



# AUTUMN

## Lifestyle



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# AUTUMN Lifestyle

## Home decor to fit the latest trends

DECORATING your home can often be a stressful task. Knowing what trends are in season is often confusing and matching existing furniture with a new style can seem impossible.

However, have no fear and take inspiration from some of these top tips for the perfect Autumn/Winter decor.

There's no escaping trends. Whether you live by them or feel totally unaffected, everything designed for our homes is predetermined by a wider trend influence. From trending paint colours to minimalist furniture choices, the high street offers us new collections all inspired by over-arching global trends.

Whilst 'trends' change and evolve, they do so at different paces – some are popular for years rather than merely a season.

Take the Nordic trend, it has been with us for years now and yet continues to surprise and delight.

For this autumn the look is dominated by intense hues of berries, bark and bramble. This look most captures the shift in seasons, as the colours of the landscape changes.

Another key element is layering up chunky knits. We're seeing 'giant knitting' trending on Pinterest, with searches for the term up 200 percent year on year. This truly autumnal trend is all about hibernating and creating a happy home in which to do so.

Key colours: Russet, Plum and Damson  
Key materials: Woolen chunky knits, rustic country linens and hewn wood.

'Reflecting nature at night time, Midnight Garden is moody and atmospheric,' says Jemma Saunders, Crown Colour Specialist. 'Warming plums and tonal navy blues are softened with wispy lilacs and neutral greys to create a cosy winter scheme.'

Woodland animals aplenty feature within this trend.

And the hero for this season is the handsome hare. From lighting to decorative bedding to dinnerware,

they're a key motif, outshining all other countryside creatures this year.

It's also worth noting that dried flowers are a rising trend on Pinterest, with searches up 345 per cent year on year. Dried flower arrangements can play a huge role in bringing a touch of nature indoors.

New Nordic

The 'New Nordic' style is also a huge influence this season.

This trend is the understated look that creates a big impact. Perfect for creating an effortlessly stylish decor.

It's a modern move on from the ever-popular Scandi look. Layer up different textures to give the look depth, creating an inviting space to hibernate from the darkness. The new element for this season is the influence of global inspired patterns and colours.

The gentle muted colour palette of accessories and furniture lends a softer edge to dark winter months – influenced by the Scandinavian way of life. With the popularity of dark pigment paints light woods and soft tonal textures are made to stand out.

Key colours: Lavender, sage, blush pink and canvas white.

Key materials: Buff leather, Earthenware and Ash/bleached wood.

Shades of lavender, pink and sage dominate – rather than the rich earthy tones most associated with global patterns.

From Moroccan leather pouffes to Ikat print textiles, the Scandi look is enhanced by global designs this season. The key colours for accessories are soft, grown-up pastels that reflect the Nordic influence.

Luxe Revival

In the interiors world, luxe has become a buzz word in recent years – we can't get enough of it. Luxe in this context best describes fabrics and furniture pieces that ooze a touch of decadence.

For this trend we're seeing statement minimalist lightning, and furniture with decorative Art Deco rounded shapes.

Luxury materials such as brass, marble and velvet all mix beautifully together to create great decorative details.

This trend is bringing back cocktail hour in a big way, thanks to the drinks trolley being a key furniture piece.

Key colours: Dusty rose, ochre and burnished gold.

Key materials: Velvet, marble, brass and detailed/smoked glass.

'The Palazzo collection channels a series of glamorous, 20th century influences reimagined,' explains Fionnuala Johnston, Senior Designer, John Lewis. 'The distinct silhouette of the Farrugia dining table, references a particular design style from the 1930's called 'Streamline Moderne' which is characterised by soft linear architectural forms.'

This trend welcomes back cocktail hour with open arms! The drinks trolley is a key furniture piece for this trend – they're more popular than ever.

As staying in continues to be the new going out, recreate the feel of a plush members-only club in the comfort of your own home with elegant gin glasses and tumblers.

Global Nomad

This trend is a diverse celebration of globally-inspired patterns – taking homes on a journey of global eclecticism.

The look welcomes the fusion of decorative Ikats, paisleys and intricate Indian block prints.

Rich tones and rugged textures symbolise the authentic, handcrafted style of this nomadic trend.

Look out for hand-dyed textiles in rich earthy pigments and hand-thrown pottery.

It's all in the detail with this look – think tassels, pom poms and macrame detailing on everything from cushions to wall art.



Key colours: Ochre, umber and spiced red.

Key materials: Earthenware, woven textiles and rope.

No matter what way you choose to decorate your home for the new winter season, remember it is your sanctuary, so keeping it warm, cosy and inviting are all important factors to remember when choosing the perfect decor for you and your family.

And most importantly, remember decorating should be fun and enjoyable, and your chance to showcase your personal style through your home.



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Rich Dark Chocolate & Orange Tart - topped with cream & served with ice-cream

# AUTUMN Lifestyle

## Is the kitchen the new living room?

A CENTURY ago, the kitchen was sparse, functional and easy to wash-down designed to be an out of the way place for servants to gather and prepare the day's meals.

Over the past 30 years, the use of the kitchen has broadened to become 'the place' for friends and family to gather, share, rejuvenate and commune.

So today's kitchen is still a gathering place for family and friends, but the once hidden and secluded room is now part of a larger social arena. It serves as meeting place, dining room, home-office - It can even serve as a hide away for quite reflection.

More than ever, the kitchen is the heart of the home, serving as the hub of the house. The modern kitchen will continue to be an essential element of our daily lives that touches and affects us both physically and emotionally, a place where we seek communion, rejuvenation, and sanctuary. Of all the items we will choose for our home, today's kitchen is the most apt to provide us with an outlet for creation and self-expression.

No matter which room of the home you're planning to renovate, it's always helpful to understand how design professionals achieve their finished product.

Below is a step-by-step overview of how you can plan a kitchen makeover for your own home. Take good notes, create your own "to-do" list and then get started on your family's kitchen makeover:

**REMEMBER** Good kitchens help sell property, but they have to be attractive as well as functional. A kitchen is also the most expensive and inconvenient room to refurbish, so its condition will influence the value of your property.

\* Get a fresh perspective. If you're starting with a kitchen already filled with furniture and accessories, move as much equipment out of the room as possible and take a look at the blank palette.

Walk around the room, compare your notes with some of the magazines, websites and TV shows



you've seen that feature kitchen designs you like.

\* Design the room based on how your family uses your kitchen. Make functionality a major consideration for your kitchen design; after all, it's the heart of the home and one of the most frequently visited rooms of the house.

\* Determine your budget and stick to it - be realistic. Let's face it, most of us have our "dream house" in mind when we think of renovations but you must stick to your budget. Sometimes, changing around the furniture you already have can make a dramatic difference.

\* Think about lighting. Various kinds of lighting

- task lighting, under- or over-cabinet lighting, central lighting - should be an integral part of the tone of the room.

\* Remember your family's safety. Kitchens are often considered the safety centre of the home because items like First Aid kits, fire extinguishers, home security systems can be found there. Although you hope you never need them, essential safety materials are there just in case you do.

Make room for safety equipment in your kitchen with functional storage compartments that are accessible for every member of your family.

\* Bottom line is the kitchen must be an efficient, productive environment conducive to the tasks at

hand

Modern life means having a home that keeps the family cook in the same room as everyone else, the dining table within sight, the computer in convenience range and the TV close to a handful of pretzels and a glass of wine.

So kitchens have to look like a place where you'd like to hang out, meaning more refined surfaces and stylish shapes.

Just one thought to bear in mind - the trend is for movable kitchens - You buy your own kitchen and when you relocate to another property, you take it with you to the next place.

The heart of the home beats in any location.

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### Late Night + Weekend GP Service - Newry & Dungannon

Duality Health's brand of Affordable, Accessible Healthcare is gaining momentum and with the recent opening of their newest clinic in Dungannon, they promise to offer the people of Mid-Ulster healthcare

Their first clinic, in Newry, has been delivering late-night and weekend appointments since October 2017 and is now open 7 days a week.

We have spoken to the clinic's Medical Director Dr Declan Morgan:



"The concept of Private General Practice is relatively unheard of in Northern Ireland, but commonplace in England, Wales & Scotland.

Our Newry clinic has been well received by the people of Newry, Mourne and the wider area. We aim to continue this level of service and meet patient demand across Down, Armagh and Tyrone.

Up until recently, there has been no alternative to the long waits which exist in Primary Care - whether this be at the GP Surgery or for Out-of-Hours services.

At Duality Health you have the ability to book appointments



via our online booking portal - available from our website and Facebook pages. Receptionists are also available to answer queries and arrange consultations during opening hours.

Duality Health clinics open late during the week and on weekends for all General Practice issues - Urgent or Non-Urgent. For those who are acutely unwell - we will always try to facilitate walk-in patients."

Duality Health have recently taken over the premises of the recently closed Dr Murthy's Surgery at 39 Thomas Street, Dungannon.

Dr Morgan explains that Duality's opening hours will be periodically reviewed based on local demand:

"To be responsive to patient need we have continually reviewed our services based on patient feedback. The Newry clinic began as a 6 day service with shorter opening hours - it is now open until 10pm weekdays and for 8 hours every Saturday and Sunday. As Dungannon gains momentum we would aim to offer the population of Mid-Ulster a similar level of service."

Primary Care has seen increasing demand for consultations year on year and waiting times of up to 3 weeks for regular GP appointments. Delays for Out-of-Hours services are no better and frequently make headlines.

In offering an alternative pathway to patients and appointments in an accessible timeframe to those with weekday responsibilities, Duality Health may have their pulse firmly on the future of General Practice.



Duality Health provide a full range of General Practice services, Out-of-Hours and Urgent Care.

They can be contacted by phoning the Newry or Dungannon clinics and electronically via [mail@dualityhealth.co.uk](mailto:mail@dualityhealth.co.uk). Further information can be found at [www.dualityhealth.co.uk](http://www.dualityhealth.co.uk).

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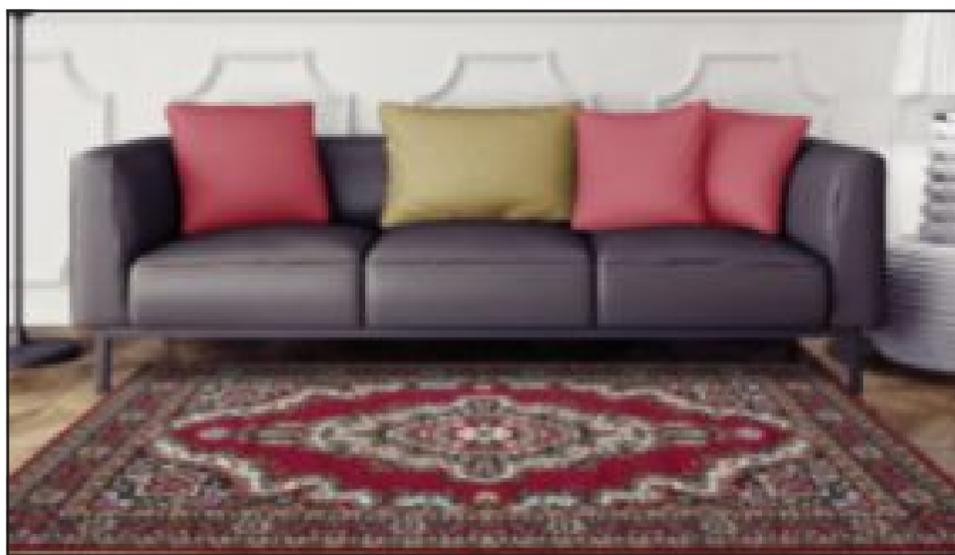
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# AUTUMN Lifestyle



## Add instant warmth to your home this winter

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AS the leaves are turning, the temperature is dropping and winter is upon us, we look forward to spending time in cosy living rooms, warming ourselves near the fire or under a heavy blanket.

The following winter tips and tricks are just a few ideas on how to make your home feel soft and comfortable:

Bare floors and tiles can be cold: however, a soft but durable hall runner will withstand the heavy foot traffic and keep the entry feeling warm and clean!

Wooden floors may look sleek and stylish but

they are no good for warming your home. Shaggy, textured and sheepskin rugs help to keep the home looking cosy and their effect is bolstered by the addition of soft throws and chunky cushions.

With all the leaves missing from the trees, take the opportunity to introduce the warmer colours back into your home. Think sumptuous plums, Arabian teals and Moroccan terracottas to add warmth instantly onto your floors.

For further inspiration on how to add warmth into your home for winter, come and speak to the showroom team at Kukoon Rugs: Newry, Carnbane and Belfast, Boucher Crescent.



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## Fantastic line-up at John O'Connor Writing School

THE acclaimed Armagh-based John O'Connor Writing School and Literary Arts Festival which takes place from November 1 – 4 enters its third year with a packed programme featuring international class poets and song writers, prose, stage and screen writers and how-to-write experts.

There is even a session for small businesses, art groups and charities who want to raise visibility and to learn how PR works and how to write press releases.

An additional dimension to the Writing School funded by the Arts Council for Northern Ireland and Armagh Banbridge and Craigavon Council, is a parallel Arts Festival of staged drama, lectures, talks, and music.

Irish Times columnist and author Fintan O'Toole has confirmed that he will take to the stage at 4.30pm on Saturday November 3 in the historic Robinson Library to talk about his forthcoming book, *Heroic Failures: Brexit and the Politics of Pain*, which launches in November. The outspoken commentator has held to account politicians from all parties and is considered Ireland's leading political and societal analyst. He is currently working on the official biography of Seamus Heaney.

Roger McGough, the "patron saint of poetry" and Robert McCrum, associate editor of *The Observer* and legendary literary critic are joined by a cast including Horslips, Gareth Dunlop and Lisa Lambe.

William Crawley who presents BBC Northern Ireland's *Talk Back* will be in conversation with literary figures including Michael Longley and Paul Muldoon about the poet W.R. Rodgers, who in the 1930s was Minister of Loughgall Presbyterian Church, Cloveneden. There is also much-anticipated visit by Joanna Mackle, Deputy Director of

the British Museum and former publisher Mackle who, in her time with Faber and Faber, was responsible for the writers such as Paul Muldoon, Kazuo Ishiguro, Harold Pinter and Seamus Heaney. She will be on stage in an interview with Robert McCrum.

Robert has said of the John O'Connor Writing School that he had never seen such depth of intellect, humour, enthusiasm and organisational ability displayed by a festival in its first year.

Dr Damian Smyth, Head of Literature, Arts Council of Northern Ireland says he is impressed by the success of the school. "Public funding has helped attract exceptional writing talent from home and abroad to form a festival parallel to the great work of the writing school. John O'Connor's writing deserves to be celebrated. In its time, it demonstrated how vibrant and creative a place Armagh was and the festival in his name strengthens that legacy today. The Arts Council is delighted to support the programme through its National Lottery funding because it helps build and sustain another asset for culture generally and for Armagh City especially."

Mayor Councillor Julie Flaherty of Armagh Banbridge Craigavon Council says: "We are honoured that the City of Armagh can pay tribute to the talent of John O'Connor by offering a diverse and unique mix of courses, talks and projects to encourage the next generation of writers."

The writing school will be hosted in various historic locations around Armagh including libraries, hotels, bars and restaurants.

A full programme and more information on the John O'Connor Writing School and Literary Arts Festival 2018 is available on [www.thejohnoconnorwritingschool.com](http://www.thejohnoconnorwritingschool.com).

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# AUTUMN Lifestyle

## Country Gent a smart choice for style lovers

IT'S the perfect solution for men who like looking good but aren't so keen on shopping – a one-stop country store with plenty of parking, late-night opening and individual service.

Country Gent, at 176A Coolmillish Road in Foley, opened just last month but is already proving a popular destination.

The business is owned by local woman Deborah Toner, who worked for Dior for 12 years, and spotted a gap in the market which would let her combine her business experience with bringing up her three young children.

The shop stocks a wide range of casual and dressy menswear for all ages and at all prices. Premium brands include Eterna, Sunwill and Carlos Cordoba with footwear by Bugatti and the more exclusive Eves & Gray range.

There is also a stylish selection of suits and waistcoats from the award-winning Marc Darcy collection.

The shop opens Monday, Tuesday and Wednesday by appointment only, Thursday and Friday 10am-9pm, Saturday 10am-6pm and Sunday 2pm-6pm.



Selection of Marc Darcy and Sunwill items on display at Country Gent, Coolmillish Road. KT184312



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# Have you been involved in a Car Accident?



## Have you had an accident? Here's what you should do

ANY person who is involved in a road traffic accident should proceed to take the following action:

1. Call the emergency services if necessary on 999 to request the assistance of the police, fire brigade or ambulance service.

2. Move away from the damaged vehicles to somewhere safe to prevent the risk of further injury.

3. Telephone the Police if anyone is injured.

4. Obtain the registration number of the vehicles involved and proceed to exchange information with the other persons involved in the accident including names, addresses, telephone numbers, insurance information including name of insurance company and policy numbers.

You must give your vehicle registration number, your name and address and that of the vehicle owner (if different), your telephone number and insurance company details and policy number to anyone with reasonable grounds for asking for those details.

If you do not exchange those details at the scene you must report the accident at a police station or to a Police Constable as soon as possible, and in any event within 24 hours.

5. Obtain the names, telephone numbers, addresses and vehicle registration of any witnesses who saw the accident.

6. If possible, photographs should be taken of the accident scene which should include the position of the vehicles following the accident. If you are unable to photograph the scene of the accident you should proceed to draw the scene and to include as much detail as possible.

Where injury is caused to another person, you must produce your Certificate of Insurance if anyone at the scene has reasonable grounds to see it.

If you do not, you must report the accident at a police station or to a Constable as soon as you can and in any event within 24 hours. If you do not have your Certificate of Insurance when reporting the accident to the Police you may take it to the Police station you nominate when you report the incident.

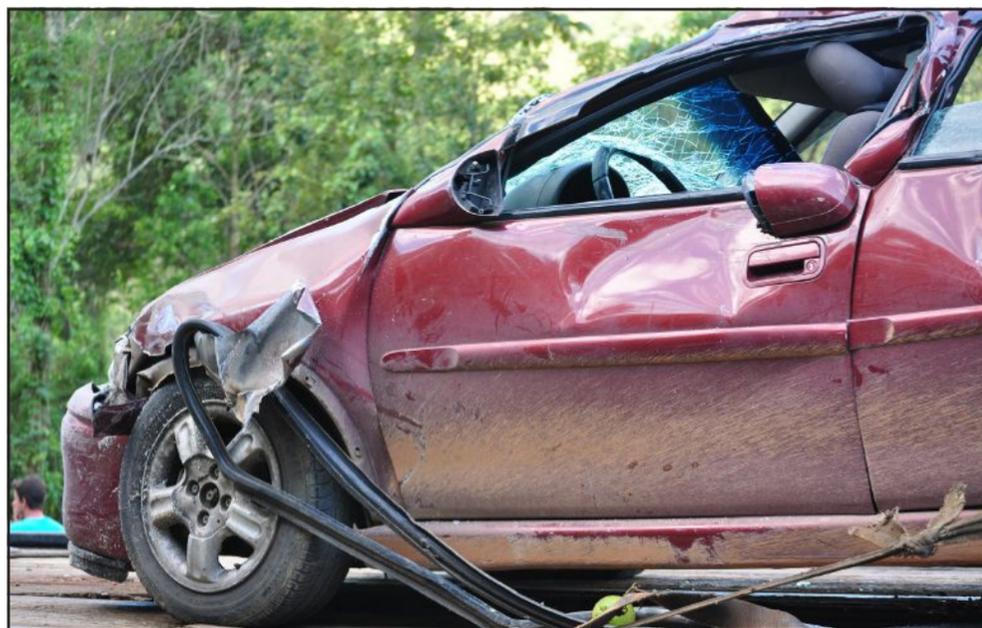
You must do this within seven days of the accident. It is important to note that reporting the accident to the Police by telephone is not sufficient and you cannot ask someone else to report for you.

You are obliged to undertake the above steps not only when you are directly involved in an accident, but also if your vehicle's presence was a factor. If you have any doubts you are advised to complete the above steps as soon as the accident happens, regardless of who was at fault.

It is important to note that it will also be a condition of your insurance policy that you report the accident to your Insurance Company within a reasonable time, even if you do not want to claim yourself.

Failure to do so can give your Insurance Company the right to refuse to cover you for the accident. You should also telephone your own Solicitor following the accident and provide your Solicitor with as much information as possible.

Your Solicitor shall then advise and direct you to ensure that the above steps have been taken and provide you with further assistance thereafter.



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Dealing with car accidents can be a very stressful process. SC4367MD

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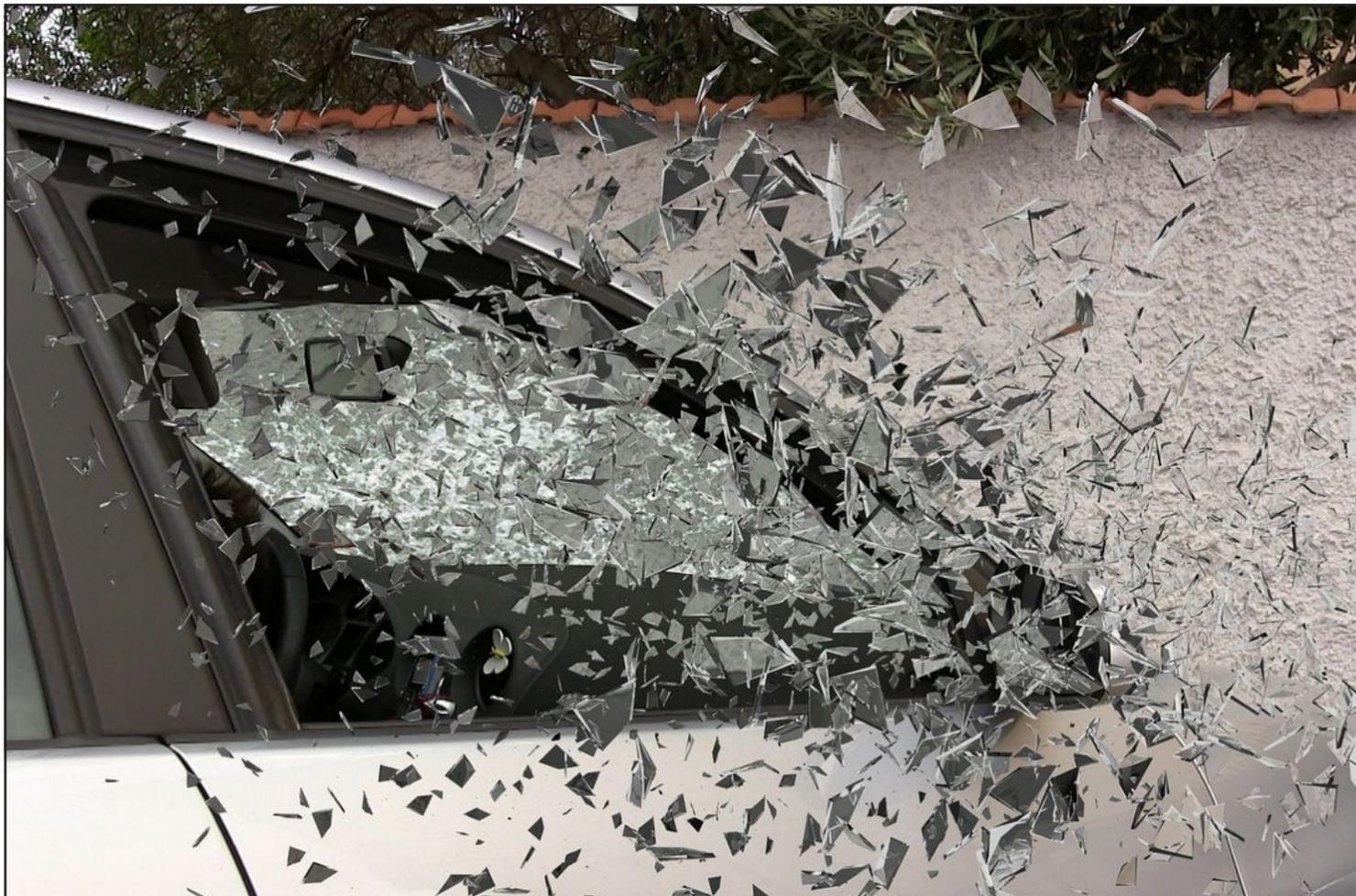
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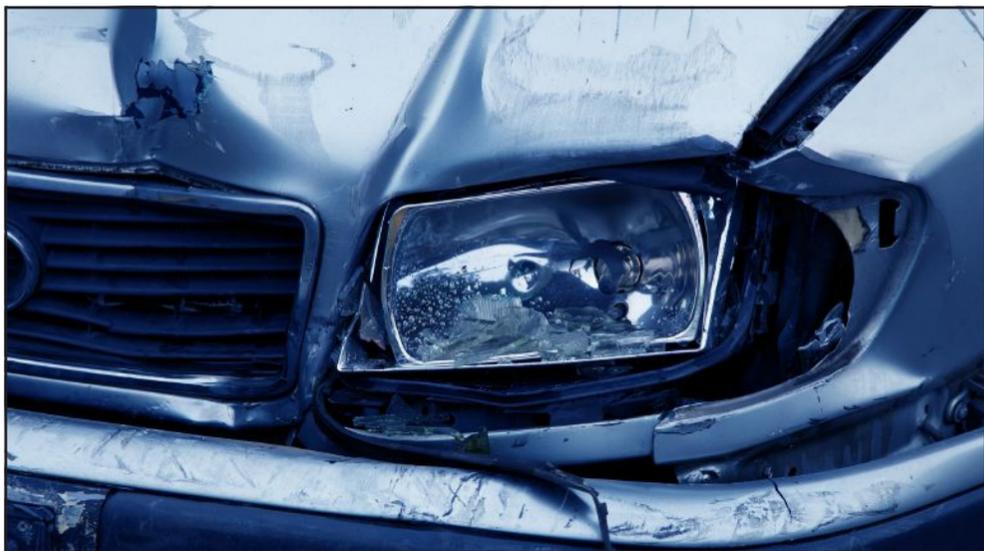


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Having a clear idea of how to handle the formalities which follow a car accident can make life a lot easier and take a lot of the hassle out of the process. SC4366MD

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# Why Eye Health Matters Eye tests are important

EYES can tell a lot about general health, even if they don't feel any different. Eyes can be affected by a number of conditions which may be picked up early through a sight test, giving it less chance of affecting your vision; that's why it's so important to have eyes tested regularly.

For most people, it's advisable to have an eye test every two years, but it's best to attend earlier if any eye problems occur or if advised by your optometrist.

Opticians such as Specsavers



offer professional expertise, and many are qualified specialists in Medical Retina conditions to provide the best knowledge of eye conditions. In addition to advice your local optician can provide comprehensive sight tests, which takes no longer than 20 minutes if eyes are healthy. The test includes checking the health of the inner and outer parts of the eye.

Local Specsavers stores may also offer state-of-the-art Optical Coherence Tomography (OCT) machines; a cutting-edge piece of equipment usually found in hospital eye departments. It is used for a variety of functions including screening and management of conditions such as age-related macular degeneration, glaucoma and diabetic retinopathy. The scan is in addition to a thorough eye test, takes just a few seconds and is non-contact and painless.

So even if vision seems perfect it's worth having a regular check-up just in case as it could save a person's sight.

For more information on eye health and to book an appointment online visit [www.specsavers.co.uk/eye-health](http://www.specsavers.co.uk/eye-health)

**Why are regular eye tests (sight tests) so important?**

It's easy to neglect your eyes because they rarely hurt when there's a problem.

Having an eye test won't just tell you if you need new glasses or a change of prescription – it's also an important eye health check.

It can spot many general health problems and early signs of eye conditions before you're aware of any symptoms, many of which can be treated if found early enough.

**How often should I have an eye test?**

Optometrists recommend that most people have an eye test about every two years. People over 40 and people from black or minority ethnic groups may need sight tests more often.

**What should I do if I notice a change in my sight?**

Visit your optician or GP if you're concerned about any

aspect of your vision at any time.

Are some people more at risk from eye disease than others?

Anyone can develop sight problems, but some people have a higher risk of eye disease.

It's especially important to have regular eye tests if you are:

- above 60 years old
- from certain ethnic groups – for example, people from African-Caribbean communities are at greater risk of developing glaucoma and diabetes, and people from south Asian communities are at a greater risk of developing diabetes; diabetic retinopathy, where the retina becomes damaged, is a common complication of diabetes
- someone with a learning disability
- from a family with a history of eye disease

**What about my child's sight?**

Children do not

usually complain about their sight, but may show signs of not being able to see properly.

Things to look out for include sitting close to the TV, holding objects very close to their face, blinking a lot, eye rubbing, or one eye turning in or out.

If your child is having any sort of sight problems, take them to an optometrist for further investigation.

Children don't have to be able to read letters to have their eyes examined. Like adults, children should have regular eye checks around every two years.

Protect your eyes from the sun

Never look at the sun directly, even when something exciting is happening, such as an eclipse. Doing so can cause irreversible damage to your eyesight and even lead to blindness. Several studies also suggest sunlight exposure is a risk factor for cataracts.

Wearing a wide-brimmed hat or sunglasses can help protect your eyes

from UV rays. The College of Optometrists recommends buying good-quality dark sunglasses – these needn't be expensive.

Look for glasses

carrying the CE mark or the British Standard BS EN ISO 12312: 2013, which ensures they offer a safe level of ultraviolet protection.

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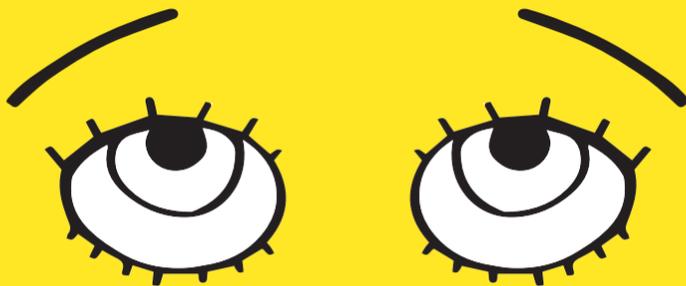
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# Christmas Party Nights



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## An important list if you want to keep regrets at bay after the Christmas party

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EVERYONE wants to have a good time at the Christmas party but here are some good tips so you don't end up dreading Monday more than ever before.

1. Don't talk work  
It's a party. Lighten up a little. This isn't the time to talk workplace politics or promotions. This is the perfect chance to get to know the office. Discuss sports, hobbies, addictive online shopping habits. You might find that you find a friend in someone unexpected.
2. Don't wear anything inappropriate  
You've heard it all before; don't wear anything too revealing and nothing too over the top. Well we're adding another one to the list: don't go over the top with Christmas themed clothing. We know it's fun, but that doesn't mean you have to wear more lights than the Christmas tree.
3. Don't get too drunk  
It might be a free bar but that doesn't mean you should go and get plastered. If you feel yourself start to push past tipsy, toss your drink and run. It will be less embarrassing than hitting on your boss or scream-crying at your manager for a pay rise.
4. Don't stand on the bar singing Christmas carols  
This is for the people who ignored the don't get drunk rule. Spare us all.
5. Don't forget to eat  
Drinking on an empty stomach is never a good idea. Even if you're drinking responsibly you're bound to turn into a drunken mess if you haven't eaten all day. Be sure to take advantage of the delicious food on offer but don't be too greedy; you'll want to leave enough food for everyone else.
6. Don't get frisky  
If you think the Christmas

Party is a great chance to try your luck with your office crush then think again. Hooking up at the office party is a sure way to get caught or make a mockery of yourself.

7. Don't talk about your newest diet fad.  
No one cares that you're gluten and meat free now Sally. Just stop, drink your wine and have a fruit mince pie. If we have to hear one more time about how your diet has changed your life you might just end up being a Sally no friends.

8. Don't take your shoes off under ANY circumstances  
We don't want the stench of your feet to ruin our night. Get them away from the food before that starts to smell too. If you want a comfy boogie, bring a spare change of shoes and dance

the night away.

9. Don't bitch about work mates  
There's about a 99.9% chance they're standing behind you. Ok, so we made that figure up but really it's not worth the risk. When people drink, they talk and chances are your bitchy comment is going to make its way around the room by the end of the night.

10. Don't skip work the next day.  
Funnily enough, after drinking an entire bottle of wine and vomiting in a pot plant at the Christmas Party, your boss does indeed know that you don't have a sudden onset of the flu. Who would've thought?

Have a big buffet breakfast and (wo)man up! If Santa doesn't get a break then either do you.



# Christmas Party Nights

## Get in festive mood with a crazy Christmas jumper

Are you hoping to do something different this Christmas season? well we have a few ideas to make this year's Christmas party a little bit more memorable.

**Themes with a Difference**  
A surefire way to add some flavour to your party is by having some sort of theme.  
Think outside the box. What are some themes you generally wouldn't associate with Christmas?  
Here are a few ideas: A winter murder mystery  
A gothic Christmas, using a lot of dark colours.  
A beach party theme  
A barbecue theme  
Christmas party ideas don't have to fit in with the conventional model of a holiday celebration.  
Of course, you can retain some of the core elements like a Christmas tree and a Santa for the kids, but take a risk and go against the grain.  
**Ugly Sweater Party**  
Okay, an ugly sweater Christmas party isn't totally unique, but we recommend it because it generates so much laughter.  
An ugly sweater isn't hard to acquire.  
You can buy them or make one of your own.  
We have seen some Christmas

jumpers that are so ugly that they're ingenious.  
One advantage with this theme is that it provides the perfect opportunity for selfies.  
**Organise a Team Building Event**  
Christmas parties should also incorporate some team activities.  
This serves a two-fold purpose. It provides a fun activity that will get people engaged and laughing. Second, it may also give you a gauge of how well staff members are able to work together and communicate.  
One activity we really like is a Christmas taxi treasure hunt.  
This is one of those alternative Christmas party ideas that require a lot of coordination since you also have to get in contact with local cab drivers.  
If organising such an event is too much for you, then there are simpler activities.  
One simple game is the human knot, which is a popular icebreaker that requires tons of communication among players.  
**Make a Charitable Donation**  
The holidays are also a time to give back to the community.  
Use the party as a chance to contribute to a positive cause that makes an everlasting impression.  
There are plenty of charity organisations that will appreciate your efforts.



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# ASK THE EXPERTS

## Alanna brings Dragons' Den backed business to NI

**ORIGINALLY** from Northern Ireland, Alanna Cassidy is a young entrepreneur who is returning to her home town with a BBC Dragons' Den backed business.

Randalstown woman Alanna has been chosen to launch a new product within the successful Razzamataz Theatre School network and she is bringing it back to the place of her childhood where she dreamed of working in the performing arts industry.

Razzamataz has been established since 2000 offering performing arts to young people.

With demand continuing to grow, the company has extended its offering with the launch of Razzamataz Early Years.

This consists of a brand-new product called Razz Tiny Tots, which is a class especially designed for babies (six to 24 months) and their parent/carers. It will also include the established products of Razz Tots for children age two and three and Razz Minis for those age four and five.

Alanna began working for Razzamataz Carlisle in 2015 as a classroom assistant during her final year at university. Having grown up with an interest in performing arts and education she has found working at Razzamataz a perfect fit.

She went on to gain a BA Hons in Drama and Musical theatre and also grown her career with

Razzamataz including being a performing arts teacher for Razzamataz Carlisle and a drama teacher for Razzamataz Dumfries and Razzamataz Penrith.

"I knew from the first day I worked at Razzamataz that this was my ideal role," says Alanna.

"I've always known that I wanted to work within the performing arts industry but there really wasn't that many opportunities in Northern Ireland.

"Having the prospect to do something I love and move back home to my friends and family is really a dream come true for me."

Alanna will be running a range of classes for babies and young children where they will learn and have fun through performing arts.

She will be at Magherafelt on a Tuesday, Antrim on a Wednesday, Ballymena on a Thursday and Randalstown on a Friday.

Tiny Tots has been developed to inspire little ones to see the world through imagination, senses, play and performing arts. The Tiny Tots class structure features a mix of 'Time to bond' and 'Time to share', allowing for more one to one time between adult and child.

Razz Tots for children age two and three and Razz Minis for those age four and five have already proved to be very well attended with parents keen to share the progress of their children in many schools across the UK. Children develop quickly in the early years and a child's experiences between birth and age five have a major

impact on their future life chances. Good parenting and high quality early learning together provide the foundation children need to make the most of their abilities and talents as they grow up.

"This type of class for babies, toddlers and young children is unique to Ireland and I can't wait to meet parents, carers and their little ones," says Alanna.

"Having worked for Razzamataz for more than three years, I have lots of experience and ideas to grow and develop the classes even further. As well as providing a lovely activity for children, I believe that these classes can really cross any divides and help parents and carers to bond and share a common interest. The classes are a lovely way for new parents to get out and about with their children, socialise and meet other people to share the highs and lows of parenting."

Managing Director and Founder of Razzamataz, Denise Hutton-Gosney says: "Alanna is absolutely the right person for the job. Her energy, enthusiasm and overall commitment will inspire a whole new generation in Northern Ireland. We can't wait to watch her progress."

To enquire about joining Razzamataz Early Years or for more information, contact Principal Alanna to book a free trial session. Call 07593 917120 email ballymena@razzamataz.co.uk or visit <https://ballymena.razzamataz.co.uk>.



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# Road Safety and Walk to School Month

## Road Safety awareness this winter

**DURING Road Safety Week, the police often do roadside checks of vehicles for safety.**

There are various protocols to follow when highlighting the dangers of poorly maintained vehicles and offering advice to drivers, or running speed checks and reminding the general public of how speeding is a major cause of accidents and contributor to deaths through road accidents.

Schools can take advantage of road safety week to teach children about the highway code for example, or safety when crossing

roads, cycling proficiency tests, and the importance of cycle helmets and high visibility when cycling,

Riding Stables can hold safety talks for riders who ride on the road, and members of the public can be reached through press, media, and public events that remind them of safe driving techniques, statistics relating to bad driving and road accidents, use of mobile phones at the wheel, and more.

The event has great scope to reach many people across the nation and remind them of road safety, thus potentially preventing many accidents.



Get your relevant vehicle safety checks this Winter.

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## Winter survival guide

Winter needn't be hell on the roads – this AA survival guide will help you get through the time of year when you're most likely to break down.

### Year-round essentials

1. A fully charged mobile phone
2. An in-car phone charger or power pack.
3. Sunglasses.
4. Personal medication.
5. First aid kit.
6. A road atlas – in case of diversions.
7. Sat-nav or a printed route for an unfamiliar journey.

### Winter emergency kit

Keep in your car throughout the winter:

1. A blanket, rug or sleeping bag.
2. Shovel.
3. Ice scraper and de-icer.
4. Torch and batteries.
5. Snacks – chocolate or cereal bars.
6. Extra screenwash.

### Severe weather extras

When bad weather's forecast and you have to travel, pack these essentials, too:

1. A warm winter coat, scarf, hat, gloves and warm clothes.
2. Waterproofs/ Sturdy footwear.
4. A flask of hot drink.

## Walk to School Month

EVERY October is International Walk to School Month.

The event provides an opportunity for children to join hundreds of thousands of pupils across the globe celebrating the walk to school.

Living Streets is calling for new measures to reduce the number of cars on the school run.

This comes after research (YouGov 2018) released by the charity for the start of International Walk to School Month, reveals that too many cars are the things parents find most annoying on the school run – specifically too many cars around school gates (54%); cars parking on the pavements (50%); and too much traffic on the

journey (45%).

Living Streets is calling for more local authorities to pilot school road closures – prohibiting cars from the school gates at drop off and pick up times, alongside a series of other measures, to encourage more families to walk to school.

Motor vehicles are the biggest source of air pollution and one in four cars on the road at peak times are on the school run. As a result, over 2,000 primary schools in the UK are situated in pollution hot spots, putting pupils' health at risk.

Is traffic around your school gates making them congested, polluted and unsafe? Your local council has the power to do

something about this.

Living Streets has identified a range of tools at councils' disposal. School road closures, Controlled parking zones, and 20mph speed limits are all measures that can transform streets outside schools.

This International Walk to School Month, why not take the first step and contact your local council to see how they can help?

Our online letter writing tool allows you to contact your local councillors and tailor the letter to your local school's needs.

Making local streets safer for children is a huge step towards making all our streets fitter for walking.

Ask your local councillors to take action.



Walk to school this Winter to help the local environment.

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Castlerock

**Ballyhackett Primary School**

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Castlerock, Coleraine  
Co. Derry BT51 4SR  
(028) 7084 8476  
[info@ballyhackettps.castlerock.ni.sch.uk](mailto:info@ballyhackettps.castlerock.ni.sch.uk)

Principal: Mrs. G McIlvar

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

# FUNERALS & HEADSTONES



Giving their loved one a good send-off is important for grieving families.

## Marking your loved one's final resting place

**HEADSTONES** to mark your loved one's final resting place come in a variety of finishes and styles to suit every budget.

A comprehensive range of memorials is available to ensure a fitting farewell to those departed, from the initial enquiry to careful installation in cemeteries and churchyards.

It is important that the person who has passed gets the tribute and memorial they deserve to ensure their memory is preserved for future generations.

A wide range of services and products are on offer including burial memorials, cremation memorials and memorial keepsakes.

Headstones are made using only the finest materials including quality granite and stone to

ensure gravestone or memorial stone will stand the test of time.

Cremation memorial gravestones also come in a wide variety of shapes, colours and sizes so that you can create the perfect memorial tribute for your loved one.

For those arranging a burial there is a wide range of memorial headstones available including lawn, kerbed and children's memorials.

Memorial gravestones for burials are available in a choice of different traditional memorial stone materials and can be crafted to many different sizes.

Memorial headstones are available in different shapes and styles or a completely bespoke memorial can be designed and manufactured to your individual specification.

## Local undertakers devoted to families - not profit

**O'BRIEN'S of Limavady Funeral Directors** are a small family run business covering Limavady, Coleraine and surrounding areas.

Managed by Brendan, who is the third generation of the O'Brien's in the funeral trade, following in the footsteps of his late grandfather Jim and now his father Thomas who still works alongside Brendan today.

O'Brien's of Limavady have acquired a reputation for providing a dedicated and professional service to families in their hour of need, promising every family the same support and dedication in order to

provide a meaningful and personalised service.

With O'Brien's being a family run business and also Furniture Retailers, there are limited overheads, enabling them to offer continuous high quality, personalised funerals that guarantees costs of up to and regularly beyond 50% less than any other funeral home in the area, minimising the financial burden for families at a very difficult time.

This lower cost in no way diminishes or reduces the high standards of care and service they provide.

Brendan and Thomas O'Brien at O'Brien's of Limavady Funeral Directors are devoted to families - not profit.



Brendan O'Brien of O'Brien's Funeral Directors who are always striving to help families in every way they possibly can

O'BRIEN'S OF LIMAVADY

# FUNERAL DIRECTORS

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**Incorporating Markethill,  
Keady and Blackwatertown**

# Armagh Business Centre Ltd supporting innovation, job creation and economic growth

ESTABLISHED in 1984 Armagh Business Centre, a member of Enterprise Northern Ireland, the representative body for the network of Local Enterprise Agency's, was originally formed to support and develop local economic growth and development in the Armagh Council Area.

The company has historically been involved in Business Start-up providing advice, training and business growth, along with the provision of workspace in Armagh City and also in the rural towns of Markethill, Keady and Blackwatertown.

Operated under an experienced board of 12 directors and three staff, Armagh Business Centre has continued in its efforts to provide opportunities for the development of new businesses, entrepreneurs and growth of existing businesses in the Armagh City and District Council area.

T W Johnston, Chairman of Armagh Business Centre said: "It is hard to overstate the importance of the role played by small and medium-sized enterprises (SMEs) in the wider economy today. They are an important engine room in job creation and economic growth as well as stimulating entrepreneurship and innovation."

"Armagh Business Centre has been at the forefront of supporting SMEs locally for more than three decades and has built up a hugely professional reputation which has helped many businesses grow and develop. In an ever changing business environment, it is very clear we have an important role to continue to support innovation, job creation and economic growth."

Providing affordable workspace to new and existing businesses is a key part of Armagh Business Centres structure.

Eileen Stewart, Manager at Armagh Business Centre said: "More than 600 small and medium-sized enterprises have been supported by Armagh Business Centre in the past five years alone. Today we are almost fully occupied at our Loughgall Road premises, supporting a variety of businesses including Instant Print, MKM Flooring



Armagh Business Centre

and Corr Security Systems. With outreach to centres in Markethill, Keady and Blackwatertown, we are also supporting innovation and economic growth in rural communities."

Armagh Business Centre also offers excellent conference facilities at very competitive rates. The conference rooms also provide a pleasant and professional environment in which to host small

conferences, meetings, training courses, interviews and much more. Rooms can be customised to meet client's requirements. Room hire is available 7 days a week.

**"Armagh Business Centre has been at the forefront of supporting SMEs locally for more than three decades"**



**L Kerr & Co**  
Chartered Accountants

Unit 58, Armagh Business Centre  
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Tel: 028 3799 8051

Best wishes to Armagh Business Centre

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# ARMAGH BUSINESS CENTRE

Incorporating Markethill, Keady and Blackwatertown



To see what Instand Print can do for you log on to [www.instand-print.com](http://www.instand-print.com)

## Instant Print celebrating 15 years in business

ADVERTORIAL

THIS year at Instant Print we are celebrating 15 years in Armagh Business Centre.

Wow! The years have flown by and the years have brought many changes to our business.

Armagh Business Centre has been a great place to have a business. We were able to start our business in a small office and as the years have passed we moved into two of the larger units. Also with their back up and administration help on hand it has been an excellent place to start a

business.

As printing has changed dramatically over the past 15 years so has our approach to print.

As always we offer all your business printing including business cards, invoice books, letterheads, leaflets etc. We now offer large format printing at Instant Print; this includes Vehicle Graphics, Signage, Plan Prints and Posters.

Quite a lot of our business is now done online and our website [www.instand-print.com](http://www.instand-print.com) is very easy to access and buy your leaflets, cards or even banners which are delivered to your door.

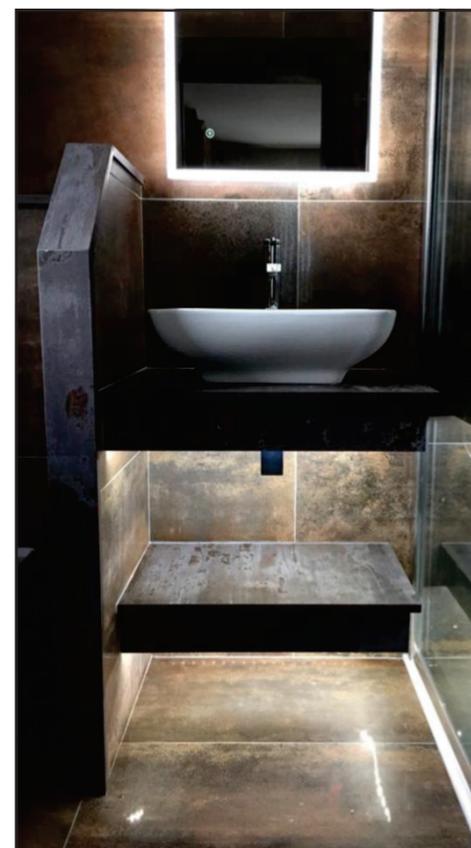
## Take the stress out of your kitchen or bathroom refit with Price-Less Tiles

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Instant Print are privileged to be celebrating  
**15 years in Armagh Business Centre**

*"Instant Print prides itself on its fast turnaround and offers customers flexibility by providing small businesses with cost effective small runs of printing and larger companies savings on large orders."*

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BEST WISHES TO ARMAGH BUSINESS CENTRE



## Markethill Business Centre

Markethill Business Centre encompasses 11,500 sq.ft of workspace. It offers a total of 17 units consisting of both office space and industrial units. Workspace ranges in size from 225sq.ft to 1000sq.ft. Flexible lease, month in month out with no long term commitments 24/7 access and free car parking

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**Bridge Business Park, 2-3 Main Street  
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Co Armagh BT71 7HU**

**TEL: 028 3754 9508**  
Email [info@mybornagainkitchen.com](mailto:info@mybornagainkitchen.com)

**Born Again Kitchens is proud to be bringing 30+ years of professional service to all our customers.**

Due to continued growth we would like to welcome some of our new team members

Office Manager – Claire Crossley with her 16 years’ experience in office administration, sales & customer service, Claire will bring all her great experience and fun personality to her role in Born Again Kitchens.

Skilled Prep Manager - Michael Higginbottom skilled with his 14 years in various roles Michael has become essential part of the team, he has shown he is hard worker and dedicated to every job he completes.

Sprayer – Aikee Kiseo former quality controller and sprayer for Aston Martins & McLaren, Aikee brings a wealth of knowledge and experience to his role of sprayer to the team

Fitter – Daniel Hughes formerly a lecturer in Joinery for a London College & also a fully qualified site surveyor Daniel is a perfectionist and ensures every job is finished to a high standard ensuring the quality name to each and every job

Fitter/Sprayer – Jason Hohns with his years working with kitchens and furniture restoration Jason has been a great asset to the Born Again Kitchens team. We would like to wish him well on his travels



**Born Again Kitchens look forward to working with you in the future**