

HUMAN GIVENS: A NEW APPROACH TO EMOTIONAL HEALTH

Helen Card from Sheffield Human Givens explains that strong emotions like depression, anxiety and anger are at the root of why so many people seek help from GPs, counsellors, psychotherapists or clinical psychologists. At any one time millions of people in the UK suffer from the negative effects of these emotions.

■ What are the human givens?

We all have basic physical and emotional needs such as the need for attention, love, security, connection and control, and self-esteem. Nature also gave us the resources to help us meet such needs including: memory, imagination, problem solving abilities, self-awareness and a range of different thinking styles to use in various changing situations. It is these needs and resources that make up the human givens.

When emotional needs are not met or when our resources are used incorrectly, we suffer distress: and so do those around us. Human Givens therapy focuses on helping clients to identify unmet emotional needs and empowering them by activating their own natural resources in new ways.

■ Why is it effective?

Human givens counsellors don't waste time just listening or attempting to dredge up real or imagined miserable memories, since research shows this confuses and upsets vulnerable people. Nor do they waste time in prolonged so-called voyages of self-discovery. Instead, they offer practical help with mental and emotional distress in the present

■ Human givens counsellors and therapists can help.....

- Reduce anxiety
- Break the cycle of depression
- Resolve trauma
- Manage anger
- Stop addictive behaviour

- Relieve medical conditions (as many have an emotional component)
- Harmonise relationships

■ Massage and touch

The Human Givens approach also acknowledges that massage and touch can have both physical and psychological benefits. Massage creates a feeling of wholeness of the body and mind. Massage can reduce stress, migraine headaches, improve sleep, lower blood pressure and increase problem-solving abilities.

■ *For more details or to book an appointment for therapy or massage ring Sheffield Human Givens on*
0845 2250411

Q&A's

PERSONAL

FITNESS

Paul Lonsdale from Sheffield's 'Get Physical' responds to your queries.

Q. I am considering running in the Sheffield half-marathon in Sheffield but am concerned that I won't finish the event. I am in my late thirties and reasonably fit. What's the best way to prepare?

There's no law that says you have to run all the way, as many entrants run and walk the course. Preparation is usually done in stages, combining a number of runs, walks and rest days per week. You would aim for a slight increase in the amount of distance you run each week until you can comfortably complete about 80% of the distance you are aiming for. The adrenaline of the race and the help from the crowd on the day should be enough to help you finish the course. If you type 'marathon preparation' into any search engine, you will come across loads of websites, providing training schedules and tips for all distances and fitness abilities.

Q. I used to go to the gym quite often but since starting a new job I can't find the time. I have a small spare room and would like to buy a piece of equipment. What would be a good buy?

Elliptical or cross trainers as they are also known are the most versatile and cost effective piece of training kit you can buy. If you added a couple of resistance bands and a fit ball, you would be able to develop fitness, muscle tone and core stability, all for less than £250 for good quality, brand new equipment. Alternatively, if you are looking to put on some muscle, a multi-gym or free weights and a bench are another option, with prices starting from about £150-200. A good fitness professional should be able to advise you as to what equipment will help you attain your goals.

Q. I would like to start jogging again after a ten year gap. But there is a vast range of trainers to choose from. Can you offer any guidance?

The type of shoe you want will depend largely on three things; how much mileage you do, how your foot strikes the floor and how much you want to pay. The more expensive shoes will usually have some form of stability control but this may be unnecessary if you don't roll on the inside or outside of your foot when running. I usually get my shoes from 'Keep On Running' at Attercliffe, as the guys there are all experienced runners and can quickly give you a professional assessment.

NOTE: Before starting any form of exercise and/or diet, it is advisable to get a check up from a GP or other qualified health professional.

■ For more details ring Get Physical on 0114 266 6433 or log on to www.webexpressguide.com



LOOKING GOOD FEELING GOOD

WEDDING FASHIONS 2006

Debbi from **Danielle Lara** introduces the latest fashion trends for wedding guests.



curves. The smart tailored suit for weddings has brought a return of headwear probably more in the style of feather fascinators than hats but still rather welcome.

Skirt lengths should be below the knee. Prints are blooming this season and a chiffon print dress for summer can look fresh and comfortable.

Feminine floaty, romantic dresses and smart sexy suits are prominent this year. Black and white are both huge colours for Spring, especially elegant when combined together. Also consider chic, strapless black and white cocktail dresses or an elegant shift dress.

For women

A-symmetrical shapes are everywhere- perfect for showing off smooth glowing shoulders: structured bustlines and careful tailoring shows an impressive cleavage.

Inspired by Roland Mouret and Alexander McQueen tailoring is smart and sexy.

This year sees a return to femininity where women can feel comfortable showing off their

Dresses are big. There's a dress shape for everyone and this can be made special with accessories – forget the bling, unique is in. Light feminine textures are in this season – just stick to sunshine colours.

A little white dress is the key piece for summer. Opt for simple, minimalist pieces with clean cut shapes such as A line skirts and crisp jackets or shirts. Fuss free pieces are always more versatile – a pashmina can give cover if it is cool if you don't want to wear a jacket. Lace also works well for summer's romantic mood.

Tailoring – lightweight fabrics – fine wool pieces will work in spring and summer while thick linen works in summer and weddings abroad.



While trousers are not normally seen as acceptable for weddings, wide legged trousers in silk and jackets with flared peplums are very classic and wearable.

Remember to wear something that suits your age and personality and something comfortable because it will be a long day!

For men



Menswear is moving towards the traditional in terms of style and cut. Also colour and texture are becoming increasingly important. 2006 sees a return to classic styling, precision tailoring and traditional colours, with also bold and bright colours. Also popular will be rich

berry colours, with shades of brown from coffee to dark chocolate and for destinations abroad, dazzling white, although cream or stone are much preferred to white.

An Italian linen suit will always look sexier with a woven silk tie than with the failsafe open neck baby blue or baby pink shirt. The ever more popular evening wedding has brought a welcome return to the tuxedo worn with black tie not bow tie.



■ For more information ring Debbie at Danielle Lara on 0114 257 1331

MOTHER'S DAY SPECIAL

Treat your mum to a delicious lunch with a delightful twist. Our chef, **David Wilson** offers some intriguing recipes.

■ Fruit kebabs with crème fraich

- 1 orange cut into segments
- 4 strawberries
- 1 kiwi fruit skinned and quartered
- ½ a honeydew melon or water melon seeded and diced into bite size pieces
- 1 banana cut into slices
- 1 ripe pear peeled and diced
- 1 tub of crème fraiche
- 4 X 30 cm wooden skewers

Skewer the prepared fruit onto wooden skewers and place in the fridge until required. Serve with the crème fraiche. You could also serve the fruit kebabs with a fruit coulis (available from most good supermarkets). Alternatively serve with flavoured yoghurt.



■ Filled tortilla wraps

Why not treat your guests to a selection of filled tortilla wraps, they are easy to prepare, are inexpensive, and are a break from the same old traditional sandwiches. They can be prepared well in advance so that you can relax and enjoy the day. There are too many combinations to list here, but here are a few suggestions

- Cooked chicken breast dusted with Cajun seasoning, with lettuce and mango salsa.
- Sliced buffalo mozzarella and plum tomato with pesto mayonnaise.
- Cream cheese and roasted peppers with.
- Sliced duck with plum sauce and spring onion.

■ Avocado, bacon, and new potato salad

- 4 rashers back bacon
- 2 ripe avocado pears
- 1 lb washed new potatoes
- Mayonnaise
- Wholegrain mustard

Cook the washed new potatoes in salted water until tender, then run under cold water to cool them and stop the cooking process.

Cut the bacon into thin ½ cm strips, and remove as much of the fat as possible, then fry in olive oil or grill until crisp.

Drain, then slice or quarter the new potatoes.

With a sharp knife cut through the skin of the avocado lengthways down one side, then continue down the other side. Peel the avocado and dice the flesh into 1 ½ -2 cm squares.

Mix the bacon, avocado and potatoes in a bowl.

Add just enough mayonnaise to bind the ingredients together and 1 tablespoon of wholegrain mustard. Combine gently. Season with salt and pepper. Serve on mixed green leaves.

The drinks

Treat your mum to a delicious lunch with a delightful twist. Our chef, **David Wilson** offers some intriguing recipes.



■ Sundowner Cocktail (non alcoholic)

- 4oz grape juice
- 2½ cold sparkling water
- 1 fresh mint sprig

Pour ingredients into a stemmed wine glass over ice add mint and stir

■ Sea Breeze Cocktail

- 2 oz vodka
- 3 oz cranberry juice
- 1 oz grapefruit juice
- grapefruit slice to garnish

Pour the vodka and cranberry juice into a highball glass with ice cubes Stir well and top with the grapefruit juice Garnish with a small slice of grapefruit

■ Park Avenue Cocktail

- 1 ½ gin
- ¼ oz dry vermouth
- ¼ oz sweet vermouth
- ¼ oz unsweetened pineapple juice

Pour the ingredients into a mixing glass with ice cubes

- Stir well
- Strain into a chilled cocktail glass

■ Our featured chef, David Wilson also offers chocolate fountains for private functions. For details log onto www.webexpressguide.com or ring 07940 307716

TREAT YOUR MUM TO A MEAL OUT

Web Express Guide recommends two local restaurants.

Dore Moor Inn

Tel: 0114 235 512
Hathersage Rd
Sheffield, S17 3AB

Popular as the Dore Moor Inn is for weekend lunches and evening meals, it never ceases to amaze how continuously buzzing the place is. People in their droves descend upon this beautiful, country home style public house situated on Peak District's doorstep. The food is of very good quality, variety with generous portions. It is a delight to feast by the fireside after a long country walk.

The Sitwell Arms Hotel

Tel: 01246 437327
Station Road,
Renishaw,
S21 3WF

The Wild Boar Restaurant has interesting décor with it's wealth of Oak beams and is the ideal place for a relaxing mothers day meal. They offer an extensive a la carte menu, and a Traditional Sunday Lunch, all of which I'm sure will be to Mum's liking. Alternatively, you can choose from the Chef's Weekly Specials where you get to sample Sitwell's individuality!

WINTER SKIN CARE

Our beauty editor **Samantha Cook** offers some timely advice



It's not surprising that at this time of year most of us are suffering with dry, irritated skin as we constantly battle with the extremes of cold wind, central heating and a hidden evil – the “nice hot bath”

While it's tempting to have a long hot soak at the end of the day, hot water will strip your skin of natural oils making it even drier. You should really

have completely dried your skin.

SKIN FACTS:

Skin covers an area of approximately 1.8m²
Lighter skin tends to be drier than darker skin

limit yourself to a luke warm shower once a day but if you can't give up your daily bath then make sure the water isn't too hot and try adding oil to the water which will leave a moisturising film on your skin.

Daily moisturising is essential and your choice of product should reflect the season. At this time of year you should be using a rich moisturiser every day even when you have stabilised your dry skin – think of it as prevention rather than a cure. Moisturiser should be applied immediately after showering and before you

Body moisturisers tried and tested

Virgin Vie Shiro Nourished to Perfection Body Butter 300ml £16.50 - This has a very thick consistency and a strong fragrance giving it a luxurious feel. It moisturises well but may be too heavily fragranced for sensitive skin. Quite expensive for every day use. **SCORE 3.5/5**

Champneys Skin Comforting Body Butter 350ml £8.00 - Despite the thick consistency and strong fragrance this has been tried and tested on sensitive skin with very positive results. A cheaper alternative to the Virgin Vie body butter. **SCORE 4/5**

Revlon Dry Skin Relief Intensive Body Moisturiser 400ml £4.50 - I'd forgotten how great this product is! It moisturises brilliantly and works particularly well on elbows and knees. You won't need to reapply this throughout the day as the effects last 24 hours. **SCORE 5/5**

StIves Extra Relief Collagen Elastin Extra Dry Skin 400ml £3.99 - A fantastic every day product with a pleasant fragrance. It rubs in well and the effects are as good as the Revlon product, although this one has the added advantage of a pump

action dispenser. Quite often on two for £4 in supermarkets making it extremely good value for money. **SCORE 5/5**

Boots Intensive Body Lotion Dry Skin 400ml £2.79 - This product achieved fairly average results. It took a lot of rubbing in and the fragrance wasn't particularly appealing compared to the other products tested. This lotion may appeal to men due to its very neutral packaging and fragrance. **SCORE 3/5**

PROBLEM PAGE

Helen Card responds to your dilemmas

Q1: I am concerned that my son is becoming increasingly anxious about his upcoming SATs. He has become withdrawn and is having difficulty sleeping.

This is very understandable; children are under pressure to do well in their SATs and can often focus on what might go wrong, or how bad it might be rather than on their strengths and on a positive outcome. It would be useful to contact his form tutor to identify any subjects he might be having a particular problem with. Perhaps the school can advise you on a revision strategy that would help to enhance the work he is doing at school. It is important to focus on a solution, rather than the problem. You might consider hiring a tutor to focus on specific obstacles.

Reassure him that what he is experiencing is normal and temporary. Encourage aerobic activity or exercise, such as a brisk walk in the fresh air, for 20 minutes every day. Encourage some pleasurable activity everyday. What is important here is that you stop him worrying by any means possible.

Q2: I have recently started a new job. I am 25 and the only male in an office of mainly middle aged women. My friends see me as a very confident person but at work I feel under pressure because I am faced with a daily barrage of sexual innuendo and comment directed at me. What should I do?

It may be that the women have misconceptions of what young men today expect. I wonder if they are feeling awkward and using sexual innuendo as a way of communicating and trying to include you?

Unwanted comments are intimidating whatever the intent. You don't say if you have raised the matter with your colleagues but it is important you do so because they may have no idea that they are making you feel uncomfortable. Are they making you feel welcome in other ways? If so try to build on that. You could ask

them about their families which would enable them to relate to you in a way they might with family members of your age.

However, if you make no progress speak to a supervisor or your trade union rep. They will be able to intervene on your behalf. Be reassured it is far better to address matters as soon as they appear rather than letting them become established and normalised.

Q3: Six months ago I separated after ten years of marriage and moved into a new house. I have two children aged 10 and 8. I don't have a new partner but my relationship with my children is rapidly deteriorating as their other parent has convinced them that I selfishly split up the family.

Separation and divorce can be very difficult for children to understand, particularly when one parent is alienating them from the other. Children need both parents and it is important that you help them to realise that you are still a family, just in a different way, because families are forever. Love, reassurance and discipline are really important at this time. Try to have a discussion with your ex-partner about the effect this is having on your relationship with your children, in a neutral, relaxed atmosphere if possible, and not in front of the children. Avoid blaming each other and agree that the well-being of your children is what is important to both of you. It can help to see your new relationship with your ex-partner as a 'business relationship' rather than a personal one, and one that focuses on ways in which you can both be a parent to your children.

Helen Card is Chartered Psychologist and Human Givens therapist. Helen is unable to enter into personal correspondence with readers.

■ Please send Helen your dilemma by post c/o The Editor, Sheffield Web Express Guide at Sovereign House, 4 MachonBank, Sheffield, S7 1GP or by email to info.sheffield@webexpressguide.com

STAR SIGN OF THE MONTH

by **Julia Binns**



PISCES Feb. 19th to Mar. 20th.

Your year ahead with the next sentence about Uranus and Jupiter dropped one space down.

With the energy of Uranus and Jupiter working in your favour 2006 should be a year of spontaneity, change, adventure and ultimately positive rewards.

■ RELATIONSHIPS

You may have something to resolve in a personal relationship, and you're probably guilt tripping about the situation. Whatever it is, let it go, it could be emotionally destructive in the long term. Changes are necessary in the relationship area to achieve your true potential and express your unique qualities; so follow your heart not your head. You must enjoy life for yourself now instead of trying to please everyone else and you need to establish what you want from a loving relationship.

From mid March your confidence and happiness return. August brings positive changes to attached Pisceans and a new lover for singles. October is a time for romance and in November you'll feel a million dollars. By December you will have totally forgotten your personal guilt trips.

■ CAREER

You possess excellent organisational skills and this includes organising the people around you. The energy of Uranus is making you feel very restless for change. You can look to increase your earnings where you are or by starting a new business. This is certainly the year when you will get the opportunity to increase your status. Around the 16th of April your position will improve, you will be in favour with authority figures.

By August you will have proved your worth; September brings some well earned pleasure and new contacts to support some innovative ideas in your career by the end of November.

Towards the end of the year it's time to enjoy the fruits of your new found status on your world stage.

■ FRIENDS

Popularity is your asset but it could be your problem this year. If you try to resolve the problems of all your

friends you will feel completely drained. So stay close to a loved one early in the year and gain some emotional support by the time Autumn arrives your friends will have resolved their problems

and it will be time to enjoy an exciting social life.

■ FINANCES

This year the bureaucracy of anything connected with money and your personal finances could drive you crazy; but the planetary influences affecting you this year will give you the innovative energy to broaden your financial horizons. Jupiter's energy will enable you to reap benefits from some adventurous

financial arrangement if you have the nerves to risk it and the professional support to back you up.

■ COMPATIBILITY

The most compatible signs for a Piscean which is a water sign are the earth signs or other water signs.

Taurus; Cancer; Virgo; Scorpio or Capricorn. but for true compatibility all the other personal planetary energies need to be taken into account.

■ For a more personal consultation please ring Julia Binns on **0798 6580791**

YOU ARE WHAT YOU **EAT!**

Obesity, allergies, school meals: everyday the media is full of worrying news about children and food. **Stephanie de la Haye** guides you through the maze. This month she is taking a close look at infants.



Achieving a good wholesome varied diet in the early stages of life is very likely to have a profound effect on the health and enjoyment of a good diet as an adult.

Infants are not scaled down adults; they require different and constantly changing needs, particularly in the first 2 years. For the first months of life breast milk is best. It provides 50% of its energy as fat and 35% as simple sugars so baby can gain as much energy with little volume.

During weaning the gut is in the process of developing defence systems against bacteria, toxins and allergens. At this stage we need to introduce a variety of textures and flavours to reach a varied "family" diet.

Although commercial baby foods seem easy to use for the busy parent, try to only use them as

convenient packed item when out and about. There are more organic varieties now than ever before, but in my opinion they are still not as good as home made.

Natural foods which are low in salt and gluten and do not have too much complex carbohydrates such as starches are ideal. Home produced organic foods are the best not only in content but will give the infant a better chance of taking to family meals when older. In the long term it may also make for a less fussy eater.

■ For more detail contact Stephanie de la Haye
MSc, FRIPHH, Consultant food technologist/ Holistic
Nutritionist on 01 14 245 0785 or log on to
www.webexpressguide.com

NEW CARS UNDER THE SPOTLIGHT

With the new registration plate hitting the road this month some of you may be tempted to change your current car. Lee Streets picks six of the best new cars that will hit our roads in 2006.



Nissan Navara

Ok this 4x4 Double Cab pickup actually came out in late 2005 but demand has been such that most people have have to wait until now to get one. Even the introduction of the new Mitsubishi L200 is unlikely to dampen down demand for this class leader. Start at **£18699** See our review next month for more details on this vehicle.



Fiat Grande Punto

Out just in time for March Fiat's new Punto is larger than its predecessor and currently will be sold along side the existing punto. The Grande is offered in both 3 and 5 doors with four distinct launch versions. Prices start from **£7594**. Fiat expect to sell around 32,000 Grande Punto's in 2006.



Volvo C30

The new C30 which goes on sale late this year is Volvo's attempt to compete with the Audi A3, VW golf and BMW one series. It is likely to be priced from £15,000 for the entry level 100 bhp 1.6 petrol model. It is expected that the C30 will only be made as a sporty looking 3 door model. The range topping 2.4 petrol model will generate 260 bhp and hit 62 mph in just 6 seconds.



Peugeot 207

The 207 which is due in June will, maintaining the current vogue with manufacturers, not be an outright replacement for the

206 which will continue to be built alongside the 207 for a period of time. From the official pictures released by Peugeot it is likely to be bigger than its outgoing (but officially not outgoing) sibling, and will provide all the variants available in the 206, including a coupé-cabriolet model. Estimated starting price **£9000**.



BMW X5 – Red Hot

Originally scheduled for an early 06 release the second generation X5 is now likely to land in the UK late this year. Just try getting one!

One BMW dealer has told us that he already has more forward orders than vehicles he is likely to be allocated. So expect to wait & possibly wait some more. All indications are it will be worth it!



Kia Sedona

The new Sedona will be unveiled at the Geneva motor show this month, with UK sales due to begin in September. Designed for the European market, the next Sedona is shorter than the current model. A long-wheelbase version has been developed for the US and Korean market, but no decision has been made as to its availability in the UK. The new car will be wider and taller than the current model, giving a roomier feel inside. Kia will be hoping for a better Euro-NCAP rating than the outgoing models two stars. Estimated starting price **£16000**.

■ If you like cars and fancy upgrading your motor, give Lee Streets a call on **0800 2888 775**

For more information:

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Your **SAVING** on MRRP: **£2,560**



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Your **SAVING** on MRRP: **£3,892**



BMW 3 Series 320i SE Saloon

Cars and Finance Price: £20,550 or £375.60 per month
(6.6% APR with NO DEPOSIT)

Your **SAVING** on MRRP: **£2,382**



NISSAN NAVARA 2.5TD Double Cab Adventure

Cars and Finance Price: £22,377 or £409.60 per month
(6.6% APR with NO DEPOSIT)

Your **SAVING** on MRRP: **£3,000**



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What's On



■Ellen Bell, Bluebeard's Wives,
© 2000 Copyright the artist

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THEATRE PREVIEW



THRIVING AMATEUR THEATRE SCENE

Sheffield's professional theatres have an enviable national reputation but did you know that Sheffield is also renowned for the quality and diversity of its amateur theatre groups?

THE LYCEUM

Ring 01 14 249 6000 for bookings
or log onto www.webexpressguide.com

I GOT RHYTHM

Choreography by David Nixon
Music and Lyrics by George and
Ira Gershwin

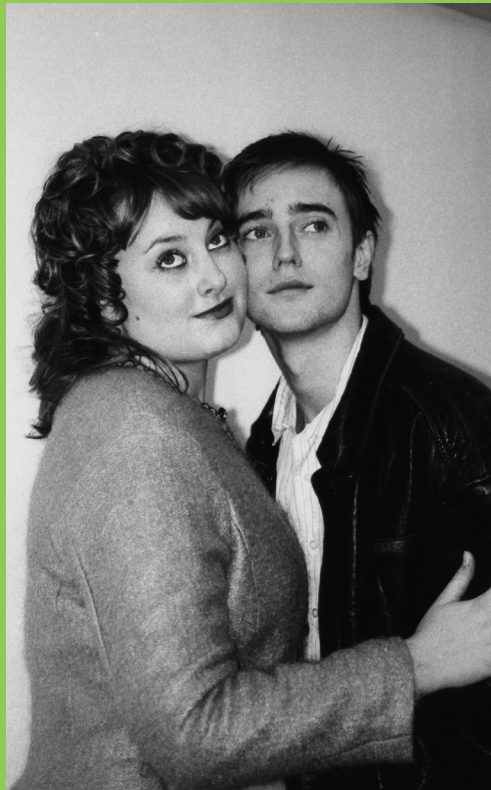
With Orchestration by John
Longstaff

Played live by the Northern
Ballet Theatre Orchestra

TUESDAY 21 – SATURDAY
25 MARCH 2006

Eves: 7.45 pm/Mats: Thu 2pm &
Sat 3pm

Sheffield's chance to see a highly successful show which has delighted audiences in the USA and UK. The production combines the sublime music of George and Ira Gershwin with the exciting dance of the Northern Ballet.



Put to one side images of 'am-dram' in village halls with wobbly sets, because many local 'amateur' companies are very professional set-ups, often including past and future pros in their ranks.

As Mark Cottingham explains, there are well over twenty amateur companies in Sheffield alone and most perform two or three productions a year covering the whole range from classic dramas to light opera,

Shakespeare to Pinter, Rogers and Hammerstein to John Godber.

One of Sheffield's most celebrated companies is Sheffield University Dramatic Society - SUDS. Regular winners at the annual SADATA awards, SUDS was started by staff at the University but now boasts a more diverse membership.

Their latest production is *Billy Liar*, Keith Waterhouse and Willis Hall's classic comic study of family life in a northern town. As Billy's fantasy world starts to collide with reality is a move to London the only way out?

Growing food indoors

In February we looked at growing herbs indoors and the opportunities provided for those with limited space. This month we are being a little more adventurous with a look at vegetables and salads.



heated room is most suited to their growth requirements as most of their needs can be met in these conditions.

Take care not to place pots too close to a window if the weather is cold as this can cause problems – but be aware that 6 – 8 hours of direct sunlight is a basic requirement.

Water daily but ensure to use a balanced organic fertilizer each fortnight to avoid the nutrient depletion that can occur. To achieve pollination where required simply use a soft artist's brush

As with herbs the soil requirements will play an important part in assisting strong growth. Use good general potting compost mixed with equal parts of peat, vermiculite or perlite to form a nice, rich, well draining container.

It is naturally not going to be possible to grow large items but small leafy crops, small root vegetables and tomatoes can be grown out of season given the right conditions.

A bright room which is generally unused is a good place to start. Alternatively a sunny porch where temperatures will not go below freezing at night but which don't turn into hothouses in the daytime is another alternative. Leafy crops such as lettuce or swiss chard will thrive in these settings and provide for regular harvest if sowing regimes are organized carefully.

Vegetables require a little more planning as temperature, pollination and light requirements are more sensitive factors. Tomatoes, sweet and hot peppers, cucumbers and beans need to be warm in the day but not too cold at night. A south facing, centrally

IDEAL CROPS TO GROW INDOORS

- Cherry tomatoes
- Sweet peppers
- Chilli peppers
- Cucumber
- Lettuce
- Endive
- Small-rooted carrots
- Small-rooted beets
- Radishes
- Miniature cabbage
- Salad onions
- Swiss Chard
- Spinach

■ Happy "gardening" and don't forget to let us know about your successes.

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PUTTING NATURE FIRST

In all areas of life we need to think about sustainability, global warming and the environment. An obvious place to start would be our own back yard. Chris Parsons explores how can we protect the environment while developing our own outside spaces.

Here in Yorkshire we have local stone that is the envy of many. So you might ask why there is an increasing trend towards using stone brought all the way from India when we have better stuff on our doorstep? Ask yourself how it is being quarried and why it is so cheap. Manufactured flags are not necessarily any better. The

manufacture of cement, and therefore concrete, is a highly pollutant process, as is the extraction of gravel from land based quarries. Gravel from the sea bed is even more harmful to marine life.

Major warehouse chains now refuse to sell peat-based compost in an endeavour to protect the



wild-life that live in the wetlands from which it is extracted. And most people know that hardwood should be from a sustainable source and not from ancient rain forests that cannot be replaced.

Keeping your gardensustainable means bringing in and taking

out as little as possible and trying to make sure that whatever you put into it is available to future generations. It may have costs in time as well as money but isn't it worth it to watch the dragonflies and butterflies on a beautiful summer's day when you are avoiding taking that flight to Barbados?

What can Sheffield gardeners do to help the environment?

- **Recycle** as much of the existing garden as possible. Sissinghurst Castle Garden in Kent has some lovely paths built from old frost-proof bricks and stone offcuts.

- Use **locally sourced** materials. Think about the pollution of the environment transportation causes. Local materials will look better too.

- Try to use **indigenous plants** for wildlife, or at least appropriate plants that suit the conditions in your garden, rather than those that need lots of trimming and care.

- Keep a **compost** heap so that you won't have to buy expensive soil conditioners or put your green waste in the wheelie bin. Keeping chickens might be worth investigating as a waste disposer.

- Install a **water butt** to recycle rainwater, and mulch your soil to conserve water, reducing watering needs as well as maintenance

- Keep a **log pile** in a corner to encourage beneficial insects and get a natural balance, rather than using chemical sprays.

- Encourage indigenous wildlife by **building a pond**, let the newts and frogs populate it, rather than keeping goldfish, and they will help keep the slugs down.

- Wear an extra jacket instead of blowing hot air into the skies with that expensive patio heater.

■ Contact Christine Parsons (MSGD) on 0114 230 2540 or log on to www.webexpressguide.com/sheffield

A PERFECT RETREAT

Whether you call it a pergola, arbour or gazebo – these structures provide an extra dimension to the pleasure and comfort offered by your garden. Selecting the most suitable structure is a simple matter of deciding what are your personal priorities.



- Avoid climbing plants which require heavy pruning, spraying or similar...
- Think “environmentally” friendly and go for treated or recycled timber for lasting pleasure and low maintenance

When considering plant choices select something person friendly. For example it may

not be wise to grow thorny roses around a small arbour if you have young children. Safe choices are Clematis, Honeysuckle, Passion Flower or Jasmine.

Larger structures such as the Gazebo or Pergola are more suited to supporting fragrant scented Roses or the majestic Wisteria. However, these may take some time to flower and once established may only have one show in the year. To ensure continued colour throughout the seasons find suitable companions, such as clematis, that will offer blooms to contrast with their foliage.

Before selecting climbing plants decide if your garden offers the conditions that will enable them to flourish. Soil condition, light and correct moisture levels will all contribute to success.

All these items are available either at your local garden centre, DIY store or from the internet. Some structures are very heavy or will need to be capable of supporting significant weight. Local landscape companies with lots of experience will put these structures up in a very short time to ensure stability. Consult a professional landscaper or builder to make the most of your new project.

■ *There simply isn't enough space to mention all the restaurants we visited during the course of last year, and to those not mentioned here a full review is available by visiting our web site www.webexpressguide.com*

Creating an area of seclusion or simply a shady seat is simple with an arbour. Plant scented climbers to soften the hard edges and enhance the whole experience and enjoy the feel of being close to nature as you read or simply contemplate your creation.

The Arbour:

Creating an area of seclusion or simply a shady seat is simple with an arbour. Plant scented climbers to soften the hard edges and enhance the whole experience and enjoy the feel of being close to nature as you read or simply contemplate your creation.

The Gazebo:

A structure with a fixed canopy is an attractive method of introducing a weather proof feature to accommodate for those unpredictable summer showers. It provides sheltered eating opportunities or simply a shady place to snooze on a warm sunny afternoon. It too lends itself perfectly to supporting climbing plants.

The Pergola:

This is an ideal way of creating seclusion on the rear of an overlooked property or as a feature over a garden path upon which to feature more substantial climbers. Design is left to your imagination as this is very much a personal choice construction.

Whatever you decide to create the tips for success are:

- If possible select self clinging plants to avoid the need for tying in.



LIGHT UP YOUR HOME

When we talk about the modern home we often think of minimalist decor and furniture. Choosing your lighting is an essential part of achieving the complete modern look. Deborah Binns of 'Light and Shade' picks out some of the latest trends.

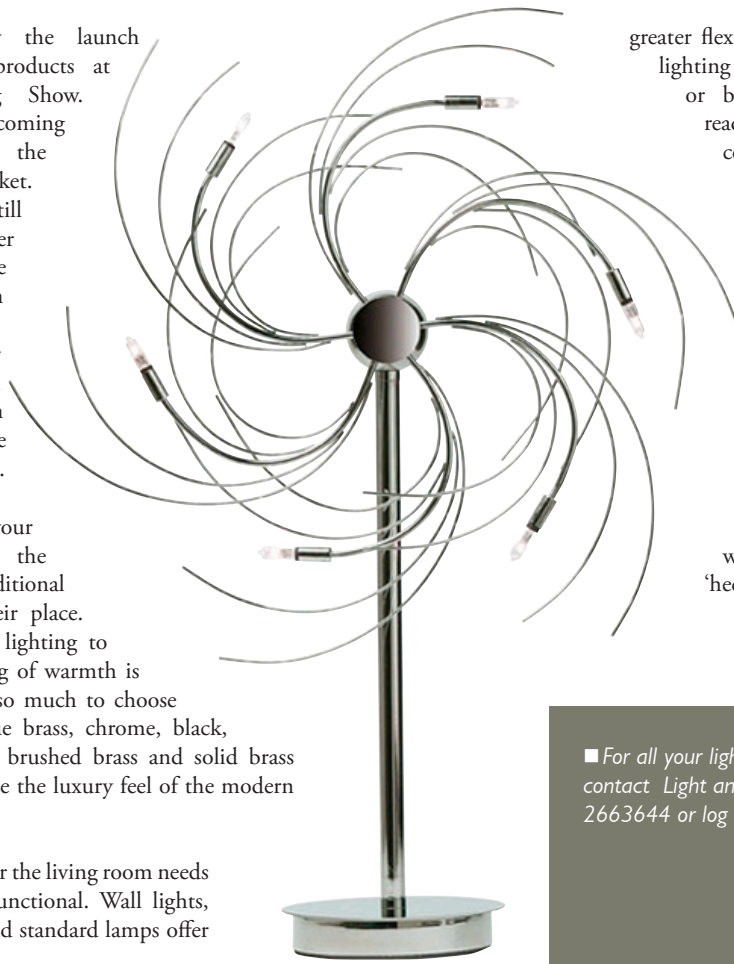
January saw the launch of new products at the Lighting Show. LED's are coming through into the domestic market. Chrome is still a big contender as being the most modern looking finish, but this year we have seen black nickel on several of the newest fittings.

In your bedroom the modern or traditional look have their place. But choosing lighting to create a feeling of warmth is key. There is so much to choose from - antique brass, chrome, black, satin chrome, brushed brass and solid brass can all enhance the luxury feel of the modern bedroom.

Lighting for the living room needs to be multi functional. Wall lights, table lamps and standard lamps offer

greater flexibility for ambient lighting when relaxing or brighter lights for reading. To add colour a tiffany light will totally change the look of any room adding a warm glow to a dark corner.

For the ultra modern technical look you might want to consider 'twiggy' lights, the 'catherine wheel' or even the 'hedgehog'.



■ For all your lighting needs contact Light and Shade on 0114 2663644 or log onto our website.

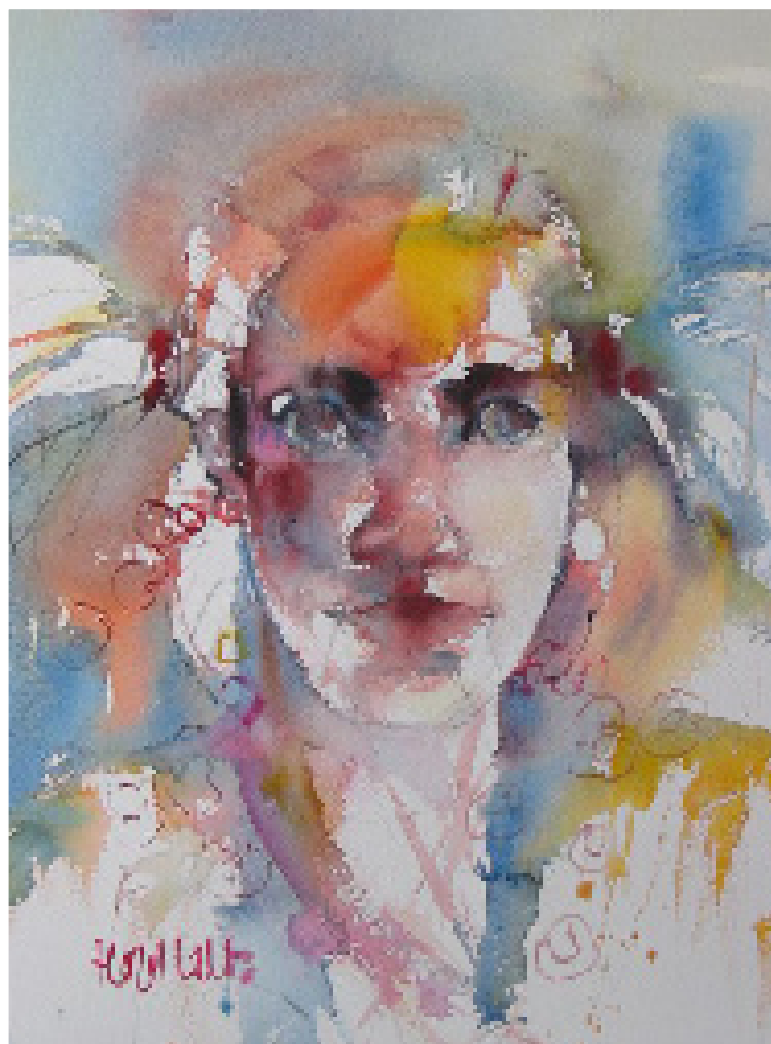


Paul Scarrott spoke to Hazel Lale about the pleasure of art for the home and as a form of self expression.

Hazel is an artist and teacher based in Sheffield who has exhibited across Britain and also in Japan and the USA. Her work is noted for its dynamism and vibrant use of colour. Hazel's unique work springs from a personal engagement with each subject.

Her art classes offer an exciting mix of different media; including 'fast and loose' watercolour as well as pen and wash. She encourages her students (from beginners to more experienced) to employ a huge variety of colours and patterns in their work enabling them to create vibrant portraits, café scenes, landscape and pictures of animals. Creating new art is a wonderful way to transcend the pressures of modern city life.

Hazel is passionate about the way art in the home can be a rich source of personal pleasure. "A painting of a favourite view from a summer walk will provide a heart warming vision on dark winter nights. Paintings can also be rotated to give a completely new feel to a room without the all the difficulties of redecoration." An original piece of art is the ultimate gift. Artists like Hazel will respond positively to requests for individual commissions such as portraits and landscapes.



PICTURE THIS

■ For further information contact Hazel on 0114 236 6031 or log onto the Web Express Guide website.

WHY DON'T YOU SWITCH OFF YOUR 'PLAYSTATION' AND DO SOMETHING MUCH MORE EXCITING INSTEAD?

TENNIS OPEN TO ALL

That's the message generating from Abbeydale Tennis Club in Dore Sheffield, whose philosophy is to try and get the kids away from their PS2s and X-Boxes and on to the tennis court where they are encouraged to try their hand at a sport which is fun, will keep them healthy and is a sport for life.

Abbeydale Tennis Academy, which is based at the club, caters for children from age 4 on the mini tennis courses right through to 18 year old Junior Internationals.

The Dore based club runs weekly sessions for children of all ages and abilities, after school and weekends on the indoor courts and the sessions are taken by experienced Lawn Tennis Association (LTA) Coaches.

The Academy believes the safety and enjoyment of the children attending the sessions is of paramount importance and in line with this the club employs a child protection officer whose responsibilities include, ensuring that all the coaches are LTA qualified licensed coaches, are police checked (CRB) and hold current first aid qualifications.

As well as the weekly sessions at the club itself, the Academy runs an expansive community outreach programme where they run mini tennis sessions at a number of local primary schools.

In the school holidays the academy runs fun tennis camps for children aged 4-16 and parents can enrol their children for between 1 and 5 days. The children arrive at 9.00am and are collected at 3.30pm. The kids receive group tennis coaching from the team of tennis professionals, sample fun fitness sessions daily and play games & tournaments. They can also experience other sports like football and rounder throughout the day.

■ For any further details or to enrol on any of the course please contact Lucy Slater on 0114 2361938.

As well as the weekly fun sessions, the academy caters for the elite tennis players - one shining example is **Annabel Gledden.**



Annabel aged 15, started at the academy aged 4 by playing mini tennis, found she really enjoyed the sport and started to train and have regular coaching which has led to her being ranked no 3 in Great Britain in her age group.



SHOOT WITH THE SHARKS

Westfield Sharks are not only famous for their prowess on the court; the Sheffield basketball club is also equally at home in the community with a variety of schemes to keep people, young and old, fit and healthy.



Young basketball players are key to the Sharks success and they have a real chance of progressing through the ranks at the club. The Sharks have junior Sharks teams from under 11 through to an Academy at Sheffield College and the Sabre Sharks, which acts as feeder team to the senior squad.

Partners in the strategic alliance are Westfield Sharks, Norton College (part of the Sheffield College), Sabre Sharks and Teamspirit Jnr Sharks.

Hoops for Health workshops, which take place at local schools, look at key areas including healthy hearts, nutrition, anti-smoking messages and fitness.

In addition to the two-hour workshop, each school receives four basketball coaching sessions and the chance to compete in an inter school tournament at the end of the programme at the prestigious English Institute of Sport – Sheffield (EISS).

■ For more details about Sharks fixtures, Hoops for Health, the Sharks alliance structure call the Sharks office on 0114 257 1994 or visit www.westfieldsharks.com or www.juniorsharks.co.uk



A REFRESHING BREAK FROM THE CITY

Carsington Water, near Ashbourne, offers something for all the family. It's an ideal spot to recharge your batteries with some 'time out' from the city.



For a super active day there is bike riding, sailing and water sports as well as an adventure playground for kids. If exploring the beauty of nature is more your thing, visit the Wildlife Centre and the Low Water Gardens.

When you get hungry after a morning's activity you can have a coffee break or enjoy a meal with a waterside view at the licensed Mainsail Restaurant.

Snacks and refreshments are also available at the Galley Café.

If you want to take back a memory of the day, Carsington has a range of shops including arts & crafts an outdoor clothes shop and a health and well-being shop

Carsington comes highly recommended for walks. The Circular Route extends for 8 miles or so. There are also a number of picnic areas for those who like to eat outdoors.

Conserving the environment is central to Carsington Water and if you wish to become more involved you will be made very welcome.

TECHNOLOGY AND THE HOME

WHY GO WIRELESS?

The main reason organisations set up Wireless networking is convenience, but there are other practical advantages. Wireless networks are relatively quick and easy to set up.

To set up a Wireless network you will need an access point to convert conventional network signals into radio communications. Each laptop computer will also need a Wireless network card.

New technologies often have pros and cons, and Wireless networks are no different. Many existing wireless networks are insecure and can be accessed easily by hackers and computer geeks. But don't be alarmed, this is entirely down to the way these networks have been configured. You can set up a very secure Wireless network with the right advice.



The benefits of Wireless networks

- Quick and easy access to your high-speed broadband connection, while you are on the move.
- Time savings as you pop in and out of the office between appointments.
- A very cost-effective alternative when buildings have unsuitable layouts or walls that cannot be wired.
- Flexibility for the future, for example if an organisation needs to move physical location.
- Flexible computing to enable open plan working. There is no need for expensive, individual offices.
- Temporary network connections for exhibitions, or project work, without the need of trailing cables.

MARCH COMPETITION

■ THE FINGERPRINT DRIVE.

Upon hearing of this product I was a little suspicious of the technology. I was expecting to load all of my favourite files onto the USB drive and then never see them again with the fingerprint security telling me my fingers have changed.

But no! These tiny little devices appear to be consistent in their scanning technology. Not only that - but there is a backup password which you can use to override the fingerprint reader should it fail to function.

Cleverly, the device installs its own drivers and scanning software automatically on Windows XP, so there is no need to carry around a software disc. The device will not only protect your data, but also remember your web site usernames and passwords.

Even more outrageously innovative the device will store your email on the move with its very own email client, connecting to the internet to send and receive when you plug it in! The device will also let you use your fingerprint to encrypt files and folders on your own PC's hard drive (for instance some files may be very confidential on your PC).

As if this is not enough, the device is also a gorgeous looking gadget, in stylish iPod white.

Win!

3 of these 512Mbyte Fingerprint Drives are available in our prize draw or can be purchased from Very PC for £54.99 each.

Answer the following question to enter.

When does a memory stick feature a unique personal touch?

- A) When it stores information
- B) When it includes a fingerprint reader
- C) When it is portable

Add full details from Ski Village advert below the word Snowman.

Last date for entries: March 30th 2006

■ For advice on what to buy, please contact Peter Hopton at veryPC, on 0114 234 3656.

For advice on Wireless security, please contact Dave Morfitt at Network Up, on 07850 668837.



Sponsored by Matrix Network, providing independent support for Sheffield businesses

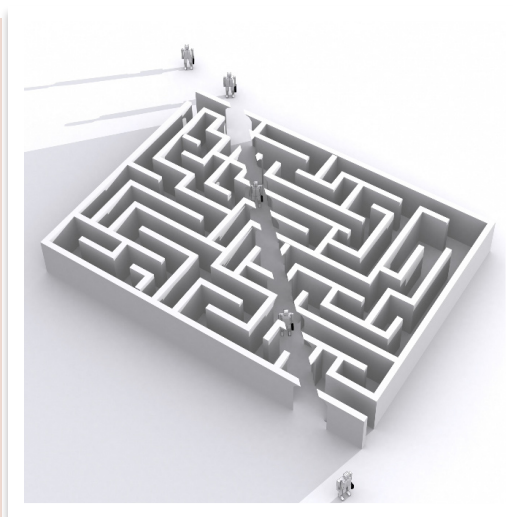
YOUR FINANCIAL QUERIES ANSWERED

Q. I read your piece last month about using a remortgage to release finance for a new business. In the last couple of years I have had some problems getting credit. I need to raise some cash to get my new business going can you help? *Melanie Peters*

Independent Financial Advisor Paul Marriott replies: Speaking generally there are fewer problems helping people with poor credit history obtain a mortgage than historically. However, caution must be exercised as unfortunately there are some unscrupulous companies taking advantage of people such as yourself who may have issues with debt.

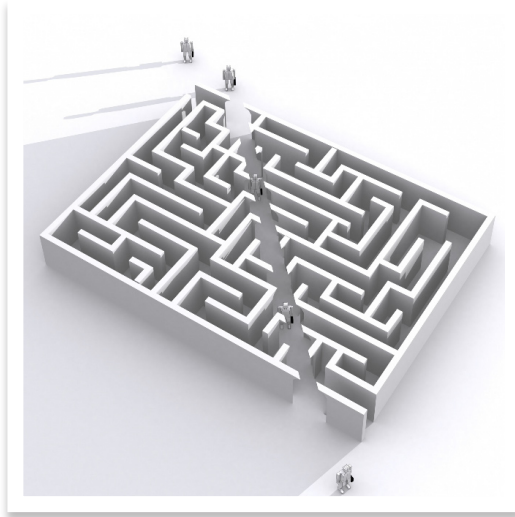
Ensure you don't restrict your options by consulting someone with limited resources. Every mortgage broker is now regulated by the Financial Services Authority and we are obliged to notify you about our trading status. If you consult a "tied agent" they are restricted to advising on only a few products so be aware of the limitations this may create in your situation. An independent mortgage broker such as myself has unlimited access to a massive variety of products.

Make sure that your advisor takes the time to thoroughly discuss your situation. My role is not simply to get you a mortgage but to find a solution that will resolve both your existing and future difficulties. If necessary we will consult other professionals in my network to resolve any associated problems that may be affecting you before proceeding. I would aim to achieve a situation where within three years your poor credit history is no longer an issue.



Finally, a good advisor will be looking to establish a long term relationship with you - so if you think you merely represent a quick sale to the advisor, don't be persuaded into a course of action you may subsequently regret. Shop around for people with a broad business experience who can bring more value to the discussion.

Q. 2 I am 45, married and about to start a new business with a colleague. We have worked together for many years but always as employees. My wife is concerned about what would happen to any investment we make in the new business if my friend and I fall out in the future. *David Johnson*



Chartered Certified Accountant Paul Lewis responds: Your wife is wise to suggest this is considered now. As an accountant I have met many people whose long term friendships have not survived the pressures of self employment. The same applies to families where things can be even more complicated.

While we cannot prevent the disappointment of lost friendship or family feuding we can prepare to risk manage the financial fall out that could ensue. Whether you are setting out in a partnership or as directors and shareholders in a limited company I strongly recommend you make a formal agreement establishing how things are managed in the event of things going wrong.

If you are setting up a Limited Company things may have to be done slightly differently but the fundamentals are the same. Most people working together in small limited companies function like a partnership at the outset. However, as the company grows the consequences of disputes take on a different significance. There is also the legal matter of director responsibilities to take into consideration.

This will take longer than you think and you may need some guidance. Speaking with your accountant to get support with structuring things may help before you do the final agreement with a solicitor. Each will take a slightly different approach with their advice and this may help with balancing your priorities.

If this feels a little negative then take heart. Once in place you can get on with finding business and working together positively. If everyone knows where they stand in the event of crisis then other problems can be negotiated on a daily basis with these in mind.

Q. 3 We noticed in the February edition of WEG that fine art is one of the things that can be put into a pension. What typically does this entail? Helen Docherty

Independent Financial Advisor Paul Archer replies: After 5th April 2006 a single set of investment rules apply to all pension schemes. The new rules will allow greater investment choice including residential property, classic cars, fine wine and works of art.

However, the Chancellor Gordon Brown stated in his pre-budget announcement (5th December 2005) that if money in a pension is subsequently used to purchase residential property or moveable tangible property such as a piece of fine art, then a tax charge of 40% will be applied. It may therefore be wiser to use other monies to purchase the investment in the first instance.

Any use of assets by scheme members on non-commercial terms will also result in a benefit in kind assessment, it is therefore deemed as a long term investment and specialist advice is recommended.

■ For more information ring Matrix Network on 0845 225 4822 or log onto www.webexpressguide.com



FREE MONEY

anyone?

Is it really true there is literally “free money” available for people in new business start ups? Well, yes actually, there is – but the catch is that it’s not always easy to know where to start.

Grant providers want to know their cash is going to be spent wisely so the entry systems they apply are designed to ensure the applicant is a suitable prospect.

We spoke with Nigel Bosworth, an experienced independent consultant and grants facilitator working in South Yorkshire. Nigel has applied his experience of working for many years in partnership with Business Link, the DTI and Carbon Trust to guide smaller businesses through the maze to achieve successful grant applications.

Initially, it is important that business owners identify their needs depending on their specific location in the commercial sector and their size. As Nigel explains, “For example if you are in the IT and Digital industries your grant support network will differ from those working in Finance. Your projected turnover, market and potential number of employees will also have an influence on the prospects of your application.”

Securing independent advice from a Consultant working on behalf of the grant providers is therefore essential if you are to avoid disappointment. They understand the system and know how to introduce



you into it at the right point. They will also help you complete all the administration and in some cases can be wholly or partly funded to work on your strategy for success.

■ Things are due to change in South Yorkshire this year so get moving on your ideas if you want to find out more. To make an immediate link with the grant system call Matrix Network on 0845 225 4822.