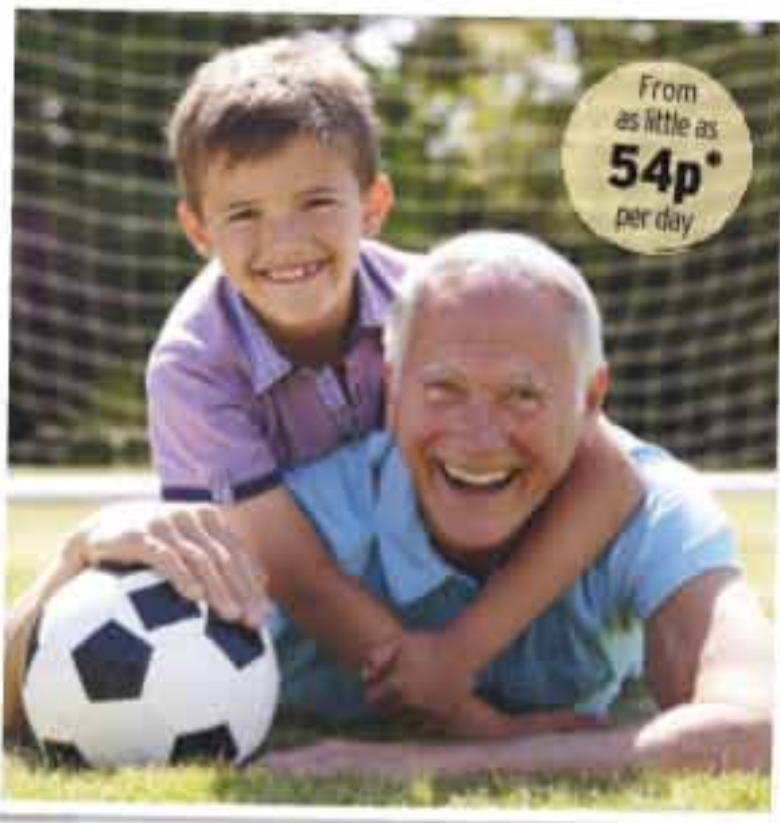


## Mirror MONEY

— Funeral plans

# Want a funeral plan with more guarantees?

Choose your provider wisely - choose Dignity



A funeral plan is one of the best ways to protect your loved ones from a huge funeral bill after you've gone. But with so many providers out there, how do you spot the differences and make the right choice?

Well the good news is that we've teamed up with Dignity, one of the UK's leading funeral plan providers, to offer readers some of the best plans on the market today.

### GET MORE WITH DIGNITY

If you choose Dignity, you know you're in good hands. What sets Dignity apart from other plan providers is the fantastic support it offers you and your loved ones every step of the way.

From the first day you make your enquiry about a funeral plan, to the moment your family need to talk to one of its trusted funeral directors, you will always be treated with true care and compassion. Request your FREE guide today to find out more.

### DIGNITY'S GUARANTEES:

- 1 Guarantees to cover the funeral costs included in the plan in full at today's price
- 2 Your money is secure - held in a completely independent Trust Fund
- 3 Once paid your family will never be asked for a penny more for the services included in the plan
- 4 Expert advice and support for your loved ones - 24 hours a day, 365 days a year
- 5 If you move house, your plan can move with you to another trusted funeral director at no extra cost
- 6 The funeral plan guarantee is with Dignity - not with the individual funeral director - so you're protected if the individual funeral director were to go out of business

Find out more by calling **FREE** on **0800 633 5154** quoting **MGNL79ND**

\*54p per day is based on a typical plan for over 25 years available to those aged between 50 and 65.

**ALTERNATIVELY COMPLETE AND RETURN THIS COUPON IN AN ENVELOPE TO: FREEPOST DIGNITY (no stamp required)**

MR/MRS/MISS/OTHER  NAME

ADDRESS

POSTCODE  EMAIL

TELEPHONE  DATE OF BIRTH

#### How we use your information

Once you have enquired Dignity will act as an independent Data Controller and process your personal information to provide you with further information about the funeral plan, this may involve contacting you to confirm you have received all the information that you require. Dignity will also process your information for our legitimate business purposes as defined in our Privacy Policy. For more information on how we use your information, or how to opt-out, please see Dignity's Privacy Policy at [www.dignityfunerals.co.uk](http://www.dignityfunerals.co.uk). "Dignity" is comprised of the Dignity Plc Group of companies.

#### How we share your information

As you have been introduced to Dignity by The Mirror we will share limited information about you with them to prevent duplicate communications, and for our own business processes.

MGNL79ND

## YOUR HEALTH

# Protect yourself from pollution



BY SUSIE KEARLEY

### CONCERNED about the effects of air pollution on your family's health? Read on for simple ways to reduce your exposure.

Toxic air is causing a surge of health problems across the UK, affecting people of every age in our most polluted towns and cities.

Those at greatest risk are children, whose lungs and immune systems are still developing. They often spend more time outside, so they're typically exposed to higher levels of pollutants than adults. Those with conditions such as asthma and cystic fibrosis are particularly vulnerable.

Adults with respiratory disease or heart problems are also at greater risk, and elderly people are vulnerable because they often have weaker immune systems. Their bodies are less able to compensate for the effects of polluted air on their ageing lungs and cardiovascular systems.

So, what's the best way to protect yourself and your family?

Wearing a gas mask or moving to the countryside might seem a bit drastic, but there are steps you can take.

### Take a walk (or drive) on the quiet side

Simple measures like walking on minor roads rather than major ones will reduce your exposure to toxic air by between 30% and 60% in Britain's most polluted towns and cities.

Campaigners Healthy Air demonstrated that car drivers are exposed to more than twice as much air pollution as pedestrians using the same busy street, while cyclists were exposed to just one-eighth of the pollution levels experienced by car drivers.

Walkers and cyclists taking quieter routes to their destinations saw further reductions in their levels

of exposure. Walkers can also reduce their exposure to pollution by standing back from traffic.

Make use of wide pavements to keep your distance from exhaust fumes, which are more concentrated closer to the road.

If walking or cycling isn't practical, you can protect yourself while driving by turning off your fan as you approach heavy traffic.

This will stop fumes from being drawn into the vehicle from outside. Most cars have a control for the recirculating air inside the vehicle which should help too.



“Planting a hedge in front of your house helps to reduce airborne pollution by absorbing toxic gases

and your home. Most people know that plants absorb carbon dioxide and produce oxygen, but it's less well-known that plants absorb other gases through their leaves and roots, including toxic gases from exhaust fumes.

Microorganisms in the soil neutralise the pollutants, so you breathe cleaner air.

Grasses, climbing ivy, trees and other greenery can reduce nitrogen dioxide pollution by 40% and microscopic particulate matter by 60%, so the benefits are significant.

Evergreens act as effective barriers

all-year round, while deciduous trees collect particles more efficiently due to their larger leaves, waxy cuticles and fine hairs, so a mix of plants is good.

### Exercising outdoors

What about the risks of exercising outside?

Isn't it bad to breathe polluted outdoor air when you could just stay indoors and avoid it? Studies show that it's more beneficial to exercise in a polluted environment than not to exercise at all.

Last year, a study by Imperial College London showed significant lung capacity improvement and reduced arterial stiffness among over-60s after they'd been walking in Hyde Park for two hours. A different group of over-60s walked along Oxford Street, but their health benefits were lower, and the improvement didn't last as long.

If you have a choice about when to exercise outdoors, avoid rush-hour periods and opt for when pollution levels are lower.

### Plan ahead

If you're super-sensitive to air pollution, try reducing exposure on bad days by monitoring Defra air pollution forecasts: [uk-air.defra.gov.uk/forecasting](http://uk-air.defra.gov.uk/forecasting), or follow them on Twitter for updates: @DefraUKAir.

### Pollution-busting planting

If you live near a busy road, consider planting a hedge along the front of your property.

The leaves reduce airborne pollution by absorbing toxic gases during photosynthesis, trapping particles in the air, and providing a physical barrier between the fumes