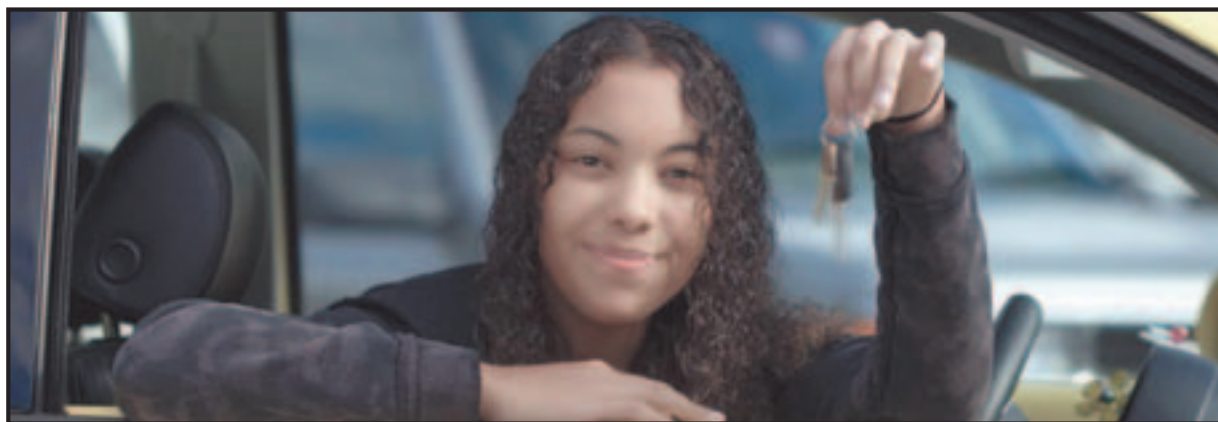


The drive to teenage road safety



By Jo Walker

NOTHING strikes more fear into the heart of the average road user than a teenager behind the wheel. And it's no picnic for parents, either – handing over the keys can be a stressful and worrying affair.

"The first year of solo driving is when the crash risk is highest", said Kevin Clinton, head of road safety at The Royal Society for the Prevention of Accidents (RoSPA).

But good news for those whose youngsters are still on their L plates: this is one of the safest driving periods. The more on-road experience and good habits they pick up now, the better equipped they'll be to drive responsibly after their test.

"Really, it's experience that reduces the risk in the end, not age. Maximising experience during the safe learning period reduces the risk once the youngster can drive on their own," said Kevin.

Traditionally this is done through professional lessons and private practice with parents or family friends. Research suggests learner drivers should clock up about 50 lessons with an instructor, which can get pricey, so make sure your child is getting the most out of every session.

"The first step is finding the right instructor," said Maria McCarthy, author of *The Girls' Guide To Losing Your L Plates*.

"Check out that the person is qualified as opposed to just a trainee."

"You could also quiz them over the phone, or ride along on your child's first lessons."

Gearing up for private practice sessions could even include a refresher lesson for yourself as well as a bit of swotting up on the Highway Code. It's a reminder of how you should be driving, which may be different from the way you are driving.

Your child's instructor can also advise you on when to start private practice and what to cover.

"The main thing to bear in mind is never to take the teenager beyond what they've done with the driving instructor – always work below," explained Maria.

"If they're out on dual carriageways with the driving instructor, do town drives with them. If they're just doing town drives with the driving instructor, stick to the supermarket car parks."

The main thing is for both parent and teen to agree to stay calm during practice drives. Shouting and sarcasm won't help. The young driver may make mistakes – in fact it's natural

– or make decisions that might seem strange to an experienced driver like the parent.

It's useful not to get too picky during the drive, but maybe talk about what happened a little bit later. Parents need to be aware that they're not distracting the learner, because learners don't have autopilot like experienced drivers develop. So they will need to spend a lot more of their conscious mental effort on looking for things and making decisions.

And remember, a bit of a pep talk never goes astray: "A good training method is to offer praise and then a little bit of constructive criticism and then praise again," Kevin added. But no matter how supportive and involved parents are, some children will still struggle with the task of learning to drive. In some cases, throwing in the towel – even for a little while – could make sense.

Let them know they've got the option of giving up. "They haven't got to learn to drive now if they don't feel like it, just because perhaps their brothers and sisters did," said Maria.

"In those teenage years, you're doing exams, you might be involved in sport, you might have your first serious relationship. There's a lot of general pressure. And driving can be just another pressure."

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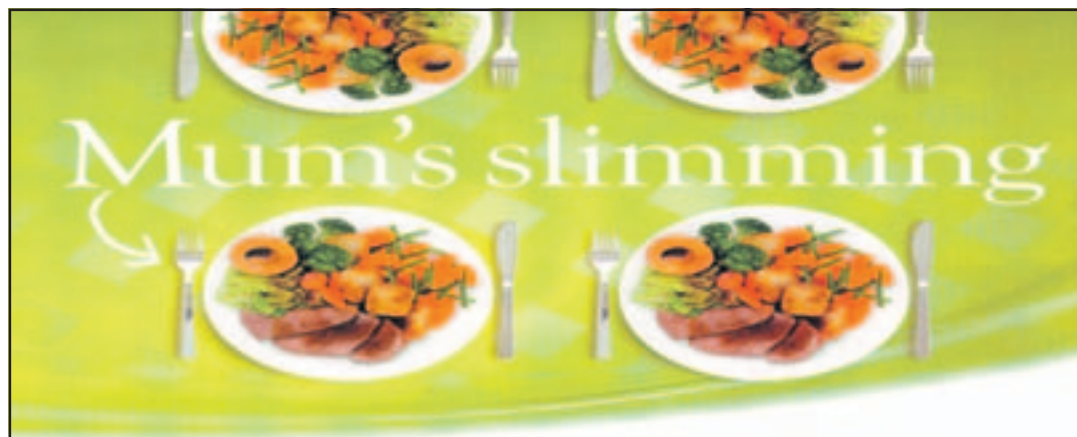
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The pie's the limit

There's nothing like tucking into a steaming hot pie when winter bites hard. Passionate pie eater Angela Boggiano dishes up hearty recipes in her new book... 'Pie'



IN these dark days of scarves, brollies and shivering at the bus stop, keeping warm is key. For all those times when stapling a duvet to your jacket seems like a good idea, there's nothing like comfort food to keep the cold at bay. And there's nothing snugglier or better suited to winter feasting than the humble homemade pie. Angela Boggiano, author of Pie, says Britons have always loved hunkering down over a bit of pastry and filling: "Britain is steeped in pie-making traditions, from Cornish pasties to game pies," she said. "Certainly the British have as great a claim as any nation to being the ultimate exponents of the art of pie making. From the earliest medieval recipes to substantial 18th century pies, a tradition has grown up that is an integral part of our culinary heritage." Angela claims the pie is the best invention ever, and it's hard not to get caught up in her enthusiasm for all things pastry-oriented.



While she concedes that pie making can be a time-consuming task, she says it's nothing to be scared of: "I wanted to take away the fear of pastry making - which is what stops most people making pies."

Her golden rules for making your own pastry are:

1. Handle it lightly
2. Keep it cool
3. Bake it in a hot oven

The book contains a whole host of hold-in-your-hand pastries, from traditional rabbit pot pie to exotic-sounding combinations like Spanish pepper and chorizo pie and, of course, sweets: Bakewell, apple and blackberry and Eccles cakes.

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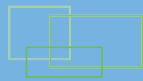
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Ticket prices range from £28 to £44 for non-members and there is a half price facility for under 16s and over 65s.

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Which former Manchester United player has just signed for LA Galaxy?

'I was slowly killing myself with my diet'



By Gabrielle Fagan

ROCK chick wives aren't usually renowned for drinking beetroot juice, growing their own vegetables or concocting their own skin products. But Jo Wood – wife of legendary Rolling Stone wild man Ronnie Wood – has embraced the good life. She believes it has helped save her husband's life and transform hers.

At 51, the glamorous former model is positively glowing with health and joie de vivre.

"I have had a great life. I have travelled the world, watched my husband play to millions, met lots of interesting people, seen fantastic places. I have been very lucky," she said.

But her luck apparently ran out in 1989 when aged 36 she collapsed with excruciating stomach pains and was (incorrectly as it later turned

Glamorous former model Jo Wood – wife of Rolling Stone Ronnie – found an organic lifestyle transformed her and her husband's health. Here she shares an easy-to-follow plan for organic health



out) diagnosed with the incurable Crohn's disease - an inflammation of the intestine.

While desperately looking for a way to recover, she became 'a self-confessed organic nut'. Since then she's successfully lived a healthy lifestyle using principles and secrets which she's now revealed in her new book, *Naturally*.

"I was introduced to an organic lifestyle and made aware of what the pesticides on our food do to our immune systems," Jo said.

"The more I thought and read about it the more I realised that I was

slowly killing myself with my diet. And let's face it, my busy lifestyle touring the world wasn't exactly helping me. I was sick and tired of feeling sick and tired."

She completely revamped the family's diet - she and Ronnie have a son each and a son and a daughter together - and now believes the that fact her husband has only eaten organic food for 15 years, even when on tour, has helped offset the damaging effects of his drinking.

Jo said: "I've looked at what a healthy, natural lifestyle entails, not just in terms of shopping and

gardening, but in the kinds of foods you put into your body, and what you surround yourself with. I still love to party, but now I feel more grounded."

She now has her own bath and skincare range and a new found confidence that has seen her become a passionate organic crusader.

Her new role has also helped her marriage.

"Now if Ronnie has a drink, I'm not consumed with worry for days," she said.

"I'm too busy! I accept that it is his problem and that I can't be continuously nagging him."

"He has an ongoing battle with booze, and I'm realistic about that. Alcoholics don't get better, it's a constant struggle."

"I love Ronnie as much as I did when we first got together 28 years ago; more, in fact, because of all we have been through together. I understand his weaknesses and I admire his willingness to try to deal with his addictions."

"When he is sober he is pure genius. But it can be very hard work, living with His Majesty."

Motorcise has given me my life back

Mother-of-two Sheila Reynolds used to frequent an intensely competitive high street gym before being hit by arthritis.

Now 48-year-old Sheila is a regular at Motorcise and insists the relaxed and friendly atmosphere is a million miles away from the cut-throat gym world dominated by fitness fanatics.

After 18 months of Motorcise and a hip replacement Sheila is stunned at how quickly and successfully her mobility has returned.

She said: "The machines here are great. They have been absolutely fantastic and the mobility I have now is far better than I could have imagined."

"The whole place is so welcoming – they make you feel at home. There is no competitiveness like at other gyms. This is full of genuine people. I've also lost weight and dropped a dress size – which is fantastic."

Janet Carr was facing up to the prospect of losing her leg. The 61-year-old grandmother had undergone three years of unsuccessful rehabilitation – both conventional and alternative – to treat the debilitating nervous condition RSDS that was ruining her life.

Wheelchair-bound and faced with the prospect of amputation Janet, discovered Motorcise and now she has amazed the medical profession with her return to fitness.



Motorcise changed our lives: from left to right: Jan Murray, Sandra Jones, Janet Carr, Sheila Reynolds, Catherine Lisle and Margaret Harford

Janet, who now only needs a walking stick, said: "The doctors are amazed at my recovery. I'd tried everything else – physio, acupuncture, hydrotherapy. But nothing worked."

"Motorcise has made a massive difference to me. Before I was stuck in the house because I couldn't walk – now I've got so many friends after meeting them here. Motorcise has given me my life back."

Eighty-one-year-old **Catherine Lisle** has been given a new lease of life thanks to her regular half-hour sessions at Motorcise.

Catherine, who was having respiratory troubles and carrying a little excess weight but after 18 months of Motorcise she is a picture of health.

She believes the social benefits gained at the centre are equally impressive as the physical and fitness gains.

She said: "It has been marvellous. It couldn't be any better. I've lost almost a stone in weight and I feel really great now – so much better in myself."

"It is a beautiful atmosphere down here. The staff are great and everyone gets on so well together."

"The whole place is so welcoming – they make you feel at home. I've lost weight and dropped a dress size – which is fantastic."

Sheila Reynolds

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