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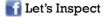
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A Cut Above by Nicola Elisabeth

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TAKE CARE WITH YOUR NEW YEAR REGIME

It's a new year and, like a lot of people who have spent December treating their stomachs like an overfilled bin bag, I'm starting a fitness regime. And unlike the concerted effort I made earlier in the year, I'll be careful.

Back in March I decided that I would exercise every day. For the last few years I've been doing DDP Yoga, a "dynamic resistance" yoga programme using extreme versions of traditional yoga poses rebadged with the names of wrestling moves. I'd lost 3st doing it but convinced myself that if I did it on every day of Lent I could end up looking like a Marvel superhero. So each night I'd play the DVD and grunt my way through the routines, willed on by visions of Spider-Man.

Three weeks in, I woke in the night with stabbing chest pains. When painkillers didn't help, I rang the NHS advice line to ask them what to do. I detailed my symptoms.

"An ambulance is on its way." The woman on the line said.

"I'm not sure that's necessary." I replied. But the wheels were literally already in motion.

Soon after I was sitting in an ambulance heading to A&E, quiltily wondering if I'd done this to myself.

When we arrived I was ordered to sit in a wheelchair so they could roll me into triage.

"Do I have to?" I said, not wanting to make a fuss, "I'm sure I could walk"

"I'd take the chair if I were you," a nurse said.

"You'll be waiting a while."

So, feeling small and embarrassed, I sat in the queue behind a freshly-stabbed gangster and an old man who had pitched face first into the pavement. Eventually I was wheeled into a bay and told to get on a bed, where I spent the next few hours being monitored, scanned and questioned.

"Have you been doing anything strenuous?" a doctor asked. "Any..." he paused to squat slightly and clench both fists. "...difficulty on the toilet?"

"No!" I said then explained my exercise regime.

When I was finished he gave me a look of withering pity and explained that all the reckless stretching had strained the muscles around my ribs. He sent me home with some pills and some advice on how not to injure myself while flexing.

So this year, stay healthy, stay sensible but most importantly, stay out of A&E. I'll try to do the same.



Photo: @Missus IP

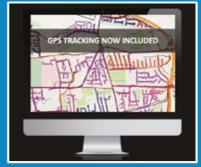
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BOOK REVIEW lace





Girl on the Train by Paula Hawkins

Praise for this novel, first published at the beginning of 2015, has spread like wildfire and it has become THE book to read. So just in case you are one of the few that hasn't

succumbed to this thriller, why should you pick it up?

Whether you are a regular commuter, like the central character Rachel, or not, you will easily be able to identify with the opening section. How many times have you sat on a train and looked out of the window into the garden or kitchen windows of the houses that back onto the tracks, as you speed past on your way to your final destination. As you catch glimpses into a life that you don't know, do you wonder about the people that occupy those houses?

Rachel doesn't have to wonder. She passes familiar houses every day and purposefully looks for Jess and Jason, a young professional couple who live a perfect life. She knows them and is in many ways envious of their relationship. Seeing them in their garden is a moment of comfort as her own life is falling apart.

But is all as it seems? On one day, as the train slows down at a signal by the house, Rachel notices that something is amiss. Suddenly she is sucked into a nightmare that seems destined to reveal everything, and that will shock you as her commuter journey turns out to be anything but normal. It's a small world, but when that world comes crashing down around you, it becomes all too clear that this small world is a lot smaller than you first thought.

By Willow Coby

Midnight for Charlie Bone by Jenny Nimmo

It is now nearly a decade since the last Harry Potter book was published, and a new generation are quite rightly discovering this wonderful world of wizards and magic. Just like the generation before them, they are left with a void after reading them all, and so where do they turn? The Charlie Bone series of books may well be just what they are looking for. Published in 2002, Midnight for Charlie Bone is the first of this eight book series.

Charlie is a fairly normal 10 year old boy. His father died when he was little, and he lives with his mum and two grandmas, and hangs out with his best friend Ben. One Friday Charlie hears voices coming from a photograph, and then his whole life changes. He learns that his three unmarried great-aunts, known as the Yewbeams, are going to fund his education and a private school called Bloor's Academy. Charlie is not happy about this: he knows the school to be a stuffy place for geniuses, and he certainly won't fit in there. But the Yewbeams are insistent; and besides, they pay for his mum's living expenses and so he really has no choice. They explain to Charlie that he is 'endowed' and can read the minds of people in photographs.

Everyone at Bloor's Academy has a talent. Charlie's father went there and he was a musician. But what is Charlie's talent? Placed in the music department at Bloor's.

despite having no musical talent, it becomes clear that there is another group of children at the school who are all endowed with some mystical magical talent. Soon he finds that he was born into a world he never knew existed.





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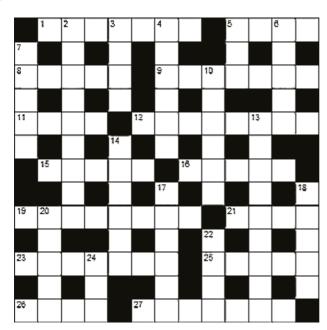






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		3			9		
		2	5				

Across

8

- 1 Loss of hair (7)
- 5 Royal male (4)
 - Permit (5)
- 9 Musical performance (7)
- 11 Curved structure (4)
- 12 Noblewoman (8)
- 15 Backless seat (5)
- 16 Jack in a pack of cards (5)
- 19 Contemplate (spiritual) (8)
- 21 Egyption goddess (4)
- 23 Small onion (7)
- 25 Flat-bottomed boat (5)
 - Grasp, clutch (4)
- 27 Proof of payment (7)

Down

26

3

4

- Assigned (9)
 - Daybreak (4)
- Ordinary, unremarkable (6)
- 5 Ornamental fish (3)
- 6 Approaches (5)
- 7 Underwater detection
 - device (5)
- 10 Slapstick circus
 - performers (6)
- 13 Listen surreptitiously (9)
- 14 Mail service (6)
- 17 Effigy, maybe bronze or marble (6)
- 18 Benefit, advantage (5)
- 20 Volatile flammable
- liquid (5)
- 22 Adept, capable (4)
- 24 Chop, clip (3)



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In the two-bedroom Tatton show home, Lovell has combined understated chic greys and white with suitable splashes of fresh greens and heather. Natural wood blends perfectly with contemporary glass of chrome furniture to ensure the décor hits the right note for style conscious buyers.

Next door in the three-bedroom Winley, the retro interior of the lounge features orange sofas, with a coordinating geometric

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Red Lentil and Caramelised Onion Soup

Warming, nutritious and surprisingly filling, this soup is the perfect meal to come home to after a brisk winter's walk.



High fibre lentils promote heart health. lower cholesterol, provide vegetable protein. stabilise blood sugar, and are rich in iron and B vitamins. We love combining these earthy gems with the deep, roasty, slightly sweet

flavour of caramelised onion. This soup will gently warm your stomach and keep you satisfied. It's an American recipe so uses cup measurements. An American measuring cup is one which holds 240ml liquid, so any cup in your cupboard which is about that volume will do!

Serves: 4-6

Prep time: 25 minutes Cook time: 30 minutes

Ingredients

2 tablespoons extra-virgin olive oil

3 shallots, diced

4 cloves of garlic, chopped

3 carrots, diced

1/2 teaspoon turmeric powder

1/2 teaspoon cinnamon

2 beetroot (yellow ideally), peeled and diced

6 cups vegetable broth/stock

11/4 cups of red lentils

1 teaspoon of sea salt, plus more to taste 1/4 teaspoon of pepper, plus more to taste

1 yellow onion, thinly sliced

10 cardamom pods or 1½ teaspoons ground cardamom

1/2 teaspoon coriander powder

Method

Heat a medium-sized saucepan over medium-high heat and add 1 tablespoon of olive oil. When it dances, add the shallots, garlic, carrots, turmeric and cinnamon. Cook until the shallots soften and the mixture becomes aromatic, about 3-5 minutes.

Add the beetroot and vegetable broth and bring the mixture to a boil. Add the lentils and reduce the heat to a simmer. Season with salt and pepper and continue cooking at a simmer for 15-25 minutes, or until the lentils are soft and the vegetables are tender.

Prepare the caramelised onions while the soup cooks. If using cardamom pods, crush them (the bottom of a pan works nicely) and remove the seeds. Grind the seeds into a powder with a mortar and pestle.

Heat a medium-sized saucepan over medium-high heat, add 1 tablespoon of olive oil, and heat until the oil dances. Add the onion, cardamom and coriander. Keep the heat high so the onions begin to brown, stirring continuously. If the onions start sticking to the sides of the pan, add a little water. Continue cooking for 10 minutes, or until the onions are caramelised and golden brown. Reduce the heat if necessary to keep them from burning. Season with a pinch of salt and pepper.

Fill bowls with soup and top with a tablespoon of onions and serve, or simply stir the onions into the soup.

Taken from The Soup Cleanse by Angela Blatteis and Vivienne Vella -Reviewed by Kate Duggan

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STICK TO YOUR RESOLUTIONS



Did you know that people have been making (and breaking) New Year's Resolutions for more than 4,000 years? Some historians believe that the practice dates back to the Babylonians. Their New Year began in springtime, with a festival dedicated to the rebirth of the sun god, Marduk. The Babylonians believed that making promises to the gods would help them start their New Year off on a positive note. The Romans kept the tradition up, although they changed the date of the New Year to January 1st.

These days, New Year's Resolutions tend to focus on self-improvement, whether it's eating healthier, quitting smoking, or getting a new job. Millions of us make a resolution each year, but only 1 in 10 people stick to it. If your resolve is already wavering, here are a few tips to help you stay strong:

Write it down. Writing down a goal and reviewing it regularly improves your chances of success by up to 95%!

Involve other people. Tell people what your aim is, and ask them to help. Will your partner join you on your healthy eating mission? Do you know someone who fancies going jogging with you?

Have a plan - A goal isn't enough; you need to know how you're going to get there. Resolving to exercise more? How many times a week are you going to work out? What combination of exercise are you planning to do? Do you need to get anything in place to help you achieve your goal, such as a new tyre for your bike?

Break your goal into

smaller ones - So you want to lose two stone by your summer holiday. How many pounds do you want to lose this fortnight?

Remind yourself why you're doing it -Do you want to make more money so that you can buy a house? Do you want to be healthier so that you can watch your kids grow up?

Make it pleasurable - There are usually more ways than one to reach a goal. You don't have to join a gym to get fit, for example; you could take up a dance class, or try karate.

Keep track of your progress - Create a spreadsheet, download an app, or just celebrate each small success on Facebook.

Give yourself rewards along the way -Save the money you'd normally spend on cigarettes or chocolate and treat yourself with it at each small milestone.

Get back on the wagon - We're only human, so we all slip up sometimes. One fry-up doesn't mean you also have to skip the gym. Think about why you slipped and consider how you can stop it happening again

Good luck!

By Kate Duggan

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Funding Success for Creative Living Centre

The Creative Living Centre has been successful in bidding for over £70k funding from the Lloyds Bank Foundation.

This will allow the centre to run its 'Creating Better Chances' project over the next three years. This project will work with unemployed with mental health issues.

Ulrike Meister, Project Worker, "It is fantastic to get the funding from Lloyds Bank Foundation. When sufficient time and support is given, people are able to build up their confidence, self-esteem, skills and take ownership of their life as well as move back into work."

Paul Streets, Chief Executive of Lloyds Bank Foundation for England and Wales said of the funding,

"We are passionate about supporting those with mental health issues to make the transition to a position of resilience and improved health and wellbeing so they can lead fuller and more independent lives.

"We are proud to support Creative Living Centre's Creating Better Chances project which will have a tremendous impact in getting people back into employment in a supported way."

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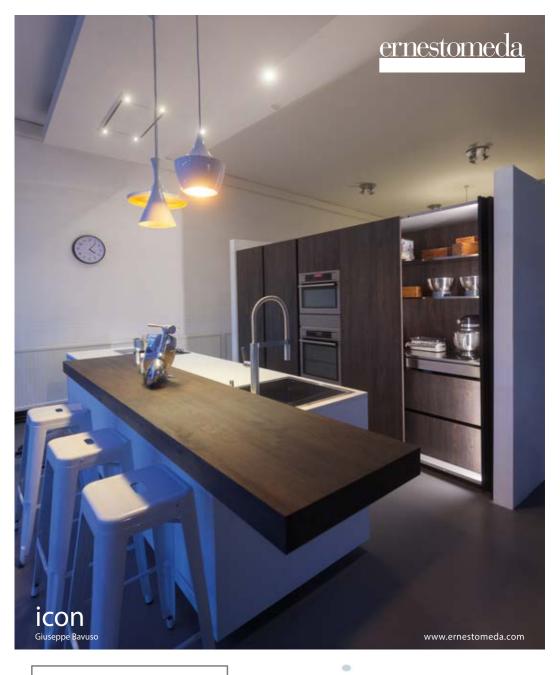


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SAFETY ALARMS

Around 140 house fires occur every day in the United Kingdom, resulting in nearly 500 deaths and over 11,000 injuries each year. Many of these could be prevented with an early warning system in place - such as a smoke alarm. They can detect fire in its early stages and give you a few extra precious minutes to make a safe escape. There are four types:

lonisation alarms are the cheapest and are very sensitive to small particles of smoke from fast flaming fires (like paper or wood), but they can be over sensitive near kitchens. They are best fitted on landings.

Optical alarms are more effective at detecting large particles of smoke from slow burning fires, such as from foam-filled upholstery and PVC wiring. They are ideal for bedrooms, living rooms and the hall.

Heat alarms are insensitive to smoke, but detect an increase in temperature. They only cover a relatively small area, so you may need several in a large room. They are a good choice for a kitchen or garage.

Combined alarms include an optical and heat alarm which will reduce the occurrence of false alarms and increase the speed of detection. They should be fitted on landings and in bedrooms, living rooms and halls.

Some alarms are interlinked, which means that smoke detected in one room can raise an alarm call elsewhere in the house. Some have a light that comes on when the alarm sounds, which can help you find your way out and also alert people with hearing problems.

As a minimum you should fit one alarm on each floor, but the more you have fitted, the more protected you are. Remember – you are twice as likely to die in a house fire where no alarm is fitted

Smoke alarms do not detect the presence of carbon monoxide (CO), which is a colourless,

odourless, tasteless – but highly poisonous – gas, produced when carbon-based fuels like gas, oil, wood and coal do not burn completely. Around fifty people die each year from CO poisoning.

A CO detector should be fitted in every room containing a fuel burning appliance such as a boiler, cooker or fire. Costing between £15 and £35, a detector should have an audible alarm – not just a colour change or back spot indicator – to wake you when you are asleep and at your most vulnerable.

Please ensure that your alarm complies with British Standard EN50291 and that it gives a warning when it reaches the end of its useful life.

In addition to fitting a CO alarm, also make certain you have your gas appliances and flues serviced regularly by a Gas Safe Registered engineer.

Prevention is always better than cure!

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Prestwich Heys FC

Prestwich Heys head into 2016 brimming with optimism.

With both the 1st team and the Reserves top of their respective league's and both still unbeaten so far this season the club's sights are set on bringing silverware to Adie Moran Park come the Spring.

Also on the agenda is progression to the North West Counties League. The club have submitted an application for the 2016-17 season and are hopeful that this time they will make the step up to the semi-professional ranks after missing out last season.

Indeed, it could be argued that the club have come full circle over the last twelve months having started the year with similar ambitions.

However, they approach the coming year in a far stronger position both on and off the pitch after a rollercoaster year that has seen the full range of human emotions on display.

Heys initially passed their ground grading for the Counties last season, but with one or two bits not quite finished the FA knocked them back in late April.

That coincided with a slump in form on the pitch too as a challenge for the title fizzled out into a sixth place finish.

That disappointment was tempered by the Reserves winning their League by a ten-point margin, losing only one game in the process.

However, the summer led to a re-appraisal of where the club stood. Manager Jon Lyons decided the time had come to freshen his squad and brought in ten new signings whilst lan Hutchinson, a member of Heys triple title winning sides of the oo's, came on board as Karl Kavanagh stepped down as Assistant.

Jeff Kavanagh also stood down from the Reserves to be replaced by long serving Matt Jolly meaning it was a new look Heys that prepared for the new campaign.

On the eve of the season however sadness enveloped the club following the sudden death of Chairman John Carroll. Whilst his loss was mourned a determination to complete the hard work he had undertaken through difficult times and get the club back in the North West Counties League grew.

All the ground grading criteria for promotion to the North West Counties is in place with negotiations for floodlights progressing and with both sides going strong hopes are high this will be Heys Year.

The weather has frustrated Heys in recent months, they have not played a game since November 7th and they will hope conditions improve to recommence their title bid on January 2nd when they travel to Walshaw.

New year fixtures are:

2-Jan - 1st v Walshaw (A), Reserves v Walshaw Res (H)

9-Jan - 1st v Boothstown (A), Reserves v Royton (H)

16-Jan - 1st v AFC Monton (H), Reserves v AFC Monton (A)

23-Jan - 1st v Old Alts (H) Gilgryst Cup, Reserves v Wythenshawe Ams (A) Open Trophy

30-Jan - 1sts v Atherton Town (A), Reserves v Rochdale Sacred Heart (H)

All kick offs are 2pm.

Admission to 1st team games is Adults £2 / Concessions £1/ Under 16's FREE

For all the up to date Heys news visit www.prestwicheys.com

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All modern cars are just computers on wheels and when your beloved car develops a fault your dashboard or screen in the car will quickly tell you, usually with a little orange picture of an engine or a spanner.

What does the little orange icon mean though? A trip to a dealer to have your car plugged in via on board diagnostics or 'OBD' can easily cost over £80. And that isn't going to fix the problem it will just tell you what it is.

Well if you are a bit like me and you like to fiddle with your own car then you can also also do OBD yourself, it's not a hard thing to do. if your car was made after 2002 then it will be OBD compatible, to diagnose it you don't need much.

Everyone has a smart phone or a laptop and this is pretty much all you need, well you do also need £5 to spend on Amazon or ebay. You can either buy a USB OBD2 cable or a Bluetooth OBD2 kit. I have a bluetooth one, it cost £4 and will connect to my Android phone, an iPhone or a laptop (if it has bluetooth obviously).

The software you need to work with the adapter is free all over the internet. If you have a smartphone go to your app store and download a free version of 'Torque' this seems to be the best one to work with all makes of car.

My current daily hack is a BMW, there is a very good diagnostic app on Android for BMW's called 'Carly' You can do a hell of



lot of stuff to your car so it's well worth the £30(ish) it costs.

I had an issue with my brake pad wear sensors, I fixed the issue myself then used the app to reset the error. A dealer would want £80 to do this, so I'm already up on the deal and now I own the app that can do many good things for my car.

My colleague Ollie owns an Audi S8 and he uses his laptop with a USB OBD2 cable to diagnose his car, he can also code options on his car, so he can set auto locks or raise and lower air suspension, tons of stuff that the dealer would charge a flat rate for.

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