

SHAREPRICES

FTSE 100: up 19.46 at 5694.62

NORTH AMERICAN		
American Express	£26.12	XD +0.27
Chevron	£51.57	-0.06
Du Pont	£29.38	-0.10
Exxon Mobil	£41.81	+0.35
Gannett	£71.99	+3.12
Hess Corp	£40.12	+0.82
Microsoft	£64.13	+21.51
Motors Liquidit	£6.76	-
Wal-Mart Stores	£33.85	+0.07
Wrigleys	£49.86	-

AEROSPACE & DEFENCE		
Avon Rbr	161%	
BAE Systems	353%	XD +8%
Rolls-Royce Gp	654	XD +6%

AUTOMOBILES & PARTS		
GKN	177%	+%
Barclays	273%	-1
HDFC	65%	+%
Lloyds Bank Gp	69%	+%
Ryl Scotland	45%	+1
Stan Chart	1792%	-13

BEVERAGES		
Diageo	1158	+6
SABMiller	£220%	+%

CONSTRUCTION & MATERIALS		
Balfour Beatty	274	-1%
Costain	208	XD -1%

ELECTRONIC & ELEC EQPMT		
Laird	147	-2

FOOD & DRUG RETAILERS		
Alliance Trust	350%	XD -2%
Morrison W	290%	XD -3%
Sainsbury	389%	-%
Tesco	428%	XD +1%

GAS, WATER & UTILITIES		
Centrica	328%	XD -4%
National Grid	590	-
Pennon Grp	627%	+4%
Severn	1421	+26
United Utilities	612	+1

GENERAL RETAILERS		
Ashley L	17	XD -%
Carphone Wse	306	+1%
Dixons Retail	26%	-%
Home Retail	217	-2
Inchcape	347	-1%
Kingfisher	235%	XD -2%
M & S	420	-7%
Mothercare	533%	+8
Next	£22%	-%
WH Smith	481%	-3%

HEALTH CARE EQUIPMENT & SERVICES		
Smith Nph	55%	XD +1

HOUSEHOLD GOODS		
Agar Rangemaster	84%	-2%
Barrat Dev	76%	-1%
Persimmon	339%	-1%
Reckitt Benckiser	£35%	+%
Taylor Wimpey	22%	+%

LIFE INSURANCE		
Aviva	397%	XD -%
Lgi & Gen	100%	-%
Old Mutual	129%	-%
Prudential	627	-3%
Resolution	260	-1%
Standard Life	226%	XD -%

MEDIA		
BSkyB	709	XD +2%
Chrysalis	132%	+22%

Exchange rates		
Australia	1.53 dollars	
Bangladesh	106.73 taka	
Brazil	2.44 reals	
Canada	1.55 dollars	
China	9.57 yuan	
Czech Rep.	25.96 korunas	
Denmark	8.14 krona	
Euro	1.10 euro	
Hong Kong	11.79 dollars	
Hungary	279.43 forints	
India	62.73 rupees	
Japan	122.81 yen	
Mexico	17.63 pesos	
New Zealand	1.95 dollars	
Norway	8.92 krona	
Pakistan	129.62 rupees	
Philippines	59.02 pesos	
South Africa	10.41 rand	
South Korea	1559.00 won	
Sri Lanka	168.92 rupees	
Sweden	10.17 krona	
Switzerland	1.50 francs	
Taiwan	42.63 dollars	
Turkey	2.14 new lira	
USA	1.53 dollars	

(Rates for indication purposes only)

News

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Garden is latest chapter for library

Great Yarmouth library officially opened its new garden, which has been created for and by the community. With a vegetable patch, compost bin and even a totem pole, the community garden has been created over several months and involved more than 100 people. The garden project, called Growing Together, has been funded by £50,000 from the Working Neighbourhood Fund and aims to give local people the chance to learn new skills and gain confidence with a view to getting back into work. The garden is being developed to create a community space and at the same time have the chance to learn about, among other things, gardening, construction skills and



healthy eating. Although much of the planting has been done, next month traditional Norfolk varieties of apple and cherry trees will also be put in. The ribbon was cut by the town's mayor Michael Jeal and there was also the first screening of a documentary about the creation of the garden. PHOTO: BILL SMITH

Airport boss thrilled at winter sun flights

People looking to leave behind the winter blues will be able to fly directly from Norwich to Egypt for the first time tomorrow.

Bosses at Norwich International Airport are delighted that the first flights from Norwich to Sharm El Sheikh will take off at 8.15am tomorrow.

The flights are operated by Thomson Airways, which today also launched new direct services to Alicante and Tenerife, which will run until April next year.

The Tenerife and Alicante routes have been reinstated after the airport received more than 500 requests for them to be brought back. They are a boost to the airport after a number of services from the city were axed or reduced, including direct flights to Paris and Guernsey by Flybe and to

Barcelona and Palma by Spanish airline LTFE.

Andrew Bell, chief executive of Norwich International Airport, said: "It is fantastic to be able to offer Egypt for the first time ever as a direct flight destination from Norwich International.

"We are delighted that Thomson has taken this opportunity to further increase the list of destinations served from the airport, and alongside Tenerife and Alicante, and Tunisia with Thomas Cook, there is a great selection of winter sun holidays available to holidaymakers in the region."

The first Thomson Airways flights from Norwich to Tenerife departed yesterday morning and will operate once a week for the winter 2010/11 season.

The first Alicante flight, also

due to operate once a week, was due to take off this afternoon.

Carl Gissing, director of customer services for Thomson Airways, said: "At Thomson Airways we are fully committed to our regional UK airports as we understand the importance of allowing our customers greater choice and flexibility."

Passenger numbers at the airport fell by 30pc to 404,000 last year as the recession took its toll and new boss Mr Bell said on his appointment that he wanted to grow the network of routes served from the city.

→ To book flights and packages visit www.thomson.co.uk or call 0871 231 4787. You can also visit www.firstchoice.co.uk or call 0871 200 4455.

Dan Grimmer
dan.grimmer@archant.co.uk

Flu vaccine reminder to pregnant women

Pregnant women are being encouraged to have the flu vaccine on the NHS.

For the first time this year, expectant mothers can have the free vaccine, along with all people aged 65 and over or those who are deemed at risk. Health bosses at NHS Great Yarmouth and Waveney are urging people to sign up for the jab now, before the prime flu months hit in winter.

Dr Alistair Lipp, director of public health for NHS Great Yarmouth and Waveney, said: "Having the vaccine is a really important part of keeping yourself well and staying well over the coming months. Many GP practices have already started flu clinics, so now is the time to contact your doctor and book your jab.

"Flu can be severe, especially for those with existing health problems. Some people are more susceptible to the effects of flu and it can increase the risk of more serious illnesses such as pneumonia or bronchitis."

People with the following conditions should consider having the free seasonal flu vaccine: a heart problem; a chest complaint, breathing difficulties including bronchitis or emphysema; kidney disease; liver disease; stroke; diabetes; neurological conditions such as multiple sclerosis (MS) or cerebral palsy.

People should also have the vaccine if they are living in a nursing home or are the main carer of an older or disabled person.

Michael Dennis, head of prescribing and medicines management for NHS GYW, said: "The seasonal flu vaccine has been tested and is safe. If you have any queries, please talk to your GP or midwife." People who had the seasonal flu vaccination last year will need a new seasonal flu jab this winter.

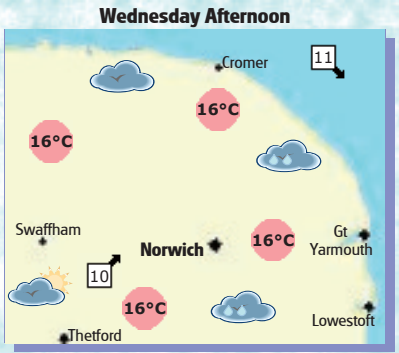
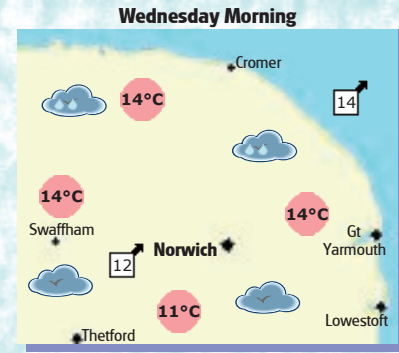
Open until 6pm: Boots the Chemist, Bowthorpe Main Centre, Dereham Road Pharmacy, 562a Dereham Road. Natural Health Pharmacy, St Johns Close, Hall Road. Natural Health Pharmacy, 117f Ipswich Road. Hamblins Pharmacy, Noble Close, Heartsease Estate. Lloyds Pharmacy, 143 Colman Road. Lloyds Pharmacy 22 West End Street. Lloyds Pharmacy, 25a Earham Road. Lloyds Pharmacy, 2 Mandela Close, Oak Street. Lloyds Pharmacy, 42 Earham West Centre. Lloyds Pharmacy, 81 Middletons Lane, Hellesdon. National Co-operative Chemists, Suffolk Square, Vauxhall Street. Numark Pharmacy, 140 Thunder Lane. Superdrug, St Stephens Street. Beechcroft Pharmacy, 23 Beechcroft, New Costessey. Alliance Pharmacy, 78 Hall Road.



Your Weather

This Afternoon
Patchy cloud but mainly fine and dry with spells of sunshine. There will be a moderate southwesterly breeze, the top temperature 14C (57F).

Tonight
Generally a cloudy night with some patchy rain for a time. Tonight's minimum temperature 10C (50F) with a moderate or fresh southwesterly breeze.



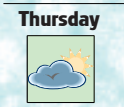
Wednesday's High Tides		
Hunstanton	02:52	15:48
Cromer	03:20	16:18
Caister	04:38	17:52
Gt Yarmouth	04:55	18:10
Gorleston	05:03	19:02
Lowestoft	05:58	19:12

Provided by www.weatherquest.co.uk

A rather cloudy start with a few spots of light rain possible, but some brighter intervals. In a light or moderate southwesterly breeze, temperatures will reach 14C (57F).

An odd spot of light rain at first, but otherwise dry with some bright intervals. Maximum temperature 16C (61F) with a light southwesterly wind, becoming northeasterly.

Wednesday			
Lighting-Up	Sun Rise	06:53	Set 16:20
Moon Rise	03:15	Set 14:38	
Air Quality	Good		
Sunburn Risk	N/A		
Pollen Levels	N/A		



Mainly dry with some brighter spells but turning cloudier later. Top temperature about 16C (61F) with a fresh or strong southwesterly breeze.

Open until 6.15pm: Thorpe Pharmacy, 202 Thorpe Road.

Open until 6.30pm: Hurn Chemists, 143 Unthank Road. Alliance Pharmacy, Magdalen Medical Practice, Lawson Road. Moss Pharmacy, Boots, Willow Wood Surgery, Aslake Close, Sprowston. Alliance Pharmacy, 92 Colman Road. Alliance Pharmacy, The Health Centre, Lawson Road.

Open until 8pm: Alliance Pharmacy, Waitrose, Church Lane, Eaton. Tesco's Pharmacy, Blue Boar Lane, Sprowston. Sainsbury Superstore, Queen's Road. Morrisons, Albion Way, Riverside.

Open until 10pm: Sainsbury Pharmacy, Pound Lane. Boots, St Stephensgate Medical Practice, 55 Wessex Street.

Open until 10.30pm: Woodside Pharmacy, 140 Woodside Road, adjoining Thorpewood Medical Centre.

Open until 11pm: Drayton Pharmacy, Manor Farm Close, Drayton.