

Burgle fear ruins hols

ONE in three UK holiday-makers worry about their home being burgled while they are away on a break.

Nearly a third are so anxious they use electronic gadgets to monitor their property remotely.

Over 70 per cent of people polled by Maplin said home security could be improved but only a burglary would make most do it.

A spokesman said it cost less than half the £1,227 average value of items taken in burglaries to install.

HELL KILL AGAIN



DOUBLE KILLER: Darren Pilkington

Family fear as penpal brute edges closer to his release

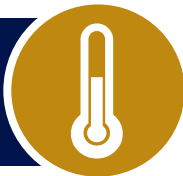
FATE IS WRITTEN

Carly sent letters to killer and paid the ultimate price



SUNDAY PEOPLE

HEALTH



3 FREE health checks for every reader!

The Sunday People have teamed up with Bluecrest Health Screening to bring Sunday People readers a special health check package - including **3 FREE** checks.

IN MOST CASES, there are no warning signs before a stroke. Yet, according to the World Health Organisation, 80% of strokes can be prevented. Your 'Health Report' includes tests that check your risk of stroke, heart, liver and kidney disease - often called 'silent killers' due to their lack of warning signs.



▶ 1,532 Bluecrest Clinics Nationwide

Take action before it's too late 75% of people with peripheral arterial disease (PAD) will suffer a stroke if left untreated. In addition to your check for this, a specialist will analyse your heart for 'Atrial

Fibrillation', which can cause blood clots that could potentially cause a stroke or lead to vascular dementia. The good news is that if you are at risk, you and your GP can take action early.

Take control of your health

It's a good idea to get regular checks at any age, but if you're concerned about stroke, it's worth noting that your risk doubles every decade after the age of 55.

No warning signs

Your 16-page 'Health Report' report explains your 56 readings in plain English rather than medical jargon. Overall, the focus is on conditions that, if the risks are spotted early enough, you and your GP can do something about.

The quick and easy way to stay healthy

Your checks take place at a convenient local centre. The screenings don't take long either. After your checks, our clinical team begin work on analysing all your results and compiling your report, which will be with you within 21 days. As Mr Larcombe said, "I have regular screenings for other health problems and found this screening useful as it highlights areas not already covered by my other tests."

Don't wait until it's too late

The effects of many serious diseases can be prevented if you take action early enough - don't wait for something to go wrong. Take control today.

SPECIAL PRICE FOR PEOPLE READERS £129

YOUR KEY HEALTH CHECKS	WAS	NOW
Artery check (PAD) relating to heart attack and stroke risk	£70	£43
Liver and Kidney disease, gout, diabetes, bone health, heart disease and stroke risk within your full laboratory profile	£70	£43
Heart rhythm and blood clot ("atrial fibrillation") specialist check	£70	£43
10 Year Heart Disease Risk Assessment with comprehensive report covering your full screening results	£50	FREE
Lung function check with Lung age	£50	FREE
Body Composition scan and 10 point biometric analysis including visceral fat levels, metabolism, metabolic age, bone mass and hydration levels	£50	FREE
SUNDAY PEOPLE READERS SAVE £171	£200	£129



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EXCLUSIVE

by Lewis Panther

THE parents of pen-pal killer Darren Pilkington's victim warn he could strike again - as he's set for release after just seven years.

Their daughter Carly Fairhurst was his second victim, aged 19, after she naively started writing to the thug while he was in prison for another killing.

Tearful Sheila Fairhurst, 56, said: "I dread the day that he is released. He's definitely capable of killing again."

"Carly was his girlfriend, so what would he do to someone he didn't know or didn't have any feelings for?"

"I definitely think he will reoffend. It's a way of life for him. Violence is ingrained into him."

Sheila and husband Trevor, 58, were told by the Ministry of Justice last week that double killer Pilkington, 30, is likely to be moved to an open prison in the next few weeks in his first step towards freedom.

Carly, of Hindley, Lancs, was an impressionable teenager who knew the local tearaway when he was jailed in 2001 for punching and killing a man outside a pub in Wigan.

When she heard Pilkington was looking for a prison pen pal she

began writing at the age of 15, and hid it from her disapproving parents.

And when the killer was freed after serving half a four-year sentence the pair became lovers and moved into a flat.

Bubbly Carly suffered brutal beatings but lied to worried Sheila and Trevor when they asked about her bruises.

One night in 2006 the lovers had a row and drunk Pilkington lashed out, knocking Carly downstairs.

Then he covered himself and unconscious Carly with a duvet and fell asleep. The next morning he dialled 999 but it was too late.

Carly had suffered a fractured skull and brain damage and died six days later in her mum's arms, after life support was switched off.

Pilkington was given an indefinite sentence for manslaughter with a minimum three years.

Now, if the Parole Board approves his move to an open prison, he will enjoy days out and home visits.

Carly's dad Trevor, who with Sheila has raised thousands of pounds for domestic violence counselling through their Carly Fund, said: "To learn that he might be back on the streets so soon is utterly sickening."

"He should never be released."

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HEARTACHE: Trevor and Sheila