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Christmas Lights Switch On Events

As Christmas approaches, Newry Mourne and Down District Council is lighting up the district!

Dates are set and Christmas lights will be turned on across its towns and city at Switch On events happening from mid November until 19 December. These evenings will provide everyone with plenty of opportunities to enjoy a series of festive activities that will create plenty of Christmas cheer.

On Sunday 4 December, Downpatrick is set to host huge crowds in Saint Patrick's Square between 5pm to 6.30pm. A sensational 70's tribute band will provide uplifting entertainment alongside street entertainers, free amusements, face painting, arts and crafts workshops and balloon modellers to keep everyone occupied as they wait for the lights to be switched on at 6pm. And as if that is not enough, the night will finish off with a fireworks display at 6.30pm!

Newry, Mourne and Down District Council, Chairperson, Councillor Michael

Savage said, 'The Christmas Lights Switch On events not only officially mark the run up to Christmas but are important for bringing people together to create cohesion within communities and providing a sense of pride and place.'

Community Christmas Light Switch On events:

- Ballynahinch Friday 25 November
- Newcastle Saturday 26 November
- Warrenpoint Saturday 26 November
- Kilkeel Saturday 26 November
- Hilltown Friday 2 December
- Saintfield Friday 2 December
- Dundrum Friday 2 December
- Rostrevor Saturday 3 December
- Killyleagh Thursday 8 December

For further information please contact Visitor Services on 0330 137 4046.

New features revealed as historical gardens light up once again for Christmas

SPECTACULAR SEASONAL SHOW AT HILLSBOROUGH CASTLE AND GARDENS RETURNS

A dusting of seasonal magic will land throughout Hillsborough Castle and Gardens as the Christmas at Hillsborough Light Trail makes its return this December.

Over a million lights and seasonal sounds will once again fill the air at the historical venue, where glittering tunnels of light, dancing lakeside reflections and trees drenched in jewel-like colours will come to life amongst a trail of larger-than-life illuminations where mistletoe memories will be made.

This year, the stunning Neon Strings installation has been renamed by Beechlaw School in Hillsborough as Royal Aurora, a nod to the school's home of Royal Hillsborough and the mesmerising Northern Lights mostly enjoyed in the wintertime.

Further highlights for 2022 include Butterfly

Effect, by Masamichi Shimada, courtesy of Light Art Collection. Masamichi is an artist from Japan, who through this artwork, portrays how something as delicate as a butterfly can hold a huge amount of power.

The artist wishes to make visitors smile through the creativity of his work and

aims to emphasise that the small act of one person can make a huge difference to seemingly big problems. The beautiful butterflies will be easily found along the trail as they can be spotted illuminating the pond in a blue glow.

Continued on page 4

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Asda Downpatrick Colleague awarded Customer Colleague of the Year

Asda Downpatrick has been honoured at a Northern Ireland-wide ceremony to recognise those colleagues who have gone 'above and beyond' in service delivery.



L-R, Charlotte Elliott, Brigeen Henderson and George Rankin

Created to recognise those individuals who have stepped up for colleagues, communities, and each other, the Proud to be Asda Awards aim to shine a spotlight on those who have made a genuine difference in their workplace.

Downpatrick's Brigeen Henderson, was recognised

as 'NI Customers' Colleague of the Year'. The bubbly shop floor colleague is known for her caring, kind-hearted nature and is described as someone who 'always goes the extra mile for her colleagues and customers'.

George Rankin, Senior Director for Asda Northern

Ireland said;

"It is a real honour to be able to bring together our colleagues to celebrate their amazing, achievements, which, collectively make us all very Proud to be Asda. Like Brigeen, each nominee has made a special effort and in their own way has made a big

difference to the services we deliver. They deserve this recognition, and we thank them for everything they do."

Brigeen will join the other six winners from Northern Ireland who will go forward to the national Proud to be Asda Awards in Leeds in spring 2023.

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Mourne Wall restoration progress allows earlier start on Slieve Donard repairs

The NI Water Mourne Wall Restoration Project team is making good progress with the £2.5m phase two schedule of repairs and plans to start works on Slieve Donard this month.

The construction team led by GEDA and encompassing local stonemasons from Thomas Rooney & Sons, has completed more than 65 repairs on Slieve Muck and Slievenagloagh South since August and as a result of mild weather conditions will move to Slieve Donard earlier than expected.

Speaking about the work, Michael Donnelly, Senior Project Manager with NI Water said: "The stone for the repairs on Slieve Donard has been bagged and is sitting in Binnian Quarry ready to be transferred by helicopter to the required locations on Slieve Donard. With favourable weather

conditions presently, the team plans to start transporting the bagged stone and getting repairs underway in November.

"NI Water would ask the public to be mindful of the ongoing work to restore the 100-year-old Mourne Wall and the possibility of helicopters being in the area for a short period. As always, any helicopter lifts will be carefully managed, with stewards and signage in place for health and safety purposes."

"As this important project continues, I would like to thank Mourne Heritage Trust, NIEA, National Trust and the Trustees of Mourne for their

ongoing guidance and assistance and acknowledge the strenuous efforts exerted by the contractors and wider project team in carrying out this vital work."

Around 75 repairs have been identified for the section of wall on Slieve Donard with work expected to take around 6-8 weeks depending on weather.

At the heart of the phase two programme of repairs – being managed on behalf of NI Water by RPS – is a proactive 'stitch-in-time' approach which will see the careful dismantling and rebuilding of vulnerable bulges in the 22mile-long wall to aid its longevity.



Continued from page 1

Another must-see installation this year will be the extraordinary Meadow of Light, which will immerse visitors in a festive field covered in shimmering layers of swaying fibre optic lights. This installation is created by Lightworks, an Edinburgh based award-

winning company who specialise in immersive lighting design and showpieces.

Almost half of Hillsborough Castle's 100 acres of gardens will be transformed into a winter wonderland, where visitors can contemplate a choreographed colour-changing avenue of trees, get a glittering welcome in the Walled Garden, a dazzling Yew Tree Walk and even get a glimpse into Father Christmas' workshop.

Local food and drinks vendors will be dotted throughout the grounds, serving an array of hot food, spiced winter warmers, toasted marshmallows and hot chocolates* to keep visitors fueled throughout





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the trail. Hailed as must-visit when the trail first arrived in Northern Ireland last year, this winter wonderland is sure to fill the whole family with festive feels from 01 December 2022 – 01 January 2023. Free parking is available on site at Hillsborough Castle and Gardens new Visitor Centre, with the trail opening from dusk at 4:30pm, and last entry at 8pm**. Tickets range from £22 (non-member) and £20.50 (member) for adults, with family tickets available. To book and for more information visit www.hrp.org.uk/christmasathillsborough and <https://mychristmasrails.co.uk/>, and follow @mychristmasrails on Facebook and Instagram



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Air Ambulance encourage support as service anticipates 60 missions this December

With most people starting to count down to the festive season, the charity Air Ambulance NI is encouraging the public to remember the air ambulance service.

When most of us will be off work and enjoying time with family and friends, the Helicopter Emergency Medical Service will continue every day.

During the month of December, the HEMS team anticipate being called upon on over 60 occasions. Behind every one of those calls is a patient who is critically ill or injured. The doctor and paramedic team bring the hospital direct to the patient, providing critical care at scene that can be the difference between life and death. It's a service we all hope never to need, but is good to know it is there.

Glenn O'Rourke, Operational Lead of HEMS said, "As we come into the winter season the profile of missions starts to reflect the time of year and people's activity. For example, we may be called out to less sporting accidents at this time of year but more road traffic collisions. Whatever has caused the critical

emergency situation, our commitment to the public is to be there, day in, day out to look after the people of Northern Ireland. The doctors, paramedics and medical equipment is the provision and governance of the Northern Ireland Ambulance Service (NIAS), but it's never taken for granted by our team the support from the public that enables us to fly to the sickest people who need us, on average twice per day."

The charity has many ways that people can help, as Kerry Anderson, Head of Fundraising explains, "We realise times are difficult, and want to thank everyone for their continued support. Any contribution this Christmas, will make a difference to a patient. One of the simplest ways of supporting is by becoming a member of our Club AANI or you can buy this for a loved one, adults or children alike. Alternatively consider a stocking filler item from our online



shop including Christmas Cards, Christmas tree baubles, dog bandannas or a beanie hat, or host a fundraiser at home or work like a Christmas Jumper Day. We also have e-cards available if you'd rather donate in lieu of sending cards. For more information, check out our website at www.airambulancenl.org"

The HEMS has been operational for 5 years and during that time

has been called out on over 3,000 occasions. It is provided by way of a partnership between the Northern Ireland Ambulance Service and the charity, Air Ambulance NI. Each day the charity needs to raise in excess of £5,500 to sustain and develop the service. You can contact the charity directly on 028 9262 2677 or by email on info@airambulancenl.org



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Chairperson Hosts Welcome Event For Ukrainian Families

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Newry, Mourne and Down District Council Chairperson, Councillor Michael Savage hosted a welcome event for Ukrainian families recently in the Council Offices, Monaghan Row.



The event provided Ukrainian families from across the district with an opportunity to meet with our Chairperson and Council officers, to ask questions and

discuss their experiences and life following their arrival here.

Many families have come to the Newry, Mourne and Down District Council area following the invasion of Ukraine. They have arrived mainly through the two visa schemes – the Ukraine Family Scheme and the Homes for Ukraine Scheme.

Working in partnership with the Executive Office and other statutory agencies, Council has established a Ukraine Assistance Centre in Newry Leisure Centre to enable Ukrainian arrivals to access help and advice on issues such as housing, health, education, applying for benefits and legal issues. Support is also provided

through the Council's Ethnic Minority Support service operating from Newry Town Hall and the Ballymote Centre in Downpatrick.

Welcoming the Ukrainian families, Newry, Mourne and Down District Council Chairperson Councillor Michael Savage said, "I am deeply moved by your stories and realise that it can be confusing and often overwhelming when you arrive to a new area. We will do everything that we can to provide you with all the necessary help and support while you reside within Newry, Mourne and Down."

Cllr Savage concluded by thanking the many sponsors across the district who have opened their homes to Ukrainian refugees.

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The at-home test that can spot diabetes in society's most vulnerable

ROUTINE eye tests can help detect diabetes and other health conditions before symptoms start to show, according to experts.

In the lead up to World Diabetes Day (14 November), advice was offered by Specsavers' Home Visits service, which sees opticians travelling across the country to provide full and thorough eye tests for those who are unable to visit their opticians unaccompanied due to illness or disability.

With half of diabetes sufferers being aged 65 or over The Home Visits teams can play a significant role in the early diagnosis of diabetes in older people.

Graham Hanna, Home Visits Director for Belfast, says: 'There's a misconception that regular eye tests are only for people who have noticed a change in their sight, but that's just a small part of why they are so important. They are able to detect a whole host of health problems, with the early signs of diabetes being a prime example.'

'With half of diabetes sufferers being over 65, it's particularly important that older

people have regular eye tests to ensure that the warning signs of diabetes are spotted as early as possible.

'That's why Specsavers is proud to offer home visits to anybody unable to leave their home on their own, including residents of care homes. We're proud to provide such a service and want to ensure everybody is given the due care they deserve when it comes to their eyes, regardless of age.'

Diabetes and your eyes

Here, Graham explains more about diabetes and your eyes.

'A complication of diabetes is diabetic retinopathy which can occur when high blood sugar levels over a long period of time damage the blood vessels in the back of the eye,' explains Graham. 'If left untreated it can cause sight loss. In its early stages diabetic retinopathy usually doesn't cause any noticeable symptoms, so an eye test can pick it up before you do.'

As the condition



affects small blood vessels in the eye, damaging the retina, your optometrist can look for early characteristic changes, such as tiny leaks from these damaged vessels.

Graham says: 'As retinopathy develops, blood vessels can weaken, bulge or leak into the retina and can be referred to as non-proliferative retinopathy. However,

if it worsens, some vessels can close off which causes new ones to grow, or proliferate, on the surface of the retina. This is known as proliferative retinopathy and can lead to problems with your vision and even sight loss.'

For more information on Specsavers Home Visits and request a home eye test visit <https://www.specsavers.co.uk/home-eye-tests>.

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We have been awarded 'Thinking School' status by the University of Exeter. We are the ONLY SCHOOL IN NORTHERN IRELAND to be recognised as a 'Thinking School' and have presented to other schools in NI.

We believe in developing pupils' Thinking Skills and Personal Capabilities to provide them with lifelong skills for this ever changing 21st century world. We have been graded as OUTSTANDING in our recent inspection report by ETI (2019).

This is the second time the ETI has graded Cumran as OUTSTANDING and is affirmation of the standard of all round education offered in our school. The school was rated as OUTSTANDING IN ALL AREAS: the quality of education it provides, the quality of the children's achievements and standards, the provision for learning, the leadership and management and pastoral care.

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- We have been awarded the impressive 'Digital Schools of Distinction' Award recognising best practice and excellence in ICT
- We have achieved the ICT Mark acknowledging Cumran exceeds national standards in ICT
- We are one of only 6 primary schools in Northern Ireland to have achieved the Third Millennium Learning Award for providing a learning environment and experiences fit for the 21st century, making full and effective use of the opportunities presented by education technology.
- We have showcased our school's use of ICT at the prestigious BETT conference in London

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sustainable engineering solutions for our customers.

For the 4th consecutive year EJC Contracts Ltd was this year awarded the RoSPA Gold award for health and safety, validating their efficient safety measures to ensure they maintain safe working environments for their staff, clients and the general public, even during the most difficult of times.



EJC Contracts received the RoSPA gold award earlier this year

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De La Salle High School

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Everything we do in De La Salle High School is centred on Our Mission Statement.
Take Care, Show Care, Teach Care ... Evoke Care

Open Day 16th January 2023 (9:30-2:30pm)
Open Night 16th January 2023 (6:30 pm to 9:30 pm)

We continue to provide a quality education for all. This caring nature has helped develop excellent relationships between the staff and pupils and is one of the many reasons for our excellent exam results. The mutual respect between staff and pupils has been recognised by UNICEF and we became the first maintained post primary school to be awarded 'A Children's Rights Respecting School'.

De La Salle High School is dedicated to pursuing excellence through:

- A stimulating and well-resourced environment
- Enthusiastic and energising staff
- The development and encouragement of everyone at the school
- Rising self-esteem and awareness of others
- Encouraging respect

De La Salle High School is a Lasallian, Catholic all ability Post Primary school for 11-19 year olds

SAINTFIELD HIGH SCHOOL

Pledge: 'Individual success for all pupils – learning and achieving together.'

Saintfield High School is a vibrant and thriving post-primary school, welcome to all pupils aged 11-16. Our school community is committed to delivering exciting educational experiences and personalised pathways for each individual pupil. Every single child in our care is supported fully in their learning and in their personal development to prepare them as citizens of the twenty-first century. We are a community school. We are a family school.

Established in 1958, our reputation within the local and wider area is founded on our belief that a successful school is one which celebrates and nurtures the whole child, inside and outside of the classroom. Our rich history of delivering high quality learning alongside exceptional pastoral provision, cements our key position at the heart of our community. We encourage all of our pupils to take an active interest in their learning, to work hard, and to exemplify our school ethos. Our

highly motivated and talented team of teachers, alongside our professional non-teaching staff and affirmative family support, ensure that each pupil achieves their true potential.

In addition to a varied and balanced curriculum at both Key Stage 3 and Key Stage 4, Saintfield High School offers a wide and varied extra-curricular programme to enhance life skills, and to encourage and promote our pupils' broader perspectives.

We are immensely proud of our long tradition of excellence, and of growing and transforming to meet the needs, aptitudes and ambitions of all of our pupils. As we approach 2023, our learning community continues to go from strength to strength. 92% of our Year 12 pupils who left in June 2022 achieved five or more GCSEs at Grade C or above, with 85% achieving five or more GCSEs at Grade C or above, including English and Mathematics. Additionally, we were



delighted to receive a temporary increase to our Year 8 enrolment for the current academic year of 24 pupils. The level of demand for places at Saintfield High School is testament to the quality of education we provide of which our pupils, members of staff, and parents and carers are extremely proud of. A very warm welcome awaits you at Saintfield High School.

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-  Pet Therapy (Dogs)
-  Arts & Crafts
-  Bingo
-  Cookery Demonstrations
-  Church Services

Wishing you a Merry Christmas & Happy New Year

Find Us

12 Tullywest Rd,
Saintfield, Ballynahinch
BT24 7LX

Contact Us

Telephone: (028) 9751 1234
Email: tullywestmanor@googlemail.com










MISSION - Saintfield High School, together with the community we serve, celebrates personalised learning in a safe, caring and stimulating environment.

PLEDGE - Individual success for all pupils – learning and achieving together.

Established in 1958, Saintfield High School is a thriving and vibrant co-educational non-selective post-primary school for children aged 11-16, that enjoys a rich history of both academic and personal success.

We are a community school. We are a family school.

Our reputation of delivering high quality learning alongside exceptional pastoral provision, cements our key position at the heart of our community.

In addition to a varied and balanced curriculum at both Key Stage Three and Key Stage Four, the school offers a wide and varied extra-curricular programme to enhance performance in the classroom, and to encourage and promote pupils' broader perspectives.

We are immensely proud of our long tradition of excellence, and of growing and transforming to meet the needs, aptitudes and ambitions of all of our pupils.

SAINTFIELD HIGH SCHOOL

A warm welcome awaits all prospective pupils and their families at Saintfield High School

Continue to discover the Saintfield High School story by watching a **Virtual Tour** on our website **www.saintfieldhighschool.com**, and finding out about the different aspects of our school life via our social media platforms.

Details of our forthcoming Open Evening on **Thursday 26th January 2023** will be released soon via our social media platforms below:

-  @SaintfieldHigh
  @officialsaintfieldhighschool
  @SHSTransfer2023

SAINTFIELD HIGH SCHOOL

21 Comber Road, Saintfield BT24 7BB
T 02897 510356 E info@saintfield.saintfield.ni.sch.uk



HOSPITAL ROOKS

Back in October, I spent a few days in the Ulster Hospital for tests (I'm now doing OK, thank you, and the staff were wonderful) where I was privileged to watch how rooks, possibly the ugliest of crows but also possibly the smartest, carried out their communal practices in preparation for overnight roosting.

I was on the 6th floor of the new building with a fantastic picture window view over the old hospital buildings to the Castlereagh Hills, and it was on my second morning that I noticed the rooks flying off from somewhere out of sight, possibly in the grounds of Knock Golf Club or the lower Stormont Estate, obviously their overnight roost.

Remembering how Mark Cocker in his brilliant book, Crow Country, described how rooks prepare for roosting, I decided to keep watch, but it wasn't until two days later that I was able to

see the spectacle, from about 5.30pm.

First, a few, maybe 20 or 30 gathered on a small car park, a strange place to just stand or strut about, before rising up together, clearly knowing their destination, to head for a stand of mature trees below the Maternity Wing, settling in the high branches, and soon to be joined by others, more and more, until, as though signaled, again, they flew up and away from the trees to land on the old hospital roofs and railings.

Time passed as more flew in, singles, couples, small

groups, until there were hundreds, just standing or perching, almost blacking out some small roofs, and waiting.

For what? I had this image in my head of a Sergeant Major Rook, an Officer Rook, a Head of the Clan Rook getting ready to order the troops forward, but initially the movement towards the roost was slow, but steady, one roof to another, and it wasn't until the very edge of darkness that somehow, from somewhere, came the moment, and the huge flock rose as one, a black on black spectacular, chaotic but preordained, and



purposefully headed to the place where they'd roost overnight in safety, ready to

disperse at dawn to feed and later do it all over again. Thank you, Ulster

Hospital; thank you, rooks. You both made my stay a pleasure. JVA

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Christmas facts you may not have known

There are many Christmas traditions we all generally know of but there are also a number of lesser known Christmas facts some of which you may have heard. The following are a few interesting and bizarre facts.

There are around 60 million Christmas Trees grown in Europe every year. They are usually grown for fifteen years before they are sold. The tallest Christmas tree was 221 ft which was placed in a Washington shopping Mall in 1950. Parts of the Christmas tree can actually be eaten as they contain a high source of vitamin C. The first artificial tree was made in Germany using dyed goose feathers.

During the First World War troops sang Christmas carols on Christmas Eve even coming out of their trenches to wish each other a 'Merry Christmas' and shar-

ing gifts which became known as the Christmas Truce of 1914. Christmas dinner once consisted of a Pigs head instead of Turkey, the new feast day tradition evolved when turkey became a much cheaper alternative.

Rudolph was created in 1938 as a part of an ad campaign, the supposed misfit of all the reindeer - just look at what a bit of publicity did for him. Jingle Bells was the first Christmas song to be broadcast in space in December 16, 1965 after it was sang by the astronauts Tom Stafford and Wally Schirra. Scientists took it upon themselves



to create the world's smallest Christmas card in 2010 at 200 x 290 micrometers in size, its small enough to fit on a postage stamp over 8,276 times.

The abbreviation Xmas came from the Greek letter X which is also an abbreviation for

Christ. Scientists have calculated the number of houses Santa Claus would have to visit a second in order to deliver every child their presents, the number per second is 822 and he pulls it off every year now that truly is magic.

BRUNEL'S, AT THE FOREFRONT OF THE LOCAL DINING SCENE

Opened in 2014, Brunel's have been at the forefront of the local dining scene for over 8 years.

Having moved to our current venue on the Down's Road, Newcastle in 2017 we continue to offer an excellent menu showcasing the best of locally sourced produce and complimented by an excellent cocktail and wine menu.

Firm favourites on the menu include our seafood chowder and chicken liver parfait starters, with a wide array of fantastic fresh fish with the highlight for meat lovers being

our tomahawk or chateaubriand carved tableside.

We pride ourselves on the quality and consistency of our food and service and are incredibly proud of our kitchen and front of house teams who put the customer experience at the heart of everything they do.

Whether it's a casual lunch with friends, a night out with a loved one, or a group celebrating that special occasion, Brunel's can cater for the most discerning customer's needs.



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Brunel's

FESTIVE MENU

STARTER

- Celeriac & apple soup 7
- Chicken liver parfait, toasted brioche, clementine gel, pear chutney 9
- Crispy fried brie, dressed leaves, cranberry sauce (v) 9
- Pickled beetroot, goats cheese, pine nuts (v) 9
- Duck spring rolls, mango & pineapple salsa, hot & sour sauce 9

MAIN COURSE

- Turkey & honey glazed ham, sprouts, bacon, seasonal vegetables, mashed & roast potatoes, festive gravy, chipolatas, cranberry sauce 22
- Roast duck breast. dauphinoise potatoes, celeriac puree, miso carrots, braised red cabbage 28
- Pan fried cod, crab crushed potatoes, crispy capers, warm tartare, dill oil 25
- Salmon, baby potatoes, prawn & crab bisque, asparagus, tomato 25
- Butternut squash risotto, hazelnut oil (v) 20

Prime Cuts menu also available

DESSERT

- Warm Christmas pudding, brandy anglaise 9
- Apple & cinnamon tart, vanilla ice cream 9
- Chocolate fondant, candy popcorn, salted caramel ice cream 9
- Selection of sorbets 7
- Cheese board, glazed figs, quince Jelly, crackers 10

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Wishing you a Merry Christmas & Happy New Year

10 REASONS TO SHOP LOCAL!

Shop local and enjoy good service, product knowledge, high quality - and know that you've really done something about keeping your local shops and local services in business and your local communities thriving.

1. Local shops sell a wide range of great products at affordable prices. Many people get out of the habit of shopping locally and are then surprised by the range of products and gifts available.

2. Shopping locally saves you money. Out of town shops have done a good job of convincing us all that sole traders = expensive, but the evidence just isn't there to back this up. If you add in travel, parking costs, fees to transport larger items home and customer time, the overall cost is often much greater.

3. Shopping locally retains our communities. People don't like losing shops and services in small towns and villages but don't equate this to how they spend their money. Shops will only survive if customers spend locally - so if you want a vibrant town centre, where people can socialise as well as shop, we need to encourage people to shop locally.

4. Shopping locally retains our distinctiveness - avoid clone towns! Many town centres in Britain look the same with franchises and multinationals. Independent shops create distinctive shopping experiences and stock different products. Independent shops keep traditional local products alive. They respond more quickly to the needs of local customers, stocking products to meet the changing population needs.

5. Shopping locally saves the environment. We are all aware of CO2 emissions and our environmental impact. Local shops often stock a higher percentage of locally sourced goods for which distribution time and customer journey times are reduced. This helps reduce our global footprint.

6. Shopping locally creates jobs. Shops in our town centres and villages create local employment and self employment. These people in turn spend in the local economy. Evidence shows that for every £10 spent in an independent shop, £25 is generated for the local economy compared to £14 spent in multinationals.

7. Local independent shops invest more in our communities. Sole traders and independent stores are proportionally more generous in their support for local charities, carnivals, schools and



community events. So supporting local shops means a financial return for our community.

8. Local shops are for everyone. Most people can get to their local shops easily. This is especially important for the elderly, the vulnerable, young people and those without private transport.

Keeping your shops open by buying locally helps the whole community.

9. Local shops value you more. Evidence from numerous surveys shows people receive better customer care and service in local shops. Traders survive by their reputation and repeat business - so shopping locally

means that you get a higher standard of service.

10. Shopping locally saves services. Private, voluntary and public sector services cluster around shops. The loss of the high street often corresponds to a reduction in these services. As shops disappear, so do hairdressers, vets, dentists etc

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Focus on Jordan Jackson, Specsavers Downpatrick

Alongside Katie Nugent, Jordan Jackson is the new partner owner in Specsavers, Downpatrick. Jordan is originally from Portadown but has spend the last six years in Edinburgh working for specsavers. In order to gain his optometry qualifications he studied at Ulster University before moving to Scotland for his pre-registration year.

In 2020 he gained a specialist independent prescribing qualification which allows him to diagnose and treat more serious eye conditions in store. Jordan says: "Optometry as a whole seems to be moving more in the healthcare direction. With NHS waiting lists growing we are in a perfect position to take some of the pressure off the Hospitals and treat more conditions in store. (Most of the time the cost of the eye appointment is still covered by

the NHS) Your local optometrist should be the first port of call for eye issues rather than your GP." Jordan notes that Specsavers, Downpatrick stands apart in offering outstanding value, coupled with a high standard of expertise in-store. He says: "Specsavers, Downpatrick has a friendly and hard working team. I've worked in other companies and specsavers cannot be beaten with regards to what you're getting for your



Optician Director Jordan Jackson

money. Specsavers, Downpatrick offers great products at below average prices. It also offers some of the best clinical care available in the area with its OCT scanner and NIPEARS service." For more information contact Specsavers, Downpatrick on (0)28 4461 2246

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As the focal point of your Christmas display, you need to make sure that your Christmas tree is eye-catching and beautiful.

When it comes to colour scheme, the options are seemingly endless. It could be red, gold, silver, green, pink or white – you can choose what is best for you! The colour scheme should compliment the existing colour scheme of your home, rather than

clashing and causing a dazzling display of colour. Thematic Christmas tree displays are becoming more and more popular. The options are limited only by your imagination – from Disney characters to the nutcracker and stars to minimalism, you can

do just about anything. As a general rule, many would recommend 10 large ornaments per square foot height of tree; however this is down to taste. Some will prefer a tree to be covered head to toe in lights and decorations whilst other will prefer a simpler,

minimalist approach. Evenly distributing the decorations is an important factor to consider. The human eye is inclined to appreciate symmetry – something to consider when placing decorations. Be sure to place the heavier decorations on the interior branches as these

will be better able to bear the weight, leaving the lighter decorations on the exterior – keeping branches from stooping with heavy décor. Christmas lights are another troublesome consideration. These come in the traditional yellow, contemporary white or alternatively

they also come in multi-coloured. Whichever you decide to go for, make sure that they are placed evenly across your tree. This is a mistake that is often made and can make a tree appear uneven and will seriously hinder the aesthetically pleasing nature of your tree.



TRADITIONAL CHRISTMAS DINNER

Okay, so it is still a few weeks away, but I am just beginning to think about Christmas. I was in the supermarket this morning and overheard a woman saying she had bought all her presents and they were wrapped and ready go.

First on the list will probably be the turkey. Frozen turkeys are already in the supermarkets and if this is what you intend to buy then I would suggest you get one early. If you leave it until a few days before Christmas you may find all there are left are the small ones or the extra large ones, if you want anything in between then get it now.

No doubt there will be those tv ads advising us how to make sure the turkey is properly thawed before cooking. This is VERY IMPORTANT as otherwise it can cause serious food poisoning and that is the last thing you need, at any time, not just at Christmas.

If you prefer to buy a fresh turkey, then you can either order it from your local butcher or get it from the supermarket a few days before Christmas. Fresh turkeys do taste nicer but are considerably more expensive than frozen ones, and remember you will have to find space in the fridge to store it beforehand. A frozen one can be left in the freezer and then left out on a worktop to defrost. All things to bear in mind when space is at a

premium. What will you need to accompany the Christmas dinner? Here are a few suggestions, you may want to add others of your own. POTATOES – roast potatoes, mash, boiled. VEGETABLES - Sprouts, carrots or parsnips, or why not just prepare a selection of the family's favourite vegetables. SAUCES - canberry

sauce, bread sauce, gravy. STUFFING - traditional sage and onion or something more christmassy like horse chestnut. ACCOMPANIMENTS - Chipolates, bacon rolls stuffed, roasted chestnuts. DESSERTS - Christmas pudding, Christmas Cake, Pavalova. Don't stress about

getting prepared you can involve others in the preparation (and the cooking too), don't think it is your job to do everything. Even young children can help by folding serviettes or setting out the crackers. Don't forget to have a glass of sherry or wine or champers or whatever you prefer at your side, while you are in the kitchen getting things ready!!!!

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GET HOME SAFELY

You may have heard it a thousand times before, but getting home safely is still one of the most important things to do with your staff Christmas party.

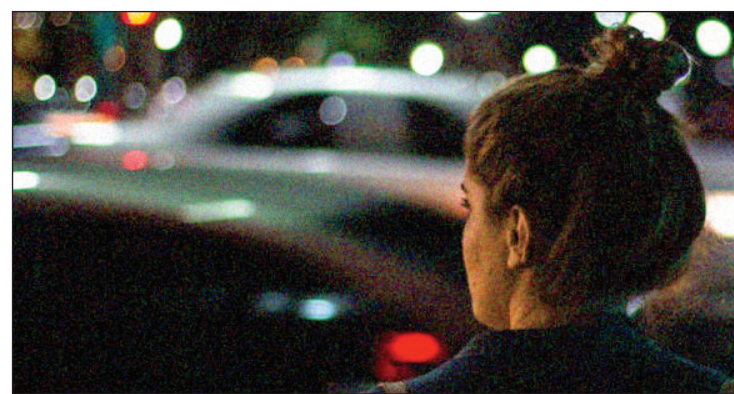
Whether you decide to drive, or enjoy a drink, know how you're getting home well in advance of the night itself.

If you decide to drive this year, make sure you are very familiar with exactly where you are going, and exactly how to get home. Perhaps you could offer to give some of your colleagues a lift? If you

do decide to give people a lift, it is not a bad idea to agree on a home time in advance of the actual function. Knowing when you're able to leave means you'll not be kept out to the wee small hours if you don't want to.

If you alternatively decide you'd like to enjoy a few drinks during your evening make sure you book a taxi

well in advance. You know how busy taxi companies get during the festive season. If there is a company that you use regularly stick with the familiar faces this festive season. Or if there isn't a taxi company you use regularly get someone to recommend one to you. Be sure to book the return journey at the same time!



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These award certificates are proudly displayed in our beautiful reception area because we want everyone to know how proud we are of our dedicated staff and our thriving legacy within the industry.

After such a difficult year, followed by a hugely successful summer season, our vision of becoming a world-class foodie and hospitality destination is well within sight.

The standard of menus offered in our exquisite 1836 building are second to none, with its produce proving as much of an attraction as the UNESCO world heritage site that we sit on.

Our exquisite Winter Warmer package guarantees to take the edge off the academic year blues by offering an escape into a comforting palette of nature's rich hues, only found in locations as unique as ours.

The two-night offer costs £280 midweek and £300 at weekends. This is based on two people sharing, two night's accommodation, three-course meal per person per night,

breakfast both mornings and free entry into the Giant's Causeway Visitor Experience.

This offer excludes holidays and special event periods.

So, maintain your happy summer glow this Autumn by booking a luxurious stay in this quaint, quirky and cosy hotel.

Famous for its eclectic yet charmingly traditional décor a stay in this dramatic cliff-edge hideaway is certain to lull your mood from magic beach walks to mellow fire-side talks.

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 *This offer excludes holidays and special event periods.

Website: www.thecausewayhotel.com



TOP TIPS FOR SAVVY GIFT SHOPPING

Save time and money by getting the right presents for the ones you love

Keep a list
Keep a checklist in your purse so you don't buy two things for the same person. Start a notebook for next year – ideas you can't find this Christmas, and gifts already given.

Don't rush
Pace your spending and get one gift at a time. Take one little detour each time you go out – pop into the toy shop while waiting for football practice to finish, or get that bottle of perfume while you're

buying toothpaste!
Goods that might need to be exchanged
Ask for a gift receipt and shop at a store local to the person you're buying for. Don't buy too early or the returns period will have expired by December 26.

Buying for children
Don't buy toys with small pieces for a child with younger siblings. Avoid giving toys they already have by buying books or generic gifts (like



Lego bricks that can be added to existing sets.

Buying toys

Be considerate – buy toys that are easy to store, washable and if necessary, buy a carry

case for all the pieces that come with a game or set – once the box has been broken

into, the bits will be everywhere!

Batteries
Check these are

included, where needed, or add a pack to your gift if they aren't.

Make it special
When buying something practical (like an umbrella or a purse) choose a colour you know the person likes but wouldn't buy themselves. Eg, we usually buy sensible black or navy gloves for ourselves, but a daring scarlet pair might be the treat we'd really love!

Tokens
Who are you buying

for? If they are for a child, is there a games or DVD department in the branch of that high street store where they live? Does your mum really shop online for music? And choose tokens that last at least a year.

For the person who has everything
Forget vases and socks! Choose foodie treats like posh olive oils or where appropriate, wine – these always get used, and even £10 will get you something great.

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With a simple flat fare of £39 which includes the cost of the ferry and a very generous baggage allowance the Belfast – Glasgow Express offers a really attractive, flexible and low-cost alternative to flying. The perfect option for city shoppers or anyone visiting Scotland to see friends or family.

The service is operated by Hannon Coach and leaves twice a day from Belfast and drops visitors right in the heart of Glasgow's 'Style Mile'. The simple flat fare allows passengers to pick and mix dates and times of travel to suit and with no luggage charges it all adds up to a great option for travel. Now operating from



Company director Aodh Hannon claims that the service has attracted a lot of customers who might

previously have flown and believes that people will respond well to the relaunch and the ability to

travel 'overseas' without flying.

"People have responded really well to the service and love the fact that it's so hassle-free compared to flying and with no extra charge for luggage it is a massive help with keeping the cost of a break down. It's been a long year and people have really missed visiting loved ones and are desperate to get to see their family and friends in and around Glasgow."

The service can be

booked online at www.hannoncoach.com up to 1 hour before departure over by phone using the very friendly telephone booking service.

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THE HISTORY OF THE CHRISTMAS CARD

A Christmas card is a greeting card sent as part of the traditional celebration of Christmas in order to convey between people a range of sentiments related to Christmastide and the holiday season.

In 2020 nearly 100 million Christmas single cards were sold and an estimated 900m Christmas cards were sold in boxes and packs, as well as millions of cards bought from online operators, such as Moonpig.

Christmas cards are usually exchanged during the weeks preceding Christmas Day by many people. The traditional greeting reads "Wishing you a Merry Christmas and a Happy New Year". There are innumerable variations

on this greeting, many cards expressing more religious sentiment, or containing a poem, prayer, Christmas song lyrics or Biblical verse; others focus on the general holiday season with an all-inclusive "Season's greetings".

The custom of sending Christmas cards was started in the UK in 1843 by Sir Henry Cole. He was a senior civil servant (Government worker) who had helped set-up the new 'Public Record Office' (now called the Post Office), where he was an Assistant Keeper, and wondered how it could be used more by ordinary people.

Sir Henry had the idea of Christmas Cards with his friend John Horsley, who was an artist. They designed the first card and

sold them for 1 shilling each. The card had three panels. The outer two panels showed people caring for the poor and in the center panel was a family having a large Christmas dinner! Some people didn't like the card because it showed a child being given a glass of wine! About 1000 were printed and sold. One of Sir Henry's first Christmas cards, sent to his Grandmother was recently sold at auction for £22,500.

As printing methods improved, Christmas cards became much more popular and were produced in large numbers from about 1860. In 1870 the cost of sending Christmas cards, dropped to half a penny. This meant even more people were able to send cards.

The first cards usually had pictures of the Nativity scene on them. In late Victorian times, robins and snow-scenes became popular. In those times the postmen were nicknamed 'Robin Postmen' because of the red uniforms they wore. Snow-scenes were popular because they reminded people of the very bad winter that happened in the UK in 1836.

In 1875, Louis Prang, a printer who was originally from Germany but who had also worked on early cards in the UK, started mass producing cards so more people could afford to buy them. Mr Prang's first cards featured flowers, plants and children. In 1915, John C. Hall and two of his brothers created Hallmark Cards, who are still one of the

biggest card makers today! In the 1910s and 1920s, home made cards became popular. They were often unusual shapes and had things such as foil and ribbon on them. These were usually too delicate to send through the post and were given by hand.

Nowadays, cards have all sorts of pictures on them: jokes, winter pictures, Santa Claus or romantic scenes of life in past times. Charities often sell their own Christmas Cards as a way raising money at Christmas.

Charities also make money from seals or stickers used to seal the card envelopes. This custom started in Denmark in the early 1900s by a postal worker who thought it would be a good way for charities to raise money, as



well as making the cards first year! Soon Sweden and Norway adopted the custom and then it spread all over Europe and to America. It was a great success: over four million were sold in the

Radisson Blu Hotel, Letterkenny

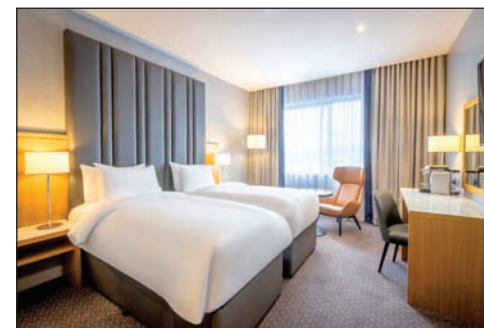
Just a 5-minute walk from the main street and a retail shop across the hotel, guests have easy access to do their Christmas shopping. Letterkenny is also the heart of North West Ireland, and offers an exceptional experience for every type of visitor.

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luxurious materials were carefully selected to enhance the welcoming ambiance and provide an intimate & functional environment for guests.



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Guests can also enjoy award winning cuisine on-site in the AA Rosette-awarded Restaurant. Indulge in steak, seafood, or even our festive menus as well as signature dishes. Along with a refreshing wine, or beer from the extensive offering, all

while you relax in the welcoming ambiance of The Mulberry Restaurant & Bar. And why not wind down after a full day in the Health Club, before sinking back into the sumptuous setting of the newly refurbished hotel foyer for a cocktail and a catch up.

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THE STATION HOUSE HOTEL

The Station House Hotel is a Contemporary, Boutique Family Run Hotel in Letterkenny Town Centre & in the Heart of the Wild Atlantic Way.

Make a break for it in Donegal this Winter, base yourself at the Station House Hotel, located in Letterkenny town centre and in the heart of the Wild Atlantic Way, and as central as you can get for exploring the diversity and all the beautiful wonders of Donegal.

The hotel is built on the grounds of where the Old Station House once stood when the Railway System in Co. Donegal was in operation from 1901 to the 1940's. It was bought by the Gallagher family in 1953, four years after the last train passed the old building. It became their home and was living in up until 2004 at which

point is was demolished and developed into a wonderful hotel that boasts 81 spacious bedrooms, each decorated to a very high standard, the Depot Bar & Restaurant, and Conference & Banqueting facilities.

Since opening this award winning hotel has garnered a reputation as one of the most popular hotels in Letterkenny and indeed in the greater Donegal area for Donegal hospitality at its best, quality accommodation, dining, and a true local's local! A place where value and top class customer service is always assured & reflected in countless reviews on various digital platforms

such as TripAdvisor and Google.

Winter is a spectacular time to visit Donegal, it's so beautiful and there's just so much to do and to discover! From mighty cliffs and historical sites to hidden waterfalls, breathtaking coastline, blue flag beaches, championship golf courses, retail therapy, excellent cuisines & so much more, and around every corner you'll find a pub where the art of conversation comes naturally. Letterkenny is home to many a mighty pub!

Book your well-deserved Getaway now, the Station House Hotel have some incredible offers available & discover all that Donegal



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Top 5 Christmas Party Cocktails

We all love throwing Christmas parties. The thought of having a home full of family and friends is one of the best feelings in the world.

1. Angel's Delight: Angel's delight is a beautiful pink, creamy drink that is absolutely delicious. It can also be used a slight dessert if you'd like to give your guests an alcoholic indulgence.

2. Candy Cane: The candy cane cocktail is a mixture of flavours and colours. It's a delicate mix of chocolate, berry and mint. Once the actual cocktail is created you also add in peppermint candy that has been finely crushed. This gives the cocktail an even sweeter

flavour.

3. Christmas Jones: This cocktail is slightly more hard than the other alternative. It has a very fruity flavour with a blend of pineapple, strawberries and a very big splash of vodka. Once the following has been mixed together you can add a nice splash of lime soda. Garnish with mint.

4. Eggnog: A Christmas party isn't a Christmas party without a traditional cocktail that has been loved for decades. There are plenty of variations of eggnog and



you just need to find the perfect cocktail combination for you and your guests.

5. Grinch: The Grinch is based off the famous Dr. Seuss novels. You use a

melon-based liqueur and it's absolutely delicious to brighten up your Christmas day. Garnish it with red decorations to complete the character of the drink.

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NIFRS URGES FIRE SAFETY VIGILANCE THIS CHRISTMAS AS COST OF LIVING SOARS

As the cost of living soars, Northern Ireland Fire & Rescue Service (NIFRS) wants to ensure that people don't put themselves at additional fire risk to deal with rising costs.

There are a variety of factors that increase the risk of accidental house fires. NIFRS is concerned that the risk will be further amplified as people adapt the way they heat their home or use electrical products to deal with increased costs. NIFRS is urging the community to follow fire safety advice to stay safe from fire during this time.

This advice comes as part of North South Fire Safety Week 2022, which happened recently. Organised in partnership with the

National Directorate for Fire and Emergency Management in the Republic of Ireland, the goal of Fire Safety Week is to promote fire safety in the home, to help prevent fires from happening.

Aidan Jennings, Assistant Chief Fire & Rescue Officer, explains:

"Many people are under significant pressure at the minute as the cost of living increases. Many households may be in fuel poverty and may put themselves at additional fire risk to deal

with rising costs.

"As a Fire & Rescue Service we want the community to know that we are here to support you. We want to make sure you are doing all you can to stay safe during this difficult time. While we understand that affordability is a major issue for many, there are simple steps you can take to reduce the risk of fire in your home.

"In trying to reduce heating bills, please keep warm safely. If you're using portable heaters and electric

blankets make sure they're in good working order. If you're planning to use a fire you haven't used in a while, make sure a suitably trained person services your chimney beforehand.

"Ensure you have working smoke and carbon monoxide alarms fitted. If you don't have working alarms this can impact your ability to notice a fire and escape quickly - especially at night. As a minimum you should have a working smoke alarm on each floor of your house, but consider additional alarms in the most used rooms such as living rooms and bedrooms.

"Don't leave cooking unattended; if you have to leave



the kitchen, turn the cooker off and take the saucepans off the heat.

"We offer free Home Fire Safety Checks to those more at risk

from fire. I would encourage those who are eligible to avail of this service this winter. Please check in with neighbours,

family members and friends who are more at risk from fire and make sure they are doing all they can to stay safe during this

time. If you think they could benefit from one of our free Home Fire Safety Checks, please refer them to us via our website.

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Who needs Orthotic shoe inserts?

There are lots of people who have visited our clinic and benefited from orthotic inserts, including people with -

- Plantar fasciitis/foot problems



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If you have arthritis in your feet, or recognise that you walk with your feet turned out, our custom made orthotic shoe inserts could be a powerful tool to help you ease the imbalances which would ease muscle tightness and provide pain relief.

Orthotic shoe inserts can be purchased 'off the shelf' from lots

of retailers, or online, and made in lots of sizes. The problem with 'off the shelf' orthotic shoe inserts is that they are generic and not customized to your specific foot structure and therefore very unlikely to provide the correct support you need to fix your problem. In fact buying 'off the shelf' may actually make the problem WORSE!

The alternative is to get custom made orthotic shoe inserts, which we provide at Gav Noble physiotherapy. Our inserts are 100% custom made and built for your feet,

which ensures that your foot position and weight distribution is correct. In turn, the muscles causing pain are thus in less demand = pain relief.

To see if custom made orthotics could help you, call 028 9266 6959 to book your FREE consultation. Places are limited and we are offering the first 5 people who respond this week a 100% free, no obligation consultation. Please mention Lisburn Advertiser when you call.

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THE HISTORY OF CHRISTMAS FAIRY LIGHTS: HOW DID THE TRADITION BEGIN?

Originally, Christmas lights were used in Germany in the homes of only the very wealthy as long ago as the 17th century. This was before electricity, and the lights were actually candles.

They were only used on trees at that time, and were strategically placed to illuminate the ornaments that hung from the branches. The candles were held in place by either gluing melted wax to a tree branch or using pins to hold the candle. Around 1900, candleholders were being used, and by 1915 small lanterns and glass balls became a means of holding the candles in place.

Then, in 1882, Thomas Edison's assistant, Edward Johnson, came up with the idea of electric Christmas lights. He lit up a Christmas tree in New York City with 80 small electric bulbs. Within 20 years, stores were displaying electric lights and they were being mass-produced and sold to customers. Then, in 1917 there was a tragic fire in New York City there was a tragic fire caused by candles on Christmas lights. Albert Sadacca then invented safety lights for Christmas trees and created a multimillion dollar company that became

the largest Christmas lighting company in the world (NOMA Electric Company).

The outdoor Christmas tree that ran on electric lights became very popular throughout North America and the use of them began to regularly take place all over the world shortly thereafter.

Decorating a live Christmas tree outdoors became the attractive thing to do, and many people still do it today, some even going as far as to decorate it as well as they would their own indoor tree.

This slowly evolved into using electric lights on trees not only out-

doors, but indoors as well. It also led to the use of lights for houses that everyone uses today. It took many years for Christmas lights to become what they are today, and many ideas and inventions helped lead us to the brightly lit and decorated homes and yards we see every year.



Planning your Wedding Day?

Warmest wishes from ACCORD as you make your preparations.

Dates for 2023 online for booking by end November.

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NSPCC Northern Ireland is calling for volunteers to join its Schools Service and visit primary schools to help children understand how to spot and speak out about the signs of abuse. Last year (2021/22), across the UK, NSPCC's Childline service held more than 14,000* counselling sessions about emotional, physical, sexual abuse and neglect, but counsellors can only provide help and support if the children have knowledge and confidence

to speak out in the first place. That's why the Schools Service Speak Out Stay Safe (SOSS) campaign is so important and why volunteers are vital to help ensure that every child in Northern Ireland knows how to Speak Out and Stay Safe. With the help of speech bubble mascot, Buddy, SOSS volunteers visit primary schools and deliver fun and engaging child-friendly and age-appropriate workshops to help pupils understand and identify the different types of abuse and how to speak out about any issues so they can get help if they need it. The workshops cover these difficult subjects without using any scary words or adult language

and help children identify a trusted adult they can talk to if they are ever worried about themselves or a friend. They also learn about Childline and how it can support them. Last year, more than 55,000 children in Northern Ireland primary schools took part in the Speak Out Stay Safe programme. "The Speak Out Stay Safe programme began in 2011 and we currently deliver the service to 95% of primary schools in Northern Ireland," says Karen Walker, NSPCC Northern Ireland Schools Service Manager. "Our aim is to have SOSS in all schools. "You don't have to have had previous experience working with children to become a volunteer,



Karen Walker, NSPCC Northern Ireland Schools Service Manager



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but we do ask that you are over 16, have good communication skills and that you are passionate about children's rights and letting children know about their rights. "We are looking for volunteers from all over Northern Ireland. "Full training is provided and all we ask is that you commit to at least two workshops a month in schools that are convenient to you. "The workshops mostly take place in the mornings


and last about an hour. "We know the workshops can have a real impact, because after sessions some children have spoken up and disclosed abuse. That's why it's vital that the service operates at full capacity and why we are appealing for more people to get in touch and find out more about becoming one of our volunteers. "We are currently running no-obligation online information sessions where you can

hear about the work of an SOSS volunteer, the training and support we offer and ask any questions you may have. "If you would like to find out more information and/or attend an information session go to: www.nspcc.org.uk and search 'volunteer in schools' or email: karen.walker@nspcc.org.uk NSPCC Adult Helpline: 0808 800 5000/www.nspcc.org.uk Childline: 0800 1111/www.childline.org.uk



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Winter motoring: How to stay safe and avoid a breakdown this winter

Winter motoring: How to stay safe and avoid a breakdown this winter

Top up your antifreeze in cold weather

Antifreeze only costs a few pounds, but a frozen and cracked engine costs hundreds to repair. You need a 50-50 mix of antifreeze and water for the winter – this protects your engine down to -34C.

Most modern cars use long-life antifreeze but some types of antifreeze need changing after only 2 years. Make sure you use the right type and check your service schedule.

How to drive safely in snow and ice

The roads can be dangerous in winter when there's snow, ice or sleet. Our top tip is to take it slow. Stopping distances can be 10 times longer when it's icy. Gentle manoeuvres and slow speeds are the key to safe driving in ice and snow.

In the season of winter colds, don't drive with a cold if you're feeling unwell and are on any medicine that could make you drowsy. It could affect your reaction times.

Before you set off



Allow extra time for winter journeys.

Plan routes around major roads, which are more likely to be cleared and gritted.

Try to get up at least 10 minutes early to give you time to de-ice the car.

Wear comfortable, dry shoes for driving so your feet don't slip on the pedals.

Check fuel levels – have at least a quarter of a tank in case of unexpected delays.

Clear all windows using a scraper and de-icer and wait until the windscreen's fully demisted.

If you drive an automatic, check the handbook – some have a winter mode

or recommend selecting '2' in slippery conditions.

Driving on winter roads

Pull away in second gear, easing your foot off the clutch gently to avoid wheel-spin.

If you have to use your brakes, apply them gently.

Driving uphill – leave plenty of room between other cars or wait until it's clear so you don't have to stop part way up. Keep a constant speed and try to avoid having to change gear on the hill.

Driving downhill – slow down before the hill, use a low gear and try to avoid braking. Leave as much room as you can after the car in front.

Also available is a wider choice of powertrains across both models, with Plug-in Hybrid technology now available across the entire 3008 trim range. Orders for the updated 3008 and 5008 range are now open.

From August, Active Premium + and Allure Premium + replace previous Active Premium and Allure Premium trim levels, with Allure trim no longer available. Both the PEUGEOT 3008 and 5008 will now be available in Active Premium +, Allure Premium +, GT and GT Premium specification.

Active Premium + models receive several upgrades over previous Active Premium trim levels, including the addition of an 'Aluminium Pack' with Aluminium Front Door Sills and Pedals, 18-inch 'DETROIT' Storm Grey Diamond-Cut Alloy Wheels (3008 models

only) and Aluminium Roof Rails. Also added is a dark tinted rear window and rear side windows.

Allure Premium + models also receive the 'Aluminium Pack' with the roof upgraded to a contrasting 'Black Diamond' finish for added styling.

To satisfy growing customer demand for the HYBRID 225 e-EAT8 powertrain, the 3008 HYBRID range is expanded to include the new Active Premium + trim, resulting in a lower entry price point for HYBRID customers.

3008 HYBRID Active Premium + versions will include additional elements over petrol and diesel 3008 variants, including:

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Active Premium + models across both 3008 and 5008 models also receive the EAT8 8-speed automatic transmission across both 1.2L PureTech 130 and 1.5L BlueHDi powertrains, with both 3008 and

5008 now sold exclusively with PEUGEOT's smooth shifting automatic transmission.

This follows growing customer demand for automatic transmissions over manual gearboxes, with the majority of 3008 and 5008 customers in 2022 opting for automatic versions.

The PEUGEOT 3008 and 5008 can be purchased in-store from

PEUGEOT Retailers and via PEUGEOT's Buy Online platform. Buy Online allows customers to configure, finance, and order their next vehicle entirely from the comfort of their home, as well as obtain a part-exchange valuation on their current vehicle. Via PEUGEOT's Virtual Showroom, customers can also schedule a one-on-one live video tour of vehicles they're interested in.

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installer will also conduct the initial survey of your property and will always be on hand to answer any questions you might have. Offering style as well as substance, Garolla electric garage doors are available in 21 colours and come in two different slat sizes to perfectly fit any opening. Avoid any hidden charges with Garolla, where an instant quote comes inclusive of measuring, fitting and VAT. For more information visit their website www.garolla.co.uk

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Employers For Childcare

Rising costs for energy, heating, electricity and especially rises in the cost of the normal weekly shop are all squeezing household budgets. Coupled that with many homeowners having had an increase on their mortgage payments and landlords increasing rents, most households are really feeling the financial strain this winter, more severely than ever before.

While the government has announced some support towards energy costs through this winter, it is only going to make a small difference when compared to the substantial increases in outgoings that families are facing. All households should receive a £400 discount on their electricity bill through the Energy Support Scheme with homes which use home heating oil to receive a further £100

which will be paid as a discount to their electricity bill. These payments will be made automatically and do not need applied for.

Households in receipt of means tested benefits should also automatically receive the second instalment of the £650 cost of living payment that was announced back in May.

With costs rising across the board, including for childcare, we are urging all families to make



sure they are receiving all the financial support they are entitled to this winter. A change in circumstances, whether that's moving into work, using additional childcare or costs increasing may mean you are now eligible for support that you wouldn't have been able to claim previously. This additional income, no matter how small, could make a significant difference to your household budget at this difficult time.

Our advisors know just how busy this time of year can be, so why not

call our Family Benefits Advice Service to ensure you know exactly what support you are entitled to, and how to apply for it. Our skilled advisors are available on Freephone 0800 028 3008 or email hello@employersforchildcare.org. We provide advice and guidance on a wide range of support including Tax-Free Childcare, Universal Credit, Tax Credits and disability or social security benefits – and the additional support that the government is providing during this cost of living crisis.

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