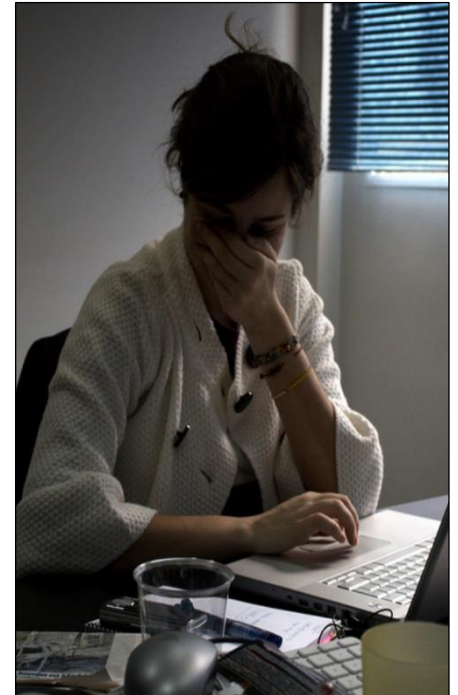




## Should we be worried about 'Aussie flu'?

One of the strains of flu around this year has been called 'Aussie flu' because it is the same type that recently caused big problems for Australia. Australia's 2017 flu season was the worst the country had experienced in ten years. Experts are waiting to see if similar will happen here in the UK, after a recent rise in cases.

Every winter there are a few different types of flu circulating and Aussie flu is just one of them. It is a type that can cause more severe infections than other types. Most people will recover in about a week and won't need any specific treatment, apart from a bit of bed rest, some paracetamol or ibuprofen and drinking plenty of fluids. This year's flu jab is designed to protect against this type as well as some other strains. Vaccination is the best protection we have against flu but it won't protect all types.



*Pictured: A lady with a cold.*

## Lost cat found after 15 years!

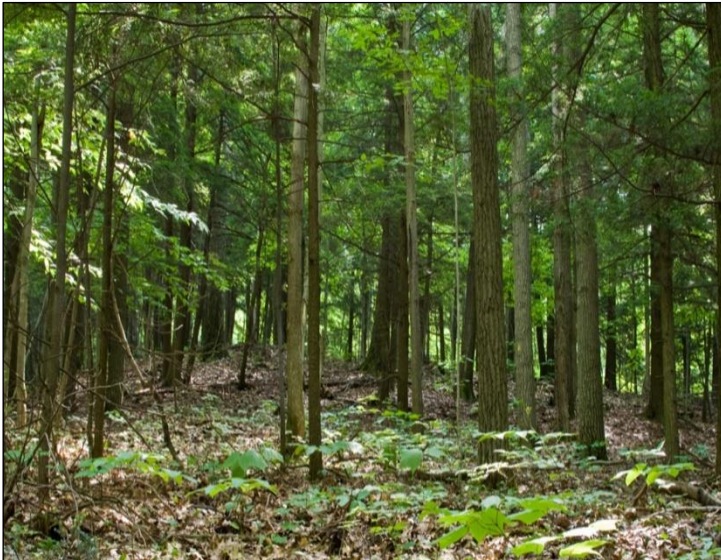


*Winston the cat.*

Winston the cat disappeared in 2002 in Cornwall after his owner, Janet Barnes, moved in with her new husband, Peter. The couple said Winston would often go off on his own, but they believed it was the move that caused him to disappear. Mr Barnes said, "To be honest it's just unbelievable. It really is so lovely to have him back. We have no idea where he's been all these years, I thought he must have been living with someone else, but when he was found staggering through the road he was extremely frail." He was handed in at a veterinary surgery 35 miles away from his home, where vets were able to check his microchip and trace his owners.



## A new 'ribbon of woodland' for the North?



*How the proposed woodland might look.*

Plans to create a new Northern Forest stretching from Liverpool to Hull have been started by the government. It is providing £5.7m to increase tree cover along an area across Manchester, Leeds and Bradford. The project will cost £500 million over 25 years. The rest of the money will need to be raised by charity. The UK has one of the lowest rates of woodland in the whole of Europe and the area to be covered by the Northern Forest, has the lowest in England, with tree cover less than 8%.

## Would you try a virtual workout?

A new company, Black Box VR, have developed a full-body workout in the form of a 30-minute virtual reality experience.

It uses a special training machine and a headset. The entire equipment takes up about the size of a family bathroom.

One supporter said the idea had potential, but had some worries. "Human beings in general find it hard to retain the habit of exercise and there's been many attempts to try and make it more appealing - so, virtual reality makes sense from the perspective of trying to make the gym less boring," said J P Gownder from the consultancy Forrester.



*A VR headset in use.*



**YOUR COMMENTS**

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