

Headlines of HOPE January 2026

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From a daily review of quality papers on line

No more drunken sailors? Navy cracks down on alcohol

Democracy's chaotic but somehow it works

Climate King: People thought I was bonkers - now we're in a battle for survival .

Charles: I must help the planet before I die

Six easy ways to instantly improve your CV - and the one thing to avoid

Our children don't need a social media ban - they need parents who can say 'no'

AI 'patients' used to help train student doctors - AI used to create fake patients who speak to students with a realistic face and voice.

How AI and robots help ease pressure on pharmacies

Solar grazing: 'triple-win' for sheep farmers, renewables and society or just a PR exercise for energy companies?

A red pixel in the snow: How AI found a lost climber

How I Manage My Money: Student, on £1,000 a month, saving for an Australia trip

France: President Macron has vowed to fight for France's traditional bistros to be granted world heritage status. The restaurants are in decline as they face stiff competition from delivery apps and fast food outlets

Airlines: Weight-loss drugs could save US airlines hundreds of millions of dollars in annual fuel costs as slimmer passengers make planes lighter, according to analysts at Jefferies, the Wall Street investment bank

I inherited 14,000 acres at 24. Rich people like me should pay tax and not complain' - Great Estates: Lord Egremont lives in one wing of his ancestral home. The National Trust runs the rest

Italy: As homegrown staples struggle in record heat in Italy, producers are adapting and replacing traditional crops with mangos, avocados and even bananas

Energy: Energy prices for most households in Britain are predicted to fall by 8 per cent from April, cutting a typical annual bill by £138 to £1,620 a year

2-

From *The Times*, in January

The basement of an exceptionally preserved Palatine Hill villa is opening to the world — and there's little risk of crowds damaging the mosaics and frescoes thanks to new livestreamed guides [which show off ancient Rome without destroying it.](#)

A study has found that one of the best ways to stave off [cognitive decline is to be an active grandparent.](#) Caring for grandchildren can slow the decline of "memory and verbal fluency" skills, particularly for grandmothers, according to an analysis of almost 3,000 English grandparents.

Thousands of seriously ill children [have been able to avoid lengthy spells in hospital](#) as a result of NHS "virtual ward" technology that monitors them in their homes.

Stroke patients who have lost the ability to talk have got their voices back thanks to [a new device worn around the neck.](#) Experts at the University of Cambridge have created Revoice, a technology that uses sensors and artificial intelligence to decode speech signals and emotional cues. Patients mouth a few words and nod to turn

them into sentences that are spoken aloud by the robotic necklace, allowing patients to communicate freely and “giving them independence back”.

New dementia glasses are designed to keep you safe and remind you of names. Fitted with cameras and voice recognition, CrossSense spectacles see danger coming and [can help people with Alzheimer’s to live independently.](#)

Readers raised more than £850,000 for charities supported [by The Times and Sunday Times Christmas Appeal](#), which closed this week. Donations will support the rehabilitation of people leaving prison, workshops connecting young people with the elderly, and the provision of life-changing bicycles across 28 countries.

The hit Netflix show *Stranger Things* has made stars of its young cast and its recent finale was watched by millions of people around the world. Now scientists hope the programme [will have as big an impact on physics](#), inspiring children and teenagers to take the subject so they can learn more about exotic matter, wormholes and string theory, which featured heavily in the plot.



Tony Rowell has been helping people [get free repairs](#) to faulty toasters, vacuums and other household appliances for seven years. Now he and fellow volunteers at his “repair café” in Lewes, East Sussex, are taking the make-do-and-mend approach to a bigger stage, holding a summer festival they hope will attract hundreds. “It’s about expanding to really promote the whole idea of repair, which is obviously about environmentalism,” Rowell said. “But also thinking about things in a different paradigm, because essentially it’s anti-capitalist. It challenges

the consumerist society we live in.”

When Ed Hudson was hit by a car as he cycled to work as a doctor at Nottingham University Hospital, he knew immediately that he might never walk again. Lying in the road, he phoned his girlfriend, Izzy, to tell her “I’m pretty sure I have a spinal cord injury.” Hudson was left a quadriplegic and was placed in a coma for 10 days to prevent further damage to his neck. He spent 44 days on a ventilator and faced a gruelling recovery.



After getting engaged to Izzy in 2020, he was determined to walk at his wedding. Most exoskeletons require some level of function or feeling to work, making them unusable for Hudson. The solution was an ExoAtlet — operated by a physiotherapist walking behind the client. After several practice runs, Hudson was able to fulfil his dream of walking down the aisle on his wedding day.

3- Off the beaten path

[Needy, greedy Trump is no longer loved by America - the polls prove it](#)