead the inquiry into child sexual exploitation in Northern Ireland. It is a distressing subject, which recent events have shown to be of great public concern. Some excellent work has already been done in Northern Ireland to identify and address the problem, but there is much that we still do not know, and need to know if we are to understand its nature and

extent, and take effective steps to tackle it.

"During my career as a lawyer specialising in children's issues, I have had a particular focus on child protection. My five years as Scotland's first Commissioner for Children and Young People reinforced my commitment to listening to what young people themselves have to say as an essential part of understanding the world they live in and the situations they face."

## Poots Urges Support To Healthcare Workers Directly Affected By Typhoon Haiyan

Health Minister Edwin Poots has urged everyone in the HSC and independent health care sectors to proactively support co-workers who have families directly affected by Typhoon Haiyan.

The Minister has appealed to the sector to help provide any practical assistance such as counselling or extraordinary leave that may be required.

The Minister said: "I am deeply saddened by the loss of life and extensive damage caused by Typhoon Haiyan in the Philippines. Our thoughts and prayers go out to the millions of

people affected by this devastating storm.

"We have a duty of care to provide support and practical assistance to the Filipino community in NI who have helped sustain healthcare here over the last number of years. Without their commitment and dedication many services would not have been sustainable. "To have family mem-

bers affected by this natural disaster so far away must be very distressing. I know that many people from Northern Ireland will want to show their support to the people of the Philippines and I would urge all staff within the HSC and independent sectors to proactively support their co-workers who are directly affected at this time."

## ALZHEIMER'S BREAKTHROUGH 'TURNING POINT'

The discovery of the first chemical to prevent the death of brain tissue in a neurodegenerative disease has been hailed as the "turning point" in the fight against Alzheimer's disease.

More work is needed to develop a drug that could be taken by patients.

But scientists say a resulting medicine could treat Alzheimer's, Parkinson's, Huntington's and other diseases.

In tests on mice, the Medical Research Council showed all brain cell death from prion disease could be prevented.

Prof Roger Morris, from King's College London,

said: "This finding, I suspect, will be judged by history as a turning point in the search for medicines to control and prevent Alzheimer's disease."

He told the BBC a cure for Alzheimer's was not imminent but: "I'm very excited, it's the first proof in any living animal that you can delay neurodegeneration."

"The world won't change tomorrow, but this is a landmark study."



# drumgooland **texels**

## SELECTION OF PEDIGREE GIMMERS & EWE'S IN LAMB

to *Blessington Champion*  
Oberstown UsainBolt

and *Carlisle Champion*  
Duncryne Uber Cool

### FOR SALE

For further information, contact:

**Telephone:** 078 1777 1687

**Email:** [drumgooland@msn.com](mailto:drumgooland@msn.com)

## MINISTER MARKS WORLD MENTAL HEALTH DAY

Advice and guidance is available to help pupils deal with a range of issues that may affect their emotional health and wellbeing.

Speaking on World Mental Health Day, Education Minister John O'Dowd said:

"World Mental Health Day is significant in raising public awareness of mental health problems. It is also an opportunity to focus on prevention by building coping skills in children and young people.

"My Department has a role to play in supporting young people as they progress through the education system and that is why we produced the 'iMatter' programme which contributes to the building of resilient emotional health and wellbeing among pupils. The resources focus on topics which are of concern to

young people and provide help and information on where they can turn to for advice on dealing with issues such as bullying and child abuse."

Mental health issues can affect anyone of any age. Experience indicates that if children and young people are feeling stressed or worried they may not do as well in school.

In addition to schools' pastoral care programmes, the Department of Education also provides access to professional counselling support that is available for young people in post-primary school during difficult and vulnerable periods in their lives.

The Minister said:

"Counselling makes an important contribution to supporting a young person's emotional health and helps tackle barriers to learning which can result from personal trauma; stress; bullying and child abuse. Pupils experiencing stress or emotional problems may find it difficult to reach their potential and a listening ear can make a great difference."

Concluding, the Minister said: "The title of the 'iMatter' programme puts a particular emphasis on each of us as individuals and the content focuses on the importance of having a balanced life that is centred on being happy, whole and emotionally healthy."

## MINISTERS ANNOUNCE ROLL OUT OF COMMUNITY FAMILY SUPPORT PROGRAMME

Employment and Learning Minister Dr Stephen Farry recently announced the roll out of the Community Family Support Programme to 720 families across Northern Ireland with Junior Ministers Jennifer McCann and Jonathan Bell.

The Community Family Support Programme (CFSP) is an initiative from the Department for Employment and Learning's (DEL) 'Pathways to Success' Strategy designed to support parents and prevent younger family members from falling into the Not in Employment, Education or Training (NEET) category. A key focus of the initiative is also to assist NEET young people to re-engage with education, training or employment. The programme was suc-

cessfully piloted earlier this year. It is one of six designated Delivering Social Change Signature Programmes.

Minister Farry said: "As part of delivering the social change framework, I can announce the up-scaling of the Community Family Support Programme to support 720 families in the community across Northern Ireland."

"During the 26-week programme, families will receive assistance from professionally qualified

family support workers to address the health, social, economic, educational, employment and training issues that impact on their daily lives. The programme will be delivered by support organisations in the heart of the community and a family learning component will be an integral part of the provision aimed at enhancing parenting and family life skills."

"This programme will provide disengaged young people and their families with

the inspiration, motivation and confidence to have a new start and be positive role models for other young people in the community."

The programme will also provide one to one employment advice and mentoring to family members and supports them with job search, CV writing, interview techniques and presentation skills. Family members will also be able to complete short accredited training courses and work placements.

DEL will be working in partnership and collaboratively with a network of statutory, voluntary and community organisations to support families with specific needs to access a range of services and specialist provision to get families the help they need at the earliest intervention.

For more information and contact details for the Community Family Support Programme visit <http://www.nidirect.gov.uk/community-family-support-programme>.

## MONDAYS MOST POPULAR DAY TO QUIT SMOKING

Smokers are most likely to think about kicking their habit on Mondays, according to a new study, and this finding may help boost the effectiveness of anti-smoking campaigns.

For the study, the investigators monitored online searches about quitting smoking that were conducted in English, French, Chinese, Portuguese, Russian and Spanish worldwide between 2008 and 2012.

The results showed that people searched about quitting smoking more often early in the week, with the number of searches

highest on Mondays. The number of searches on Mondays was 25 percent higher than the combined average number of searches on Tuesday through Sunday.

This pattern was consistent across all six languages, according to the study, which was published Oct. 28 in the journal JAMA Internal Medicine.

On Mondays, searches

in English for information about quitting smoking were 11 percent higher than on Wednesdays, 67 percent higher than on Fridays and 145 percent higher than on Saturdays, the results showed.

These findings may lead to changes in the way health officials and providers design anti-smoking programs, said study lead author John Ayers, of San

Diego State University.

"Popular belief has been that the decision to quit smoking is unpredictable or even chaotic," Ayers said in a university news release. "By taking a bird's-eye view of Google searches, however, we find anything but chaos. Instead, Google search data reveals interest in quitting is part of a larger collective pattern of behavior

dependent on the day of the week."

Study co-author Joanna Cohen, director of the Johns Hopkins Institute for Global Tobacco Control, suggested that "campaigns for people to quit may benefit from shifting to weekly cues. We know it takes smokers many quit attempts before they succeed, so prompting them to try again on Mon-

days may be an effective and easy-to-implement campaign."

Further research is needed to learn more about the reasons for these findings and how they could help boost quit rates, Ayers said, but the immediate message for smokers is straightforward: "If you're a smoker, just remember: Quit this Monday. Everyone else is doing it."

## O'Neill discusses fishing opportunities for 2014

Fisheries Minister Michelle O'Neill has met with fishing industry representatives at Parliament Buildings, Stormont to discuss priorities ahead of the December Fisheries Council negotiations on fishing opportunities for 2014.

The December Fisheries Council is one of the most significant events of the year for the local fishing industry as it determines the amount of fish the fleet can catch in the year ahead.

Minister O'Neill said: "It was very useful to meet with industry representatives to exchange views on the European Commission's proposals for fish quotas and agree what priorities we should focus on in the lead up to the December Council.

"As usual the proposals are a mixed bag. There is a welcome proposal for an increase in the Irish Sea herring quota but for our most important stock, prawns,

the proposal has been held back pending up-to-date scientific advice. However, I expect the initial quota proposal to be lower than this year's, but prawns will certainly be our number one priority.

"During the meeting I highlighted that any increases in quota will have to be backed up with sound scientific evidence to assure the Commission that the stock will be fished sustainably in line with their requirements."

The Minister added: "On fishing effort, the Commission has once again proposed a cut which potentially reduces the number of days at sea available for fishing.

I expect that the Council will oppose effort cuts as it did last year and I will fully support that position. A halt in effort cuts is a feature of proposals for a revised Cod Recovery Plan, but a revised Plan has yet to be adopted by Europe."

The meeting also provided an opportunity to touch on other challenges facing the fishing industry. Minister O'Neill said: "We also had a useful exchange of views with the industry about what we need to do together to make sure that industry is profitable and sustainable in the long term. We all want a more confident industry that is prepared and able to invest in its future."

## Argentine scientists tap cow burps for natural gas

Argentine scientists have found a way to transform the gas created by the bovine digestive system into fuel, an innovation that could curb greenhouse gases that cause global warming.

Using a system of valves and pumps, the experimental technique developed by Argentina's National Institute of Agricultural Technology (INTA) channels the digestive gases from bovine stomach cavities through a tube and into a tank.

The gases - which otherwise are commonly

known as burps, or "eruptos" in Spanish - are then processed to separate methane from other gases such as carbon dioxide.

Methane is the main component of natural gas, used to fuel everything from cars to power plants.

"Once you get it compressed, it's the same as having natural gas," said Guillermo Berra, head of INTA's animal physiology group.

"As an energy source it is not very practical at the moment, but if you look ahead to 2050, when fossil fuel reserves are going to be in trouble, it is an alter-

native," he told Reuters.

Each head of cattle emits between 250 and 300 litres of pure methane a day, enough energy to keep a refrigerator running for 24 hours.

Argentina is one of the world's top beef exporters, with around 51 million heads of cattle. Gases emitted from those animals account for 30 percent of the country's total greenhouse gas emissions, according to INTA, with methane having 23 times the global warming effect as carbon dioxide.

"This is also a way to mitigate that," Berra said.

## FARRY COMMENDS 1,000TH MANAGEMENT AND LEADERSHIP TRAINING PARTICIPANT

Employment and Learning Minister, Dr Stephen Farry, has commended the 1,000th person to be awarded a 100% funded place on the Department for Employment and Learning's management and leadership training programmes.

In April 2013, Minister Farry announced there would be a package of 100% funded

management and leadership programmes for local businesses and social economy enterprises.

The Minister met with Megan Hamill from JHF Enterprises, an ice-cream and coffee shop based in Holywood, who attended the New2 Accelerate course in September.

In doing so, Megan be-

came the 1,000th person to receive a fully funded place on the Department's suite of management and leadership training programmes since the start of April 2013.

The Department's management and leadership suite of training courses comprises of the Management Analysis and Planning (MAP) Programme, the Management

and Leadership Development Programme (MLDP) and the INTRO Graduate Programme. The courses aim to develop management and leadership competency in Northern Ireland.

Jonathan Foster, Managing Director of JHF Enterprises, said: "I am delighted to have the opportunity to train my staff through the Depart-

ment's management and leadership training programme. The offer of 100% funding was a huge bonus, and we hope see the bottom-line benefits in the near future."

Further information on the Department's suite of management and leadership programmes can be found at: <http://www.nibusinessinfo.co.uk/madenotborn>.

## RIGHTS OF ALL SHOULD BE RESPECTED

Justice Minister David Ford has met with business representatives to discuss the impact of the recent disorder on trade in Belfast.

During the meeting with the NI Independent Retail Trade Association, the Belfast Chamber of Trade and Commerce and Pubs of Ulster, the Minister said that while he recognised the right of people to protest peacefully, others, including businesses and the police, also have rights which should be respected.

David Ford said: "During our discussions today it was made clear to me that businesses throughout Belfast have been severely impacted due to recent disorder in the city. I understand their concerns. Businesses are the lifeblood of a vibrant city and they have had to operate in very difficult trading conditions over a sustained period. "While I recognise the right of people to protest peacefully, in my mind, I am clear that businesses also have the right to trade peacefully just as police officers, who are delivering community policing, have the right to carry out their role free from attack.

"There is no justification for the violence we have witnessed."

David Ford continued: "Belfast has seen many dark times and we should all be proud to see the city it has become in recent years. It is beautiful, vibrant, diverse and has been identified as a must see destination in tourist guides. Indeed, during the World Police and Fire Games, I met people who loved their time in Northern Ireland and were full of praise for the city of Belfast and its people."

Turning to the future, David Ford said: "There will be no easy or simple solution to the issues we face. If Northern Ireland is to move forward we need to work together as a society and tackle underlying issues in order to secure a shared future with tolerance at its heart.

"The Haass talks are the forum through which we need to seek agreement on flags, parades and the past and I am committed to the process and finding resolution for the sake of everyone, including businesses, in Northern Ireland."

# “Curves has transformed my life and given me the confidence to do things I never thought possible”

## Curves announces the finalists of its Curvette of the Year 2013 competition

Curves, the UK's leading fitness and weight-loss centre for women is proud to announce that Jeanette Barnes a member from Curves Newtownards, has won second place in the annual Curvette of the Year competition.



Jeanette Barnes before her transformation

This is the 2nd year in a row that a member from Curves Newtownards has won the Northern Ireland competition and has come 2nd in the overall UK competition.

Beating hundreds of hopefuls to come second, Jeanette, 48 joined six regional finalists from across the UK for an all-expenses paid, glamorous Curvette experience at Champneys Henlow.

To reward her incredible achievements, Jeanette has also received a shopping spree at La Redoute, a photoshoot experience courtesy of Venture Photography and a subscription to Woman magazine.

Jeanette joined Curves in September 2012 and has since lost over 5 ½ stone, slimming down from a size 28 to a size

14/16.

Jeanette's weight gain was gradual, a lavish lifestyle and comfort eating over the years to help her deal with some personal challenges in life the weight just kept going on. Jeanette hadn't realised just how much weight she had gained until she looked at pictures taken on her 25th Wedding Anniversary and was embarrassed by how she'd let herself go. Her 50th Birthday was approaching and the thought of being 50 and a size 28 spurred Jeanette to make some real

changes and join Curves.

Jeanette loves working out in a female-only environment and the supportive staff at Curves have helped Jeanette to realise that she can lead a full and active life without children. Curves has helped Jeanette in so many ways; her overall health has improved and she now understands how to lose weight and keep it off. Her renewed sense of self-confidence has improved her relationship with her husband, who is incredibly proud of her transformation.

On being a finalist in the competition Jeanette says: "I owe so much to Curves. The team at Newtownards has helped me transform my life and taught me a different, healthy way to live. I'm so proud of everything I've achieved and I couldn't have done it without them!"

Commenting on the results and Jeanette's story, Pam McMinn the owner of Curves in Newtownards and Bangor says: "Jeanette has done

extremely well to reach the final stages of the competition and we are so proud of her, she has worked so hard to achieve her goal, her story embodies what the Curves woman is all about - with determination and support, it really is possible to reach your health, weight-loss and fitness goals and turn your life around."

Burning up to 500 calories in a session, the Curves 30-minute circuit is a proven programme of strength training, cardio and stretching suitable for women of all ages and fitness levels. Curves are currently launching Curves Complete which includes



Jeanette has lost over 5 ½ stone since joining Curves in September 2012 and has slimmed down from a size 28 to a size 14/16.

personal one to one coaching, diet, exercise and motivation.

\*Please see [www.curves.co.uk](http://www.curves.co.uk) for more details.

For more information please contact Ashley Harris at Entice Communications

Tel: 020 8959 3656

[Ashley.h@enticecom.munications.com](mailto:Ashley.h@enticecom.munications.com)

# Farry Addresses The European Employment Forum

## Employment and Learning Minister Dr Stephen Farry recently addressed the European Employment Forum in Brussels.

The forum theme was entitled: 'Reversing trends and creating jobs for young people - encountering life transitions and what difference will the youth employment package make?'

Addressing delegates on the issue of youth unemployment and young people who are Not in Employment, Education or Training (NEET), the Minister said: "We are all facing the twin challenges of driving up skill levels to meet the demands of the modern, knowledge-based, global economy and to maximise levels of participation in the labour market."

"Youth unemployment is much more of a challenge than ensuring that our citizens are given the opportunity to fully participate in society. It is also a challenge to our competitiveness, in that we cannot afford our

young people to either miss out on opportunities to consolidate their skills and training through the practical experience that comes from employment.

"Young people face these challenges against the backdrop of a fast changing labour market across Europe. Skills needs have changed with soft skills and customer facing skills becoming increasingly important. It is also vital that we enthuse and inspire our young people to study STEM courses and consider STEM careers."

"My Department's strategies, programmes and services ensure young people are given all the support necessary to make these transitions in life. We also have to ensure that we are providing a range of pathways for young people into further and higher education and into work."

High level skills are critical for all of our economies, as are the creation of modern systems of apprenticeships and youth training.

The Minister concluded: "My top priority is to build the right opportunities for all our young people so that no young person is left behind. All our young people must be supported on their career journey with opportunities to provide them with the necessary skills and experience to gain jobs and help grow the local economy."

During the two day visit to Brussels, the Minister also met with a range of stakeholders to discuss employment issues including Commissioner Andor, the EU's commissioner for Employment, Social Affairs and Inclusion, and senior Commission Education and Culture and Research officials.

# Forty One Local Learners Bound For Skills Show In Birmingham

## Forty one learners from across Northern Ireland are competing in the national finals in 20 skill areas at the Skills Show in Birmingham.

The Skills Show, which took place from 14 to 16 November 2013 at the NEC, is the UK's largest skills and careers event and celebrates the importance of skills to economic growth. During the three days of the Skills Show, forty one Northern Ireland learners competed with 800 of the UK's most talented apprentices and learners in front of 100,000 visitors to be named the UK's 'best' in their skill area.

Employment and

Learning Minister Dr Stephen Farry said: "I wish every competitor the best of luck. It takes hard work, determination and a high level of skill to compete against the UK's most talented apprentices and learners."

"Events like this showcase the high levels of talent we possess and celebrate our excellent standards of teaching and learning. Northern Ireland enjoys an impressive track record at skills competitions at regional,

national and world level and I am hopeful that this will continue in Birmingham."

The highlight of the Show is the WorldSkills UK National Competition Finals which take place in 70 skills areas ranging from floristry to mechanical engineering. Northern Ireland's competitors will be competing in 20 skill areas ranging from car body repair and plumbing to hairdressing, caring and popular music.

Skills competitions

encourage young people and adults to be ambitious in their pursuit of skills to the highest level and taking part enables competitors to build on their skills, test their knowledge against their peers and showcase their potential to employers.

Winners from the Skills Show will have the opportunity to compete to qualify to take part in WorldSkills 2015 which will be taking place in Sao Paulo, Brazil, from 11 to 16 August 2015.

# McCausland Announces £2.4Million To Help Transform Comber Town Centre

## Social Development Minister Nelson McCausland has announced a £2.4million public realm scheme for Comber Town Centre.

The scheme encompassing High Street, The Square, Bridge Street, Bridge Street Link, Killinchy Street and Castle Street will reinvigorates Comber, creating a unique and uniform identity for the town centre. The design concepts were developed in partnership with Ards Borough Council, and, community and business representatives.

Making the announcement, Minister McCausland said: "This represents a significant investment by the Northern Ireland Executive and Ards Borough Council. The scheme has been designed to bring the maximum benefit to all of Comber's residents and to make the town centre much more attractive to visitors. This scheme is a fundamental part of the

strategy 'Envisaging the future of Comber'.

"I know from the success of public realm schemes in other towns, that this investment will make a significant contribution to improving the fortunes of the town centre. This funding demonstrates my ongoing commitment to the regeneration of Comber."

Mayor of Ards, Councillor Stephen McIlveen,

welcomed the confirmation of funding. He said: "This investment by DSD and the Council will transform the visual appearance of the town centres, enhancing their appeal as places to visit and shop, with the associated positive economic impact. I look forward now to seeing the designs developed and finalised and to work beginning."

Merry Christmas & Happy New Year...  
from all of us at edamedia

EDA Media, Unit 14 Windmill Business Park, Saintfield, Co. Down BT24 7DX  
Telephone: 028 9751 1002 Fax: 028 9751 1008 Web: [www.edamedia.co.uk](http://www.edamedia.co.uk)

# NORTH DOWN MLA WELCOMES EUROPEAN CIRCUIT OF IRELAND RALLY

North Down DUP MLA Gordon Dunne has welcomed the inclusion of the Circuit of Ireland Rally in the 2014 European Rally Championship.

The MLA and keen motorsports enthusiast joined with Event Director Bobby Willis, Rally Driver Marty McCormack and DETI Minister Arlene Foster for the announcement at Stormont.

Enterprise, Trade and Investment Minister Arlene Foster said:

"It is a wonderful coup for the 'Circuit of Ireland 2014' to be selected as a leg of the 2014 European Rally Championship.

"There is huge interest in this new series and the event will help raise the profile of Northern Ireland to TV audiences across Europe. Tourism Ireland will also be pulling out all the stops to capitalise on the opportunities that the rally will create.

"Through a well established working relationship with Eurosport, Tourism Ireland has ensured several stages of the event can be seen across Europe by Eu-



Bobby Willis, Marty McCormack, Gordon Dunne MLA and Minister Arlene Foster

rosport's 125 million subscribers. As well as being able to watch high profile drivers battling it out, viewers will see the spectacular landscapes and beautiful scenery that Northern Ireland has to offer."

North Down DUP MLA Gordon Dunne added:

"I am delighted that we are going to have a round of the European Rally Champion-

ship here in Northern Ireland. The 'Circuit' is a wonderful event which is known throughout the world and it is great to have this event restored to its full glory. An event like this is a fantastic spectacle and will bring a real boost to tourism and the local economy whilst also helping to put our country on the global map for all the right reasons."

# SWEET DREAMS FOR NEWTOWNARDS YOUNGSTER THANKS TO NEW SPECIALIST BED

Disabled Newtownards youngster Daniel Smyth is now sleeping safely thanks to a specialist bed donated by Marks & Spencer and Newlife Foundation for Disabled Children.

The four-year-old has an undiagnosed genetic condition which presents with severe Global Developmental Delay. His condition means that Daniel has no speech or mobility and requires assistance with all activities of daily living. Although he can roll and sit unaided, he has no saving reflexes and very little understanding of his environment, so he can easily hurt himself.

Daniel attends a specialist school part time but, despite his vision and hearing being monitored regularly, it is unclear how much he can see or hear. He has a restrictive diet due to a severe reflux which means he wakes up several times a night. The specialist bed donated by Newlife helps to ensure he has a safe environment in which to sleep and prevent injury.

Daniel's mum Claire Smyth said: "Having this specialist bed has made things so much better. The profiling feature means Daniel can sleep with his



Newtownards youngster Daniel Smyth

head raised, which helps reduce reflux. It's so much better than having to put books under one end of a cot - he just used to slip down to the bottom end. As he continues to grow the profiling features also make it much easier to get him in and out of bed.

"We are seeing a real difference. He now goes off to sleep by himself at bedtime instead of having to be nursed to sleep. He really loves the secure environment the bed gives him.

"Having a padded bed

means Daniel doesn't hurt himself when he moves around. He used to wake himself really easily when he banged his arms and legs on the sides of the standard cot. Not waking so early and so often means that he is not as tired when he goes to school, so he is more responsive than before."

Simon Lucas, M&S Head of Region for Northern Ireland said: "Being able to provide the equipment to Daniel is extremely rewarding for the M&S team and it's great to hear what

a positive impact it has had on his lifestyle. Our partnership with Newlife is not only great for the environment, as it means no waste goes to landfill, but it also helps to improve the lives of disabled children by providing much-needed specialist equipment."

M&S has worked in partnership with the Newlife charity for the last seven years to recycle returned products - in keeping with its commitment to send no operational waste to landfill by 2012 as part of Plan A, its eco and ethical programme.

Newlife sells the majority of the donated products in the Newlife Superstore in Cannock and recycles the remaining items to raise money for disabled children.

Sheila Brown OBE, chief executive of Newlife Foundation added: "Our partnership with M&S benefits hundreds of children and their families. It is very encouraging to see

the efforts of M&S in helping to improve the lives of disabled and terminally ill children within the local community and across the UK. Equipment that costs from hundreds to several thousands of pounds really can revolutionise lives. We are very grateful to everyone involved, and would encourage other groups and individuals to keep fundraising to help us make a difference."

Newlife is the UK's leading children's disability charity that works closely with families to provide a range of services and essential equipment for children with disabilities and life-limiting conditions across the UK.

Since the M&S grants scheme was launched in October 2010, it has helped to specifically fund 147 pieces of essential equipment totalling more than £400,000 for disabled children across the UK, with the partnership helping hundreds more since 2004.

## Health Minister recognises the vital work of carers at Dementia Achievements Conference

Minister Edwin Poots recently presented the awards at the Northern Ireland Dementia Achievements Conference at the Stormont Hotel in Belfast.

The awards are a celebration of innovation and good practice. They are designed to recognise organisations and individuals who have worked to improve the quality of life of people with dementia. The awards are run by the Dementia Services Development Centre.

Speaking after the presentations, Minister said "Everyone here today is worthy of praise. We are here to celebrate your achieve-

ments in the care of people living with dementia, and their carers and families.

"There have been a number of awards presented today, and I would just like to congratulate the winners in each category. Your recognition is most certainly deserved.

"I would also congratulate all those who were nominated and extend my thanks to all those dedicated staff members, both in the statutory and independent

sectors, and to all the carers out there who provide the support that most of us could not to people living with dementia. The work that you all do is vital."

The awards provide an opportunity to celebrate the important work undertaken to support people with dementia. The winners and nominees are involved in activities that have made a difference to the lives of people with dementia, ranging from volunteers and

carers, to those working in the statutory and independent sectors, delivering care and driving innovation and improvements.

Minister continued: "The work done by you individuals, and by organisations such as the Dementia Services Development Centre, has helped drive dementia into the consciousness of the public, the media and those in government. We will continue to strive for further improvements and

to tackle the future issues that go hand in hand with living with dementia."

The NI Office of the Dementia Services Development Centre operates as a branch of the Dementia Services Development Centre, whose aim is to promote awareness and high standards of care for people with dementia. They have been supported by both the Department and by Atlantic Philanthropies for the last five years.

## Lost dentures, loose eyeball among sick-day excuses

A heavy turkey dinner caused one worker to sleep through his shift. Another said his false teeth flew out the car window as he was driving along the highway.

These were just two of the imaginative excuses employees gave bosses when calling in sick last year, according to a study released recently by CareerBuilder, the jobs website.

Nearly a third of the 5,500 workers and managers who took part in the online survey admitted to taking sick days when they were not in fact ill, which experts said costs businesses money.

"These are funny explanations, but employee absence is a fairly serious issue for employers," said Patricia Purdy, vice president of core benefits with Chicago-based Pacific Resources, an employee absence management company.

On average, employee absences account for 35 percent of an employer's base payroll, Purdy said. When someone doesn't come to work, bosses have to pay overtime to workers who do, sometimes pay replacement workers, and absorb the costs of lower productivity, she said.

Only 24 percent of peo-

ple said they used sick days to see a doctor, including one employee who called in because his "fake eye was falling out of its socket," according to the report.

One third of respondents said they used sick days because they just didn't feel like going to work. One said he was "too grouchy from quitting smoking" to go to the office that day.

"While some employers may be flexible with how employees use their sick days, 16 percent say they've fired employees for calling in sick with a fake excuse," CareerBuilder said.

## Regular Exercise Prevents Depression

While prior research has found that exercise goes a long way in boosting your mood, a new scientific review suggests that regular activity can even prevent episodes of depression.

Researchers from the University of Toronto analyzed more than 26 years' worth of research on the subject, finding that low levels of physical activity, such as walking and gardening for 20 to 30 minutes a day, can ward off depression in people of all age groups, regardless of one's individual predisposition toward depression.

Findings, announced recently appeared online in the American Journal of Preventive Medicine.

Researcher George Mammen, a Ph.D. candidate working under the helm of study coauthor Dr. Guy Faulker, says that the findings come at a time when mental health professionals are searching to expand their approach to mental health beyond writing prescriptions.

"We need a prevention strategy now more than ever," he said. "Our health system is taxed. We need to shift focus and look for ways to fend off depression from the start."

He adds: "It's definitely worth taking note that if you're currently active, you should sustain it. If you're not physically active, you should initiate the habit. This review shows promising evidence that the impact of being active goes far beyond the physical."

## Housing Minister calls on housing sector to help design a new model for housing

Housing Minister Nelson McCausland has called on the wider housing sector and tenant groups to offer their views on the design of a new model for social housing in Northern Ireland.

The Minister addressed more than 150 stakeholders at an event in Belfast recently, including Assembly members, Housing Associations, the Northern Ireland Housing Executive and various housing, staff and tenant representative groups. The event aims to present best practice to a range of stakeholders allowing them to offer their views.

Speaking at the event, Minister McCausland said: "From the outset of this process I have made it clear that I have no preconceptions or predetermined outcomes.

"My housing reform programme is about establishing a housing model that is tenant-focused, that is sustainable and that

enables investment in our communities. This is not a short term aim. Any new model must have a positive impact on Northern Ireland and be sustainable for many years to come.

"In the past few months I have visited regions of Great Britain where work to deliver a step change in the delivery of social housing is already taking place. I am keen that those lessons are shared with my officials and the housing sector here, so we can develop our own Northern Ireland model. To this end I have asked leading figures in the housing field from other jurisdictions to share their experiences at this event.

The Minister continued: "I want to de-

velop the best possible solution for Northern Ireland. A model that meets both the existing and future housing needs of our citizens and one which truly enables our communities to prosper. It has never been my intention to develop a model in isolation and one of the key purposes of today's event is to stimulate discussion and gather views.

"There is much to be done over the coming weeks, months, and even years. I am confident that by working together we can create housing structures that support the provision of social and affordable homes, in thriving communities where people are proud to live."

# DOES YOUR CHILD STRUGGLE WITH SCHOOL WORK?

**Get Frustrated Easily? Have Difficulty Getting to Sleep? Learning Breakthrough Can Help!**

The Learning Breakthrough Programme which is giving children and adults with ADHD, Dyslexia and Autism the chance to unlock their potential has been brought to N. Ireland by a local mum after her own two boys' lives were transformed by it.

Susan Steele from Newtownabbey watched her two boys struggle with school and home life for years before finding what she says proved to be a miracle.

One of her sons had dyslexia and the other ADHD, but both no longer have any symptoms after taking part in what is a simple to follow, year long programme, which involves doing

specialist exercises twice a day for just 15 minutes.

The exercises are designed to strengthen the neural pathways which control balance, focus and coordination. These elements are underdeveloped in children with various learning difficulties, making school work and family life very difficult.

When the programme, which her boys followed, pulled out of Northern Ireland a few years ago, Susan felt compelled to do something to bring it back and make it available for other families.

She launched Learning Support Services NI part time three years ago and two years ago, gave up her well paid job of 26 years as a financial advisor to run the programme full time. She has recently moved to 1 Merville Garden Village, Newtownabbey and now trades as 'Learning Breakthrough.' She has recently enrolled her 200th child on the programme and says the results for those who have been through The Learning Breakthrough Programme have been dramatic.

Every dyslexic child who has completed it has gone on to be moved up to the top stream in their school.

She has seen autistic children whose parents were told they would never talk start conversing normally. Children who couldn't get

into the shower now can, a child aged 7 who had never smiled now laughs and has friends and children who were locked inside a 'bubble' can now process and understand everything that is going on around them – life is no longer scary, too loud, feels annoying or smells funny etc.

Incredibly children struggling with ADHD no longer require medication. Their parents have noticed after a while that the child is the calmest one getting into the car after school or no longer 'runs too fast' in their head in the evenings. They can gradually reduce their medication with their GP's advice and eventually no longer need it!

Susan told us "The children I see every day are very bright but they just can't prove it on paper or socially etc. They are often written-off as being bold, lazy or cheeky. Tragically a lot of the children I see think they are stupid – nothing could be further from the truth. They are bright stars who try 10 times harder than other children and achieve a worse result in many cases."

Susan explained how she came across the programme and what inspired her to introduce it here. "My first child was never out of the naughty chair in nursery and throughout school I was constantly being called into the headmaster's office because of his behaviour. He couldn't concentrate and was easily distracted. He was a fussy eater and couldn't sleep.

"He hated homework and would have done anything to get out of doing it. I asked in Primary five if he could have ADHD but was told he hadn't. We didn't know then what problems he was dealing with."

It was when her oldest son went to secondary school and was still struggling that Susan went online and discovered an exercise programme. On reading about it, she also identified symptoms of dyslexia in her youngest boy who was 10 and a half at the time. She had him assessed

by an educational psychologist who discovered that, even though he was very bright with an IQ of 121, his spelling range was that of a seven year old and his reading and comprehension was at the level of an eight and a half year old, confirming her suspicion that he had dyslexia.

Susan paid to have each of her boys assessed and then enrolled them in the programme for one year. Since then they haven't looked back. When her youngest son had completed the programme, Susan brought him back to the educational psychologist to be re-assessed. After a year of doing the exercises his spelling was just eight months behind and his reading was up to the standard for his age which was 11 and a half. The comment read, he is overtaking others in the 'race' (in other words his standard scores had not just progressed in line with his age).

Said Susan:

"I always knew I couldn't sit on this miracle I had seen in my own children and that I had to make it available to other families." Now the programme is established, she offers a free assessment which takes two hours and will confirm if the child or adult will benefit from the programme. She explains how it works: "We use a unique, adjustable balance board, bean bags and various balls which are supplied within the kit. Full support for the year is included in the one off cost of £720.00. This cost is not per child, it covers the whole family.

"The exercises are designed to help the brain process information more efficiently. The changes in all the children who have been through the programme have been remarkable."

To book a FREE consultation please call the office on 02890 364 000 or mobile 07790 245 145.

You can also email your enquiries to [susan@lssni.co.uk](mailto:susan@lssni.co.uk)

Watch our 5 minute video on the website – [www.LBreakthrough.co.uk](http://www.LBreakthrough.co.uk)

## DYSLEXIA, ADHD & AUTISM SPECTRUM DISORDERS

**'UNLOCK YOUR POTENTIAL'**



**Watch parents' and children's stories on our video online at:**  
**[www.LBreakthrough.co.uk](http://www.LBreakthrough.co.uk)**

**If you recognise any of the following symptoms Learning Breakthrough can help!**

- Low concentration
- Easily distracted
- Loss of self esteem/confidence
- Sleep problems / difficulty getting to sleep
- Difficulty keeping friends
- Aggressive behaviour
- Slow hesitant reading
- Can't retain spellings

**Get in touch to book a FREE evaluation appointment.** Learning Breakthrough provides an innovative programme that deals with the root cause of ADHD, Dyslexia and Autistic Spectrum Disorders including Aspergers.

**LEARNING BREAKTHROUGH™**

**1 Merville Garden Village  
Shore Road  
Newtownabbey  
BT37 9TF**

**T: 028 9036 4000  
M: 07790 245 145  
E: [info@LBreakthrough.co.uk](mailto:info@LBreakthrough.co.uk)**

**Web: [www.LBreakthrough.co.uk](http://www.LBreakthrough.co.uk)**

# New Model Year Alfa Mito Now On Sale In The Uk

The 2014 Alfa MiTo has gone on sale in UK offering customers higher specification, revised interiors, subtle styling enhancements and even more advanced technologies, including the Uconnect™ five-inch, colour touch-screen infotainment system as standard equipment and the addition of the new 105hp TwinAir engine to the range.

Externally the 2014 MiTo benefits from a new, chromed front grille; titanium grey headlamp and tail lamps surrounds; tinted rear windows and a sports rear bumper, as well as a revised colour palette that now includes a new "Matte Magnesio Grey" finish.

The interior is thoroughly revised with new dashboards, upgraded plastics and a new Uconnect™ five-inch, touch-screen infotainment system with voice recognition, Bluetooth, steering wheel remote controls, USB/Aux ports and optional satellite navigation.

A comprehensive array of traction, braking and stability control systems is standard on all Alfa MiTo models and these systems, along with steering ef-

fort and throttle response, can be adjusted via Alfa Romeo's trademark ALFA D.N.A. three-mode selectable driving mode system. Where fitted, ALFA SDC adaptive suspension and ALFA TCT transmission settings are also adjustable via the ALFA D.N.A. system.

The model line-up has been streamlined with four trim levels now available: Sprint, Distinctive, Sportiva and Quadrifoglio Verde (QV). In addition to the features listed above, all models are equipped with Start& Stop; air conditioning; a leather-trimmed steering wheel and gear knob; electric windows and mirrors; seven airbags; front fog lamps, a rear spoiler and alloy wheels.

"Distinctive" highlights include 17-inch alloy

wheels; cruise control; rear parking sensors and a front centre arm rest, while "Sportiva" includes 18-inch QV sports alloy wheels; a QV steering wheel and hand-brake lever (trimmed in black leather with green stitching); satin-effect exterior highlights and special badges. The high-performance QV adds red, four-piston Brembo brake callipers, SDC active suspension system, bespoke sports seats with uprated upholstery and special QV wing badges.

The MiTo engine range now comprises five turbo-charged engines, all with Start&Stop as standard - three petrol and two diesel units. The 0.9 TwinAir Turbo engine benefits from a 20hp boost in performance - now 105hp - which translates to a 0-62mph time that's 1.1 seconds faster than the previous 85hp version. Despite the additional performance, the MiTo TwinAir remains impressively efficient, with a combined fuel economy figure of 67.3 mpg and CO2 emissions of just 99g/km.

The 1.4 TB MultiAir 135hp (available with a manual or the Alfa TCT twin dry clutch transmission) and the 1.4 TB MultiAir 170hp QV engine complete the petrol line-up, while the diesel range consists of the 1.3 JTDM-2 85hp and the 1.6 JTDM-2 120hp powerplants. Prices for the 2014 Alfa Romeo MiTo start at £14,350 for the 105hp TwinAir Sprint.

# SUBARU OUTBACK, THE CROSSOVER PIONEER, GETS A MAKEOVER AND DIESEL AUTO

Launched in Europe in 1996, the original Subaru Outback pioneered the 'Crossover' concept, combining the comfort, interior space and superior on-road handling of a family estate with the off-road capability and ground clearance of a sports utility vehicle.

Upgraded for the 2014 model year, Subaru engineers have now realised further improvements to the Outback, enhancing the car's handling characteristics with revised suspension components and the latest incarnation of Subaru's Vehicle Dynamics Control. The model also features a revised design for both the interior and exterior.

However the most significant change for the Outback is the introduction of a new powertrain pairing. A world first, Subaru engineers have combined the popular 2.0-litre Boxer diesel engine with a Lineartronic CVT (continuously variable transmission) - bringing improvements in driveability, fuel economy and emissions while also widening the car's appeal immensely.

With the new engine and gearbox combination the 2014 MY Subaru Outback will return 44.8 mpg and 166g/km CO2 on the combined cycle.

The Outback line-up has received a visual upgrade, refreshing the vehicle's looks. Emphasising the Outback's sense of toughness and its ability to tackle all roads and conditions, the latest model features

body-coloured cladding in place of the previous iteration's black plastic.

Buyers now have a wider range of colours to choose from - including two new colours: Deep Sea Blue Pearl and Dark Grey Metal-

instrumentation - including the addition of a liquid crystal instrument cluster display and new materials for a number of dashboard elements. Black metallic panels bring about a more modern and premium ap-

For the exterior there are new 17-inch gunmetal alloy wheels, along with body-coloured bumpers, body-coloured power folding door mirrors (with integrated LED indicator repeaters), and matching

Further highlights include front fog lights, pop-up headlight washers, heated mirrors, rear window defogger with timer, front and side window defrosters, and a windscreen wiper de-icer function.

Inside, the new SX model provides the Outback with a wealth of useful equipment. Audio and cruise control functions are present on the leather-trimmed steering wheel, while new sports seats at the front are heated to provide extra comfort when the weather turns cold.

For further comfort and convenience of driver and passengers, dual-zone automatic air-conditioning, Bluetooth® hands-free system, audio system with USB connectivity and a VGA centre display with rear vision camera are all present.

New speedometer and rev counter dials feature in the Outback's upgraded instrument binnacle, while a one-touch lane change facility has also been added which activates the indicators to flash three times.

Additional features of leather interior and satellite navigation are available as dealer fit options if the customers wish to upgrade.



The Subaru Outback

lic - while larger fog lamps and the addition of a gloss black finish to the front headlamps give the car greater road presence than before. The alloy wheels now have a gunmetal finish as standard.

The upgraded cabin of the latest Outback features clearer and more modern

appearance and feel, while instruments within the cockpit have been moved to improve user-friendliness.

The 2014 MY Subaru Outback 2.0D Lineartronic variant will feature a new trim level, the SX. High levels of standard equipment are featured inside and out.

colour-coded door handles. Silver roof rails and a roof spoiler are other exterior accents, while a power-sliding glass sunroof (with sunshade) and UV protected front, side and rear glass also feature. Self-levelling automatic HID headlamps and rain sensing wipers add convenience for the driver.

# BMW i3 ELECTRIFIES THE SUNDAY TIMES TOP 100 CARS

The BMW i3 has collected its first accolade in the UK even before it goes on sale in November, having topped the Electric and Hybrid Car category in The Sunday Times Top 100 Car list.

Lauded for its holistic approach to electric car ownership and genuine appeal, not just to those looking for an electric car, the BMW i3 trumps the competition in this new but

highly competitive category. Published on Sunday 20 October, the supplement highlights the 100 best cars on sale, as judged by The Sunday Times Driving editorial team. It will be available to all digital subscribers at the [thesundaytimes.co.uk](http://thesundaytimes.co.uk) and from Monday 21st October on [Driving.co.uk](http://Driving.co.uk).

Commenting on the BMW i3 The Sunday Times Driving team concluded: "BMW has bided its time while others took their first tentative steps into the electric car market. The brilliance of the i3 comes not in revolutionary battery technology for there is none, but by being a car someone might consider buying for reasons other than it's



The new electric car from BMW, the i3

hybrid BMW i8 sports car. The BMW i3 is BMW's first fully-electric production car and is due to go on sale in the UK in late 2013, priced from £369 a month or £25,680 OTR. Meanwhile, the BMW i8 will go on sale in the UK in 2014 priced at £99,845 OTR.

Like the i8, the BMW i3 features an all-aluminium

chassis combined with a passenger cell made entirely from carbon-fibre-reinforced plastic. As well as the vehicles themselves, BMW i will encompass a range of premium services for mobility aimed at optimising the use of parking spaces, charging infrastructure, 'smart' navigation systems, intermodal route planning and access to other BMW vehicles on an 'on-demand' basis.

BMW is the first premium vehicle manufacturer to offer such a comprehensive ownership package surrounding electric mobility.

**Desmond McKee**  
**AUTO ELECTRICS BANGOR**  
Alternators, Starters & Dynamos Repaired  
Alarms, Radios & Lights Fitted and Wired To All Vehicles  
New Batteries, Starters & Alternators Supplied  
Tel: 0289145 3983  
Mob: 077 1117 9080

Call: **DRIVE SAFE**  
DOE Approved  
Gift Vouchers Available  
Tel: 07894 448767  
**FREE LESSON FOR ALL NEW PUPILS!**  
[drivesafeonline.co.uk](http://drivesafeonline.co.uk)

**AG Cars**  
Unwanted Cars, Vans, Jeeps & Lorries Bought - Top Prices Paid  
USED CARS BOUGHT & SOLD  
MOT Failures / Damage Repairables etc.  
USED CAR PARTS AVAILABLE  
Most Makes & Models Available  
CALL NOW FOR BEST PRICES  
Tel: 028 9122 9907  
18 Balloo Avenue, Bangor

**NOLAN CARS**  
**SCRAP CARS & VANS WANTED**  
• MOT Failures, Breakdowns etc.  
• Two Lorries for Quick Response  
• Also Recovery Service Available  
• Very Good Rates  
• Serving The Community  
TEL: 07931514969  
90234954

**JIM MORROW**  
TYRES & BATTERIES  
CAR COMMERCIAL PLANT  
Open: Mon - Fri 8am - 5pm, Sat 8am - noon  
Family Run Business With Over 30 Years Experience - Knowledgeable & Honest Service & Advice  
9754 1637 59 Lisburnett Road, Comber  
MERRY CHRISTMAS & HAPPY NEW YEAR TO ALL!

**WN AUTOCARE**  
Contact us on 02891 468144  
Or visit us at 12c Balloo Drive, Bangor BT19 7QY  
WN Autocare is located in Balloo Industrial Estate in Bangor, our services include MOT Preparation, Servicing, Diagnostics & Maintenance.  
Competitive Rates - Free Estimates  
Full Servicing - Clutches - Timing Belts  
Diagnostics - Brake Testing - Headlamp Alignment  
Brakes - MOT Preparation  
TEL 02891 468144 OR 07517 755685  
MERRY CHRISTMAS TO ALL OUR CUSTOMERS!

# Ballyrobert Celebrates Arrival Of Vauxhall's New Insignia Line-Up

Vauxhall's highly-acclaimed New Insignia range are arriving in Bangor and Newtownabbey, and Ballyrobert is inviting motorists to discover more about this new model line-up.

The new range offers new design, greater cutting-edge equipment, significantly improved engines and a more engaging driving experience on-the-road. It comprises a five-door Hatchback, four-door Saloon and Sports Tourer estate, alongside an all-new, range-topping, SUV-inspired Country Tourer variant and a high performance VXR Supersport; the fastest car available in the UK for under £30,000.

Order banks are open and prices now start at just £16,279, which is nearly £2,000 less than the entry level vehicle of the outgoing line-up. With its classic lines, fine styling and premium design, Vauxhall's New Insignia range is likely to appeal to families, business users and company car drivers alike.

What's more, motorists will benefit from a completely re-designed centre console and instrument cluster and improved control-functionality.

Superior as standard The New Insignia range comes with a long list of high-level equipment as standard, including an all-new infotainment system incorporating Bluetooth, alloy wheels and cruise



One of Vauxhall's New Insignia Line-Up

control. Customers can also enjoy full smartphone compatibility alongside a DMB (Digital Media Broadcast) radio across the range.

Customers of the retailer with sites in Bangor and Mallusk can also take advantage of the New Insignia's four new engines, including: a 98g/km 120PS and 140PS 2.0 CDTi; an all-new 1.6 SIDI 170PS Turbo petrol; and a new 250PS 2.0 SIDI Turbo petrol, alongside the Insignia's existing diesel units, which have also benefited from a series of

refinements.

SUV-inspired Country Tourer

An all-new rugged, SUV-inspired Insignia Country Tourer has been added to the New Insignia range and promises an attention-grabbing drive. This competitively priced, top of the range new model is based on the Sports Tourer variant of the Insignia but offers advanced all-wheel drive capability alongside tougher styling. Priced from £25,349 on-the-road the New Insignia range can

be ordered from Ballyrobert and deliveries are already arriving. First orders for the Insignia Country Tourer are expected to arrive in Bangor and Newtownabbey in January 2014.

The New Insignia range also comes with Vauxhall's Lifetime Warranty, offering first owners complete peace of mind for as long as they own the car, up to 100,000 miles.

To discover more about the new range or to find your nearest retailer just go online to [www.ballyrobert.co.uk](http://www.ballyrobert.co.uk).

## REFRESHED MERIVA BOXES CLEVER WITH NEW DIESEL ENGINE

Vauxhall's Meriva will come of age with a new look and class-leading Euro-6 diesel engine when the model goes on sale in the UK next month.

Launched in 2010, the second-generation Meriva turned the compact MPV class on its head, with its clever FlexDoors system – rear-hinged rear doors which allow a 20 per cent larger opening for passengers – and FlexSpace system, which allows rear passengers a variety of different seating combinations.

The Meriva now gets a new grille, chrome accents that frame the front fog lamps and newly-designed headlamps with an 'eagle-eye' graphic. For the first time, LED daytime running lights and LED tail lights are available as an option. Complementing the design revisions are new optional 18-inch alloy wheels.

Fresh from its launch in the Zafira Tourer, Vauxhall's all-new 1.6 CDTi diesel engine is now available in the Meriva. The Euro-6 compliant engine, which is already setting a high benchmark in the industry for efficiency and refinement, produces 136PS and 320Nm of torque at 2,000rpm, yet achieves a remarkable 64.2mpg combined and 116g/km of CO2 emissions. This equates to a 10 per cent improvement in economy/emissions over the 1.7 CDTi, which the new unit replaces.

Diesel engine perform-

ance from the new Meriva has also been improved, the 1.6 CDTi model accelerating from 0-60mph in 9.1 seconds, nearly a second quicker than the 1.7 CDTi, thanks to its additional 6PS and 20Nm of torque. The Meriva's petrol engine range (1.4 100PS, 1.4T 120 & 140PS) remains and is now fully Euro-6 compliant.

Like all Vauxhalls, the Meriva comes with Lifetime Warranty, which offers first owners peace of mind for as long as they own the car, up to 100,000 miles.

A separate pricing announcement will be made next month when the new

Meriva goes on sale, with first customer deliveries in January 2014.

North Down's Body Repair Specialist Est 1983

### KW Coachfinish COMMERCIAL BODY REPAIRS

- Compliant Paint System
- Re-Branded Corporate Painting
- Graphic Service Available
- Reliable, Efficient & Extremely Competitive
- Contracts Available

All Makes Of Cars-Trucks-Vans Professionally Repaired  
Tel: 028 9147 9515 Mob: 077 7449 0979  
73 Green Road, Bangor BT19 7QA  
KW COACHFINISH WOULD LIKE TO THANK ALL THEIR CUSTOMERS FOR THEIR SUPPORT IN 2013

FAMILY OWNED, INDEPENDENT BUSINESS, SINCE 1995.

## DOWNSHIRE Auto Repairs

- MOT & PSV Preparation
- Mechanical Servicing & Brakes, Welding etc.
- Headlight Alignment
- Body Repairs

We at Downshire Auto Repairs would like to thank all our customers for their continued support & wish them all a Merry Christmas & a Happy New Year!

Tel: 028 9042 8338 Mob: 07967 509339  
1a Downshire Place, Holywood BT18 9LR

CARS BOUGHT & SOLD

Opening Hours: 8.30am - 5.30pm Monday - Thursday, 8.30am - 3.30pm Friday  
[www.downshireautorepairs.co.uk](http://www.downshireautorepairs.co.uk)

## MINI Now With Exclusive Frozen Black Metallic Paint Finish

MINI is extending its program of exterior paint finishes for current models to include an exclusive new variant.

Frozen Black metallic paint is now available as a limited edition colour for the top of the range MINI Countryman and MINI Paceman models. This innovative paint which has a textured, shimmering matt finish, gives the car a striking and expressive appearance. The new colour and finish is available for the MINI Cooper S Countryman, MINI Cooper SD Countryman, MINI Cooper S Paceman, MINI Cooper SD Paceman, MINI John Cooper Works Countryman and MINI John Cooper Works Paceman.

The Frozen Black metallic paint finish is created using a complex manufacturing process exclusive to the BMW Group. This special painting process



Limited edition Frozen Black metallic paint

which involves not just innovative technology but also a high level of manual craftsmanship, is now being applied for the first time by Austrian production partner Magna Steyr in Graz where the MINI Paceman and MINI Countryman are produced. The special surface treatment encompasses the

base layer for grip and corrosion protection, the colour layer as well as the clear lacquer finish which has added silicates to create the matted impression as well as the velvet effect which can be seen and felt.

Attached exterior parts such as the model-specific front and rear aprons and the exterior mirror caps are

finished separately in the paint finish Frozen Black metallic. Due to the labour intensive process used to apply this exclusive body colour during production it is limited to a restricted number of cars.

Frozen Black metallic is of the same high quality as the other paint finishes available for MINI in terms of abrasion resistance and colour fidelity. The finish is completely weather resistant and car wash resistant, however hand washing does require special care as spot cleaning of the surface using wax or polish can leave an unwanted gloss effect. For this reason the BMW Group offers care products developed specially for treating the Frozen Black metallic paint finish.

For everything motoring online - [www.ballyrobert.co.uk](http://www.ballyrobert.co.uk)

# MOTABILITY at BALLYROBERT

Vauxhall Astra GTC	Vauxhall ADAM JAM, SLAM or GLAM	Vauxhall Astra Sports Tourer	Vauxhall Zafira Exclusiv 5dr
FREE parking sensors	FREE parking sensors	FREE parking sensors	FREE parking sensors
£ NIL Advance Payment	£ NIL Advance Payment	£ NIL Advance Payment	£ NIL Advance Payment

To find out about our latest offers visit [www.ballyrobert.co.uk](http://www.ballyrobert.co.uk) or call one of the numbers below

## SCRAP CARS

VANS MoT Failures lifted immediately

ALL DISPOSAL DOCUMENTS COMPLETED

Call Billy on 07588 600 220

HIGHTRES SERVICE CENTRE

SAAB Steve Smyth SAAB SPECIALIST

Would like to take this opportunity to wish all existing and new customers a Merry Christmas and a Prosperous 2014.

Unit 2, 2 Hawe Road, Bangor  
Tel: 028 9147 7772 or 079 7757 4604

# BALLYROBERT

[www.ballyrobert.co.uk](http://www.ballyrobert.co.uk) Motability

1 Mallusk Road NEWTOWNABBAY BT36 4XS  
Tel: 0845 362 5213  
402 Belfast Road BANGOR BT19 1UE  
Tel: 0845 362 5212  
Calls may be recorded for training purposes.

Like us on Facebook

VAUXHALL

NORTHERN IRELAND'S FAVOURITE FAMILY VAUXHALL DEALER

**MOORE'S**  
Plumbing and Heating  
Contact Garth Moore on  
028 9145 7983  
Mob: 077 7924 3474

**Special Occasions**  
Weddings, Anniversaries & Family Events  
Ian Houston  
Photographer  
07814842197  
ihouston@sky.com

**BM Garden & Tree Services**  
Tel: 028 9754 3059 Mob: 0781 0271073  
25 YEARS EXPERIENCE - FULLY INSURED  
BM GARDEN MAINTENANCE  
LOGS FOR SALE - LAWN TURF - LANDSCAPES  
WINTER TIDY-UP : PATIOS : GARDEN LEVELLING  
TREE FELLING/PRUNING THINNING OUT OF  
WOODLAND : ALL OTHER TREE SERVICES :  
FENCING : HEDGES : CONIFER MAINTENANCE  
MERRY CHRISTMAS TO ALL OUR CUSTOMERS!

**AK** 30 Years + Experience  
Heating & Plumbing Services  
Boiler Breakdown & Servicing  
Full Heating Systems & Replumbs  
Total Bathroom Makeovers a Speciality  
No Call Out Charge - No Job Too Small  
A recommendation goes a long way!  
Mobile: 07792 231 288

**R.R. GARDENS**  
EXPERIENCED & QUALIFIED GARDENER  
• All landscaping • Regular grass cutting & hedge trimming  
• New lawns laid - turf or sown • Decking, Patios & Fencing  
• Cleaning of Fascias & Guttering  
• Garden Design - plans drawn to scale  
• All types of garden maintenance  
Tel: 9188 8602  
Mob: 077 9071 7392

**ELECTRICIAN**  
ALL DOMESTIC & COMMERCIAL WORK UNDERTAKEN  
• Rewires • Maintenance • New Builds  
• Economy 7 Repairs • Meter Board Upgrades  
FREE ESTIMATES  
Phone Stewart: 078 4183 2961  
or 028 9181 6628

**PACMAN**  
PROPERTY MAINTENANCE  
NOW TAKING BOOKINGS FOR  
HEDGE CUTTING  
• Grass Cutting £5 • Roofing Repairs • Fascias • Soffits  
• Gutters • Decking • Fencing • Powerwashing  
• UPVC Cleaning • Discounts for OAPs  
Now taking all methods of payment:  
T. 028 9145 2293 M. 07709 818 651

**TREE FELLAS**  
offers the complete professional service fully insured.  
• Felling/Dismantling • Crown Lifting, Crown Thinning & Crown Reducing  
• Pruning • FREE TREE INSPECTION  
Free Quotations  
Call: 028 9147 7530 or 07825 140 669  
www.treefellasni.co.uk

# INTEGRATED EDUCATION SUPPORTERS CELEBRATED AT THE HOUSE OF LORDS

Baroness May Blood, Campaign Chair of the Integrated Education Fund, welcomed around 120 guests to the House of Lords recently for a dinner celebrating the crucial role played by the Fund's supporters around the world.

Sponsored very generously by the Carson family, the London event was a chance to thank the stalwart friends who assist the IEF in our work to help make integration, not separation, the norm in Northern Ireland's schools. The party was addressed by Kathleen Gormley, Principal of Hazelwood Integrated College, and by Christopher Madden, who is a former pupil of Ulidia Integrated College in

Carrickfergus. Donors were joined by a number of politicians and senior diplomats as well as past pupils of integrated schools. Supporters travelled from far and wide to enjoy the celebration and Baroness Blood took the opportunity to acknowledge the contribution of the many steadfast friends of the Fund who had not been able to make the journey on this occasion. Declaring that the IEF would continue to campaign at a crucial time in Northern Ireland, Baroness Blood said:

"We have had 100 years of separate education. We know it will not change overnight but change has started and mark my words - change will come. We will continue to provide the evidence that public opinion is on the side of change...We



In the picture is South Down MP Margaret Ritchie (l) with Irish Ambassador to London Dan Mulhall and Sir Richard Needham at the recent dinner hosted by Baroness Blood at the House of Lords to celebrate integrated education.

will provide a vision for a better education system based on integration and a road map as to how to

get there." The event, in the Cholmondeley Room of the House of Lords, included

an excellent dinner and a fine view, from the terrace, of the Guy Fawkes' Night fireworks.

## Minister Welcomes Report Into Safeguarding For Children And Vulnerable Adults

Culture, Arts and Leisure Minister, Carál Ní Chuilín has welcomed a report by the Committee for Culture Arts and Leisure looking at gaps in child protection and safeguarding across the sector.

Speaking during a debate in the Assembly, the Minister said: "Making sure

children and vulnerable adults can have a safe and secure environment is of paramount importance and is an issue we do not treat lightly.

"Participating in our sector should be a positive experience, that's why it's important that all activities take place in a safe environment free from the possibility of any form of ill-treatment. "In the Department and

across my Arms Length Bodies, we are committed to continuing our work to develop and improve our safeguarding systems.

"Protecting children and vulnerable adults is the responsibility of all of us therefore I support the committee's emphasis on promoting a collaborative and co-ordinated approach on this issue."

**Maurice Robinson & Son**  
PAINTER & DECORATORS  
Two Generations, Local Family Business  
ALL ASPECTS OF DECORATION,  
SPECIALISING IN WALLPAPER HANGING  
Tel: 028 9146 8849  
Mob: 077 7199 0151 or 077 3611 0758

*Paul Montgomery*  
**BUILDING & PLASTERING**  
DON'T WANT WALLPAPER?  
Old & Damaged Walls Professionally Skimmed, Ready To Paint  
ALL BUILDING, DOUBLE GLAZING, PLASTERING & RENOVATION WORK UNDERTAKEN  
All types of building work undertaken including storm damage & insurance work.  
FLAGGING & PAVING, DECKING & FENCING  
ALSO Patios & Sunrooms  
Phone for a FREE estimate 028 9147 2649 - 07733 185668

**SI Decor**  
INTERIOR & EXTERIOR WORK  
(Over 30 Years Experience)  
All aspects of Painting & Decorating undertaken  
Plus UPVC Windows, Gutters & Downpipes Cleaned  
FREE ESTIMATES  
Tel: 9127 0733 Mob: 07889 532297  
Email: s.i-decor@hotmail.co.uk  
Merry Christmas & Happy New Year to everyone!

**- JB Plastering -**  
Fully Qualified - CSR Approved  
FULLY INSURED PLASTERING  
• Skimming • Plasterboarding  
Domestic & Commercial  
Punctual & Reasonable - All Work Guaranteed  
For FREE Quotations contact  
Johnny: 079 5586 8307  
Email: jb-plastering@hotmail.co.uk

**Garden needing work?**  
Let us do it!  
Mowtown Garden Services  
• Lawns Cut • Lawns Laid • Hedges Trimmed  
• Weeding & General Tidy Ups  
• Powerwashing • Clearout Service Available  
Contact Mowtown 07925 644 288

**R. Tully**  
PLUMBING & HEATING  
16 Ardmore Road, Holywood  
Phone: 028 9042 6553  
Mob: 07711 644351

**NORTH DOWN ADVERTISER**  
TO ADVERTISE IN THE LARGEST CIRCULATING PROFESSIONAL SECTION IN NORTH DOWN  
CALL 028 9751 1002

**HOME IMPROVEMENTS & MAINTENANCE**  
Doors, Floors, Skirting, Decking, Fencing, Kitchens, Shopfitting, Flatpack Assembly etc.  
25 Years Experience FREE ESTIMATES  
Call James: 07826 926408

**mobile services**  
**POWER WASHING**  
Driveways - Patios - Decking - Walls etc  
Block Paving Re-Sanding & Sealing Service  
Using the latest High Powered LOW MESS Flat Surface Cleaners  
TARMAC DRIVEWAYS CLEANED & SEALED  
FULLY INSURED call Colin on  
028 9127 3259 07790 864682  
www.power-washing.co.uk

**LAWNS - TREES - HEDGES**  
Full range of gardening services including powerwashing.  
Grass cutting from as little as £5!  
For advice and free quotations, call -  
Lewis Sloan  
074 2687 1153 - 028 9107 0550  
lewissloan@hotmail.com  
Discounts for OAP's

**kirkstall** ALL AREAS COVERED  
GAS SERVICES CALL FOR A FREE QUOTE  
REGISTRATION No. 500137  
• Natural Gas, LPG & Oil • Installations, Servicing & Repairs  
• Combi Boilers & Central Heating • Boiler Upgrades  
• Cookers, Hobs & Fires • Plumbing & Repairs  
• Bathrooms • Landlord Gas Safety Checks/ Certificates  
James Wiggins - 07905 034 056

# LOCAL COMPANY GET RESULTS THANKS TO EDUCATIONAL PARTNERSHIP

In a bid to boost its competitiveness and product range, a local manufacturing company have joined forces with their Further Education College which it said will allow them to explore new product design possibilities, enter new markets and streamline their production processes.

Thanks to an educational partnership between South Eastern Regional College (SERC) and family run transport manufacturer, Motorsport Trailers, the company have benefited from SERC's engineering expertise.

Working alongside the Ballygowan based company, SERC produced a range of comprehensive 3D Computer Aided Design drawings for their range of bespoke trailers, which combine a living and garaging area for cars, bikes, quads or karts – and all in a single chassis.

On completion of the project, Motorsport Trailers were presented with 3D evaluations



which were compiled using SERC's sophisticated software applications. The compre-

hensive drawings are currently being used by the company in the building process and

will act as a blue print for further builds to ensure their products conform to industry

standards.

SERC Principal and Chief Executive Ken Webb commented: "SERC recognises that innovative product ideas are an important part of growing the local economy and we recognise that not all companies have the capital to invest in equipment. By enabling companies' access to equipment and expertise at the College

we can help local companies fast-track their ideas to product creation and production."

SERC offer a wide range of solutions to meet the specific training needs of your organisation. To find out how your business can get results from SERC please visit our website at [www.serc.ac.uk/getresults](http://www.serc.ac.uk/getresults) or call us on 0845 600 7555.

**Get Results: SERC Principal and Chief Executive Mr Ken Webb with Paul McCartan from Motorsport Trailers, examining the comprehensive 3D CAD drawing which SERC have produced for the company.**

## DONAGHADEE SET FOR £2.4MILLION FACELIFT

Social Development Minister Nelson McCausland has announced a £2.4million public realm scheme for Donaghadee.

The scheme covering the Shore Street, New Street, Bridge Street, the Parade and High Street areas of the town will help transform Donaghadee, creating a distinct and harmonious image for the town. The design concepts were developed in partnership with Ards Borough Council, community and business representatives.

Making the announcement, Minister McCausland said: "This represents a considerable investment by the Northern Ireland Executive and

Ards Borough Council. The scheme has been designed to make the most of Donaghadee's natural assets and beauty, and to make the town centre and seafront much more attractive to both locals and visitors as a place to shop and spend time.

"This investment will make a significant contribution to improving the fortunes of the town by attracting visitors to the area and encouraging private sector investment. This funding demonstrates my ongoing commit-

ment to the regeneration of Donaghadee." Mayor of Ards, Councillor Stephen McIlveen, welcomed the confirmation of funding: "This investment by DSD and the Council will transform the visual appearance

of the town centres, enhancing their appeal as places to visit and shop, with the associated positive economic impact. I look forward now to seeing the designs developed and finalised and to work beginning."

**DVV**  
Cabling Ltd.  
Digital · Voice · Vision  
Freeview · skydigital · RTE · freesat

• TV AERIALS - DIGITAL, RTE, FM  
• SATELLITE INSTALLATIONS (SKY HD)  
• HOME CINEMA & SOUND INSTALLATIONS  
• SUPPLY & INSTALL PLASMA & LCD TV'S  
• TELEPHONE EXTENSIONS & MOVES

**£10 OFF DIGITAL AERIALS**

TEL: 028 9127 1754 MOB: 07966 102 104  
[www.dvvcabling.com](http://www.dvvcabling.com) 94 BEECHFIELD CRESCENT, BANGOR BT19 7ZL

Darren E. Hamilton  
**Painting & Decorating**  
*Wallpapering a speciality.*  
Domestic & Commercial  
Fully Insured

SPECIAL RATES FOR PENSIONERS  
Call: 079 2985 5764 or 079 8904 3529  
Email: [d.e.hamilton@hotmail.com](mailto:d.e.hamilton@hotmail.com)

10% OFF  
Freeview & RTE aerials installed  
Satellites installed & repaired  
Extra phone points installed  
Freesat, Freeview & Sky multipoint systems (watch tv in any room in the house)  
Plasma & LCD TV's wall mounted  
Fully Insured  
Same day service  
Top quality materials (no rust)  
CAI Trained Installer

**PICTURE PERFECT**  
AERIALS & SATELLITES

Tel Paul: 07962 726 835

**McCracken Contracts & Landscape Specialists**  
NOW TAKING ORDERS FOR TARMACING & BRICK PAVING  
SPECIALIZING IN: • Brick Paving • Tarmac Sealing • Patios • Decking  
• Concreting • Site Clearance • Complete Garden Refurbishments

FULLY INSURED - ALL WORK GUARANTEED  
FREE ESTIMATES NO DISTANCE TOO FAR

Now taking orders for sealing driveways!  
THANK YOU TO ALL OUR CUSTOMERS & WISHING YOU A MERRY CHRISTMAS & HAPPY NEW YEAR!

T: 028 9181 6141 M: 07771 803 961

**ROOF FIX**  
All tiling aspects of roof work -  
Ridge Tiles, Chimneys, Roof Tiles,  
Leadwork  
Also Roof Cleaning  
SLATING | POINTING | POWER WASHING  
FREE ESTIMATES

**079 7978 7114**

**AZZ TV SOLUTIONS**  
SATELLITE/AERIAL REPAIRS & INSTALLATION  
CABLE & SATELLITE RELOCATION

Something for the kids: Xbox, PS3, Smart TV wired to Broadband  
Warm up those Winter Evenings with Magic Eye TV  
Links from Sky to any other room from £39  
TV Wall Mounting plus lots more!

Call Peter for a FREE Quote on Access NI Registered  
**028 9124 0709 or 07808 057825** Find us on Facebook

**VAN OR LORRY WITH DRIVER FOR HIRE**  
Removals, garage & loft clearance, garden, domestic, shops & business waste - ALL TAKEN AWAY  
RELIABLE AND BEST PRICE AROUND

**WHY HIRE A SKIP?**  
TEL. 07745 526 212 or 07857 407250

**RUBBER MATS**  
A range of rubber mats suitable for Play areas, Grass protection, Trailers, Vans, Garage Flooring, Stables, Kennels etc.

Contact Agri-Web Ltd  
2-4 Balloo Avenue, Bangor  
Tel 028 91275913

**WH Roofing**  
Slates, Tiles and Pots Replaced, Chimneys and Ridge Tiles Repointed, All Gutter Work, Cows Fitted, All Sewer Work  
KEENEST RATES AND FREE ESTIMATES

Phone: 028 90 282 063  
Mob: 077 6553 8209

*perfect* **PLUMBING & HEATING**

Oil Fired Boiler Service from only £35!  
Power Flushing & Boiler Servicing  
Boiler Installation  
General Plumbing & Heating

Tel: 078 9452 5656

**Bangor Windows**  
Installers of upvc windows & doors  
Replacement Service

• Misted Double Glazed Units • Window Hinges  
• Window Handles • Door Handles • Door Panels

Contact Gavin 028 9145 0929  
or alternatively 078 4084 6040

**DOWN HEATING & PLUMBING**  
Call Danny: H. 028 9127 0231 M. 07834 540029

APPROVED CONTRACTOR FOR THE GOVERNMENT'S BOILER REPLACEMENT SCHEME  
Over 60? Receive up to £1,500 towards replacing your old, inefficient oil or gas boiler.

BATHROOM REFURBISHMENT A SPECIALITY  
FLOOR TO CEILING, DESIGNED & FITTED BY A FULLY QUALIFIED INSTALLER  
All types of heating installations carried out.  
Bathroom & Kitchen - Floor Tiling By Professional Tilers  
NOW FITTING WOOD BURNING STOVES

**Brian Evans**  
**PLUMBING & HEATING**

All Household Plumbing & Heating  
Repairs & Replacements  
Oil Boiler Replacement Grant up to £1000  
Government Grant for home owners with boilers over 15 years  
Linked Systems a speciality.

PHOENIX NATURAL GAS INSTALLATIONS  
Tel: 028 9181 0640 or 07896 411510  
[www.evansplumbers.co.uk](http://www.evansplumbers.co.uk)

**NORTH DOWN ADVERTISER**

TO ADVERTISE IN THE LARGEST CIRCULATING PROFESSIONAL SECTION IN NORTH DOWN

CALL  
**028 9751 1002**

**Dundonald**  
**PLUMBING & HEATING**  
Full range of domestic gas appliances - installed & serviced.

• Oil Fired Central Heating  
• Solid Fuel Heating Systems  
• LPG & Gas Conversions

PHOENIX GRANTS AVAILABLE

[www.dundonaldplumbing.co.uk](http://www.dundonaldplumbing.co.uk)  
Tel: 028 9145 9294 Mob: 078 8564 0239

**Garage Door Repairs**  
Springs - Cables - Locks  
**077 4706 5343**  
Abbey Garage Door Services  
BANGOR

**S&R TILING**

Porcelain, Ceramic & Natural Stone  
All Catered For

FOR FREE ESTIMATES CONTACT STEPHEN ON:  
T. 028 4277 2111 M. 07840 657014

**TILE FOR STYLE**  
DENIS LOWRY  
WALL & FLOOR TILING  
QUALITY WORK  
FREE ESTIMATES

T. 028 9146 5266  
M. 0775 4662714  
Merry Christmas & Happy New Year!

# TONY MCCOY HURDLES INTO HISTORY

Sports Minister Carál Ní Chuilín has congratulated Tony McCoy, who recorded career win number 4,000 recently.

The jockey, who was born in Moneyglass, won the 3.10 at Towcester on Mount Tunes to reach the landmark.

The Minister said: "On the 26 March, 1992, a 17-year-old Tony McCoy rode Legal Steps to victory in Thurles. It was the first win of a career that would grow into one of the most successful in sport. With today's milestone, Tony's achievements stand as legendary in the history of horse-racing - both in Ireland and internationally.

"Tony has been champion jockey in each of the last 18 years. To reach the pinnacle of any sport is commendable, but to stay there for almost two decades is quite remarkable.

"Tony's career includes wins in the biggest races in the

national hunt calendar, including the Cheltenham Gold Cup, Champion Hurdle and Grand National. In a sport where falls are inevitable and injuries common, Tony has also endured broken bones, dislocations and hospital stays.

"What has endeared him to fans both here and across the world is that he has accepted triumph and disappointment with modesty, humility and good grace.

"Now, Tony is judged by the standards he sets himself. His place in Irish and international sporting history was assured long ago and his achievements continue to be an inspiration for us all."

**Professional Painting & Decorating**  
All Work Considered - Local Painters & Decorators  
Excellent Rates - Special Rates For Pensioners  
Call Now On 028 9188 2946  
or 075 8141 1644

**RSContracts**  
BITMAC & ASPHALT CONTRACTORS  
Bitmac & Asphalt Surfacing in Driveways, Footpaths, Car Parks & Laneways. Digger Hire. ALSO Specialising in Patio Areas, Kerbing, Step Building, Decorative Pebbles, Drop Kerbs, Driveway Extensions, Repairs & Sealing.  
Fully Insured.  
Contact: 0289181 3610 / 07850 155510

**Dustless Floor Sanding Floor Restoration**  
FLOORESSENCE  
Tel. Mark Wilson:  
07714 658 911

To advertise in the  
**NORTH DOWN ADVERTISER**  
Call: 028 9751 1002  
edamedia

**Eddie Harris Contracts**  
Gas & Oil Domestic & Commercial Heating Systems  
Unvented Cylinder Certified Engineer  
T: 07737 921 365  
E: edmond.harris@hotmail.com

**Bryan Hynds**  
Lawnmowers Strimmers Chainsaws Hedge Cutters Brush Cutter Accessories  
Lawnmowers from as little as £190  
GARDEN MACHINERY  
Sales - Service - Repairs  
32 Dobbin Road, Portadown BT22 4EY  
Tel: 028 3833 5885 Fax: 028 3839 4288  
email: info@bryanhyns.com  
Mon-Fri 8am-5.30pm Sat 9am-12.30pm

**N. Crozier**  
Painting • Decorating • Wallpapering  
07729 065 967  
Private or Industrial  
Over 30 Years Experience  
Free Estimates

**Peter Martin PLUMBING & HEATING**  
Qualified Plumber At Competitive Rates  
No Job Too Small  
Mobile: 07546 360 274

# CHRISTMAS COSTS LESS IN ARDS

Christmas doesn't have to cost the earth, with the help of the annual retail discount voucher scheme for Newtownards, run by Ards Borough Council and Newtownards Chamber of Trade.

Designed to encourage shoppers to visit and spend in their local town centre this Christmas, the voucher booklet contains money off coupons and special offers from 78 different retailers in the town, including fashion outlets, restaurants, cafes, takeaways, opticians, hair and beauty salons, sports, craft, and interior design shops.

The number of retailers offering discounts has grown steadily and has been welcomed by Mayor of Ards, Councillor Stephen McIlveen:

"The voucher booklets have been very successful over the past number of years and the Council is delighted that even more retailers have signed up to take part this Christmas. The scheme boasts benefits for shoppers and retailers alike during these challenging economic times, offering money off Christmas shopping, which we all know can be costly, as well as encouraging trade in the town centre".

"I'm very pleased that the positive partnership between the Council and our local traders continues and hope to see more people use the booklets



Promoting the Christmas discount shopping booklet produced for Newtownards are: (L-R) Heather Lavery, Sheldon Galleries, Chris Tedford, Molly Brown's, Mayor of Ards, Councillor Stephen McIlveen and Leigh Nelson, Specsavers and President of the Chamber of Trade.

to pick up a bargain,

and help reduce the cost of their Christmas shopping".

Voucher booklets were first introduced back in 2008, when the Chamber of Trade and the Council began a campaign to promote the town as a prime shopping destination to encourage both new and existing shoppers to visit the town centre.

The 2013 Christmas Voucher Booklets are being delivered to local homes and can also be picked up at participating retailers and from the Council offices so be sure to support your local retailers this festive season by using the vouchers and nothing beats saving yourself a small fortune at this costly time.

**LM Painting & Decorating Services**  
Free Quotations  
Call Lucas  
07523 050 389 / 02891 22 98 65

**BLAKELY**  
TARMAC CONTRACTORS - DRIVEWAY SPECIALISTS - SEALING - PAVING - FENCING -  
028 9186 1736 078 3629 0234  
brian@blakelycontracts.co.uk  
www.blakelycontracts.co.uk

**Satellite & Aerial SERVICES** EST. 2002  
SPECIAL OFFER: FREE Chimney Cowl with all Digital Aerial Installations  
• HD Digital Aerials / Euro Satellites • Cinema Systems / Multi Room  
• SALES • SERVICE • REPAIRS • UPGRADES  
T. 028 9127 1096 M. 077 2402 5002  
W. www.sasgroupni.co.uk E. info@sasgroupni.co.uk

**CARPET, CURTAIN & UPHOLSTERY CLEANING**  
• Carpets Dry and ready-to-walk on in 30-minutes - Guaranteed  
• Spot, Stain & Odour Removal • Stain Protection by Guardsman  
• Oriental Rug Cleaning • Leather & Mattress Cleaning  
• Curtains Cleaned on-site • Dust Mite Elimination  
• 100% Risk-free • GUARANTEED SERVICE  
**CLEANING DOCTOR®**  
Carpet, Curtain & Upholstery Services  
www.cleaningdoctor.net  
Bangor - Holywood - Ards & The Peninsula  
Covering BT3, 4, 18, 19, 20, 21, 22 & 23  
MERRY CHRISTMAS FROM YOUR LOCAL CLEANING DOCTOR!  
Tel: 028 9147 1166

**COLIN HEDLEY REFRIGERATION**  
• Over 30 years of RAC experience  
• Competitive prices  
• Free quotes for sales & installation  
• Highly skilled & industry trained professionals  
• Efficient 24 hour emergency breakdown response service  
For high quality air conditioning & refrigeration units, call Colin Hedley Refrigeration today on 02891 240 793 or 07801 586 034

**Noel Adams Plastering Contractor**  
All aspects of interior & exterior plastering including cornice & coving.  
COMMERCIAL, DOMESTIC & INSURANCE  
Free Estimates  
Tel: 078 1746 7366 028 9028 5820  
Over 25 years experience

**J.H. PATTERSON LANDSCAPE CONTRACTING**  
All types of private & commercial landscaping / grounds maintenance / now taking bookings for regular grass cutting / tree maintenance / conifers topped & trimmed  
new hedges planted / areas planted & re-planted.  
FULLY NPTC QUALIFIED FOR TREE WORK AND INSURED FOR PUBLIC LIABILITY  
For a free quotation call  
07809 736857 / 028 9754 1262

**JJ's Decorating Service**  
Free estimates & advice.  
Excellent references & personal recommendations supplied.  
CEILING SPECIALISTS  
Interior & exterior work considered.  
Put your trust in our experience and call us on:  
077 0338 4785

# GENDER BALANCED WORKFORCE IS GOOD FOR BUSINESS

**Employment and Learning Minister Dr Stephen Farry recently addressed young people at an event organised by the Institute of Civil Engineers to mark 'Tomorrow's Engineers Week'.**

The event at Our Lady and St Patrick's College in Knock coincided with the 'Tomorrow's Engineers Week' campaign, which took place across the UK recently. The campaign aimed to change perceptions of engineering careers amongst young people particularly women, their parents and teachers.

A report investigating the gender bias within Science, Technology, Engineering and Maths

(STEM) industries in Northern Ireland entitled 'Addressing Gender Balance - Reaping the Gender Dividend' report was also launched at the event.

Referring to the report, which indicated that STEM posts constitute over 11% of the workforce in Northern Ireland with men outnumbering women by nearly three to one, Minister Farry said: "I welcome the launch of this report as it is vital

that we enthuse and inspire our young people, both boys and girls, to study STEM courses and to progress to employment in STEM industries. Research indicated that a gender balanced workforce delivers benefits for both the employer and employee.

"The sectors that will lead economic growth in Northern Ireland include the ICT sector, Agri-food sector and Advanced Manufacturing sectors.

"My Department is continually working with employers to create innovative new opportunities in areas such as Data Analytics, Software Testing and Cloud Computing.

"Traditionally, more boys than girls have studied these subjects and worked in these areas. However, in order to have the size and quality of the future workforce we need, it is important to encourage all of our young people to study the relevant STEM subjects.

To do this, we must ensure that young people are aware of the diverse range of careers options available here in Northern Ireland."

Over 80 Year 10 pupils from Our Lady and St Patrick's College Knock, Lagan College and Grosvenor listened to speakers from Schrader, the Institute of Civil Engineers and multinational engineering and consulting services company Atkins.

# Listening to Music Eases Pain: Study

**More than 40 percent of people say listening to music can help alleviate pain, with songs by Elton John, Robbie Williams and Simon and Garfunkel among the favourites, a new UK survey out recently said.**

Music seems to have an even bigger impact for younger people, with two-thirds those questioned aged 16 to 24 claiming it helps them manage pain, according to the study by Lloyds Pharmacy group.

Pop music is the most popular genre for sufferers, helping to alleviate pain for 21 percent of people, followed by classical 17 at percent and then rock or indie at 16 percent.

The company is currently trying out the use of music within the pain relief service it provides.

The survey found that the top five most helpful songs selected by people living with persistent pain

1. Bridge Over Troubled Water (Simon and Garfunkel)
2. Angels (Robbie Williams)
3. Albatross (Fleetwood Mac)
4. Candle In The Wind (Elton John)
5. Easy (The Commodores)

An estimated 10 million people in Britain experience some pain most days, Lloyds Pharmacy said.

The company based its research on responses from over 1,500 people living with persistent pain.

"There are lots of different ways of managing pain, not only with medicines but also with

lifestyle changes such as moderate exercise and relaxation," said Andrew Mawhinney, a Lloyds Pharmacy pharmacist and pain expert.

"After speaking to many people who are living with pain, we were interested to learn just how many found music beneficial."

David Bradshaw, a Research Assistant Professor at The University of Utah Pain Management Center said: "People in pain should try to find some activity to get fully engaged in.

"Listening to favourite music is excellent for that because it can involve both thoughts and feelings."

# TRANSLINK WILL NOT BE PRIVATISED

**Transport Minister, Danny Kennedy has said that he will not support any plans to privatise Translink.**

The Minister was responding to an Assembly motion on the Committee for Regional Development's Inquiry into Comprehensive Transport Delivery Structures.

Danny Kennedy said: "I was very disappointed that this report was subject to media comment before the Assembly had a chance to debate it. Headlines such as 'privatisation of Translink' cause concern and anxiety for staff, particularly in these times of economic uncertainty.

"It is important to note that public transport in

Northern Ireland is going from strength to strength. Passenger journeys are rising at significant rates and last year alone rail journeys were up by 800,000 and bus journeys by 300,000. In fact I expect passenger journeys to increase by over one million this year, potentially exceeding 80 million.

"Reviews of punctuality, reliability and customer performance show that Translink is meeting the standards set for it. With so many positives, it is important that we continue to build on this

success."

Turning to the Committee's proposals for competitive tendering and franchising of the existing network the Minister said: "I must say I was very surprised by these recommendations. It is important that the Committee explain the difference between privatisation and franchising. In the 2011 Transport Act, which was passed by the Assembly, a clause was included that most public transport services would continue to be provided by NITHC/Translink.

"This is something I

strongly support. The fact is that a large part of the Ulsterbus network and parts of the Metro network are unprofitable. Translink uses profits from the well-used routes to cross subsidise the unprofitable routes, many of which are in rural areas.

"What's more, while it may be worthwhile for private operators to gain some cost savings in the short-term through reducing staff numbers and pension provision, in the long run this could be difficult to sustain because of the number of unprofitable routes."

# AFFORDABLE WARMTH PILOT A ROARING SUCCESS

**Housing Minister Nelson McCausland has visited one of the Affordable Warmth scheme pilot teams in Cookstown.**

The Affordable Warmth pilots are currently underway in two areas in Northern Ireland. The first one is in Mid Ulster council cluster of Cookstown, Magherafelt and Dungannon and the second one in Newtownabbey Borough Council. The pilots involve a team of Project Officers calling at people's homes to complete surveys to see if they qualify for energy efficiency improvement measures.

During his visit to the Mid Ulster cluster team, the Minister said: "Tackling fuel poverty is a key priority for the Northern Ireland Executive and

my Department. The Affordable Warmth pilot is a unique approach delivering energy efficiency improvements to homes in small concentrated areas using a targeting tool which has been developed by the University of Ulster. This targeting tool identifies those homes most at risk of fuel poverty.

"The pilot schemes in Mid Ulster and Newtownabbey have been a success. The pilot will offer energy efficiency measures and energy advice to over 1,200 householders and has created employment and experience for nine envi-

ronmental science graduates who are carrying out the surveys."

He added: "Having met the project officers and team co-ordinator involved in the Mid Ulster pilot, I was very impressed with their dedication and enthusiasm. Project officers have carried out almost 1,100 surveys so far and are well on target, having called with hundreds of householders to date in both these areas to achieve this impressive success rate.

"The results of this pilot project will shape the Department's future approach to tackling fuel poverty and improving

the energy efficiency of low income households."

The Department for Social Development is working in partnership with the councils involved and the local Housing Executive offices to target and deliver energy efficiency improvements to households most affected by fuel poverty in the area.

Householders in the two pilot areas can find out more information on the Affordable Warmth scheme by contacting the following numbers: 028 86762205 for the Mid-Ulster Pilot and 028 90340140 for the Newtownabbey pilot.

# R TULLY PLUMBING AND HEATING

Need help with gas installations and repairs? Look to R Tully Plumbing and Heating. With free estimates on request, they can look after all your plumbing needs!

Having been in the business for many years, R Tully Plumbing and Heating are a highly experienced company, who can not only help with all general plumbing problems, but also provide such services as bathroom refurbishments, oil to

gas conversions, central heating installations, underfloor heating and much more.

When it comes to gas installation and repairs, experience is vital. The leaks, or even explosions, are the result of bad gas work. Get quality, experienced gas installation and repairs. To get gas installation and repairs with the experience you demand, call R Tully Plumbing and Heating on 07711 644351.

# PixiFoto

PixiFoto are the UK's biggest, most trusted and popular baby, child and family portrait photography specialists and are part of the portrait photography group, Photo Corporation. Established in 1971, they have over 135 in-store professional photography studios.

PixiFoto takes pride in being

the leading professional permanent and mobile studios located across the UK and Ireland, and in providing their customers with a vibrant, fun & exciting style of contemporary family photography as well as offering more relaxed, traditional style portraits.

With a wide variety of products, poses, finishes and

frames there is something for every home. The portrait collections on offer are fantastic value for money, and can be tailor-made to match your personal requirements.

To find out more about PixiFoto, or to book your appointment, call them today on 02891 478 865, or visit www.pixifoto.co.uk.

# Wooden Floors Supplied & Fitted

E.G.  
12x12  
ROOM

## V-GROVE LAMINATE

Oak/Beech/Walnut

New Skirting/Beading, Door Bars, Underlay & Fitting **£250**

E.G.  
12x12  
ROOM

## TILE EFFECT LAMINATE FLOOR

Slate/Marble etc

New Skirting/Beading, Door Bars, Underlay & Fitting **£299**

E.G.  
12x12  
ROOM

## CLICK LAMINATE

Beech/Oak/Pine/Cherry

New Skirting/Beading, New Door Bars, Underlay & Fitting **£199**

E.G.  
12x12  
ROOM

## SOLID OAK FLOORING

New Skirting/Beading, Door Bars, Underlay & Fitting **£399**

### **WOODFLOOR - Taking the hassle out of wooden flooring.**

Woodfloor is a one stop shop for your wooden flooring needs - taking the hassle out of home decor!

Choose from a range of samples and Woodfloor's Darren McMordie will order and install not just your flooring but skirting boards, beading and everything you need to finish your room to perfection. All you have to do is step inside your beautiful newly floored room. With over 9 years experience Darren guarantees his high standards of professional workmanship with minimal impact to your home-life and a fast turnaround on all jobs. Now Darren has expanded the ranges of flooring that he offers giving customers even better choice. Woodfloor can now offer four superb options designed to suit any room and offer remarkable value for money whether you choose solid or laminate flooring.

**Telephone**

**07976 906586**