

PEOPLE TALK

ACHIEVEMENTS » CHARITY » DIARY DATES » SPORTING NEWS, AND MORE...

OUT OF HOURS

DENISE FARQUHARSON

APPLICATION RELEASE MANAGER

Want to follow your dreams?
Denise Farquharson can help you
do just that with her new book

What is your book about?

"Picture Your Dreams Goals & Plans is my first book. It is a functional workbook to collect all your aspirations in a picture form. You set goals of how to achieve them, then add step-by-step plans to make your dreams come true."

What inspired you to write it?

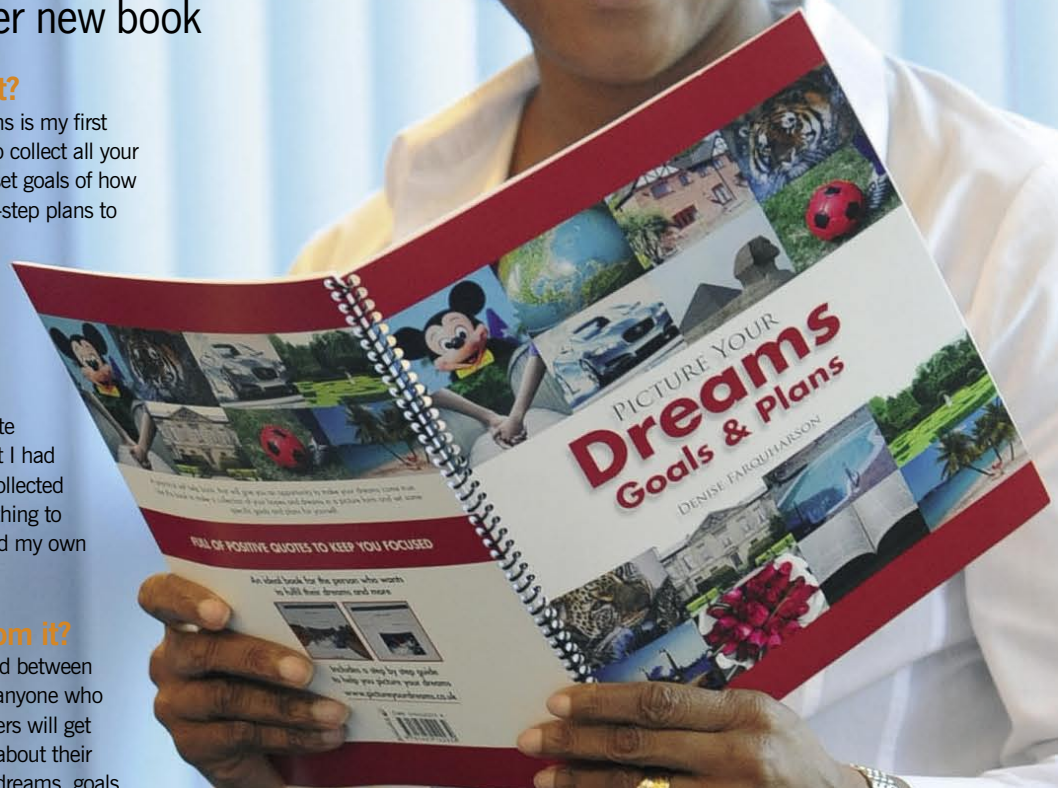
"I wrote it in 2005, while I was off work with an undiagnosed illness. The illness caused me to re-evaluate the future. I had many dreams that I had achieved in the past but had not collected them in one place. I needed something to pass on to my children, so I created my own workbook to record my thoughts."

What will readers get from it?

"The book is mainly for people aged between 25 and 50, but it can be used by anyone who has a dream. From my book, readers will get the drive to start doing something about their dreams, confirmation that written dreams, goals and plans can have a powerful effect on their life and have a collection of their aspirations to look back on with a sense of pride."

Where can we buy it?

"Online at Waterstones, Trafford Publishing, Amazon and WHSmith or on my website www.pictureyourdreams.co.uk."



IF YOU'VE GOT A GREAT HOBBY
CONTACT **talk** about SEE PAGE 2
FOR CONTACT DETAILS

WHAT'S ON

IN DECEMBER

<p>X EVERYDAY</p>	<p>AUTUMN WATCH, DRAYCOTE WATER Phenology is the study of how nature changes with the season. All information goes to helping the Woodland Trust and the UK Phenology Network record the impact of climate change on our plants and wildlife.</p>
<p>X SUN</p>	<p>BIRDWATCHING FOR BEGINNERS, CARSINGTON An introduction to watching and identifying birds. Meet at the Visitor Centre reception at 10am, to finish 12pm. Bring walking boots and suitable clothing, binoculars and a notebook. Sorry no dogs. Booking advisable as places are limited. Call 01629-540696 to book.</p>
<p>X SAT</p>	<p>FUNGUS FORAY, DERWENT VALLEY Join a stroll to identify fungi. Meet at Fairholmes Ranger Centre at 11am. Bring packed lunch, waterproofs and stout footwear. Call 01433-659986 to book your place.</p>
<p>X & X SAT & SUN</p>	<p>CHILDREN IN NEED CAR WASH, CARSINGTON WATER Rangers and volunteers will be washing cars in the Visitor Centre's main car park, to raise money for Children in Need. 10.30am – 4pm. £4 minimum donation.</p> <p>● For more information on visitor site events, please call the events and activities hotline 0870 179 1111 or visit www.moretoexperience.co.uk</p>



PULLING PINTS: (l-r) xxxx, Denise Cunningham, Internal Events Manager and Dale Kenwright, Senior Tariffs Analyst

FACT

- Colleagues have donated 288 pints over the last three years
- Only 4% of the eligible population are donors
- Donors can give every 16 weeks – three times a year

THE GIFT OF A LIFETIME

BECOME A BLOOD DONOR AND HELP SAVE LIVES

Every week in Birmingham, hospitals need more than 1,400 blood donations to deal with accidents, emergencies and ongoing treatments.

Colleagues at Severn Trent Water are making a big difference to that target, thanks to their donations made at the blood van which regularly visits various sites.

The National Blood Service paid a visit to 2297 recently to say thanks to donors and presented a certificate to one of the most

prolific donors, Senior Tariffs Analyst Dale Kenwright, who has given a total of 76 pints.

Karen Healy, Donor Relations Assistant, says: "I would like to ask everyone reading this to give an hour of their time to come and donate." For more details on becoming at STW donor, contact Denise Cunningham on 07766 505 864 or alternatively call 08457 71171 or visit www.blood.co.uk.



BIG CATCH

A team of Severn Trent anglers braved the rain to compete in the Water Industries Coarse Angling Championships.

The team took second place in the event. In the individuals, Robin Senter, Senior Asset Optimisation Technician took the trophy with his 16lb catch of skimmer bream and Kevin Brown won the reserve section for the second year in a row.

BADMINTON SPORTING SUCCESS

The ever-growing annual Severn Trent Water Badminton tournament was held at Hinckley Leisure Centre. The competition, organised by Amjad Hussain, Finance Reporting Analyst, included more than 270 mens, ladies and mixed games. After nearly eight hours of play Tony Wray, CEO, presented the exhausted winners and runners-up with their respective trophies. Amjad says: "Special thanks to all participants, the Sports & Social Association and the efforts of the co-organisers on the day."



CHAMPIONS: Winners are handed their award Tony Wray