

# NEW YEAR'S RESOLUTIONS

New Year means it's time to make better choices – whether those include getting healthier, being more organised or trying something new. Here are some ideas for you...

## Make a difference to people's lives in 2019

**ARE YOU LOOKING FOR** a way to give something back to the community and make a difference in 2019?

Rotary is the place to turn your ideas, passion and vision into lasting change at home and around the world. We provide flexible, innovative, diverse and project-focused volunteer opportunities in your community.

Together, we are one of the world's largest membership and humanitarian service organisations, with over 46,000 members across Great Britain and Ireland, all committed to improving the lives of others, making friends and having fun.

Whether it is providing a brighter future for young people, tackling crucial societal issues such as mental health and homelessness, or rebuilding disaster-hit regions, we have projects



big and small, but all making a difference. We are People of Action. Are you?

**rotarygbi.org**  
**01789 765411**

**Rotary**  
Great Britain & Ireland



## Don't let aches and pains stop you in 2019

**MANY OF US PROMISE** to become lighter, fitter and healthier in the New Year, only to find that aches and pains ruin our resolutions. Moderate activity can improve fitness, well-being and prolongs life, helping protect against high blood pressure, diabetes, obesity, raised cholesterol and osteoporosis – but sometimes it hurts.

Mr Jonathan Walczak is a consultant orthopaedic surgeon of 20 years' standing who can help get to the root cause of problems and prescribe treatment. These include physiotherapy, osteopathy, podiatry, orthotics, pain specialist referral and surgery where appropriate.

Commonly treated conditions include hip bursitis, tendinitis and arthritis, including hip replacement; knee cartilage, ligament and arthritis including keyhole surgery and knee replacement.



Mr Walczak is recognised by all the medical insurers but also sees self-funded patients and those referred by their GP via the Choose and Book service/FCN/ERS – please check with your GP to see if they participate in this service. Mr Walczak's surgery is based in South London and North Kent and offers appointments from 0800hrs to 2000hrs, six days per week.  
**hips,kneesandfeet.co.uk**  
**07974 686062**

**Hips, Knees and Feet**  
Jonathan P Walczak  
MRCS (ED), FRCS (ENG), FRCR (ORTH)  
Consultant Orthopaedic & Trauma Surgeon

## A clinically-tested way to reduce stress

**ACCORDING TO STRESS.ORG**, 77% of people experience stress. We know it can be a major factor in health conditions ranging in severity.

If your New Year's resolutions include decreasing the stress in your life, adding the OmegaBrite supplement to your diet can provide a fantastic boost to your new, less-pressured lifestyle.

According to studies by Ohio State University in 2011, OmegaBrite is clinically shown to reduce stress naturally, without the harmful or drug-life side effects you might experience from prescription and non-prescription drugs (and without any fishy aftertaste).

In double-blind, placebo-controlled clinical trials, Omegabrite reduced stress by as much as 20%. When it is combined with other activities

that decrease anxiety, such as meditation, exercise, and diet, the benefits can be amazing. OmegaBrite is all natural and GMO free.

Each of our batches of Omegabrite is tested for purity by an independent third-party. These easy-to-swallow capsules contain a potent punch of Omega-3 with no aftertaste.

If reducing stress is on your list this New Year, give OmegaBrite a try risk-free via our website.  
**omegabrite.uk**  
**0800 0443224**



## New year, new confidence from leaks

**URINARY INCONTINENCE IS MORE** common in women than in men and affects women of all ages. Prevalence rates in women between 15 and 64 years of age vary from 10% to 30%.

Although only a quarter of all women with this problem seek help, urinary incontinence is a socially embarrassing condition, causing withdrawal from social situations and a reduction in the quality of life.



Discrete, durable, and attractively priced, Wearever incontinence products conform to your active lifestyle and lets you live life to the fullest. Sleep easy and go out into the world knowing you're protected by one of the most trusted names in incontinence supplies.

What sets Wearever apart from other companies is the ability of our incontinence underwear to be washable. Washable incontinence briefs save you money on disposables as they are resistant to between 200 and 250 washes. These undergarments feature varying levels of protection and protect against light, moderate, and heavy leakage (up to 650ml). Order a six pack with a seventh pair free!  
**mypelvichealth.co.uk**  
**01923 237795**

## You can break free from dependency

**WHAT IF** in a single moment, you could take one step that moved you closer to your greatest aspirations? An all-encompassing New Year's resolution that achieves every goal and elevates every ambition. This is the transformation that occurs when someone chooses to get help from addiction: a resolution with impact that lasts a lifetime.

Through a proven 12-step program, Came to Believe Recovery is committed to helping people break free from addiction. This is a global program that has been in practice and changing lives since the 1930s. If you or a person you love is struggling with addiction, join us in making this the most meaningful resolution of your New Year. Give those suffering from addiction and



their families the opportunity to have a full and meaningful life, this year and the next. Make your resolution count. Contact Came to Believe Recovery to learn more.  
**cametobelieve.co.uk/dates**  
**info@cametobelieverecover.org**

**CAME TO BELIEVE**  
RECOVERY INC.

## Dealing with debt in the New Year

**IT'S A NEW YEAR** and that means the fun is over, it's time to go back to work and, for many, time to face the reality of their finances. Dealing with debt is an important resolution, but it can be one that's really tough to tackle. So, where do you start?

### Stretch your money further

Assess your current situation to make it as budget-friendly as possible, by cutting costs where you can. Bring lunches to work instead of buying them or walk instead of driving or taking public transport.

### Save for financial emergencies

Unexpected costs, such as a broken boiler, can seriously affect you if you're unprepared. Make sure you are safe from the impact of a future financial emergency, by planning ahead and saving – "just in case".

### Research your options

It's always a good idea to research the different debt solutions available. This should be your first step if you want to deal with debt seriously. Don't be afraid to speak to friends and family about it.

### Ask for help

If you're unsure how to follow through on your financial resolution, don't worry! There are many debt solutions out there, and it can be tough deciding which one is right for you,



or even how to start the process. We are here to help you! National Debt Expert works with some of the UK's leading debt partners and can offer you a debt solution to help you write off your unaffordable debt.

**nationaldebtxpert.org.uk**  
**0808 3019 571**

**National Debt Expert**

## Garlic is good for you!

**A VARIED DIET**, exercise, fresh air and looking after your mental outlook can all contribute to keeping you healthy. Many people also like to take supplements to help support their diet and lifestyle. So where do plant stanols and sterols fit in with this?

Plant stanols and sterols are naturally occurring substances that are similar in structure to cholesterol but found in plants. Most fruits and vegetables will contain a small amount, though the highest levels are found in nuts, seeds and plant oils.

The most prevalent phytoosterols in the diet are beta-sitosterol, campesterol and stigmasterol. During digestion, stanols and sterols can play a role in the absorption of dietary and biliary cholesterol through the small intestine.

**What is allicin?** Allicin is released when garlic is crushed or chopped. Stabilised allicin is a unique extract from fresh garlic that can be taken as a food supplement.

Lesterol is a unique combination of plant stanols and sterols and stabilised allicin. The easy-to-take vegetarian capsules can be used as part of a healthy diet and lifestyle. The plant stanols and sterols can contribute to the maintenance of normal blood cholesterol levels. Lesterol can be found in your local independent health food store.



Find us on Facebook @AllicinInternational and follow us on Twitter @Allicin\_Max.

To find a local stockist please call the number below or visit our website.

**allicin.co.uk**  
**0345 241 0505**



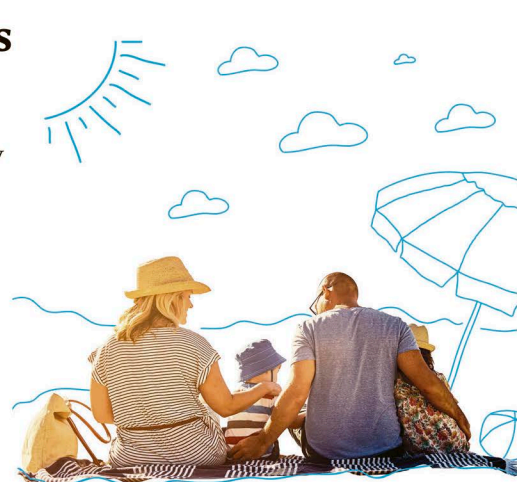
## Insurance cover that's beyond compare

**NEW YEAR RESOLUTIONS** are traditionally an opportunity to make exciting plans for the year ahead. Perhaps 2019 will be the year you eat more healthily, learn a new skill or smash those fitness goals. But what about whipping your finances into shape? This could be the perfect time to take a fresh look at your finances and cross out those niggling tasks on your to-do list, which likely includes saving for your next family holiday. But is taking out life insurance also on that list?

Planning your financial future is important where dependants such as children or grandchildren are concerned. How would they manage without you if you died suddenly? That's where a life insurance policy can come in handy. Knowing you have the safety net of a life insurance policy in place can be a comfort to both you and your family.

At Compare Cover, we specialise in life, travel and pet insurance. We've been helping people find great deals on their life insurance since 1999. We make it easy for you to compare different policies from a range of leading insurance providers, so sorting out your cover needn't be a hassle.

So, that's one resolution you can quickly tick off your list! Now back to that all-important



family holiday. You may have the destination and the date set but what about your travel insurance? We can provide you with a range of detailed quotes in minutes.

Make 2019 count. Compare insurance quotes today and protect your world.

**comparecover.com**  
**0800 915 2926**

**comparecover**

## Become a teaching assistant in 2019

**IF YOU FANCY** becoming a teaching assistant but don't have the time to attend a local college, a flexible home study course is the ideal way to get qualified. Our home study courses are incredibly convenient and enjoyable, and they also include expert support from friendly tutors who are there to help you from start to finish.

By choosing a home study course that's fully regulated by OFQUAL, NCFE and CACHE, we'll ensure you get exactly the same trusted government qualification as your local college. The only difference is with us, you complete

your entire course from the comfort of your own home, at your own pace and in your own time, giving you flexibility.

It's easier to get a job when you have an employer-recognised qualification. Once you enrol on your course, you'll also get access to plenty of extras, such as an NUS extra student card. In the spirit of the New Year, get enrolled on your course online and save 10% for a limited time with coupon

code SAVE – this offer is only for Mirror readers and runs until 5 February 2019.

By providing you with the best learning experience and unlimited tutor support to help you progress, we'll ensure your success – so you can get yourself fully qualified as a government teaching assistant in 2019!

For more information simply get in touch with our friendly team using the contact details below.

**dmc.ac** | **0345 652 0098**



**dmc.ac**  
the home study college



**WIN**



**Drink your way to better skin?**  
Win one of three prizes of Skinade Travel sachets worth £315!

Enter Here

**hurstmediacompany.co.uk/competitions/skinade**

**WORKING FROM THE** outside with good skincare products is only half the battle – supporting your skin from the inside could truly give it the support it needs. Skinade is giving away three prizes of a 90-day supply of their tried and tested skincare drink, loved by Victoria Beckham. The liquid formulation is designed to target the natural production of collagen, hyaluronic acid and elastin to help promote smoother, younger and more hydrated skin.  
**skinade.com** | **0845 130 0205**

