

## A Clear slate: Sean Armstrong

Another year has passed us by to make room for a new year, one in which we can start afresh. It's a clear slate on which to start something new and exciting; to begin over and to plan and live our lives the way we want to. It's a time of new goals, targets and ideas but let us not forget about the things we've lost and the lessons we can learn to help us grow and develop in this new year and ones that will follow on.