

The Northern Echo

ne

The lifestyle magazine
for the North-East

JANUARY 2005

SALES PITCH

WIN
A pamper day

New year,
new you,
new home

One man
and his shed

SHOPPING INTERIORS GADGETS MOTORING GARDENING

CLEVELAND flying SCHOOL

Have you ever dreamt of learning to fly?

Now you can at Durham Tees Valley Airport in one of our modern Cessna 152s

Gift Vouchers start at just £69

01325 332752
01325 332855

Lots of new and exciting tile ranges now in stock

10% DISCOUNT

ON PRODUCTION OF THIS COUPON

Unit 2G, Drum Ind Estate, Chester-le-Street (opp Batleys)

tel ephone: (0191) 4920073

Open Mon-Fri 10-5 pm
Sat 10-4 pm

Suite dreams



Prices start from **£399**

Wide selection of suites to suit all tastes
For beautifully made cane furniture for your conservatory and home you'll be spoilt for choice at



CANExpress

Morrison's Shopping Mall, Morton Park, Yarm Road, Darlington
Tel: 01325 485677
Open 7 days a week

Sale now on



Ring sales hotline for immediate appointment

Bespoke Kitchens and Bedrooms at factory prices

We are the specialists in creating kitchens and bedrooms that are truly custom made in our own factory. We specialise in producing wood doors in any colour complementing our large range of vinyl doors. You can have a truly wonderfully designed kitchen or bedroom in your home.

We offer a unique product with an unrivaled design service backed up with a professional pre-fit survey and fitted by quality expert tradesmen. We know our quality...so should you!

You are only a phone call away from the creation of your dream kitchen or bedroom! Ring our special home visit design service line on 01325 319022.

We cater for all aspects, i.e.: traditional or modern with doors to suit all tastes and you can even visit our factory to see your kitchen being made.

Kitchen & Bedroom Creation

Unit B1, Whinbank Park, Whinbank Road, Newton Aycliffe.
Tel: 01325 319022
Monday Friday 10am-5pm. Saturday 10am-4pm.

NOW OPEN SUNDAYS 11am-3pm



nE contents

19



4



8

nE
magazine

is produced by
The Northern Echo/ Newsquest Ltd., a Gannett Company, Priestgate, Darlington DL1 1NF (01325) 381313

ADVERTISING
Trish Taylor (01325) 505 233
trish.taylor@nne.co.uk

EDITORIAL
Jenny Needham (01325) 505082
jenny.needham@nne.co.uk

- 3 **SHARON GRIFFITHS**
I'm not a slummock, honest!
- 4 **INTERIORS**
What's hot for homes in 2005
- 6 **SLIMMING**
New year, new you
- 7 **HEALTH**
Take stock and detox
- 8 **INTERIORS**
One man and his shed
- 10 **INTERIORS**
A little bit of mural magic
- 11 **GARDENING**
My New Year's resolutions
- 12 **BEAUTY**
Can a jab melt fat away?

- 14 **ME AND MY WARDROBE**
Lesley Middlemiss
- 15 **OUT ON THE TOWN**
The Devonport, Middleton-One-Row
- 16 **SHOPPING**
Getting the best out of the sales
- 18 **GADGET MAN**
Who you calling a geek?
- 19 **FOOD**
Time with Rosemary
- 20 **NE CONNECTIONS**
A new addition to the Audi A3 range
- 22 **COFFEE TIME**
Puzzles PLUS win a luxury pamper day for two at Broom Mill Day Spa



sharon griffiths

“I read somewhere that to lose 1lb of fat you have to walk 12 miles

NEW Year, New You? If only... There is, of course, no justice in the world. If there were, I'd have been born tiny, with razor-like cheekbones, naturally curly hair and been good at maths. Like my sister, in fact.

Instead, I got the short straw. Or the large straw. The size eight feet and the Channel swimmer's shoulders. And there's nothing I can do about it. Believe me, I've tried.

Right now, I expect, you're living on lettuce leaves and bottled water and going to the gym. If you stick to the routine, by Valentine's Day you will have lost all the weight you gained over Christmas, your clothes will be looser, your waistband gratifyingly swivelly. You will have a spring in your step and a sparkle in your eye. For you, the regime will have worked. Not, alas for me.

Now you'll pat your nice firm flat stomach, look at that picture on the top of this page and you'll probably think "What an idle, greedy slummock that woman must be."

But you'd be wrong. Honestly, you would be so wrong.

Every now and then I do those quizzes in the paper. You know the sort, "How healthy are you?" they ask. And you go down ticking boxes about what you eat and drink, how many vegetables you have, how much exercise and how often.

I answer those with scrupulous honesty and when I add up my score, it usually says something like: "Congratulations! You have an excellent lifestyle and are doing everything right!"

In that case, I snarl, as I throw the paper across the room, why am I four stones overweight? Tell me that, clever clogs.

And answer comes there none

For the past 20 years I have swum for about 40 minutes every morning except Sunday. At 6.30 in the morning, as lazy slugs lie abed, rain or shine, sunshine or pitch dark, I go to the pool.

I rarely use lifts. I take the stairs. I use the gym occasionally, despite the mirrors. And I walk everywhere. I never buy chocolate, don't have a sweet tooth, love vegetables, don't drink much. And when I eat out with my husband, I am the one heard to say - honestly - "Do I have to have a pudding?"

True, for years a wrecked Achilles tendon kept me from walking much. But then - wonderfully, magically, brilliantly - it was

fixed and I could stride out again. Oh bliss.

I read somewhere that to lose 1lb of fat you have to walk 12 miles. It was one of those figures that stuck in my brain, so this time last year I decided I would keep a record of how much I walked and would aim for at least 12 miles a week. At that rate, I thought in my innocence, by the end of the year I would have lost nearly four stone. Then I would wear skinny trousers and have a new picture for this page. Ha!

I certainly walked. Nearly every day I strode out down the lane near our house. There's a decent three mile circular walk with nice views in the middle. And I know it in all weathers. I know most blades of grass, when the first buds appeared, where to find the best gooseberries blackberries and sloes. I meet the gamekeeper and the tractor driver, an occasional shooting party and sometimes other people out for a stroll.

I have occasionally been accompanied by my husband, my friend Liz, visitors, other people's dogs, a three-legged cat and a mad pheasant. But mostly I walk on my own

Holidays are spent walking too. Welsh hills, Irish beaches and plenty of weekend walking in Swaledale, Weardale, Teesdale and around.

I aimed at 12 miles a week, but at the end of the year, I worked out that throughout the year - not counting walking as part of the every day routine, to shops, to friends or wherever - I had walked an average of 18 miles a week. Every week.

On that, you'd think, I'd be as slim as a stick, a shadow of my former self, toned, tanned and - at the very most - a trim size 10.

Not a bit of it.

True, I feel heaps better. I know I'm fitter. I walk faster, easier, breathe better, sleep better, have more energy than I've had for years.

But my clothes are no looser, my waist no trimmer, the bulges still, depressingly, bulge... I don't weigh myself because it makes me suicidal, but I honestly think I've not lost an ounce. I shall continue to walk, because I love it, and live a sensible life. But I don't hold out much hope.

So if you are starting on your fitness regime I wish you all the luck in the world. I'm sure you'll achieve it. You might well have a New You.

But spare a thought - and some sympathy - for those of us who, however hard we try, are doomed to be lumbered with the old one...

NE window shopping

GOING CONTEMPORARY

THE new Tiko kitchen range from Magnet might be just the thing to update your home and give it a contemporary feel. It has a sleek, professional look, with strong clean lines, in a mix of stained oak and stainless steel. For further information visit www.magnet.co.uk or call 0845 123 6789 for details of your nearest store.



PORTABLE FLAMES

IF you want the beauty and atmosphere of real flames wherever you fancy, Calor's Boston heater is an attractive portable option. It retails at £299 and would be great for taking the chill off a garden shed or conservatory.

WHAT'S IN STORE?

IF you want some stylish storage in your sitting room, the occasional table from the Old Charm Chateau Collection could be the solution. The central portion of the table has two large shelves, a flap at either end opens 180 degrees to reveal hidden storage compartments...and somewhere to balance the drinks. At £1,276, it is available in four finishes. For stockists call (08451) 303 303 or log on to www.oldcharm.co.uk





mortgage

information centre

Looking for a Mortgage?

Let Us Offer You A Helping Hand...

With branches throughout the North East, our experienced advisors can arrange your mortgage or re-mortgage to suit your individual needs. All applications sympathetically considered.

Contact us now to discuss your requirements or call in - no appointment necessary

DARLINGTON OFFICE

23 Duke Street, Darlington

01325 350 888

DURHAM CITY OFFICE

86 Claypath, Durham City

0191 375 0333

SUNDERLAND OFFICE

22 Athenaeum Street, Sunderland

0191 510 8080

or 0191 565 7788

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE



NE interiors

A spring clean for sweeter surroundings

It's a new year and while most people have heard of the advantages of detoxing the body by giving up alcohol, caffeine and rich foods, what about your home? GABRIELLE FAGAN gets some tips on how to give your house a complete room by room detox

IT'S the time of year when attention is on having a healthy body and getting fit, but there is one key area many of us neglect – our home. So get ready to detox. This means getting rid of everything and anything in your surroundings that could bring negative energy, destructive influences or just a bad vibe. According to Jane Scrivner, author of *Total Detox*, there's plenty of sound common sense in making your home comforting, energising and relaxing.

She says: "Our surroundings can affect our mood and that can affect our energy. If every time you enter your house you feel down because of the state it's in, or bothered because areas just don't feel quite right, it could be time for a detox."

"Clearing the clutter or even applying some feng shui principles will allow your surroundings to work for you. That will release energy so that you can tackle other areas of your life with a clearer head and better focus."

Scrivner has devised a checklist which tells you if your home is in need of a detox. If you answer yes to the following questions – Do you feel drained at home? Have an unfriendly house? Need more space or want more energy? Suffer sleepless nights? Feel confused or unsettled? Want to improve the quality of your life? – then a home detox could be the answer.

"Start with an open mind and really look at your home and see what you truly wish to change or improve," says Scrivner. "Register areas that just don't feel right though you can't put your finger on why. Consider areas that shouldn't be the way they are, or that were not right when you moved in."

DETOX MASTER PLAN CLUTTER

- Prioritise and then expel all the waste that clutters living spaces. Most of us buy new possessions to replace out-of-date, worn-out items but rarely throw those away due to the "just in case" principle.
- Sort everything into piles of items you definitely want and piles you don't want and send the latter to jumble sales or car boot sales. Also have a pile of those you are uncertain about and to this, apply the six month rule – if you haven't used any of it in that time, it's safe to dispose of it.

SPRING CLEAN

- Set out a plan and a time frame and stick to it. You may decide to do one room a week or three hours per evening. If you have a messy family, consider doing the whole job in a relatively short time, otherwise they'll



make sure you can't tell exactly where you have cleaned from where you haven't reached yet.

DETOX

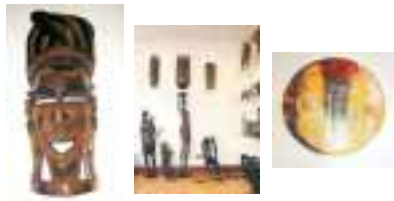
- Time to start space clearing. At its most basic level, it's just like physical spring cleaning. On a deeper level, it's about actually cleaning the energy of your home and making it fully active.
- Go round the room and identify areas that feel colder and flatter and areas that feel energetic and active. Clap loudly, low and high, into each and every area to chase out the stagnant energy and move around active energy.
- Scatter petals and spray essential oils in a water solution lightly around the room.
- Use a chime to sound in the darkest corners and highest points. Light candles to draw the air and circulate the atmosphere. Open windows and let air flow.
- Before you finish, walk around the perimeter of the room, and stroke the energy in with your hands. Clear away the cleansing equipment and enjoy the peace.

REDUCE NEGATIVE VIBES

Research suggests that technology, despite bringing many improvements in communications and time saving, can also have negative effects on our bodies.

- Limiting exposure to electromagnetic fields could be beneficial. Ensure a radio alarm is at least 1.2 metres (4ft) away from the bed, or use a wind-up clock. Use extra blankets instead of an electric one or use one only to warm the bed, and remove before sleeping.

Tribal Art
UNIQUE HOME DECO



African Wood Carvings & Handicrafts from around the world!

- African Face Masks
- Tribal Figures
- Lions
- Impala
- Wicker Ball
- Walking Sticks
- Deers
- African Paintings
- Vases
- Figurines
- African Warrior
- Bowls

17 York Road, Hartlepool, TS26 9EA
Tel: (01429) 866566

Appletree Care Home

Back Frederick St North, Meadowfield



Totally refurbished, purpose-built home, providing residential care

Exceptional single en-suite facilities

Currently taking bookings for our new wing developed especially for clients requiring dementia care

For enquiries, viewings, bookings, please contact

Shanette Rendor, Home Manager
0191 3783152



Above: Andrew Durham
 Far left: Louis Ghost chair by Philippe Stark, £132; Live oval glass table, £1,295; Brillante chest of drawers, £468; Splash rug, £195
 Left: Lucien glass vases, £27.50 and £14.95; tealight holder, £7.95

For stockists, 01642 230988 or www.barker-stonehouse.co.uk

- Sit no closer to a television than 1.5 metres (5ft), and no closer than 50cm (2ft) from a computer screen. An ioniser can help clear and balance the air of all negativity.
- Enclose mobile phones in a shield, available from most phone stores. Avoid spending time close to the microwave when it is on.

FENG SHUI

- It is about getting all the positive energy available into your life, using it and letting all the negative energy out. A few simple steps could start you off on a positive discovery of the science although a qualified practitioner would give comprehensive, expert advice.
 - Stand outside your house, face the front door and imagine you are the positive energy or a breeze. Is there anything preventing access to your home, a tree, a sticking front door?
 - Don't allow furniture to block doors or have mirrors facing each other. Hang all doors so that they open into the rooms, and not out into the hall or corridor. Check the back door is not blocked or sticking and opens outwards allowing energy to flow out freely.
- Finally, sit down, relax and congratulate yourself for having achieved a happier, healthier home.

Total Detox by Jane Scrivner (Piatkus Books, £9.99)

WHAT'S HOT FOR 2005

Andrew Durham, a stylist from furniture store Barker and Stonehouse, gives his view on what we'll be using in the home this year

The New Year will see furniture continuing to move away from hard, clean lines. The key looks for the coming season will continue to be very decorative using lots of detail, colour and pattern.

Wallpaper will still be big news in interiors and provides a welcome change from plain walls. Traditional prints will be re-born with bright, contemporary colours to give a new flavour.

Vintage is still strong and, like wallpaper, will be mixed with contemporary styling.

Fabrics will reflect our love affair with bygone eras and velvet seems to be making a huge impact in terms of upholstery, as do damasks.

Wood seems to be the main contender for the hottest material of the season, again with a hint of retro. And our perennial favourite, glass, is popular too but taking on new formations with unusual finishes and colours.

To complement this softer style of home, lighting will move away from being stark to being more ethereal and atmospheric.

Finally this year, there will be a huge surge in 'green', and I don't mean the colour. Recycled and reclaimed materials will be in demand and, inspired by the fashion catwalk, you will definitely see the use of hemp in interiors.



the bathroom sale

Now On

...opensundaystoo...

Next to UGC
 Multiplex Cinema
 North Ormesby Road
 Middlesbrough



243403

New year, new you

CHRISTINE FIELDHOUSE was a super snacker who drank far too much caffeine until she tried a diet which went to work on her bad eating habits

ANYONE for chocolate, cake or biscuits? Or are you a savoury person who'd prefer a bag of crisps or a bowl of nibbles? Maybe it's a café latte or a pint of beer that does it for you? Most people have a favourite treat, but it's when those treats get out of hand and a craving develops that our health problems begin.

I was a chocolate girl, but when I gave my treat up, I merely substituted it with other sugary foods, pretending I was being healthy. I had honey in my porridge, jam on my ricecakes, high sugar soya yoghurts and sugar in my coffee.

I never thought about the amount of sugar I was consuming until I read Zoe Harcombe's new diet book *Why Do You Overeat? There, in black and white, was a list of symptoms I was suffering – bloating after eating, occasional stomach upsets, blurred vision and middle-of-the-night insomnia.*

Harcombe, 39, who has spent 20 years researching diet and nutrition after suffering from eating disorders through her teens and her twenties, says three conditions can cause our cravings, but once they're under control, our cravings will follow.

Her diet tackles Candida (a yeast within all of us which, when out of control, can produce uncontrollable food cravings), food intolerance and hypoglycaemia (low blood glucose, caused by the over consumption of refined carbohydrates such as white bread and white rice).

Harcombe claimed that by following a five-day diet, then a more varied eating plan, I would be free of cravings for life. In just five days she claimed I would feel amazing, more alert than I have for years, and any extra pounds would have dropped off.

I weighed 8st 2lbs when I started the diet, which is acceptable for my 5ft 2ins height. Although I didn't have extra weight to lose, I was keen to tackle my strong cravings for chocolate, sugary foods, tea, coffee and alcohol.

The diet starts with a five-day Phase One, which allows you to eat meat, fish, eggs, natural live yoghurt, quorn, vegetables, salad and 2ozs of brown rice and drink only water, herbal teas and decaffeinated tea and coffee. Vegetarians are allowed up to 6ozs of brown rice per day.

There, in black and white, was a list of symptoms I was suffering – bloating after eating, occasional stomach upsets, blurred vision and middle-of-the-night insomnia



Christine Fieldhouse: determined to shift some pounds

Is this the diet to end cravings?

Phase Two lasts for as long as you want to lose weight and during this time you can re-introduce dairy, tofu, baked jacket potatoes, wholemeal grains like brown pasta and wholewheat bread, beans and pulses. You must not eat white grains (white pasta, white rice or white bread), sugar, cakes, biscuits, confectionery or processed foods. Fruit juices, dried fruit and crisps and chips are also banned as they are all refined.

In Phase two Harcombe recommends keeping fats and carbohydrates separate at meal times. Meals should be fat meals (meat, fish, cheese, eggs) with salad/green vegetables OR carbohydrate meals (brown rice, brown pasta, baked potato) with salad or green vegetables. Carrots, aubergine and butternut squash have a higher carbohydrate content so they should be eaten sparingly with fat meals.

I followed Phase Two for just three days as I did not want to lose any more weight.

The final part of the diet Phase Three, which you follow for the rest of your life, allows you to eat anything you like....sounded good to me!

PHASE ONE BREAKFASTS

I had to give up my porridge for bacon, poached eggs and a grilled tomato, which sounds delicious, but I missed my bread or toast to mop it all up! It was also time-consuming when I was in a rush to get

my son to school, but it filled me up until lunchtime. Fish, omelettes and yoghurts are other breakfast options.

I also gave up caffeine – I had three or four cups of tea a day and one cup of coffee before. Instead I drank lots of water and herbal teas.

LUNCHES

It was hard to eat out on this five-day plan as I couldn't grab a sandwich or a jacket potato as I normally would. Sometimes I just had natural live yoghurt, or an omelette. On one day I had literally roast chicken and steamed vegetables – no roast potatoes, no Yorkshire puddings, no stuffing and no gravy. Anyone who likes salads will enjoy this diet.

DINNERS

These were easier as I could have chicken kebabs with peppers, onion and tomato, or salmon cooked in olive oil, chicken stir fry and fried steak, all with vegetables. The daily allowance of 2ozs of brown rice helped to fill me up. At first it was hard to resist a glass of wine with meals.

SNACKS

My only snacks were natural live yoghurt and a raw carrot.

RESULTS AFTER PHASE ONE

On the first two days I felt terribly ill, and would not recommend starting this diet if you have to work or look after children.

My head was pounding from what I suspect was a caffeine and sugar withdrawal and I ended up taking painkillers.

By day three I was feeling better and I had more energy. I also felt slimmer around my tummy and I refused all chocolate and wine offered to me.

By day four I felt brilliant and was awake before my alarm clock went off for the first time in years. I went out shopping for the day but couldn't find anything suitable for lunch, so skipped a meal and came home starving.

By day five I just wasn't interested in sweet foods at all, and I didn't want to spoil my good work by eating processed foods again. I realised just how much snacking I did before – the odd crisp here and a chicken nugget there. I also felt very alert, my nails were strong and healthy and my hair was growing fast.

When I weighed in, I had lost 3lbs, taking me to 7st 13lbs and my fat level had also dropped from 28.5pc to 27.9pc.

I felt so good I decided to try Phase Two for a few days to see how easy it was to follow, not to lose any more weight.

PHASE TWO

The diet got easier when I could reintroduce dairy products, brown bread, brown pasta, fruit and jacket potatoes. Breakfast was porridge made with milk (no honey), lunches were jacket potatoes with butter, omelettes and tuna salads and evening meals were chicken breast stuffed with cheese and garlic, jacket potatoes and a vegetable chilli. Snacks were an apple and a bunch of grapes.

RESULT AFTER PHASE TWO

I still weighed 7st 13lbs, but my fat level had gone down to 27 per cent. I felt very alert.

PHASE THREE

By now you should be at your "natural" weight and your cravings should be under control. The main rule is to avoid refined carbohydrates like white pasta, white rice and white bread, as well as processed foods. Treats are allowed in moderation.

RESULT AFTER PHASE THREE

I've had one or two treats in the fortnight I've been in Phase Three, but I no longer crave sweet foods. I haven't gone back on caffeine – the thought of that withdrawal headache has probably put me off tea and coffee for life. I've stuck to the rule of having either a fat meal or a carbohydrate meal and have amazingly stayed at 7st 13lbs despite eating a lot of food and some meals out.

FACTBOX

www.whyyouovereate.com
Why Do You Overeat? When All You Want Is To Be Slim (Accent Press, £9.99). I used a Tanita InnerScan machine to weigh myself and measure body fat. Contact 0800 731 6994 or visit www.tanita.co.uk

Heading for a healthier 2005

By now, the long, dark nights and the excesses of Christmas will have taken their toll on the best of us. Time to take stock and detox...

IT'S not just New Year resolutions that are made as another year starts. An increasing number of us decide to put our bad ways behind us and opt for a new healthier approach to the way we live our lives. It may mean a commitment to eat a healthier diet or banish the things from our lives that are making us unhappy.

Whatever we decide to do, embarking on a detox programme of some description is a good start. Your body and looks will benefit from a good "spring clean" and the process is also guaranteed to lift the spirits and drive away those winter blues.

Two major detoxification processes work within the body – one on a cellular level and the other being of the liver. Both work alongside your circulatory and elimination systems and require vital nutrients in order to prevent damage from free radicals and toxins being stored in the body.

The idea behind a detox is to give your body a break and a chance to recuperate – it is a sort of holiday for the digestive system and the liver. January is the perfect time to start detoxing after the over-indulgence of alcohol and rich food through the Christmas period.

The health supplements shop Holland & Barrett suggests a few important ways to encourage your body to cleanse itself.

ANTIOXIDANTS

ANTIOXIDANT nutrients are believed to help fight against damage to the body by free radicals. Antioxidant nutrients are important during a period of detoxification to support the immune system. As the body detoxifies it can sometimes give rise to symptoms such as headaches and spots, or you may be more susceptible to circulating infections and viruses. Antioxidants help protect against these and reduce the detoxification symptoms. These include vitamins A, C and E, selenium and zinc or extracts such as pycnogenol, grapeseed or bilberry.

COLON CLEANSING

TOXINS can build up in the colon and be reabsorbed back into your system if the digestive tract isn't functioning properly. Clean the digestive tract with fibre to promote regular bowel movements or friendly bacteria to support digestive health. Products to try include acidophilus, aloe vera juice, Holland & Barrett Colon Cleanse capsules or Regucol powder.

LIVER DETOX

BY giving your liver a break from having too much alcohol and substances to process, the body can concentrate on regenerating itself. There are several supplement cleansers that you can take as part of your diet. Natural remedies, such as artichoke and the herb milk thistle, may help to aid detox and cleanse the liver.

The Internet is a great place to learn more about detoxing and the iVillage.co.uk website has some excellent information. The site also has some great tips on how to put "you" first.

These include:

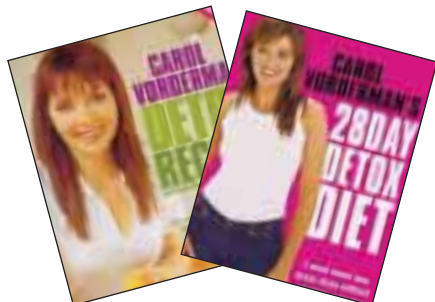
- Learning to prioritise. Spend five minutes each day allotting a number to each task to help decide what you need to focus on and what can be left out or dispensed with altogether.
- Taking out your diary for the next year and marking time-out. This way you can make a date with rest and relaxation.
- Being a clutter-buster. Some things just have to be tackled daily – the post, bills and emails. Get those done first thing and feel your sense of control returning.

THE Boots website – www.boots.com – also has information about detoxing, including details of Boots Detox 5 Day Plan. This five-day plan, which costs £13.50, includes a daily drink and tablet with ingredients that battle against toxins and help protect from the dangers of free radicals, which are by-products of pollution and smoke. The plan helps refresh your detoxifying organs to leave you feeling revitalised and re-energised.

The health and beauty retailer also offers a range of other detox products, including the Boots Detox 5 Day Introductory Kit (£20), body freshener (£6 for 28 tablets), massage oil (£6), digestive cleanser (£6), respiratory cleanser (£5), body wash and body conditioner (£5), face mask (£5), body brush (£5) and elderflower, cranberry and raspberry tea (£2.50).

The Vorderman way

THERE are plenty of books around about detoxing, including Carol Vorderman's Detox Recipes (£11.99), which contains more than 100 great recipes. There's also Carol Vorderman's Detox for Life: The 28 Day Detox Diet and Beyond (£10.99). Log on to www.amazon.co.uk for other titles.



LIFE COACH

Soulful resolutions

INTERESTED in a new way of making your new year resolutions? Something just that bit deeper than getting fit or losing weight? For the past few years, I've taken to writing to myself. Not as daft as it may seem, so stick with me on this.



New year's resolutions are not just about practical goals, it's also about how much we have grown as a person. Sit down in a quiet space alone and reflect on the year just gone. Ask yourself, what have you contributed to friends, family and community? How have you made a difference? Write down everything significant, what you achieved and also what opportunities you missed. Then look forward and write out your hopes for the year ahead.

Pour out your thoughts. Be bold – allow yourself to reflect deeply on your life. Then seal your thoughts in an envelope and open it again six months from now. You'll be amazed at how much can come true when you commit your thoughts to paper.

In the meantime, have a hope-filled and prosperous 2005!

Juliette Lee

www.juliettelee.co.uk or telephone Juliette on (01748) 823010

Silentnight
FACTORY DIRECT BEDS & PINE
SAVE POUNDS - BUY DIRECT FROM THE FACTORY
Quality Pine Beds, Furniture & Mattresses
FREE LOCAL DELIVERY
Unit 5, First Avenue, Drum Ind. Est. Chester-le-Street, Tel: 0191 4109994
Branches also at: Washington, Tel: 0191 4175277 Low Fell, Gateshead, Tel: 0191 4871414
Chester-le-Street Store - Open: Mon-Thurs 9-5; Fri 9-4 Sat 10-4; Closed Sunday
Washington Store - Open: Mon-Fri 9.30-4.30; Sat 10-4.30 Sun 11-4

50 SIGNAL SQUADRON
The Bradford Armoury, Neasham Road, Darlington, Co Durham & TA Centre Debdon Gardens, Newcastle-upon-Tyne
Have fun and get paid for it
YOU NEED THE TA Contact us anytime at the above address or telephone us on
TERRITORIAL ARMY
Darlington 01325 356539
or Newcastle 0191 265 6180
www.army.mod.uk/royalsignals/34sigregt

A.M. Raine Ltd.
Turn your dreams into reality this Christmas
LAWNFLITE

0% Finance on Lawnflite Quad Bikes & Mini Buggles
Subject to terms & conditions
Southend Works, Byers Green, Spennymoor, Co. Durham, DL16 7NL
Telephone no. 01388 662266
Email sales@jmraine.co.uk

Cottage Cane
The Home of Quality Cane Furniture

SALE NOW ON
Open Mon-Sat 10am-5pm Sun 11am-5pm
Unit 35 North Tyne Ind Est (opp Asda) Benton NE12 9SZ Tel 0191 2151788 Fax 0191 2151787
320F Mayoral Way Team Valley Trading Est Gateshead NE11 0RT (Nr Retail World) Tel/Fax 0191 4875861
Unit 2 Southside Retail Park Portrack Lane Stockton (Beside Asda) Tel/Fax 01642 677 577



Darren and Clare Hindley do not have far to travel to their local pub – there’s one in the shed at the bottom of their garden. LINDSAY JENNINGS takes a look inside



AT first glance there is nothing out of the ordinary about the Hindley’s garden shed. As we walk out of the family’s back door, along stepping stones and past plant pots, the 12ft by 10ft structure fits in nicely next to the pond and the garden fence.

But it is when Darren Hindley flings open the door, letting out a blast of warm air, that the jaw drops in surprise. A step inside the Tardis-like shed reveals a miniature version of a pub – complete with bar stools, beer pumps and a coal effect gas fire.

“The things you can do with a shed, eh!” laughs Darren, 34, as he invites me to sit down on one of the comfy seats – enterprisingly adapted from some old caravan upholstery.

There are other signs of Darren’s resourcefulness too. On the bar (adapted from two full-size wooden barrels he picked up from his local garden centre) is a brass old-fashioned diver’s helmet.

“You’ll laugh if I lift it up,” he says, grasping the helmet to reveal an old lamp base and lightbulb underneath, which casts a warm glow around the “pub”.

Darren began building his dream shed, which he bought for £700 from a company over the Internet, during the summer of 2002. Initially he never thought of building a bar, just somewhere quiet to get away from the girls in his life – wife, Clare, 36, and children Jessica, 10, and Maisie, eight. But in a nice way, he adds.

The idea for the surprisingly roomy pub came partly from his time posted in Germany with the Army when his quarters had a bar in the basement, and also from a visit to Theakston’s Brewery in Masham, North Yorkshire. He put the shell of the pre-packed shed up first, insulated it with polystyrene, then used pine cladding for the interior before laying lino on the floor. Handily, he laid

One man and his shed

the electrics himself and sawed the wooden barrels for the bar in half when they wouldn’t come through the main house whole.

“I was working until about 10 o’clock at night to get it finished and it took about three months,” he recalls.

Work on the interior took a little longer. Some of the items – the light and fan, mini-fridge, and coffee table – have come from Argos. Others, like the caravan seats, have been enterprisingly adapted.

The couple are also into car boot sale finds with the best bargain probably being the beer pumps on the bar, which give the mini-pub a real authentic flavour. The old fashioned clock on the back wall was another boot sale success

which Darren adapted.

“It used to be a table,” he laughs. “But I cut the legs off.”

There are a few themes going in their pub, including a nautical one with the diver’s helmet and framed knots on the wall and a pirate theme with skull and crossbones on a black flag.

The bar is dubbed The Jamaica Inn, after the Daphne du Maurier novel. The couple have even found a little wooden Jamaica Inn sign which swings above the door to the shed and which they picked up in the Jamaica Inn Museum shop in Cornwall.

Bizarrely, there’s also a series of framed miniature photographs on the back wall.

“If you have your photograph taken, it

means you’re a life member and you get free drinks for life – or until the fridge runs out,” explains Darren.

And a pub wouldn’t be a pub without a dartboard. There’s also a television for watching the football on and a CD player for more entertainment. Precious mementoes of Darren’s family, including his grandfather’s war medals and his late father’s flat cap, sit behind the bar and on the wall.

Other bits and pieces were picked up on travels or given by family and friends, including the decorative tankers lined up on the back wall from Germany and the epitome of kitsch – a Billy the Bass mounted fish, which, thankfully, has run out of batteries.

Then there is the piece de resistance. Up on one pine-clad wall is a shelf proudly displaying the trophy Darren won for clinching the Shed of the Year award, organised by the Home and Leisure shopping channel. Darren won £1,000 for first prize. But while Clare dreamed of spending it inside the house, Darren promptly splashed out on a coal effect fire, run from a gas bottle. “Oh, and the two-seater wooden bench created from a wagon wheel,” says Clare, shrugging her shoulders and smiling in resignation.

The neighbours have enjoyed a drink in the shed and friends and family love it too. You can probably get about 10 people in at once, he says, before adding: “We’re not in here all the time, but it’s great to come in here now and again. I come in here to watch the football and we’re usually in here on Christmas Day. It’s great because you don’t have to get a taxi home or a baby sitter.”

Asked what other plans he has for the shed, he replies that while they’re always on the look-out, he’s pretty satisfied with it and is just going to enjoy it. As for those who may look down on his individual taste, he says with a grin: “Don’t knock it until you try it.”



6 *If you have your photograph taken, it means you're a life member and you get free drinks for life –or until the fridge runs out*

Clare shows off the shed's many comforts
Pictures: NIGEL WHITFIELD



THE NEW GRANGE HOTEL

Maximus
Bar & Restaurant



Blues Nights

Live music and 3 Course dinner

Wedding Packages

tailored to your specifications

Open All Day For Coffee

Conference Facilities for 2 to 150

Private Dining Rooms - Function room

Southend Avenue, Darlington
Tel. 01325 365859 / Fax. 01325 487111

Enquiries @ thenewgrangehotel.com www.thenewgrangehotel.com

NE interiors

If you want to brighten up your child's life this year, just call up Linda Bainbridge. JENNY NEEDHAM reports



Linda with god-daughter Amy, far right, and some of her designs



Wall games

The Dressing Room

Specialist in Mother of the Bride and Groom

Also a Fabulous Range of Hats to Buy or Hire

63 High Street, Yarm
Tel. 01642 861199

INKredible.co.uk

Epson
Canon
Xerox
Lexmark
HP

even photo paper

Visit our fantastic site at

www.inkredible.co.uk
0870 760 760 1



Gold'n'Glo Tanning & Beauty Studio

New Year Package Deals

<p>Mini Manicure & Mini Facial</p> <p>An enjoyable taster to introduce any client who wants to achieve instant results</p> <p>£30.00</p>	<p>Deluxe Facial + Manicure or Pedicure</p> <p>Instant revival of the nails with cuticle work, a luxury massage on the hands or feet depending on choice. Will suit our every need giving a healthy, radiant and glowing skin.</p> <p>£43.00</p>
<p>Body Wrap (seaweed or inch loss) + Mini Facial + Manicure or Pedicure</p> <p>An ultimate body makeover to unwind and relax from head to toe</p> <p>£68.00</p>	<p>Indian Head Massage + Hopi Ear</p> <p>Enjoy this relaxing treatment which will take you away from the stresses of the world.</p> <p>£29.00</p>

89 West Auckland Road, Cockerton, Darlington DL3 0LF
TEL: 01325 367369
email: goldnglotanning@aol.com

A FAVOUR for a friend turned a hobby into a full-time business for a Yarm woman with a talent for turning blank walls into colourful works of art.

Linda Bainbridge set up Mural Mischief after a request from a family friend to paint The Tweenies on her two-year-old daughter Amy's bedroom wall. Amy is Linda's goddaughter.

This prompted a number of further requests from family and friends for a wide variety of children's designs, including spacemen, a jungle and underwater characters, aimed at cheering up dull rooms.

"It's been mainly children's rooms that I've done, though I'm quite happy to work with a more adult theme. I have done decorative boards for restaurants and businesses," says Linda.

Sometimes her work has to be done in top secret while the little client is sent to stay with grandparents or friends, but mostly they like to be involved. "They like to pick the colours and their favourite characters," says Linda. "It is very rewarding and fantastic to see the look on their faces when the room is transformed.

Linda's latest work of art was a raffle prize for the local primary school in Yarm. "The winner wanted a traffic jam. He's seen do many in Yarm on his way to school each day," she laughs.

The business saw a change in direction for 31-year-old Linda who previously worked in field study and outdoor centres in Suffolk, the Lake District and the Yorkshire Dales as a trained geography teacher. After relocating to Yarm, after meeting husband John, Linda worked at the Carlton Outdoor Education Centre

before a horse riding injury forced her to re-think her career.

"I needed something different to do and I had always been quite artistic. My teaching often meant that I had to be quite creative, so after people were so enthusiastic about my mural for Amy, I thought I'd give it a go," says Linda.

Mural Mischief was set up with the help of Darlington Business Venture's Start-Up Service. Linda is currently focusing on marketing Mural Mischief and has struck up a relationship with a Yarm-based interiors shop that is able to recommend the service on to its customers. She has also developed an eye-catching website featuring examples of her artwork, though most of her business to date has been as a result of word of mouth.

Linda plans to develop the range of murals and broaden the themes to appeal to older children, teenagers and adults, with art in public spaces, such as shopping centres, schools, nurseries and offices, also being a possibility.

"With people starting to think about spring cleaning and sprucing up, it's time to pick up the paintbrush in earnest and start making some faces light up," says Linda.

Linda is also available to carry out other kinds of artwork including picking out the pattern in a carpet to detail on the wall, creating original art on boards to customers' specifications and taste, as well as stencilling and fancy lettering. Having designed the artwork for her wedding, including the invitations and hand decorated boards, she is also happy to carry out individual commissions for similar projects.

And there's one very important project that will have to be completed by the summer. Linda is expecting her first baby in June so there's a nursery to decorate.

It's time to pick up the paintbrush in earnest and start making some faces light up

● For further information on Mural Mischief contact Linda Bainbridge on (01642) 780933 or visit the website: www.mural-mischief.co.uk. Prices start at £200.



New Year's resolution number one... I must get myself booked onto one of those expert-led fungus forays

This year, I will be mostly studying fungi

HAD a lovely day back in early December, ambling through some of Durham City's oldest woodlands. To me, it is a place of inspiration, not only because of the deep seated echo of history buried within the soil and the stone, but also because it is filled with the sense of optimism and energy created by the bands of young students as they naively begin to figure out their role in the pantomime of life.

As it happens, another drama was played out before me as I crunched through the aromatic thick mat of fallen oak and beech leaves. A band of vagabonds wielding two-handed swords, long pikes and spiked clubs came running down the pathway towards me. I stopped in my tracks, but they passed on by.

Another 50 yards on even the dog froze to the spot. A young woman dressed in green was huddled over behind the trunk of a tree. As she heard my approach, she looked up. She was covered in "blood", and just beyond her was "the grim reaper", hovering over the prostrate body of a young knight.

This was obviously the scene of a medieval re-enactment, or the aftermath of an outdoor play. Either way, it reminded me just how old the woods were, and made me wonder at the real tragedies and heroics that had taken place underneath the cover of the leafy canopy.

As I was looking around me, trying to imagine a world gone by, a large clump of toadstools caught my eye. They had raised their heads above the leaf litter and marched in a straight line down the hillside. The caps were the size of small sideplates, the shape of a blown-out umbrella and light



Gardening Correspondent BRIGID PRESS comes up with some New Year's Resolutions for 2005, though she still hasn't checked how well she did last year

grey in colour. I gave myself a frustrated mental kicking because I am not very good at identifying fungi, and have always promised myself that one day, when I have the time, I will sit down and learn them. What I really need it to be out in the woods with someone who knows their mushrooms and learn them in a hands-on fashion. Thus my first New Year's resolution for 2005 came to be born – **I must get myself booked onto one of those expert-led fungi forays.**

My other resolutions are a bit simpler...

SHALL only buy as many varieties of vegetable seeds as I have space to accommodate. I know it is so tempting, as you flick through the catalogues and examine the display stands in the garden centres, to keep finding something new or different to have a bash at in the coming season. I already have some on order, and the year is only in its infancy, but these really looked fun. They included yard-long runner beans, 100lb pumpkins and perpetually fruiting cherry tomatoes. I wonder if they do those in a yellow as well...

What I really need it to be out in the woods with someone who knows their mushrooms

IAM about to celebrate one year's anniversary of moving to my new house. I think I did what everyone does when they get a new spot, I immediately set to work redesigning and recreating the garden.

I chopped down the overgrown jungle, removed all the gravel (it had obviously been laid down as a maintenance-free garden at some time, but even they need some attention from time to time). I created pathways and borders, laid a small lawn and had a friend over to help remove a long-forgotten compost heap and to build a retaining wall for the raised patio. Then I stopped...

Some time this year, and hopefully before the best of the summer sun breaks through, I will get the patio finished.

SHALL also clear out my shed. It is the usual type, an old outside toilet converted to house tools, canes and bits and bobs. It started off fairly clean, but I have been slowly putting in the odd brush and bit of hose pipe. Then the half-used paint pots go in there just in case I need to top up scratches and chips in later years, there are the obligatory bags of used plant pots, and, of course, one or two nearly empty bags of compost.

The odd pruned-off twig that I started collecting to use in the outdoor burner has turned into a pile of branches big enough to furnish a tree.

I do have plans to turn the shed into an in-

door seating area for when the weather isn't quite good enough to be sitting outside. Even if I don't get it painted up, I would like to get rid of all the unnecessary rubbish before the end of 2005.

HAVE yet to find last years' resolutions and tick off any that I managed to fulfil. The secret in successfully sticking to or completing any new years resolutions is in breaking old habits, but gardening is created by the retention of such habits which have been passed down from generation to generation, and you often find yourself veering away from anything unconventional or out of routine. I usually find it better to say "this year I am going to do..." rather than "this year I am not going to do..."

However, I have to list as my last resolution that **I am not going to buy a strimmer.** I don't need a strimmer. I only have a very small (but perfectly shaped) patch of lawn, which I can cut by hand with a pair of shears. It takes me about half an hour to get it right, but at least I know that there won't be any scalped or accidentally deadheaded border plants, plus it's a good form of exercise for the back, the thighs and the upper arms.

As a bonus to all my neighbours, they will avoid being irritated early on a Sunday morning by the annoying whine of my strimmer.

THINK that's quite a positive set of resolutions, including ones that will not only benefit me, but also those who usually have to end up growing on my excess supply of vegetable seedlings and all those within earshot of my garden.

Elegant Windows

email
elegantwindows@
btconnect.com

Manufacturers
and Installers of PVCU
Windows and Doors

Specialists in
Conservatories and
Sunrooms



FENSA

10A PERRY AVENUE • TEESIDE INDUSTRIAL
ESTATE THORNABY © TEL/FAX 01642 764433

**Tocketts Mill
Caravan Park**
Guisborough



Come and visit our lovely park
and view our brand new static
holiday homes.



Prices start from only £15,000
or just give us a call on
(01287) 610182

**Tocketts Mill
Pub & Restaurant**

The perfect place to stop
Try our Sunday Carvery
or A la Carte Menu



Also open for lunch:
Mon to Sat 12pm - 2.30pm
Sunday 12pm - 6.00pm
For Dinner: Mon to Sat 6.00pm - 9.30pm



For Reservations call (01287) 639 120

**KITCHENS
75% OFF**

Britain's largest independent kitchen retailer/manufacturer
has its first ever clearance sale - Thousands of kitchens to clear.

Examples:
Kitchens with solid oak or birch cabinets and doors complete with worktops,
sink, tap, appliances and all extras.

**SHOULD COST £6000
ON OFFER FOR £1495**

Kitchens in shaker beech style complete with worktops, sink, tap,
stainless steel appliances and all extras.

**SHOULD COST £4000
ON OFFER FOR £895**

Hundreds of other kitchen styles to choose from including,
white, pine, limed oak, maple and much more. Limited stock available.

For a free design and plan or for further details
FREEPHONE: 0800 0324111

Lines open 9am-8pm 7 days Licensed Credit Broker. Written details on request.

A Legend in Home Improvements **FactoryDirect**
Official sponsors of the Century FM Legends Show

Forget liposuction – the latest procedure for getting rid of unwanted fat is Lipo-Melt. SARAH FOSTER meets Bryan McCourt, who is about to start offering it at his clinics throughout the region



Fat-busting: Bryan McCourt, the North-East's first franchisee for Collagenics, is hugely enthusiastic about the results for Lipo-Melt

Can a jab melt fat away?

In a smart suit and with his fashionable haircut, Bryan McCourt looks every inch the young entrepreneur. He might run a fashion store or a hairdressing salon – where image is all-important – but he's involved in neither of these, although image is his livelihood. Instead, Bryan has chosen the more radical business of 'aesthetic procedures' – less drastic alternatives to cosmetic surgery, such as Botox and lip enhancement.

Bryan, 33, recently became the North-East's first franchisee for Collagenics, the UK's largest group of clinics specialising in the field. Although his background is in selling and marketing electrical supplies, he says he had no qualms about taking such a leap into the unknown. "I looked at it purely from an objective point of view. I looked at the products and services provided and the business model. I was pretty much blown away by the professionalism and the results," he says.

Bryan has set up an administrative base in the Imperial Centre on Grange Road, in his home town of Darlington, from where he oversees the running of about 30 clinics at North-East salons. He says that each one had to meet strict criteria. "We are involved with Saks and Toni & Guy nationally, so all over the North-East, we go into their salons and offer treatments, but we also use selected, premium beauty salons throughout the region. We need the right clini-

cal surroundings but as well as that, we need a nice, relaxing atmosphere," says Bryan.

Although Collagenics had a presence in the region prior to his involvement, operating from a handful of Saks branches, it suffered from the lack of someone to promote it. Now, with Bryan at the helm, it is aiming high, and this month, is exclusively phasing in the latest fat-busting treatment, Lipo-Melt.

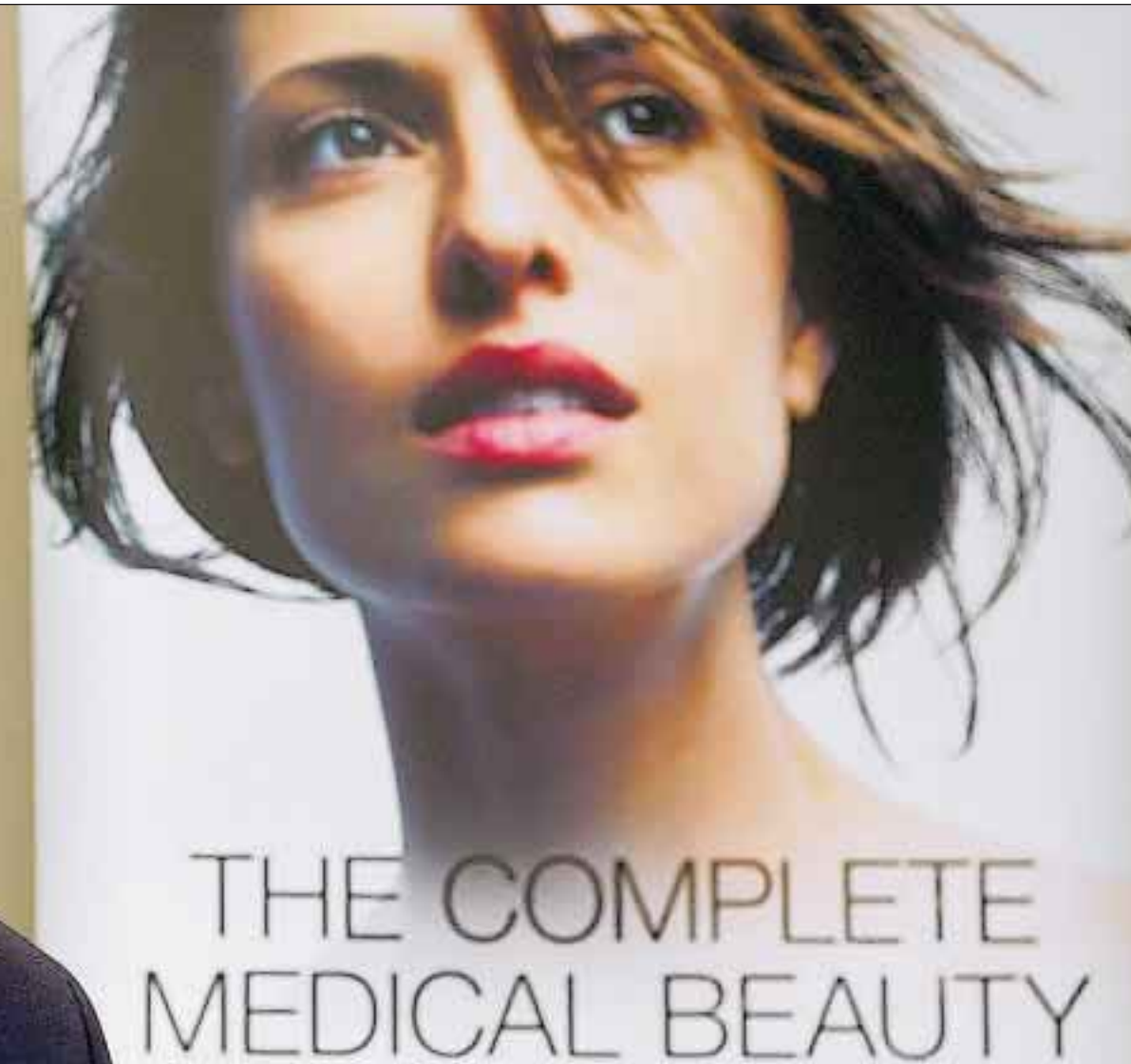
"It really is going to be absolutely astronomical," Bryan enthuses. "Collagenics is the only practitioner in the North of England that's qualified to do it. It's been used in America for the last seven years and also heavily in Europe."

Lipo-Melt is a soya bean derivative which is injected into the problem area, such as the hips, thighs, or buttocks, and literally dissolves the fat. This is then excreted by the body through the normal metabolic process.

Is it really as simple as it sounds? Bryan says so. "It's massively less invasive than liposuction. There's no scarring with Lipo-Melt and it can work out cheaper," he says.

"With liposuction, the patient will go under sedation with a general anaesthetic and will be cut open and the fat will be sucked out. Lipo-Melt is just a little injection and none of the clients I've spoken to have had an anaesthetic."

Clients coming in for Lipo-Melt, which is already offered by Collagenics elsewhere in the country, will



TOP TREATMENTS AT A GLANCE

LIPO-MELT

A substance taken from soya beans is injected into an area like the hips or thighs and breaks down the fat, which then passes harmlessly from the body. One session starts at £320.

BOXTOX/DYSPORT LINE REMOVAL
These are two brand names for a treatment involving a toxin being injected into the skin to soften

and smooth expression lines, frown lines, forehead lines and crows' feet. Fans include Liz Hurley, Cliff Richard, Lulu and Patsy Kensit. It costs from £200 for one area and lasts from three to six months.

LIP ENHANCEMENT

This enhances the lips by adding volume, defining the lip line and smoothing out fine lines. It costs from £260.

LINE FILLERS

An instant way to smooth out lines and wrinkles by injecting natural products already found in the skin. It requires a local anaesthetic. From £200.

COLD LINKED GEL PEEL

A chemical peel which visibly resurfaces the skin, as used by Demi Moore and Cameron Diaz. From £290.

Prices supplied by Collagenics

have a full consultation, including photographs being taken of the fat zone. Depending on its size, it might take one or several treatments to eliminate, with results showing after about four weeks and apparently lasting indefinitely.

Bryan says a code of ethics will be followed, and that some clients may be refused. "Although it's a miracle treatment, it's not seen as a miracle substitute for healthy eating and exercise. All our clients get advice on a healthy eating plan and good exercise," he says.

"This treatment is for areas of fat that no matter how much you exercise or what you eat, you can't get rid of. But we are not going to treat anybody who's more than two stones overweight."

Although he hasn't tried Lipo-Melt – he looks like he has barely an ounce of fat – Bryan has had Botox, a cosmetic peel and teeth whitening treatment. His sister Judie, a radio and TV presenter and fashion writer for The Northern Echo, has also had Botox and apparently raves about her Collagenics lip enhancement.

Bryan says that once he realised how safe and effective the treatments were, he was entirely happy to have them. It's an attitude that's reflected by his clients – whether they're willing to admit to them or not – and an impressive 90 per cent return for further work.

"I think it's more and more acceptable to go and

have one of our treatments. These treatments were the beauty secret of the rich and famous and now that the secret is out, people know that they're what's kept them looking so good. In this day and age, I don't think it's a bad thing to give yourself a boost," he says.

● For details of clinics and treatments, contact Collagenics (North-East) on (01325) 367367.

CASE STUDY

Denise Zaccariah, 45, from Sheffield, has had one Lipo-Melt treatment and was due for a second. She says:

SINCE having my children, I've always had this thing about the cellulite on the backs of my legs. That's the part of my body that has always made me think, 'Yuk'. I had Lipo-Melt on my thighs, the backs of my legs and my inner legs. I had about 25 injections in each leg, which took about 45 minutes. With a couple of the injections, I thought, 'Oh that pinched,' but apart from that, it was fairly painless.

It took about four weeks for me to notice anything and my skin seemed slightly smoother. I've seen about a 20 per cent improvement – I've definitely lost fat from my inner thigh. If it works 100 per cent, I'll be thrilled to bits."

COLLAGENICS®

*trust the
nationwide
professionals™*



LIPO-MELT

Simply melts away the fat. The safe effective non-surgical alternative to liposuction.

LINE SMOOTHING

(By Injection) Filling and lifting lines and folds, softening expression lines.

FACIAL CONTOURING

Shaping the face with cheek implants, jaw definition, nose tip correction.

LIP ENHANCEMENT

Defining the lip border and adding soft volume.

RESURFACING SKIN PEELS

To boost and resurface tired skin.

RED VEIN TREATMENT

Thread vein removal, for legs (available at selected clinics).

TEETH WHITENING

Brighten your life with a smile straight from Hollywood.

**Available across the whole
of the North East region**

**NATIONAL:
0845 330 3077**

**LOCAL:
01325 367367**

www.collagenics.com

WINTER
Sale
Now on!

Where we will continue our tradition of quality, service and value in a store that offers you that little bit more!

CELEBRATE OUR 60th ANNIVERSARY
 1945 2005




BURTS CARPETS

Established 1945 celebrating 60 years in Darlington

Oakwood House,
 Eastmount Road,
 Darlington DL1 1LA
 (Opposite Reg Vardy,
 Near Magnet)

Tel: 01325 466470



me and my wardrobe



Pictures: BRIAN CLOUGH



Who says beauty and brains don't mix? Former model and businesswoman Lesley Middlemiss, 39, proves they do. Lesley spent her 20s modelling, as well as finding time to get married and bring up a family. She branched out at the age of 28 when she opened a modelling agency from her home in Seghill, near Seaton Delaval. Tyne Tees Models, based in Whitley Bay, is now the largest agency in the North-East and celebrates its tenth anniversary this year.

How would you describe your look?
 5ft 10ins curvaceous blonde. I'd say I'm a mix of smart and casual.

What's your favourite item of clothing?

It's got to be my Hunter Wellington boots. I live on a farm, I've got chickens and ducks and I'm always out with the dogs. They're practical and comfortable and I feel at home in them.

What's your worst buy?

There are just too many to mention. I don't really impulse buy but I do buy things I think look great in the shop but look awful when I get them home. Unfortunately, I'm terrible at taking things back.

What's the most you've ever spent on an item of clothing?

I can't say in case my husband reads

the article. I always have to pretend I've had things for ages, although he is actually worse than me. He's got a bigger wardrobe than I have and he's always spending a fortune on clothes.

What are your favourite shops?

I shop mainly in the high street – Ninewest for shoes, Marks & Spencer and John Lewis

Which celebrity's style do you admire and why?

It has to be Bo Derek, my heroine from teenage years. She's a natural beauty and she still looks amazing. I hope I look that good when I'm her age.

www.tyneteesmodels.co.uk
 (0191) 297 0777

Clockwise from left: Zara top and trousers; black Kookai dress; Ralph Lauren shirt and jeans, boots from Nine West

! do buy things I think look great in the shop but look awful

NE out on the town

The North-East's answer to Trinny and Susannah take to the bars and clubs of the region in search of style and individuality



JULIA ELLWOOD & CHRIS MILLS

McCourt & McKay

THE long awaited re-opening of The Devonport Hotel and Restaurant in Middleton One Row has finally taken place. Julia Ellwood – well known for her excellent catering skills – and partner Chris Mills worked day and night for many months to ensure it reopened as a high quality hotel offering fine dining and comfortable, tasteful accommodation.

The Devonport overlooks the river Tees, with splendid views of the surrounding countryside, and has featured in TV dramas such as Boon, starring Michael Elphick.

On the opening night it was packed to the rafters. Darlington Football Club manager David Hodgson gave a warm opening speech followed by a tearful big list of thank yous from Julia. Judging by the response from friends, locals and business people from the surrounding area, we don't think they'll have any problem filling the place.

So who was there for the relaunch party, and what were they wearing...?

JULIA ELLWOOD & CHRIS MILLS

JULIA is proprietor of The Devonport and looked very chic in a classic suit by Stella McCartney. Whenever Julia gets the chance to shop, she heads to Leeds, as she loves Harvey Nicks. A good high street shop where she



ELIZABETH CARRIGAN

can usually find things she likes that fit well is Next.

No matter how busy Julia is she believes you should always allow time to get your hair and nails tended to weekly. Chipperfields in Coniscliffe road is her favourite.

Chris looks great at 51 and he attributes that to going to the gym three times a week, doing weight training and using a Body Shop moisturiser twice a day.

Chris is co-owner of The Devonport and looked the part for the relaunch wearing a suit by Crombie at Binns in Darlington, a shirt by Prada and Base shoes. He finds the House of Fraser store at the MetroCentre always stocks a good selection of quality clothing.

ELIZABETH CARRIGAN

ELIZABETH Carrigan is 28 and a beauty therapist at Gange Beauty at Tracey Chipperfield on Coniscliffe Road. She was at the party to support her client and friend Julia.

Elizabeth oozed style with well-cut jeans and a jacket from View by Vila, a top from Gap and shoes from Leggs. The pretty handbag was made by Spencer and Rutherford and bought at Élan. She loves shopping at The Victorian Quarter in Leeds and finishing with a cocktail on the 4th floor of Harvey Nichols.

To stay slim and beautiful, Elizabeth recommends not eating carbs after 5pm and De-cleor skin care products.

GREG DAVISON

GREG is a 29-year-old chartered surveyor. He looked fab in a pair of jeans from Zara, shirt from H&M by Karl Lagerfeld and a jacket from the M&S Autograph collection. Greg's look was given the stamp of style with a pair of Alain Mikli glasses that looked an accessory not a necessity, but as Greg says, if you have to wear glasses, make sure you have a few pairs to match different fashion looks.

Greg likes to shop at Zara, Reiss and Diesel but isn't too fussy as long as the clothes are modern and easy to wear.

● The Devonport Hotel, The Front, Middleton One Row, Darlington, County Durham, DL2 1AS (01325) 332255

● Judie McCourt, of TV and radio fame, and make-up and hair artist Allison McKay, run AM Creative Productions, which specialises in creative event management and the production of photographic images for advertising

amcreativeproductions.com



GREG DAVISON



DAVID HODGSON



MARINA COLLINS

MARINA COLLINS

MARINA keeps in shape with a low-carb diet and lots of horse riding. As for beauty products Marina said she has spent a fortune on lotions and potions claiming to work wonders, but has since come across Collagenics. In fact, she loved the products so much that she now works for the company as an administrator. Marina couldn't quite recall where her top and trousers were from but the beautiful lace poncho was from Next. When it comes to shopping Marina prefers London, as she loves the Ghost and Whistles stores there. She also stocks up on her favourite Moschino T-shirts when she visits the capital.

DAVID HODGSON

DAVID, 44, is the manager of Darlington Football Club. He always looks well groomed and this party was no exception. He was here to open the Devonport for his friend Julia. David buys his suits from Geoffrey Gillow in Grange Road, Darlington, and this one was by Sand. For a feelgood factor David has a weekly manicure and has even organised a weekly manicure and massage with Bishop Auckland College for his players as he believes being well groomed does help with confidence.

Wedding Dresses
from £145 to £2500

Bridesmaid Dresses
from £85

Men's Formal Wear
22" chest to 62"
(selected ranges only)

Dinner Jackets from £19.95
Morning Coats from £29.95

Principia
Bridal & Men's Formal Wear

20 Dundas Arcade, Cleveland
Telephone: 01642 224554

Alfred
Angelo
Bridal

Angels
in Silk

Ian
Stuart

Benjamin
Roberts

DG
Collection

Romantica

Forever
Yours

Organza
Bridal

Ronald
Joyce



Stocking classic and contemporary occasional and elegant furniture for your home.



Whether you are looking for an oak dining set, a pine bedroom suite or birch occasional furniture, Dovetails has it all.

With containers of new stock arriving weekly you will be sure to find that special piece of furniture for your home, in our warehouse.

All furniture is slight seconds or end of line stock, but when you are purchasing famous high street brands at a fraction of the price, a slight imperfection pales into insignificance.

OPEN: Monday-Saturday 10am-4pm

*Quality, famous-brand furniture
...at exceptional value for money prices*

DOVETAILED Ltd

Tel. 01845 522144 Tel. 01609 774765

Furniture Clearance Warehouse, Unit 6,
Woodstock Way (behind Teleware),
Thirsk Industrial Estate, York Road, Thirsk

Also now at Unit 5 Woodstock Close, Standard Way
Industrial Estate, Northallerton DL6 2NB

Where's the best place to choose a
Quality New Fireplace?

FIREPLACE
warehouse

Combining classical with modern.

Quality and affordability.

All you need to create warmth and ambiance.

Full central heating systems available back boilers & combis



Visit our extensive showroom

FREE HOME CONSULTATIONS ARE NO PROBLEM

18 CHESTER STREET
BISHOP AUCKLAND
Co DURHAM
Tel 01388 60008

CORGI
REGISTERED
FITTING SERVICE
AVAILABLE

Will we still be sporting brooches in the spring? Do you really need that purple jacket, even if it is a bargain? Women's Editor LINDSAY JENNINGS looks at the best and worst buys to be had from the January sales

What to look out for in the the sales



WE first spied each other across a crowded room. They were sitting demurely on a shelf, waiting to be coveted. I was trying to make my way past two gum-chewing teenagers and their exasperated mother.

The path to a wonderful life together was looking decidedly rocky, but eventually I reached them – the brown, mock-croc kitten heels I had fallen in love with.

I plucked them from the shelf and hugged them close to me. I stroked their pointy toes and tweaked the little heel, before holding them up to savour the price tag. They were reduced from £65 to £40 and to cap it all, it was Blue Cross Day – an extra 15 per cent off.

There was only one slight problem.

"We don't have any fives left, we only have those in a four," trilled the sales assistant. "Do you want me to get the other one for you?"

I knew I should have walked away then, put the shoe down and stepped away from the shelf. But it was too late.

"Yes please," I blurted.

When she brought it out I felt like one of the ugly sisters in Cinderella, but I was de-

termined to get my foot into this dainty shoe.

"I'm sure if I wear them around the house or with socks a bit they might stretch," I reasoned, adding for good measure that they were such a bargain and would go with my tweed trousers and my brown pencil skirt. And did I mention they were a bargain?

I walked up and down and convinced myself that they fitted and before I knew it I'd bought them.

I've worn them twice in two years. Twice. They're even still in their box and look as gorgeous as the day I bought them – but they still don't fit.

Sales must rank as one of the greatest false economies of all time.

Whether it's a skirt we think we'll slim into or a bright purple sweater we wouldn't be seen dead in come spring, if it has SALE emblazoned across it, then we simply must have it.

Whereas normally we are creatures who deliberate and pontificate before we make carefully considered purchases, suddenly we can be found rummaging wildly in bargain bins, plucking out glittery pink belts, stripy socks and lace fingerless gloves. The more the price has been knocked down, the more attractive the item becomes. It's a bit like wearing shopping goggles – the equivalent to wearing a pair of beer goggles on a Saturday night.

And for all the shoes, skirts and shirts that get relegated to the back of the wardrobe after being worn once or twice, there are those scary sale items that end up being worn a great deal.

It's amazing how those of us who are usually so chic, being careful never to wear navy with black for example, suddenly hurl good taste out of the window when there's a bargain to be had.

Sometimes there's a reason why that flowered 70s inspired skirt you've picked up is in the sale. And if it barely looks good on the likes of stunner Sienna Miller, is it going to

Although the poncho was a staple of every girl's autumn/winter wardrobe they are starting to look distinctly too popular so relegate them to the bottom of your jumper drawer...



Charlotte's top three what to buy and what not to buy in the January sales are:

LOOK OUT FOR...

- A cropped jacket
- Soft jersey dress in blue
- Wedge shoes

CONSIGN TO THE BACK OF THE WARDROBE..

- Ugg boots
- Ponchos
- Masculine tailoring

LEFT TO RIGHT: Mark One poncho; crop jacket from Etam; blue dress from Monsoon

look smashing on someone heading for the wrong side of 45? Thankfully though, there are some tips you can pick up in readiness for the dreaded/longed-for sales.

Charlotte Sanders, fashion features editor at InStyle magazine, says: "Never ever be fooled into buying something that doesn't fit and look for really good basics that will stand you in good stead, such as a great coat or good knitwear, which may not be the trendiest thing in the world but it will last. It also helps if you have a good idea of what you want before you go."

According to Charlotte, part of negotiating the sales minefield is deciding what you might take forward from this season to the next. Fashion's love affair with colour will feature strongly in the spring/summer, particularly the colour blue, so she says it's an ideal opportunity to grab a bargain and stay in fashion.

"There's going to be a lot of bright blues around and sharp turquoises," she says. "The purple is still there but it's going to be less dominant and the greens will tend to be much softer.

"The cropped jackets will also carry through. There are the 50s-inspired boxed jackets a la Marni or the blazer jacket which will carry through to summer.

"The autumn/winter trend for metallics will also still feature, but in the form of platinum and old gold colours instead of the sequins and the brasher metallics."

It's also time to say goodbye to tweed, which has seen such a renaissance this autumn/winter, unless, says Charlotte, you can find a really, fine knit example in pale spring/summer colours.

And although the poncho was a staple of every girl's autumn/winter wardrobe they are starting to look distinctly too popular so relegate them to the bottom of your jumper drawer. While you're at it, throw the models' favourite - Ugg boots - to the back of the wardrobe.

The bo-ho retro 70s look is still strong and, according to Charlotte, will carry through (but only for the young and hip). We can also pop the brooches away - anything that's such a big hit for one season rarely carries onto the next.



AND Big ROCK

SALE NOW ON

PLUS

NOTHING TO PAY NOT EVEN A DEPOSIT UNTIL 2006

Fantastic Savings on Musical Instruments from all the Top Suppliers

Credit available to persons over 18
SUBJECT TO STATUS

25-26 Blackwellgate,
Darlington, DL1 5HH
Tel: 01325 466224

Yellow Quadrant,
Metro Centre, Gateshead
Tel: 0191 4932214



Stunning Collections
SPECIALISTS IN PICTURE FRAMING & FINE ART DEALERS WITH OVER 100 YEARS EXPERIENCE

Framing, Paintings, Prints, Tapestry, Embroidery, Certificates, Stamp Medals, Cigarette Cards, Maps & Engravings etc.

In our gallery we have on display a large selection of Original Paintings & Limited Edition Prints by David Shepherd ★ David Farant ★ John Lourie Morrison ★ Russell Flint ★ Gordon King and many others

We also have a large selection of Posters & Prints, Antiquarian Maps & Engravings & Sporting Prints, Expert Cleaning & Restoration of Oil Paintings & Water Colours



WILLIAM DODDS
 34 Tubwell Row, Darlington DL1 1NU
 Tel. 01325 462599 www.fineartdodds.co.uk

The George Hotel
 Piercebridge



Planning a Wedding?
 Somewhere that will cater for all your needs and expectations?
 Somewhere that has the perfect settings and surroundings?
 Somewhere that will make your memories last a lifetime?
 If this is your idea of the perfect wedding, come and speak to our wedding co-ordinator - Judith Dye.
 Just give us a call and arrange a time, whenever is suitable for you.
 T 01325 374576 F 01325 374577
 email: hotelg@ukonline.co.uk
 website: www.thegeorgehotelpiercebridge.co.uk

The Scrapbook Shop

Come & see us at
THE PIN'S & NEEDLE'S CRAFT SHOW
 24/02/05
 TO
 27/02/05
 at the
METRO RADIO ARENA

- DEMONSTRATIONS
- DAILY LEARN TO SCRAPBOOK CLASS
- CARDBOOKING & SCRAPBOOKING PRODUCTS FOR SALE

6 Beech Road, Framwellgate Moor
 (just past the Fire Station next to Blockbuster Video)
Tel: 0191 375 7515
www.scrapbookshop.co.uk

dgap printer supplies **New Year Offers**

Happy New Year

We will refill your **HP Lexmark Cartridges**



Black **£10.00**
 Colour **£12.00**

LEXMARK

Avoid high ink cartridge costs
- Buy The New Epson C46

only **£40** We sell new Epson cartridges at amazing prices. See below for details



Epson Compatible Cartridges
 Black **£6.85** - Buy 2 get 1 Free
 Colour **£7.75** - Buy 2 get 1 Free
 Separate Inks (printers with separate BMYC)
£6.40 Buy full set get 1 Free Cartridge and a Free ream of paper each

dgap printer supplies
 5 Thompson Street East, Darlington
 email: info@dgap.co.uk
 Online sales: www.dgap.co.uk
 (24hr Emergency contact call Darren: 01325 465119)

Opening Times:
 Monday - Saturday
 9am - 6pm
 Sunday Closed



gadget man

Who you calling a geek?

● Don't miss **Burton's Bytes** - game reviews in **The Northern Echo** every Friday

The traditional view of gadget lovers as spotty geeks who live in their bedrooms surrounded by old pizza boxes is wide of the mark. As NIGEL BURTON explains, gadgets are now the height of cool with some of Britain's best loved sportsmen

It isn't so long ago that gadget lovers had to keep their obsession a secret. Admitting to a love of electronic ephemera was an open invitation to scorn and derision. How things have changed.

Nowadays it seems everyone is a gadget-man (or woman), even if some people are more reluctant than others. Gadgets and a love of technology are finally cool.

Don't believe me?

According to a survey by leading online technology company dabs.com gadgets are in huge demand among Premiership footballers.

More than 100 top European footballers took part in the survey - including players from Barcelona FC and Manchester United. They were quizzed about which gadgets they would most like to own.

As expected, the ipod MP3 player was a strong footballers' favourite, with more than half admitting that they would love the gadget so they could listen to the theme tune from *Escape To Victory* or whatever.

More than 30 players cited a notebook computer as their chosen gizmo.

And as long journeys become more commonplace for top footballers competing in European competitions, the ability to play computer games and watch DVDs on a laptop is more important than ever.

Other popular gadgets among soccer players include the new '3G' mobile phones, presumably to keep up with all the latest goals video clips.

In a recent interview, Arsenal's Gilberto Silva commented: 'I like digital cameras, but have recently bought an ipod. I love my music and this machine is fantastic - it's great when I am on the team bus or travelling a long way to matches. It look great too.'

Gilberto's enthusiasm for gadgets is supported by Dean Kiely of Charlton who recently commented: 'My most prized possession is my palm top computer. It's a bit of a bible for me and goes everywhere I go - it's my life organiser.'

A quarter of all players surveyed preferred to shop online as opposed to visiting the high street, a trend reflected in the

shopping habits of the general UK public as the number of online festive buyers is set to smash all records this year.

Jonathan Wall, marketing director at dabs.com, reflected: 'Through our football sponsorship programme, we have attracted a large number of Premiership players to dabs.com.'

'The most popular requests recently have been for the latest multimedia computers, TVs and DVD players, which are all must-have gifts, not just for footballers, but for anyone looking for the best products at the most competitive prices.'



Footballer Gilberto Silva: wouldn't be without his ipod



Getting stuck in: Christine Fieldhouse, watched by her fellow students, gets some tips from Rosemary Shrager

Time with Rosemary

IT was only appropriate it was a game cookery course. Confronted by the larger-than-life Rosemary Shrager, I stood like a rabbit in the headlights. "Put your apron on!" she boomed at me, in tones reminiscent of the late dog trainer Barbara Woodhouse. "No, no, no, tie it at the front!" I'd already failed the first test. If Rosemary thought I was clumsy with my apron strings, wait until she saw me with a pheasant and a carving knife.

I have no pretensions about my kitchen skills. I can do very basic meals, such as roast chicken, lasagne and chilli con carne, but I can't bake. My first attempt at school cookery for what should have been cauliflower cheese resulted in a soggy mess, and since then my confidence in the kitchen has been zero. I was eight when I made my last cake – a birthday cake for my border collie Lassie, and even she didn't ask for seconds.

I've never watched a cookery programme in my life and I know of Delia, Nigella and their colleagues only through the gossip columns. But here I was, standing before Rosemary Shrager at Swinton Park, near Masham, North Yorkshire, for the start of a day-long game cookery course.

The kitchen in the castle's old stable block was superbly equipped, with utensils I'd never come across before. My fellow students all looked supremely confident, definitely on the dinner party circuit. I suspected I was the only beginner.

"You! You can make wheaten bread," I was ordered. "Come round here, come on, come along! We have a lunch to make!"

A tray of ingredients was placed before me and I started to read my recipe. "Don't bother with that," boomed Rosemary. "Just chuck it in, come on, throw it all in." She encourages a devil-may-care attitude to cookery, which is great if you know how to retrieve your mistakes. "You can't go wrong with this one," she quipped, reading my mind, as the soggy mess got tipped into a loaf tin.

I was just starting to enjoy myself when a pheasant was slapped on the table. At least it was plucked. But all those other jokes about boning a pheasant had come back to haunt me. Rosemary brandished an enormous knife and with a few swift moves, had two breasts ready for searing and two legs for a confit of pheasant. The carcass was thrown

CHRISTINE FIELDHOUSE enrolls on a cookery course at Swinton Park... and turns into the woman her husband has always dreamed of



"I was wearing an apron, tied at the front, with cloths tucked in, and a spoon for tasting, and a face flushed from cooking (and wine!)"

into a pan for stock. It looked so easy, but with a knife in my own hand, my mind went blank. "Cut on the diagonal," I told myself. "Don't waste any meat." "You've wasted so much breast," Rosemary told me. "Let me show you."

And so the morning went. We learnt to make rabbit consomme with chives and red pepper, pheasant confit in filo with a grainy mustard and cider sauce and plum frangipane. I soon realised Rosemary wasn't bullying me. She is naturally loud and her passion for cooking and eating makes her more

so. Every now and then a finger was dipped in a sauce and tasted. "Yes, do try, it's absolutely delicious!" she raved.

The final stage of our lunch menu was crème anglaise, but I couldn't spot a tin of Birds custard powder anywhere. I just knew this was going to be my job. My recipe seemed straightforward until I read the words: "The pips of one fresh vanilla pod." A black version of a green bean was on my ingredients tray, but I didn't know what to do with it. A fellow student whispered conspiratorially: "Cut down the middle and scrape."

With everything under control, Rosemary, a self-confessed "bossy old boots", announced it was time for a drink. Bottles of wine were uncorked and Rosemary toasted our superb efforts – yes, even mine.

The cookery school at Swinton Park has its own elegant dining room and students learn to present the meals as well as cook them. My slap-it-on-a-plate technique had to be quickly unlearned in favour of dinner party presentation. The secret was to start with a base, then build from there, just like Lego, but with food. Sauces are delicately drizzled round the edge. Spillages are banned on these works of art.

Lunch was delicious, but it felt extra special that I had helped to make it and I felt confident I could repeat the meal at home. Rosemary's courses break after lunch until 5pm when students are back in the kitchen to cook for dinner.

For the second session, we learnt to prepare rabbit legs for chicken stuffing, made breast of wood pigeon with puff pastry, red cabbage and a wild mushroom mousse with a port and lavender sauce, and baked a pear tarte tatin.

That evening, Rosemary insisted my husband Ian should join us for dinner to marvel at my new kitchen skills. As he walked through the door, slightly apprehensive at the thought of eating game prepared by his incompetent wife, he saw a sight of which he had only previously dreamt. I was wearing an apron, tied at the front, with cloths tucked in, and a spoon for tasting, and a face flushed

EATING OUT

THE COUNTY AYCLIFFE VILLAGE

IT'S always a pleasure to visit The County in Aycliffe Village. The former pub-turned-restaurant which features in the current Michelin "Eating Out In Pubs" guide still retains the friendly, buzzing atmosphere of a village local but serves up stonkingly good food.

With its continental feel and attentive, white-aproned staff, it feels as if you have been transported to some idyllic hostelry where the real ale is spot-on and the grub even better.

We visited The County on a busy Saturday night and were pleased to be shown to one of the best tables in the house. Private, but still in touch with the convivial hub-hub.

To start we had no less than seven choices, ranging from soup and prawns to the more exotic grilled goats' cheese or pressed terrine of duck.

I plumped for the home-made parsnip, apple and rocket soup which was delicious and piquant with complex flavours. My wife chose the garlic king prawns which she found meaty, succulent and very tasty.

At this stage we tried the wine, an excellent bottle of medium-bodied Hazy View Pinotage from South Africa. Why are restaurant wines always nicer than the stuff from the supermarket?

For our main course we could choose from nine dishes extending from fillet of salmon to slow roast belly of pork and vegetable moussaka and goats' cheese.

I opted for the truly memorable pot roast pheasant with creamy mash potato and assorted vegetables in a thyme sauce, an excellent choice as the game was superbly savoury and tender. My wife went for the monkfish fillet and she loved it. The delicately-flavoured fish was cooked to perfection.

So far it had been superb, but the best was still to come. For pudding you could choose from six options. I went for the unusual, intensely lemony citrus creme brule while my partner chose the (even better) bitter chocolate torte with confit orange and chantilly cream. After a bit of pressure from my side, we agreed to share. I reckon I got the best deal.

All in all, an evening of pure magic which cost a total of £79.68.

Barry Nelson

from cooking (and wine!). Dinner was delicious – but can I try these recipes at home? I'm off to the butcher's for a pheasant so watch this space – or our local casualty department!

● Rosemary Shrager has appeared in *Rosemary – Castle Cook* and *Rosemary on the Road* on five, as well as a cookery series for the Discovery Channel. This month she is back on our screens in ITV's *Ladette To Lady*. Her cookery school is now established at Swinton Park, near Masham.

● Cookery courses at Swinton Park run throughout the year and include *Basics for Life*, *Just Italian*, *Dinner Parties and Fish and Seafood*, among others. Half day courses start at £125 per person. Accommodation is extra. Telephone 01765 680900 or visit www.swintonpark.com

TurboPACS THE DURHAM PERFORMANCE CENTRE

- DIESEL CHIPS ENHANCING POWER AND ECONOMY
- ECU DIAGNOSTICS
- FAULT FINDING
- ROLLING ROAD



Diesel GO

TELEPHONE 0191 386 3422 TurboPACS NOW FITTING MORE CHIPS TO MORE CARS

TOYOTA SPECIALIST



- MoTs and servicing
- All general repairs
- All makes and models

View Lane Garage,
01207 236218
Unit 1, View Lane, Stanley, Durham

Trevor Renwick

SCHOOL OF MOTORING

- Patient & friendly instructor
- Theory Test Tuition
- Advanced Driving Course
- Mock Tests available

Please call
(01207) 590 376
or **7787 524 223**



SCOTTISH MOTOR AUCTION GROUP

Scottish MOTOR AUCTION Group

SELLING ON BEHALF OF:
Benfield, Pattersons, Springfield, Arnold Clark, Welcome Finance and many, many more

600 CARS OFFERED FOR SALE EACH WEEK!!

<p>Forthcoming Import Sales Direct from Japan</p> <p>THURSDAYS 12.30 p.m. 20 Jan 2005 (please ring for further details)</p>	<p>CAR SALE TIMES Monday - 6.30 p.m. Wednesday - 6.30 p.m. Friday - 2.00 p.m. (Trade and Public Welcome)</p> <p>Light Commercial Sale Friday 1.30 p.m.</p> <p>Viewing days Mon-Fri 8.30 onwards</p>	<p>Forthcoming Motability Sales</p> <p>WEDNESDAYS 5.30 p.m. 19 Jan 2005 2 Feb 2005</p>
--	---	---

Shadon Way, Portobello Industrial Estate, Birtley, Co. Durham, DH3 2SA Telephone 0191 4104243 www.smag.co.uk

SCOTTISH MOTOR AUCTION GROUP

TABLES & CHAIRS



Treske
Solid Wood Furniture

For solid hardwood, craftsman-made, custom-built tables and chairs you really should talk to Treske.

Station Works, Thirsk, North Yorkshire YO7 4NY
Tel 01845 522770 Fax 01845 522692 Email sales@treske.co.uk www.treske.co.uk

NE motoring



The new Audi: a little bit longer and with two extra doors

Back to the future

In inclement conditions, Motoring Correspondent IAN LAMMING tests out a very useful addition to the Audi A3 range

Audi A3 Sportback

IT'S the perfect storm. Rolling in from the Atlantic, heavy and menacing, the depression lets go with full fury. Sky, land and loch become one in the deluge and traffic slows to a snail's pace as drivers struggle with the stair-rods and spray.

Water fills the air to the point where we are all in danger of drowning and roads become rivers, drain holes dangerous lagoons, a watery death hiding round every bend.

What better conditions to test a new car? None of these fair weather critiques from sunny climes here; this is Scotland where the weather is real, raw and ready to trap you at any time.

Caught in the cloudburst is a fleet of new Audis, the rain running off freshly waxed paint like water off a duck's back, the impact of the convoy lost for ever in the murk.

The Sportback is the latest in the revamped Audi A3 range and comes with an extra two doors and bit more length to accommodate them. Most manufacturers like to think of the three-door variants as being the sportsters of the bunch as the lines lend themselves to a coupe look. Not Audi which has given the sporty tag to the five door Sportback.

It does seem to work: while the three-door looks pretty good, the extra length of the Sportback seems to give it more presence on the road – or at least it does when you can actually see it through the rain.

A longer wheel base also gives it extra stability; just the ticket when most cars would have been in danger of aquaplaning across the flooded roads. Overall, the Sportback feels balanced through the bends and grips tenaciously even when the surface is wet and slippery.

Heavy rain also tests how waterproof the car is (no problem there), the wipers (set to the max and just about coping) and the ventilation. It drives me mad when cars sudden-

ly steam up at the first drop of rain and then fail to clear despite the blower being on full. Thankfully, the A3's climate control works very well and keeps windscreen and side windows clear while the back de-mist looks after the rear screen.

The Sportback comes with a range of engines to choose from – petrols including a 1.6, 2.0, 2.0 turbo and 3.2 V6 and 1.9 and 2.0 diesels.

They all do a fine job but the top of the range are the most impressive of course. The 3.2 litre petrol is fitted to the Quattro and is a complete flying machine thanks to 250PS of power and big reserve of torque. The 140PS 2.0 diesel is almost a match and in the torque stakes a complete monster while offering superb economy.

The others will trundle you along pretty well combining adequate performance with good miles per gallon.

Inside, the Sportback is pure A3 and there's nothing wrong with that. It is well-equipped and well-made, has a sporty feel and oozes quality. Rear seat passengers benefit from extra leg room over the three-door version and the convenience of having their own doors. The boot is also larger on the Sportback so there are many practical reasons to choose one above the other.

The Sportback is a very useful addition to the Audi A3 range, offering the appeal of the three-door with the extra versatility that comes with a bit more space. It remains an accomplished and appealing drive and can't fail to go down a storm.



It is well-equipped and well-made, has a sporty feel and oozes quality



Ballymaloe House and, right, the ever-busy Myrtle Allen in her kitchen making crab apple jelly



Simply Corking!

KEITH ALLAN and LYNNE GRAY get a taste of Cork, which became the European Capital of Culture this month

WINNER of the AA Irish Hotel of the Year, Hayfield Manor had come highly recommended by Hilary Finlay of Ireland's excellent Blue Book, an extremely useful guide to country houses and restaurants.

Even so at 10 o'clock at night we were not expecting much. For starters, they had stopped serving dinner, so we found ourselves in the bar – a wonderfully smoke-free bar thanks to the ban on smoking in public places – hunting for a sandwich. In another flash a pristine white cloth was spread across the table and together with a range of cutlery, two huge linen napkins were placed before us. With each mouthful of black stout that slipped past our lips we became hungrier and hungrier and the fillet steaks we ordered, with great big chipped potatoes and a fresh salad, could not have been better.

As we were to discover, good food and Cork go hand in hand and now the city of Cork has become the European Capital of Culture, Irish cuisine will play a big part in drawing the crowds, along with a host of activities surrounding the arts, architecture and sports.

Next morning, after a kingly breakfast, we walked the short distance from Hayfield into town to explore the incredible English Market. It hides away between St Patrick's Street, the backbone of the city, and Grand Parade. Incredibly, this market goes back nearly 400 years. Once only English traders were allowed to sell their produce here but today it is the most important food market in the whole of Cork.

No one interested in food can pass by Ballymaloe House and the welcoming arms of Myrtle Allen. It was 40 years ago that she and her husband Ivan decided to turn over their dining room to paying guests and sent them away talking about the delicious, home cooked food they served. Surrounded by a wealth of ingredients from the mixed farm they ran, sharing it with others seemed a natural thing to do. Next they thought people might like to stay with them, which of course they did, if only to experience the full Irish breakfast. Then Myrtle started teaching and writing about cookery, until

one day a student called Darina came along and married one of her sons.

Four decades later Ballymaloe is a thriving hotbed of good Irish food. The house, where Myrtle still lives – her husband died a few years ago – is still the old home it always was.

The wind was blowing in the wrong direction for the chimney in the sitting room when we arrived, so it was belching wood smoke and sending it through the whole house. It didn't matter. Just like honeybees that are calmed by smoke, the sweet smell made us want to plonk down in one of the squashy sofas. It also made us hungry.

Many of Myrtle's six children and 22 grandchildren have now jumped on the Ballymaloe bandwagon. Darina runs the busy cookery school, which attracts students from all over the world. There is a shop, a café, another restaurant. A sprightly 80 years old, Myrtle is just as passionate as ever about the importance of eating proper food. She invited us down to the kitchen where she was making crab apple jelly.

"We have a real battle going on and I'm not sure we're winning," she told us. "The flavours of food are being lost all the time."

And so her latest project is a book that brings together producers of fine food in the Cork area. There is, it seems, no stopping her.

FACTFILE

Hayfield Manor Hotel, Perrott Avenue, College Road, Cork. Superior Double room from about £250 (subject to exchange rate). Dinner from about £44. Winter packages; two night bed and breakfast with one dinner about £224 per person. Tel: 00353 214845900. www.hayfieldmanor.ie

Ballymaloe House, Shanagary, Midleton, Co. Cork is a member of Ireland's Blue Book of country houses and restaurants. Bed and breakfast from about £65 per person. Dinner, served from 7pm until 9.30pm about £37.50. Bookings: Tel: 00353 214652531 www.ballymaloe.ie

Ireland's Blue Book. 00353 16769914 www.irelandsbluebook.com
More information on visiting Cork: Tourism Ireland: 0800 0397000 www.tourismireland

Many of Myrtle's six children and 22 grandchildren have now jumped on the Ballymaloe bandwagon

DON'T TILE...

Use

DECORATIVE INTERIOR CLADDING

A STYLISH & INEXPENSIVE ALTERNATIVE



A HUGE RANGE @ GREAT PRICES

A new range with a variety of colours that match all types of rooms and ceilings.

It looks great, quick to install, reduces condensation, insulates your room and best of all it's MAINTENANCE FREE!

**BATHROOM BEDROOM
KITCHEN LOUNGE HALL
FOR WALLS & CEILINGS**

OPENING HOURS
MON-FRI 8AM - 5PM
SAT 8AM - 1PM

T.A. Plastic Ltd

Tudhoe Industrial Estate, Spennymoor

PHONE NOW

01388 814858



NE puzzles

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

FIRE						HATCH
BATH						PUDDING
CASTER	■					DADDY
BATHING						SLEEP
WENDY				■		HUNTING
MONEY						MONKEY
GOBI						RATS
BLEEDING	■					BURN
RECORD						PIANO
LOVE						BOX
CHRISTMAS				■		SINGER
DERBY						COURT

ANSWERS
Celebrity wordmatch: Escape, Sponge, Sugar, beauty, House, Spider, Desert, Heart, Player, Letter, Carol and County and the hidden celebrity is Angus Deayton

WORD wise

The word may sound familiar, but do you know what it means?

WICKET

- A A twig
- B A fence around a field
- C A small gate

C: A small gate.

IMPOSSIBLE PUZZLE

"Ted lives just across the road from us, our numbers are consecutive," said Mike. "We're up in the hundreds." Tony nodded "What about your son, he lives nearby too, doesn't he?" "Sure, but a bit down the road," Mike replied. "In fact the squares of Ted's number and ours total one more than three times the square of his number."

What were the three numbers?

SOLUTION
 Numbers 242, 243 and 198

NE competition

WIN a pamper day for two

corner

JANUARY – it's a bad time of year as the dark nights and gloomy weather continue without the sparkle of Christmas to counteract them. And it's still a long way until spring so you need something to look forward to, a treat for mind and body. A day of treatments and relaxation at the Broom Mill Day Spa at High Hill House Farm, just outside Ferryhill, could be the answer. The spa reopened in the summer after a massive revamp and boasts a light and airy reception area where meals are served, three pine rooms – an infra red room, a specially designed aromatherapy room and a traditional sauna, a pool and a huge chill-out room. There's a consultation room, two well-appointed treatment rooms with infra red heating panels in the ceiling and dimmer switches to make them warm and cosy, and two huge changing rooms with showers, all suitable for the disabled. Broom Mill Day Spa has teamed up with The Northern Echo to offer one lucky reader the chance to win a Signature Spa Day for two, so you can take a friend or partner along to chill out with you. The day includes a warm welcome

and tour of facilities; fluffy dressing gown, bath sheet and disposable flip-flops; full use of all facilities, relaxation zone and pool; use of sauna, aromatherapy and infra red rooms and a 20-minute session in the White Light room. After a full consultation you will receive a 30 minute treatment tailored to your specific needs and a buffet lunch and refreshments throughout the day. To stand a chance of winning this treat for two just tell us which town Broom Mill Day Spa is nearest to. Answers, by the end of January, To Broom Mill Day Spa Competition, Features, The Northern Echo, Pirestgate, Darlington DL1 1NF. High Hill House Farm, Dean Bank, Ferryhill, Co. Durham (01740) 654225 www.broommillsdayspa.co.uk



NE directory

NE Motors

4 AINDERBY ROAD SERVICES

Winter Servicing on all makes and models From £49

To include

- ★ Oil & filter change
- ★ Tyres checked
- ★ All lights checked
- ★ Brakes checked & adjusted
- ★ Steering & suspension checked
- ★ Antifreeze checked & topped up
- ★ All belts checked & full report given

- ★ Cam belts changed
- ★ Brake pads & discs @ competitive prices
- ★ Batteries & exhausts fitted
- ★ Clutch replacement service

MoTs from £30
 FREE NO OBLIGATION QUOTES

Ainderby Road, Northallerton DL7 8HJ Tel. (01609) 761882
 email: ainderby@freenet.co.uk
 www.ainderby.com

NE Homes

Regency Restorations

R. Robinson, Est. 1948

Antique and Modern, Domestic & Commercial Furniture, all repaired and restored by expert craftsmen

CABINET MAKING, FRENCH POLISHING

ANTIQUES A SPECIALITY

Free Estimates at our discretion

MEMBER OF GUILD OF MASTER CRAFTSMEN

Heighington, Co. Durham

Tel. 01388 778022

467509

MACKAY SERVICES LTD

New Floors for Old!

REPLACEMENT FLOORS also installed.

Total renovation of all timber flooring, sanding, staining and polishing.

VICTORIAN TERRACOTTA TILES RENOVATED

TEL. (01937) 835776

467459

Pine Thingummies

HAND-BUILT BESPOKE KITCHENS & BEDROOMS. FURNITURE ETC.

Tel. (01388) 819890 / 816821 or (07966) 478591

Over 50s Home Insurance

Low cost cover you can trust

Call Age Concern Durham County on: **0191 386 3856**

AGE Concern Please Quote Ref: NHC700

H56V1APR04

Meynell's Ltd

Stockists of all makes of sewing machines and everything you need for your hobby.

WE GUARANTEE YOU EXCELLENT CUSTOMER SERVICE

2 Southfield Road, Middlesbrough
 Tel: (01642) 247863

AL BLINDS

Site Visits & Home Visits — 2 Day Fittings

- A1 Choice
- A1 Quality
- A1 Value
- A1 Blinds

Vertical Roller Venetian Wooden Pleated Conservatory Blinds

We also specialise in Curved Track Rails

Anti Glare and Hi Tech Fabrics
 Flame Retardant
 Homes, Offices and Commercial Premises

Made to measure in many styles and colours
 Quality workmanship from a family business established 1980

Freephone 0800 78 38 548
 www.al-blinds.co.uk

Thomas Watson

Established 1840

Auctioneers of Distinction

The Gallery Saleroom
 Northumberland Street
 Darlington DL3 7HJ

Telephone (01325) 462559 Fax (01325) 284587

Beauty is within the eye of the Beholder

Quality and Value from **EXPRESS BLINDS**

Vertical • Roller • Venetian
 Pleated • Solar Film

0800 0745724
 www.expressblinds.co.uk

BLINDS UK

2 Vertical Blinds £60
 4 Vertical Blinds £111

3 Vertical Blinds £89
 5 Vertical Blinds £129

Any size - FREE Measure - FREE Fitting (Lovely choice of fabrics)

All blinds & samples brought to your home

Also fabulous range of Wood Venetians and Roller Blinds

(01325) 320666
 For a FREE No Obligation Estimate
 Visit our website www.blinds.uk.com

RELATIONSHIP PROBLEMS

- Divorce
- Separation
- Children
- Financial

Call the 'caring' Solicitors

Shirtcliffe & Co
 01845 526222
 1 Finkle Street, Thirsk, YO7 1DA

Criminal Defence Service

NE directory

NE Holidays

Scarborough North Bay

Licensed 12 Bedroom Hotel

SEA VIEWS

From £18 pppn

En-suite £22.50 pppn

NON-SMOKING

Telephone 01723 361495

Jorvik Hotel

50-52 Marygate, Bootham, York

Midweek Special

Dinner B&B, twin or double from £35pp min, 2 nights

• Restaurant
• Bar • Parking
All rooms en-suite with colour TV
TEL: (01904) 653511
Fax: (01904) 627009

Home and Abroad Holidays

Specialising in Long Haul - Safaris - Tailor Made Groups - Weddings

See our web pages for unbeatable deals of the week at www.homeandabroadtravel.co.uk

Up to 50% OFF

P&B and Princess Cruises

www.cruiseabroad.co.uk

Alternatively email us at habroad@travmail.net with all your travel requirements

6 Craighton House, Redcar TS10 1DL
Telephone 01642 484842

Saltburn-by-the-Sea Golf Club Ltd

Visiting parties welcome every day except Thursdays & Saturdays
• Superb Clubhouse and well maintained Course
• 2 for 1 and Bunkered Vouchers accepted - Limited Membership available

Telephone 01287 622812

Hob Hill, Saltburn-by-the-Sea, Cleveland

SUMMER 2005 PACKAGES AVAILABLE NOW

WINTER PACKAGE

Coffee & bacon buttie, 18 holes of golf + 2 course meal
*18 MIDWEEK *24 WEEKEND (MINIMUM OF 8 PLAYERS)

www.saltburngolf.co.uk Email: info@saltburngolf.co.uk

NE Leisure

THE VANE ARMS

Long Newton - 01642 580401

Now serving quality LUNCHTIME MEALS

12 noon - 2.30pm Tuesday - Sunday

EVENING MEALS

Served between 5.30pm and 9pm
No food Wednesday or Sunday night

Bookings Essential For SUNDAY LUNCH

QUIZ NIGHT EVERY LAST SUNDAY

MUSIC NIGHT EVERY OTHER SATURDAY

Richard and Carol look forward to seeing you

Crook Golf Club

Clubhouse 01388 762429
Course Info 01388 765949
Fax No. 01388 762429

Low Jobs Hill
Crook
Co. Durham, DL15 9AA

Membership available (Nov) Joining Fee £20 (full membership only from 1st April)

Full Gent's Fees £350
Full Lady Fees £306
Juniors up to 14 £40
up to 16 £60
up to 19 £120
19 to 20 £235

Please apply to Secretary on

01388 762429
or Proshop on 01388 768145

Here's Away
Coffee - 18 holes
£17.50 weekday
£20.50 weekends

Crown Green
18 holes of golf + 2 course meal
£23.00 weekday
£26.00 weekends

Klondyke
Coffee - 9 holes, soup, sandwiches - 18 holes
£24.00 weekday
£27.00 weekends

Westwood Ho
Coffee, bacon sandwich - 9 holes, soup & sandwiches. 18 holes - 2 course meal
£31.00 weekday
£34.00 weekends

Probably the best greens in County Durham, if not the North

SCOTLAND

FORGLEN COUNTRY COTTAGES

Peaceful cottages in secluded 1,000 acre estate wildlife haven. Children & Dogs welcome. Tel. Turiff, Aberdeenshire 01888 562918



www.forglen.co.uk

PERRANPORTH Gear Park

CORNWALL
6 berth caravans to let

Colour TV, close to beach ideal for touring Cornwall
Discounts available
Enquiries: Tel. 01872 572271

Wateredge Inn

on Lake Windermere

Delightfully situated on the shores of Windermere with superb country-inn style dining. Pretty bedrooms, many with lake views. Ideally situated for enjoying Ambleside, Lake, Steamers and nearby Fells.

Midweek rates from £35pp B&B.
Ambleside, Cumbria, LA22 0EP.

Tel. 015394 32332

www.wateredgeinn.co.uk

Bowness on Windermere

Lonsdale Hotel

UK Accommodation of the Year 2004 Award Winner

Lic, all en-suite, car park, family rooms.

(015394) 44348

www.lonsdale-hotel.co.uk

WHITBY

Excellent base to tour Moors / Coastline

OPEN ALL YEAR
1, 2 and 3 Bed Cottages

Fully equipped Parking
Dogs welcome
B&B also available
Telephone: 01947 603790

Osborne House

LIC. BAR

Pigeon Weekend

Special Offer

2 Nights B/B £25.00
3 Nights B/B £37.00

CENTRAL LOCATION, WARM WELCOME AWAITS

Telephone 01253 346444

London Weekend

Executive coach hire including insurance, 2 nights bed and breakfast accommodation at the 2 star Ibis Hotel, London Excel which is 5 mins walk from the Custom House Station (for easy transfers into London) and offers en-suite facilities, television and telephone. The 'La Table' restaurant offers buffet breakfast, hot and cold snacks during the day and dinner in the evening

2 for 1

21st-23rd January 2005

Day 1 Travel to London to arrive at 2pm and leave for hotel at 6pm the coach will then transfer back into London at 7-7.30pm and return back at 9pm

Day 2 10am transfer into London and return at 6pm. 7-7.30 transfer into London and return at 9pm

Day 3 10am depart hotel and into London, for homeward journey at 1.30-2pm

£150 per couple

H. Atkinson & Sons (Ingleby) Ltd
Ingleby Arncliffe, Northallerton, North Yorkshire 01609 882222

NE Leisure

Darlington Golf Club

Haughton Grange, Darlington, Co. Durham, DL1 3JD

Darlington's oldest and most prestigious Golf Club with its lush, tree-lined fairways and unforgiving semi rough has plenty of MacKenzie inspired Greens making the parkland layout a haven for putting enthusiasts.



New for 2005 Pick & Mix
Mid Week Packages for Banquets and Visiting Parties
Tailor make your Golf & Catering package to suit your party requirements.
From £20 per person

WINTER WARMER Package
Coffee & Bacon sandwiches on arrival
18 holes of Golf
Only £20 per person

For further details contact Michelle on 01325 355324 ext 1
For more information, Club News and additional Special Offers visit the Darlington Website at www.darlington-gc.co.uk

FRIDAY NIGHT IS DISCO NIGHT 6-8pm

Ruff 'N' Tumble invites you to explore the region's finest Indoor Play Centre



Dare you climb to the top of the Castle and experience the thrill of the scary Drop Slide or prepare for battle in the Ball Blast Cannon Arena



Toddlers are invited to their very own dedicated Toddler Village. The Village provides a two-lane Rainbow Slide and mini slide, activity boards, a ball juggler and a fun packed "Little Tykes" Village.



You can also race your friends down the three lane giant Waterfall Slide

Parents can experience the fun with their children or simply relax and enjoy the excellent quality fresh food on offer

Ruff 'N' Tumble is THE place to PARTY



Come and experience a unique Birthday Celebration in one of our professionally themed Party Rooms.

You can choose from the Medieval Room, the Undersea World Room or the Jungle Room.

Our Party Co-ordinator does all the hard work. Parents need only provide the Cake

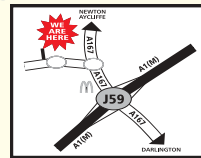
Entry Fee for 90 minutes of play:
Under 12 Months - FREE
Under 5 Years £3.25 Over 5 Years £3.75

Parent & Toddler Sessions
Mon-Fri 10am-2pm
£2.50 per Child which includes refreshments for child and parent (Excludes School Holidays and Bank Holidays)

Open 9.30am till 8pm EVERY DAY

RUFF 'N' TUMBLE Adventure World

Millennium Way, Newton Aycliffe
01325 313777



NE Beauty

THE ART OF HAIR...

Enzo

8 New Elvet
Durham City
DH1 1AQ
Tel. 0191 386 8768
www.enzo.co.uk

Modern Living...for less

Save up to 50% off in the Winter Sale



Save 20% on Italian Leather Suites



Save £200 on this table and 4 chairs



Free fitting and installation on Zenith Bedrooms



Up to 50% off cane furniture

All pictures,
canvas,
mirrors
and rugs
reduced!



Northern Echo NE
Magazine exclusive
offer **FREE** latte or
capucino valid until Sunday
27th February 2005.
Maximum 2 coffees per
voucher (original vouchers
only)

Cannon Park, Middlesbrough Tel. 01642 249835

Our coffee shop is now open offering a delicious range of fresh sandwiches and drinks