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CATERING

INSIDETODAY. STARTS FROM PAGE 51

CHAOS: TWO CRASHES BRING ROADS TO A STANDSTILL

Doncaster were closed By Stephanie Bateman due to accidents.

stephanie.bateman@thestar.co.uk @stephdonnystar

Commuters faced rush-

Cars were brought to a standstill after the A630 Doncaster Road in Thrybergh was closed

hour gridlock again as for 45 minutes. two major roads around **CONTINUED ON PAGE 3**





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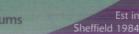
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INSPIRATION: SECRETS OF BATTLING ADVERSITY REVEALED



Frederika Roberts with husband Simon and daughters Hannah and Charlotte (D1625TS)

By DARREN BURKE darren.burke@thestar.co.uk @darrenburkesyn

A Doncaster mum whose children have battled against life-threatening heart conditions is to reveal how she turned heartache to happiness.

Frederika Roberts, whose two daughters were born with severe heart problems, is to explain the secrets of what makes people across the world happy as part of International Day of Happiness tomorrow.

Five years ago, her eldest daughter Charlie, who was 12 at the time, had a cardiac arrest.

And Frederika said: "While I clung to hope, I found myself planning her funeral in my head in my darkest moments."

She launched the Little Happiness Ingredients project last month to tie in with the fifth anniversary of her child's near-death experience, asking people all over the globe what makes them happy.

Charlie eventually recovered from her ordeal and survived without any brain damage or other lasting effects

Frederika's other daughter Hannah was also born

Heartache on mum's road to happiness

with heart defects and between them, the sisters have had two cardiac arrests, three open heart surgeries and numerous other hospital stays

Before Hannah was born, doctors advised her parents to consider a termination after scans revealed she was at the worst end of the scale for a life-threatening heart condition.

Frederika, of Dunsville, said: "We are immensely proud of Charlie and Hannah-of how far they've both come and the maturity, much beyond their years, with which they have overcome all

the obstacles life has thrown in their paths."

And Frederika herself has triumphed over adversity by becoming The Happiness Speaker, sharing the happiness lessons she has learnt over the years with schools, businesses and charities through inspirational speeches.

She is to publish the results of what makes people happy tomorrow, having collated results from more than 600 respondents from around the globe.

She said: "I wanted to discover the things we do 'just because'; because they are

enjoyable, they make us feel good, they put a smile on our faces.

"I want to help participants rediscover the things they love doing, just for fun and that, when the results are published, we can all discover some more 'little happiness ingredients' we may want to try building into our lives.

"I want this project to be huge, not just on a national scale, but globally. Happiness is too important to be left to chance."

The results will be revealed at http://happiness-speaker.co.uk/lhiproject

Two accidents lead to gridlock

CONTINUED FROM PAGE 1

The hold-up followed a crash at 7.10am yesterday. An hour later at 8.15am, the M18 northbound was closed for half an hour between Junctions 2, for the A1(M) and 3, for the A6182, because of an accident involving two lorries

The M18 incident led to congestion at Junction 1, for the A631 at Bramley and on the A1(M) to Junction 38, while the A630 collision resulted in slow traffic in both directions between the B6093 Ravenfield Lane junction and the Back Lane junction.

No-one is thought to have been hurt in either accident, but it brought chaos to the region's roads.

Kerry Hounsell was among those affected by the gridlock, being stuck on a sliproad for hours.

And fellow motorist Kevin Foxton said: "It was an absolute nightmare. I got on the M18 southbound at Lakeside and saw the traffic blocked on the other side.

"I tried to get off the M18, to get on the A1 northbound, but because there was nowhere for the traffic to go I was sat on the M18 sliproad and on the roundabout with A1 for an hour and 35 minutes, just to get back on the M18 southbound to go down to M1 northbound.

"Because the accident was right in the middle of the roadworks there was nowhere for the traffic to go.

"Ieven saw an ambulance stuck in the traffic with no way ofgetting to the accident because the hard shoulder was blocked off. It was absolute chaos."

And Doncaster supermarket worker Tracey Ray said it took her three hours to get from Doncaster to Rotherham

The chaos came just 24 hours after a three-vehicle motorway smash left thousands of Doncaster motorists stranded in rush-hour traffic.

A 56-year-old was airlifted to hospital with serious chest and back injuries following the smash on the M180, close to the M18 roundabout, near Thorne.

The collision, shortly before 8am, involved two cars and a van.



NEWQUAY SPRING BREAK

This 6 day break to Cornwall stays at the 2 star Sandy Lodge Hotel situated just off the seafront, near Tolcarne Beach. We stay for 5 nights with dinner & breakfast, there's some entertainment, an indoor pool, and included excursions visit Truro, Falmouth & St Ives.

19 April only £239

MORECAMBE BAY, SEASIDE & DALES The 3 star Headway Hotel gyarlooks Morecambe Bay and the couthors

The 3 star Headway Hotel overlooks Morecambe Bay and the southern end of the Lakes, and we stay for 4 nights with dinner & breakfast. Our outward journey is via the market town of Skipton, and 2 included days out visit the Yorkshire Dales with a lunch stop in Hawes, and Blackpool.

4 May was £239, NOW ONLY £199

LAKE GARDA - REDUCED!

This 9 day holiday stays at Torbole, at the northern end of the largest of the Italian lakes. The 3 star Villa Rosa is an excellent family owned and managed hotel just a few minutes easy stroll form the lake shore. It has air-conditioned rooms – most with balcony – and an outdoor pool in a pleasant garden. Our package includes Eurotunnel crossings, overnight stays with breakfast in Germany, 6 nights dinner, bed & breakfast in resort, a glass of excellent locally produced wine with dinner, gala dinner with music, coffee & cake one afternoon, excursions to Venice (with a local guide), Sirmione & Verona and Lazise & Garda.

9 May was £529. NOW ONLY £499

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