



New Year Honours for a lady who fostered over 100 children

A grandmother who looked after more than 100 children in 50 years has been recognised in the New Year's Honours for services to foster care. Stella Tomkinson, who is 79 and from Warwickshire, said fostering had its ups and downs but it was also "incredibly rewarding". Mrs Tomkinson said she had been "really lucky," adding: "I can honestly say that if I lived my life again, I would do the same thing." She and her husband Bill, a butcher, decided to become foster carers in the 1960s after discovering they could not have children.



She now has six adopted children, 16 grandchildren and 10 great-grandchildren. "I'm proud of all the children I've looked after," she said. "Many people find Christmas a lonely time and if I hadn't had all these children, I would probably have been lonely too."

2017 was the safest year for air travel!



An aeroplane during take off.

2017 was the safest year in history for commercial airlines, according to industry research.

There were no passenger jet crashes anywhere in the world, separate reports by consultancy firm To70 and The Aviation Safety Network found.

But To70 did state that despite high safety levels on passenger planes, the "extraordinarily" low accident rate must be seen as "good fortune".



Train ticket price increase anger



A train pictured at Coventry station.

Rail ticket prices have risen by over 3% on average across the UK, in the biggest increase to fares since 2013. Protests are under way at around 40 train stations, as many people see their season tickets (allowing them to use trains each day) go up by more than £100! Campaigners warned that many people were being forced to find alternative and cheaper transport. The Department for Transport said the extra money is due to the "biggest modernisation of our railways since the Victorian times".

Limit children's snacks to 100 calories

Half of the sugar children in England consume comes from unhealthy snacks and sweet drinks, figures show.

On average, primary school children have at least three sugary snacks a day, Public Health England found. This means that you can easily consume three times more sugar than the recommended maximum. Each year children consume, on average, 400 biscuits, 120 cakes, buns and pastries, 100 portions of sweets, 70 chocolate bars and ice creams and 150 juice drink pouches and cans of fizzy drink! Too much sugar can cause tooth decay and obesity.

What are healthier alternatives? Snacks containing no more than 100 calories: Soreen malt lunchbox loaves, Petits Filous fromage frais, Fruit Shoot hydro water in apple and blackcurrant, fresh or tinned fruit salad, chopped vegetables and lower fat hummus.



A young child eating a chocolate muffin.

Do you think you have too much sugar? Can you keep a 'snacks diary' this week to see what you are eating? We'd love to see it! Email to help@picture-news.co.uk

/ think...



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