





With Compliments

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THE PERSONS

Home About Book Links Stuff Help Contact |





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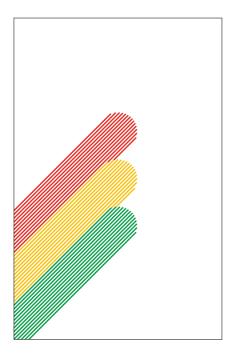
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Police Headquarters Ladgate Lane Middlesbrough TS8 9EH



With Compliments

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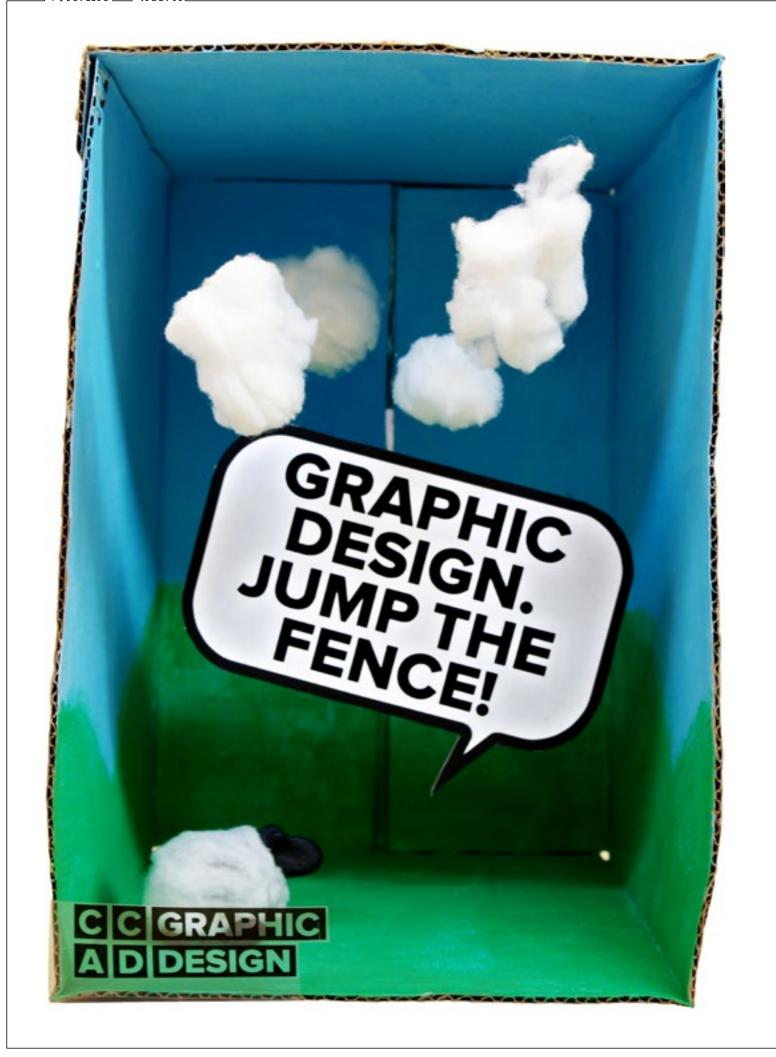
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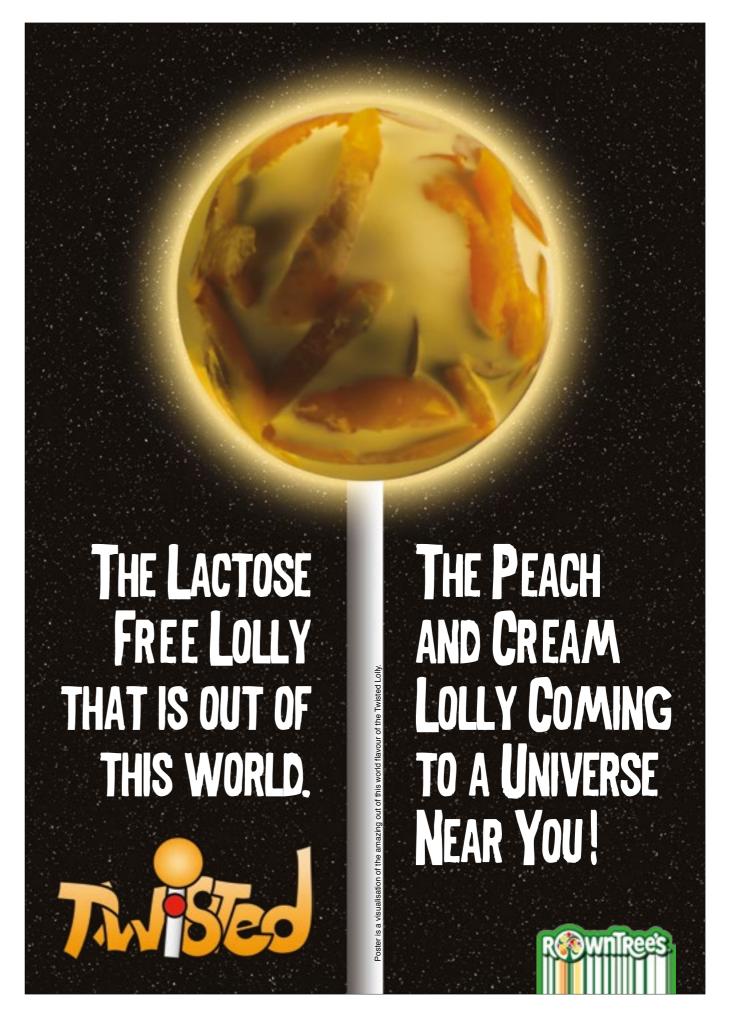
Commissioner: Mr Barry Coppinger Chief of Staff: Mr Ed Chicken T/Chief Constable: Mrs Jacqui Cheer Police Headquarters
Ladgate Lane
Middlesbrough
TS8 9EH



SALAD & SANDWICH BAR

AC SNACK BAR











'A sustained feat of humour, suspense and polemic, full of twists and ironies *Hilary Mantel, Sunday Times*

It is the 1980s and the Winshaw family are getting richer and crueller by the year:

Newspaper-columnist Hilary gets thousands for telling it like it isn't; Henry's turning hospitals into car parks; Roddy's selling art in return for sex; down on the farm Dorothy's squeezing every last pound from her livestock; Thomas is making a killing on the stock exchange; and Mark is selling arms to dictators.

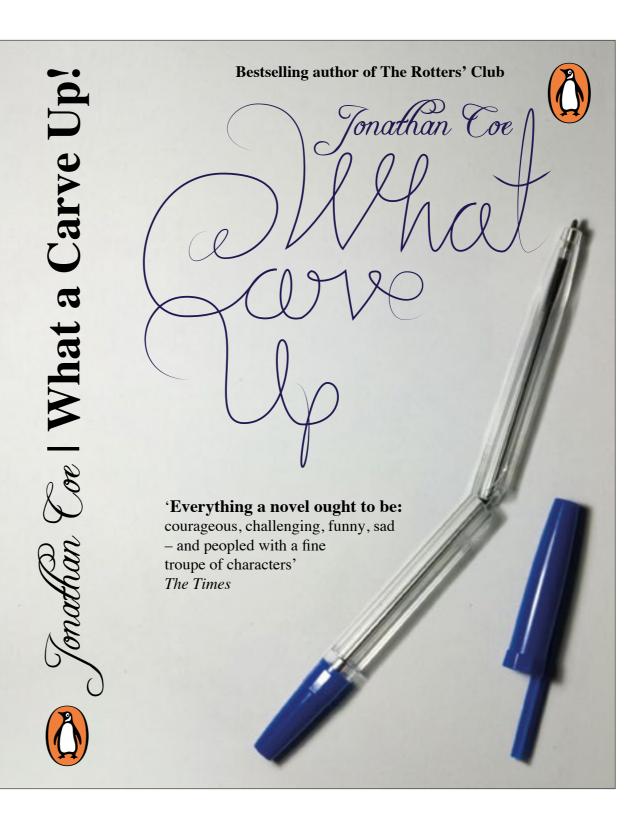
But, once their hapless biographer Michael Owen starts investigating the family's trail of greed, corruption and immoral doings, the time grows ripe for the Winshaws to receive their comeuppance . . .

'A riveting social satire on the chattering and all-powerful upper classes' *Time Out*

'Big, hilarious, intricate, furious, moving'

Guardian







HEAD + NECK CANCER

A simple leaflet that gives you the facts about head and neck cancer.

www.headandneck.info





WHAT ARE HEAD AND NECK CANCERS?

Head and neck cancers include cancers of the mouth, tongue, tonsil, nasal cavity, larynx and pharynx. 8000 people contract cancers in the head and neck every year, which is a relatively low amount, however the number of cases are rising.

There are over 30 different places that cancer can develop in the head and neck area. Head and neck cancers include cancers of the mouth (oral cancers) and the throat, as well as rarer cancers of the nose, sinuses, salivary glands and middle ear. Most head and neck cancers start in squamous cells, which are the skin cells lining the mouth, nose and throat.

The mouth is the most common place for head and neck cancer to develop. Mouth cancer can develop on the lip, the tongue, the floor of the mouth (under the tongue), the inside of the cheek, the roof of the mouth (the hard palate), the area behind the wisdom teeth or the gum. Doctors use different names to describe different areas of the throat and the cancers that can develop.

HOW COMMON IS THIS CANCER?

These cancers are more common in the North east than in other parts of the country. They are commonest in older people, and there are more cases in men than women. Smoking and heavy drinking significantly increase the risk.

We are now starting to see cases in people in their late 30's and 40's.

KNOW WHAT TO LOOK FOR

Always keep an eye open for; Neck lump Hoarseness Mouth lump Mouth ulcer Painful throat Swallowing problem

If any of these symptoms last for more than four weeks, see your doctor or dentist.



The Look A Head Cancer Campaign is a local charity covering Teesside, Durham and North

the Look A read Califer Californian a local charity covering Teesside, Durham and North Yorkshire. Its aim is to increase awareness of head and neck cancer through education of the public and health professionals.

The giraffe is our logo due to their noticeable neck and head, the areas of the body that we are focusing on. Public events are aimed at highlighting symptoms and encouraging patients to visit their doctor or dentist immediately. Health professionals are advised to pay attention to symptoms and refer to a specialist urgently. By encouraging early recognition and referral, it is possible to increase the chances of curing this type of cancer.

The Look A Head Cancer Campaign was set up as there is no national campaign covering this type of cancer.

Our members comprise of health professionals, volunteers, and some former patients. New members are very welcome, as is any support from local companies or individuals.

CAN THEY BE PREVENTED?

Not all of these cancers can be prevented, but many could be. To reduce your risk of these cancers:

- Do not smoke or use any other form of tobacco.
- Minimise alcohol consumption
- Eat a healthy diet

As some of these cancers are caused by the virus HPV, which is passed on sexually great care needs to be taken with oral sex.

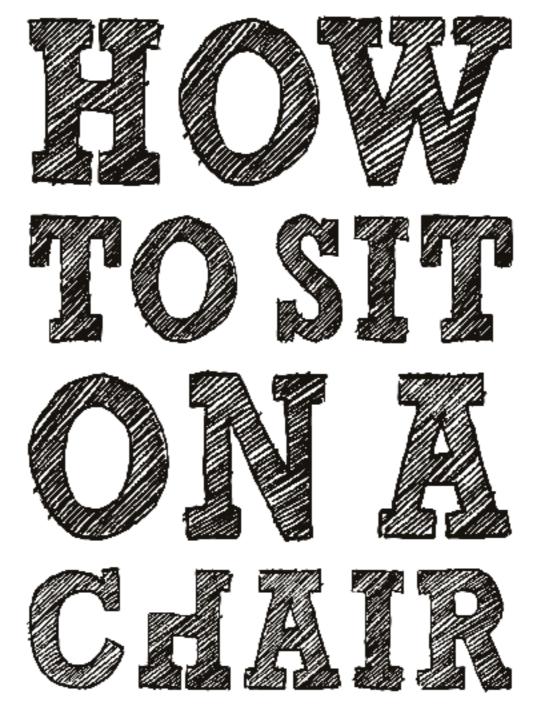
REDUCE YOUR RISK!

Drink less alcohol, Stop smoking, Avoid unprotected oral sex with multiple partners, Avoid chewing tobacco, betel nut and paan.

CAN HEAD AND NECK CANCERS BE CURED?

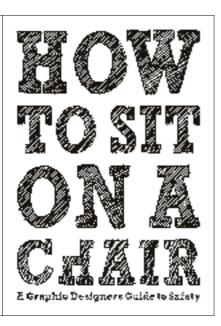
Yes, but early detection and treatment is essential both to remove the cancer fully and to minimise possible problems caused.

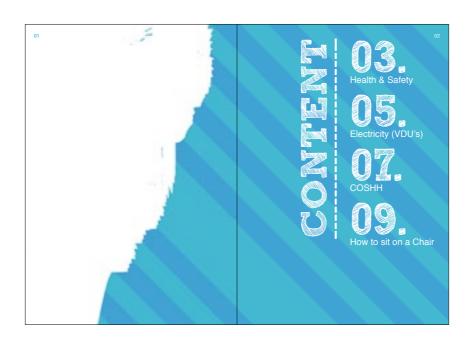
- •Be aware of early symptoms see the reverse of this leaflet
- See your dentist for regular check-ups. He or she will check your mouth and neck for any suspicious symptoms.
- Chemotherapy drugs are usually given into a vein. As the drugs circulate in the bloodstream, they can reach cancer cells all over the body. When chemotherapy is given to treat head and neck cancer, it's usually given in combination with radiotherapy. This is called chemoradiation.
- Most operations for head and neck cancer involve a hospital stay and an operation under general anaesthetic. But, in some situations if you have a very small cancer, it may be treated with a simple operation or laser surgery with no need to stay in hospital overnight.



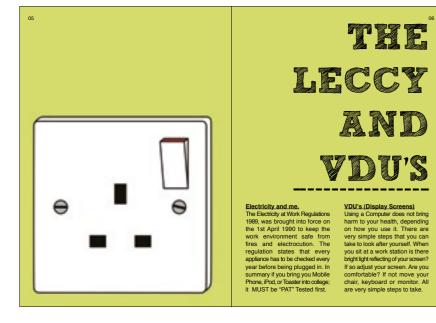
A Graphic Designers Guide to Safety

Strategically placed "White Space" by Michael Ritchie.



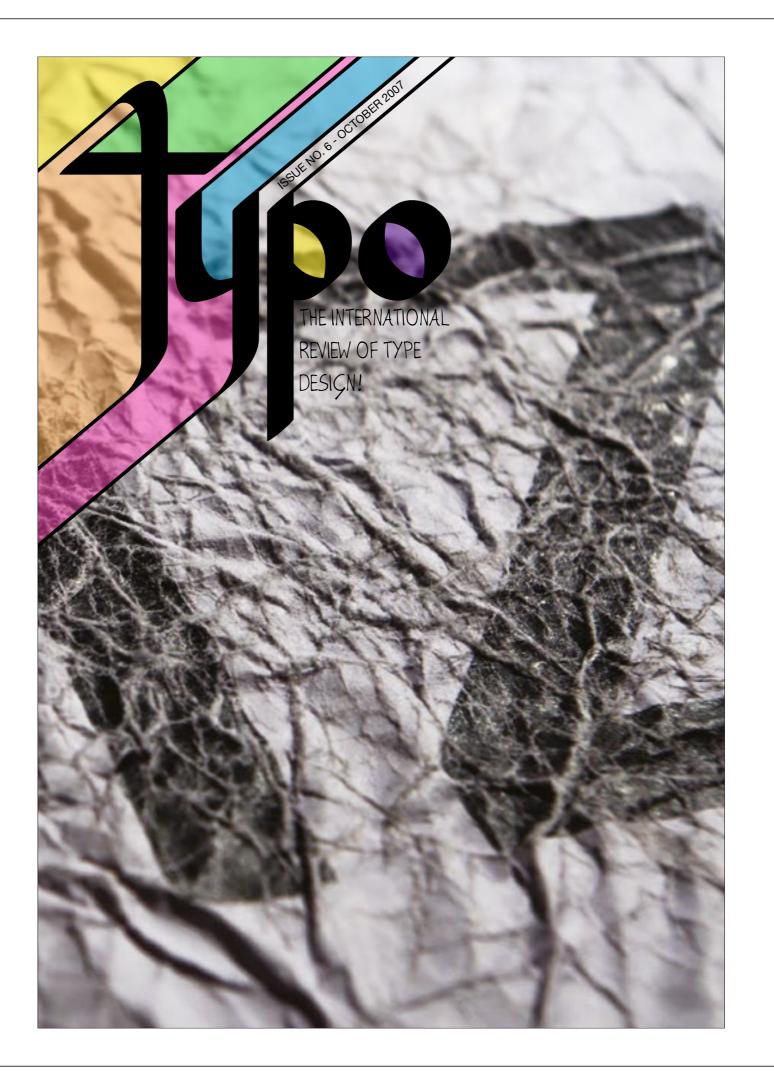


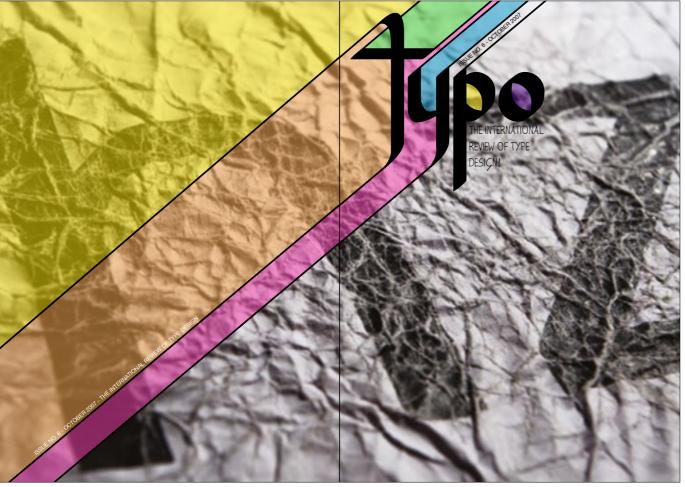




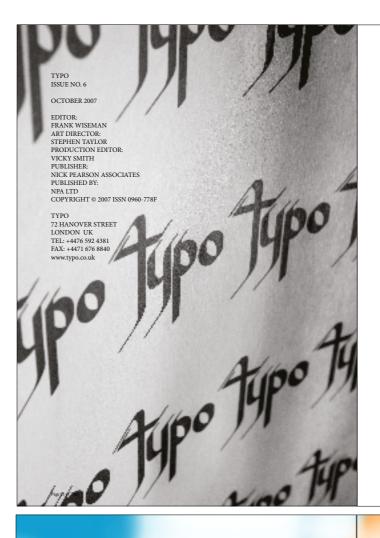












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Page 02 of Typo

-Book 1 Jonathan Miller has an internationa Jonathan Miller has an international reputation as one of Britain's most versatifigures in the arts. He qualified as a doctor, came to fame as a satirist and performer, directed a television film of Alice in Wonderland, and wrote a silm volume, sha as a stiletto, debunking the media theories all Mcluhan. His thirteen part ser ation of a new book, is that for nearly 30 years Miller has used 30 years Miller has used a cheap automatic camera to take photographs of details – "pictures of bits" – in the street. Nowhere in Particular shows dozens of images of torn, souffed batterd, rusted, cracked and peeling surfaces. Miller describes them as "negligible things to which one would normally pay no ttention at all. Nevertheless", he conti attention at all. Nevertheless", he continues, these fragments and details attracted my eye, and I felt the irresistible urge to record them. In his introduction, he draws comparisons with the scenic details painted around the year 1800 by artists who felt them work that the sections of the properties of the properti res in their own right sting, but gives no hint of the This is interesting, but gives no hint of the contemporary context for an activity that Miller seems half inclined to play down as "random scavenging". What he doesn't mention is the degree to which such "bits" have seduced many artists, photographers

Page 21 of Typo

might be physically appropriated for artistic purposes is attributed to Leo
Malet, a French poet, who was briefly a nember of Andre Breton's Surrealist group In the mid 1930's, observing the processes by which pristine printed images were ransformed. Malet proposed a new form of and designers in the twenti<mark>eth century. The</mark> torn posters on the cover of his book - one face appears almost to be dreaming the other aste Abandoning the artist's table and he unlimited field of poetic rcial artists would suppl posters and signs as sources of insight into the society that created them. In Torn Movie Poster, taken in 1930, the movie stars' glamorous heads are divided by a gash that the 1950's when two French artists b

and the bricks

begins in the top right corner and narrows to a fissure across the starlet's face. Evans's tight close up excludes most of the poster because it is the fault unknowingly to put it into practice.

For designers, the public fate of their efforts offered a spectacle both peculiar and fascinating, as dreams of abundance were line destabilising the image that reduced to images of transience and decay. he wants us to see. In Minstre In the early 1960's, Herbert Spencer was Showbill, Alabama, taken in documenting these chance depredations with 1936, he shows the entire his camera. In his pictures, strange ins camera. In his pictures, strange juxtapositions revealed through the sad ribbons of torn posters, he seems almost to delight in recording the dissolution of an order he spent his days as a designer attempting to impose. His photographs of broken shop front lettering, scarified posters and graffiti pocked walls disclose an urban panorama in which signs of official communication have frayed into an impromptu poetry of tattered logos shattered copylines and stuttering

letterforms. forms.

Designers were quick to see that the street's haphazard visual fabric could be used as inspiration for new kinds of design. In as inspiration for new kinds of design. In 1961, the most concentrated analysis of these possibilities came from Robert Brownjohn, an American designer then resident in London. By displaying professional design projects next to samples of primitive and accidental street typography, Brownjohn transformed an ad hoe way of seeing common to many designers into a manifesto for purposeful scanning of the street. From the late Swis Typographer Hans-Rudolf Lutz to David especially when travelling abroad especially when traveling abroad. Lutz published a photo-essay, "Grap as Live Art", based on photographs American streets. In one of his mos examples, the same found poster in a grimacing woman in glasses is shown six times, each a new version subject to a differe type or degree of environmental attrition

-Book **3** Carson has sometimes noted his aesthetic debt to Lutz, and in his lectures in the 1990's he showed slides of peeling posters seen on walls in Mexico and elsewhere that inspired his own typographic method. He didn't necessarily

his mind, and then devising combinations of type and image with similar qualities of ra laconic precision, in Typographica: "Bad word spacing can happen. Or it can be designed" Why do images of torn posters and damaged signs exert such a powerful hold? And what is it that distinguishes one specimen of "chance art" - as Herbert Spencer called it - from the next? "The fact is, most of the torn posters on hand-lettered signs that I come across are not interesting. "Carson told an interviewer." but every now and then, the elements come together in a way that I find pleasing ... and that's totally subjective Why do images of torn posters and the elements come together: in a way came, find pleasing and that's totally subjective and intuitive on my part. I'm not sure I understand myself what makes one thing visually interesting to me, while another strikes me as being just ordinary". so striking about Jonathan

ons that intensify their impact. The majority are shown same size as the origina in particular) a





The Constitution of the United States

THE **POCKET PASSPORT**



Charter of **Fundamental** Rights of the European Union

$\top H E$ **POCKET PASSPORT**



Magna Carta Libertatum

THE POCKET PASSPORT



Charter of Fundamental Rights of the European Union Pocket Passport Essential Legal a handy little



CONTENTS

The peoples of Europe, in creating an ever closer union among them, are resolved to share a peaceful future based on common values.
Conscious of its spiritual and moral heritage, the

Union is founded on the indivisible, universal values of human dignity, freedom, equality and solidarity; it is based on the principles of democracy and the rule of law. It places the individual at the heart of its activities, by establishing the citizenship of the Union and by creating an area of freedom, security and justice. Enjoyment of these rights entails responsibilities and duties with regard to other persons, to the human community and to future generations.

and principles set out hereafter.EN 30.3.2010 Official Journal of the European Union C 83/391

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page 28 Title VII General Provisions

TITLE I DIGNITY

Human dignity is inviolable. It must be respected and protected.

Right to life 1. Everyone has the right to life.

No one shall be condemned to the death penalty,

Right to the integrity of the person

Everyone has the right to respect for his or her physical and mental integrity.

2. In the fields of medicine and biology, the following must be respected in particular:

(a) the free and informed consent of the person concerned, according to the procedures laid down those aiming at the selection of persons:

parts as such a source of financial gain;
(d) the prohibition of the reproductive cloning of

human beings.

Prohibition of torture and inhuman or degrading treatment or punishment

No one shall be subjected to torture or to inhuman or degrading treatment or punishment.

Prohibition of slavery and forced labour

 No one shall be held in slavery or servitude.
 No one shall be required to perform forced or compulsory labour.
3. Trafficking in human beings is prohibited.EN

C 83/392 Official Journal of the European Union 30.3.2010

