

## in brief

## Police warning to parents over car seats for children

A WARNING has been issued after more than half of the vehicles stopped by police did not have children in the correct seats.

Officers conducted spot checks on 75 vehicles, in Kingswood and found 39 contained children in an incorrect seat. A further 73 cars were stopped by police with only adults in the vehicle but who had empty kids seats inside. Of those, 21 were incorrectly left in the car.

A spokesman for South Gloucestershire Council said: "There were a number of loose high back boosters.

"When a child is not in the seat, remember to strap the booster down otherwise it can be dangerous in a crash.

"We advise people to adjust their seats regularly so they properly fit a child who may be growing quickly. We found there were a number of adjustments to harnesses, head restraints and seatbelt positions that had to be carried-out due to children growing and the seat not being adjusted to fit the child."

# Aim to Achieve Event to focus on helping you reach your goals

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TV broadcaster and advocate for child and youth wellbeing, Martin Roberts is delighted to announce details about Achieve 2018, which once again he will proudly be hosting.

Achieve is moving to Bristol this year and will take place at Brunel's Old Station (The Passenger Shed) on Saturday 13 and Sunday 14 October 2018.

Here, Martin talks to us about his inspiration and drive behind Achieve.

## What motivated you to start Achieve?

Inspired by my experience in the jungle on *I'm a Celebrity... Get Me Out of Here!* and the small yet positive health improvements I experienced in a short period of time, I

launched Achieve last year in Bath as a two-day event, bringing together the three key pillars of health, wealth and happiness.

Achieve 2017 hosted fantastic celebrity speakers, all 'Achievers' in their own right, such as Sir Ranulph Fiennes OBE, Frank Bruno MBE, Eddie "The Eagle" Edwards and Ruby Wax OBE, amongst others. Visitors could participate in a cross-section of experiences and activities under one umbrella.

The whole ethos of Achieve is about creating more health, wealth and happiness in our lives, in a relatively short space of time.

## Why did you launch Achieve?

Primarily to help and inspire people of any age who want to make changes to their life by encouraging them to take small steps and have the confidence to do so. To achieve success in any aspect of our life is



Martin Roberts and John Hirst (below) at the Passenger Shed to launch this year's Achieve event  
Pictures: Paul Gillis

hard - it takes commitment, sacrifice, encouragement and determination. Achieve has been designed as an inspirational event to inspire visitors to take action.

Nothing happens if we sit still yet knowing where to start is often a stumbling block. I am committed to delivering cutting edge and original speaker content and exhibitors so that Achieve becomes one of the key 'go-to' annual family events.

## What is planned at Achieve this year?

We are delighted to announce our first headline speaker, the wonderful comedian and TV actress Helen Lederer, whom I recently had the pleasure of interviewing on Radio 2. Helen is probably best known for her role as the dippy Catriona in *Absolutely Fabulous* alongside Jennifer Saunders and will be taking her new show 'I might as well say it' to the Edinburgh Fringe Festival this August.

An amazing line-up of speakers, interactive workshops and exhibitors will be announced over the coming weeks so watch this space and make sure you follow us on social media and keep an eye on our website. Highlighting the importance on children's and young people's mental and physical wellbeing will be a focus this year.

In 2018, I am delighted to say that we will have CPD accreditation (Continuing Professional Development) and therefore we are hoping businesses will consider sending employees to the event as part of their ongoing professional development.

## Do you have much corporate support for Achieve?

I believe we are onto a winning brand with 'Achieve' and have been thrilled by the level of corporate support to date. Reach PLC (previously Trinity Mirror) has come on board as our media partner this



year.

Legacy Education Alliance has agreed to be headline sponsor for the second year running as well as Panasonic UK. We also have a new sponsor, Lucozade Ribena Suntory and new support from Bristol Airport, Thermae Bath Spa and Destination Bristol.

## Where can people buy tickets?

Tickets are now available to purchase on Eventbrite or via the Achieve.co.uk website. A one-day pass will cost £15 and concessions are available.

I look forward to seeing you all.

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<p><b>TURKEY &amp; TINSEL</b> Liverpool &amp; Chester</p> <p style="color: red; font-weight: bold;">Departing Monday 26 Nov</p> <p><b>Your break includes</b></p> <ul style="list-style-type: none"> <li>✓ Return coach travel</li> <li>✓ 4 nights at the Adelphi Hotel, Liverpool with breakfast &amp; dinner (includes traditional 'Christmas' dinner)</li> <li>✓ 2 for 1 bar (6pm-9pm) on selected drinks</li> <li>✓ After dinner tea and coffee &amp; light entertainment every night</li> <li>✓ Excursions to Chester &amp; Southport</li> </ul> <p style="text-align: right; font-weight: bold; color: red;">5 Days by Coach <span style="font-size: x-small; color: red;">RGN</span> <b>£199</b></p>	<p><b>PORTSMOUTH'S</b> Victorian Festival of Christmas</p> <p style="color: red; font-weight: bold;">Departing Thursday 29 Nov</p> <p><b>Your break includes</b></p> <ul style="list-style-type: none"> <li>✓ Return coach travel</li> <li>✓ 2 nights at a selected hotel, Bournemouth area with dinner &amp; breakfast</li> <li>✓ Entrance to Portsmouth's Victorian Festival of Christmas</li> <li>✓ Free time in Bournemouth</li> </ul> <p style="text-align: right; font-weight: bold; color: red;">3 Days by Coach <span style="font-size: x-small; color: red;">RGN</span> <b>£149</b></p> <p style="font-size: x-small; color: gray;">Also available from Yate</p>
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