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■ Robin Hoods Bay from Ravenscar.
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**New Grant Will Help
Champion And Protect
The Yorkshire Coastline**

SEE PAGE 8



**The Year Ahead
By Russell Grant**

SEE PAGES 20-21



**Director Of Public Health
Report Sets Out The Long-
Term Challenges Of Covid**

SEE PAGE 30

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Linzi, Editor

What's inside your paper

■ Breath of an Arctic fox. Image © Marco Gaiotti, Italy. Wildlife Photographer of the Year competition developed and produced by the Natural History Museum

Vote For Your Favourite: Wildlife Photographer Of The Year People's Choice Award

SEE INSIDE: Page 15

MUSIC

An Exciting 2022!

SEE INSIDE: Page 16

MOTORS

IMPROVED DRIVING RANGE FOR THE PEUGEOT E-208

SEE INSIDE: Page 33

NEWS

SUPPORT NEEDED TO GET MORE NORTH YORKSHIRE RESIDENTS ONLINE

SEE INSIDE: Page 6

YORKSHIRE SALON OWNER SCOOPS DOUBLE AT NATIONAL AWARDS

SEE INSIDE: Page 9

19 MILLION TARGETED BY A GREEN SCAM FINDS CITIZENS ADVICE

SEE INSIDE: Page 10

TICKETS NOW ON SALE FOR CRUFTS 2022

SEE INSIDE: Page 27

HOW A SIMPLE EYE TEST COULD POTENTIALLY SAVE YOUR LIFE

SEE INSIDE: Page 28

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Rural Task Force Sets Out Its Levelling Up Ambitions



A rural task force for North Yorkshire has vowed to take forward a levelling up agenda for the county.

The task force, which met for the first time recently, has also stated that working with Government on a meaningful devolution deal for the county will be a priority.

The North Yorkshire Rural Task Force, which is chaired by Richard Flinton, the county council's chief executive, includes officers from the county and district councils, North Yorkshire's two national parks, agricultural colleges, the Yorkshire Agricultural Society, National Farmers Union, Community First Yorkshire and the York and North Yorkshire Local Enterprise Partnership.

It was established to take forward the hard-hitting actions and recommendations of the North Yorkshire Rural Commission as set out in its final report "Rural North Yorkshire: the way forward".

Up to 85 per cent of North Yorkshire is classed as 'super sparse'. This presents a set of key challenges. The Rural Commission, the first of its kind nationally, was established as an independent body in autumn 2019 by North Yorkshire County Council to re-examine the evidence base and draw conclusions and recommendations, which would help these most rural communities, address the challenges and grow and prosper.

The Commission met twenty times, taking evidence from over seventy participants and visiting rural communities.

The aim was to bring about the levelling up of rural communities and to transform the region into a rural powerhouse. Commissioners believed their recommendations, if taken forward, would revitalise rural life, address its key challenges, bring back a missing generation of young people and create a vibrant future based around a state-of-the-art green economy.

The Rural Task Force will take a lead on the key themes of the economy, energy, digital, farming, schools, housing and transport, to ensure that levelling up progress is made.

While it acknowledges that these are issues many agencies across the county are already working on, it believes there is now an opportunity to refocus and to come together to drive forward priorities.

Richard Flinton said: "The Rural Commission recommendations are a timely and helpful challenge to us as partners and we have identified leads in the areas the Commissioners set out. Our job now is to bring about positive actions that can help rural communities in the county to grow and prosper.

"Much of the work the task force undertakes will be the bread and butter of the new unitary council. It will provide strong foundations for work with partners and with Government."

The task force also recognises that progress is already being made in some areas set out by the Rural Commission.

For example, Yorbus, the demand responsive rural bus service pilot which aims to plug the gaps between the public transport needs of rural residents and existing scheduled services, is proving highly successful and is now being expanded.

North Yorkshire's successful bid to the Government's Community Renewal Fund, which secured over £760,000 for plans aimed at decarbonising the county's energy system is also helping North Yorkshire's ambitions to thrive economically as England's first carbon-negative region.

"The Rural Commission set us a series of challenges and we wish to thank them for all their hard work on this and for their insight," said Richard Flinton.

"Our job is now to move these forward so that North Yorkshire is at the forefront of the rural levelling up agenda. We will work with partners and Government on this. The work of the task force will step up our ability to influence and lobby on the key issues affecting the future sustainability and prosperity of our communities."

The Task Force, which will meet in February, aims to meet quarterly so that members can share progress on the actions they are taking in shaping and meeting the Rural Commission recommendations. They will support, advise and encourage each other in this.

The Task Force will report on progress with stakeholders and the County Council Executive in a year's time.

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Yorkshire Water Expands AI Use To Reduce Pollution Risks

Yorkshire Water is expanding its use of artificial intelligence (AI) to predict blockages within its sewer network, in a bid to reduce pollution risks in the region.

A successful pilot of a solution co-created by Yorkshire Water, Siemens and The University of Sheffield has been completed and will now be rolled out to Yorkshire Water's network of more than 2,000 combined sewer overflows (CSOs).

Combined sewers carry both foul water from homes and businesses as well as rainwater which falls onto impermeable areas such as paved areas, roofs and highways. As the weather can be unpredictable, CSOs are permitted on sewer networks to reduce the pressure on sewers during heavy rainfall events and stop the system from backing up and flooding homes and gardens by allowing heavily diluted wastewater to be discharged into watercourses.

The integrated sensing, communication, analytics and reporting solution works by using sensors to feed water level data into SIWA Blockage Predictor, an application on Siemens' cloud-based, open

Internet of Things (IoT) operating system, MindSphere.

The performance of the sewer network is analysed in real time and predicts problems like network blockages before they happen, enabling Yorkshire Water to quickly investigate the predicted blockage and prevent them developing into sewage pollution in the environment.

Analysis of 21,300 days of data by the University of Sheffield found the blockage predictor can provide up to two weeks' notice of problems within the sewer network and identify 9 out of 10 potential issues - three times more successful than existing pollution prediction processes, while reducing the number of false positive alerts by 50%.

Heather Sheffield, integrated planning and central control manager at Yorkshire Water said: "Much of our network in Yorkshire is combined, taking both waste from toilets and sinks in home and surface water from rainfall. Periods of prolonged or intense rainfall can significantly increase the flows in our network

and there is a risk of sewage flooding in homes, the environment, and the potential for damage at wastewater treatment works.

"This challenge is compounded by population growth, climate change and consumer behaviour which puts non-flushable items like wipes into sewers, causing or accelerating blockages.

"Reducing intermittent discharges from CSOs is a key priority for us and our partnership with Siemens illustrates Yorkshire Water's commitment to investing in cutting-edge technology to reduce pollution incidents by 50%, a key goal of our Pollution Incident Reduction Plan 2020-2025.

"Our customers expect us to use the latest technologies. This solution, developed in partnership with Siemens and the University of Sheffield, will change our visibility of the sewer network and improve how we identify and tackle blockages.

"Rolling out the solution to 2,000 assets across the entire county will have a significant role in reducing the number of pollution incidents, which can have a negative impact on the environment, as well as increasing our efficiency and providing improved value to our customers."

The innovative solution recently won the Data Analytics, Cloud and AI Project of the Year at the 2021 Water Industry Awards.

Siemens is now engaging with water companies to support the ambitions of Water UK, the trade association, to eliminate pollution incidents in the sewer network by 2050.

Government Funding Welcomed But Huge Challenges Remain

North Yorkshire County Council has welcomed extra funding announced in the Local Government Funding Settlement – but stresses that the authority continues to face enormous challenges and pressures.

The authority received news that it would benefit from a further £10m in the settlement as part of increased funding in light of the extra pressures particularly in social care and the Covid pandemic.

Even before the settlement, the authority anticipated that it would need to find just under £19m of savings over the coming years.

Cllr Gareth Dadd, Deputy Leader and Executive Member for Finance, said: "The additional money is very welcome. However, this continues to be a turbulent time. We remain in the midst of the pandemic and are responding to the increased pressures this puts on the county's communities and economy, as well as our own resources.

"At the same time, long-term challenges continue to grow, as we deal with massive pressures in the social care markets and unprecedented levels of inflation and national insurance contributions. This means that as welcome as the extra money is, it is already more than accounted for."

The County Council is now consulting the public about council tax for next year. Under Government rules, the authority is able to raise council tax by up to 1.99% from April, plus up to a further 2.49% for the adult social care precept.

County Council leader Cllr Carl Les said: "Putting up council tax is never an easy option for this authority. We have always striven to be moderate in our increases.

"In considering the level of council tax, we must understand and balance the hardship families are currently facing and the added pressure a council tax increase may bring with the need to fund essential services to support the most vulnerable in our communities through this critical period.

"We continue to feel that residents in North Yorkshire pay too much council tax, particularly in comparison to London, and urge the Government to press on with funding reform to create a fairer solution for rural counties."

The coming year will be the County Council's last before the merger of the county and seven district and borough councils into one new authority. In this final year, the council remains as ambitious as ever for its residents and committed to ensuring strong foundations for the new council.

Cllr Les added: "We are currently developing our Council Plan and budget and encourage residents to have their say on our budget, ambitions and priorities."

Give your views at;

www.northyorks.gov.uk/our-challenge-your-services-your-say-budget-consultation

Resilient In The Face Of Climate Change: National Park Seeks Views On Its Future Vision For The North York Moors



By 2040 the North York Moors will have bigger, better and more diverse wildlife habitats, a flourishing net zero carbon economy and thriving, connected local communities. These objectives are amongst those put forward in the newly published draft Management Plan for the National Park, a document which is now open to the public for consultation.

Tom Hind, Chief Executive of the North York Moors National Park Authority, said:

"We wanted this new plan to be short, clear and something which drives action on the ground.

"It isn't something we've produced alone, but in partnership with many others, all of whom are connected to the National Park in different ways. Together, we've identified some of the key challenges the North York Moors faces and how we intend to combat these issues head on. We're now asking if this draft version meets your expectations. We invite discussion, input and feedback so that the final plan can properly reflect as wide a range of views as possible."

Included in the draft Management Plan are actions around mitigating climate change; the future of farming and land management; lifting the nation's health and wellbeing; and addressing the lack of affordable housing for younger people. There are also clear objectives around stimulating nature recovery and carbon absorption, such as encouraging wilder spaces and promoting the restoration of blanket bog and peat. Cycling, too

has its own special objective, with plans to promote the North York Moors National Park as the premier recreational and family cycling destination in the north of England.

The priorities for the draft plan were decided following a series of conversations with stakeholders and partners over the last year. The current consultation is open until 21 January 2022 and is an opportunity for anyone with an interest in the North York Moors to have their say. The views of younger generations are particularly sought.

"This is the most significant document that the National Park produces and as yet its proposals are not set in stone," said Tom Hind.

"I believe however that one thing is clear, the North York Moors will need to change and adapt. We need to be more resilient to drier summers and wetter winters. Our buildings need to be more energy efficient and our landscapes must sequester more carbon as well as work harder for nature and biodiversity. All of this must be achieved with great sensitivity to the special qualities of the National Park; ensuring we enhance rather than lose those characteristics that make the North York Moors so distinctive and unique."

To read the draft Management Plan and share your feedback, please visit northyorkmoors.org.uk/managementplan

You can also email managementplan@northyorkmoors.org.uk



SELBY COLLEGE AND DRAX SECURE FUNDING TO SUPPORT THE GREEN WORKFORCE OF THE FUTURE

Selby College has secured funding to develop an education programme that will enable the renewable energy company's employees to develop the skills needed to operate the vital climate saving technologies of the future.

The £272,000 grant, from the Department for Education's Strategic Development Fund, will allow the College to develop a brand-new training course in carbon capture and storage technologies, supporting

Drax's plans to develop the vital negative emission technology BECCS at its power station near Selby.

The course will start this year and will equip both current and future Drax employees with the vital skills needed to operate this critical negative emissions technology, ensuring the region is at the forefront of the green industrial revolution.

The programme will also be available to other organisations and

individuals interested in developing their knowledge and understanding about carbon capture and storage. The course is being designed as an introduction to the subject, with the aim of adding more modules and units over time.

Liz Ridley, Deputy Principal of Selby College, said: "Selby College is committed to supporting businesses and industries to develop specific training programmes that support their current and future workforce development. Our ongoing partnership with Drax has enabled us to secure this funding to create tailored education plans that will equip its workforce and supply chain with the skills needed as we transition into a zero-emission future."

Bruce Heppenstall, Plant Director at Drax, said: "It's critical businesses like Drax have access to a skilled workforce, with the knowledge and expertise to operate negative emissions technologies that will be vital in enabling the UK to reach its legally binding net zero targets. Through our partnership with Selby College, we are able to futureproof our workforce, ensuring we are at the forefront of the green industrial revolution, creating and protecting thousands of jobs here in the North.

"Deploying BECCS at Drax will not only deliver for the environment, but it will also deliver for the economy. It could kickstart a whole new sector of the economy and be the catalyst for a post-covid economic recovery."

Through its transition from using coal to sustainable biomass, Drax has safeguarded hundreds of jobs at its power station, as well as more than 6,600 across its supply chain in the North. It aims to go further by building BECCS, with the creation of more than ten thousand jobs at the project's peak. Its first BECCS unit could be up and running in 2027, delivering the world's biggest carbon capture project, permanently locking away millions of tonnes of CO2 each year.

The new CCS educational programme builds on a five-year, £180,000 partnership Drax announced with Selby College in 2020, which enabled the College to invest in ICT equipment to support remote learning, as well as state-of-the-art engineering equipment and a series of events on green energy.

Findings Of Harrogate Gateway Consultation Published

Feedback from members of the public and businesses is being analysed following the conclusion of a consultation on preliminary designs for proposals to enhance the gateway to Harrogate around the railway and bus stations.

The findings of the consultation have now been published, and proposals will be developed further, taking into account the feedback received. Final recommendations will be presented to North Yorkshire County Council's Executive.

The scheme aims to transform the town's gateway by boosting public transport and encouraging walking and cycling while upgrading the public realm to improve the experience for people shopping and working in the centre.

The Harrogate scheme is one of three in North Yorkshire funded from the Leeds City Region Transforming Cities Fund, which is helping to transform gateways to towns and cities across the region. Reports of the findings of consultations on schemes for Selby and Skipton will be published shortly. The projects, worth a total of £42m, are being delivered by the West Yorkshire Combined Authority, North Yorkshire County Council, Craven District Council, Harrogate Borough Council and Selby District Council.

Feedback from an initial consultation earlier supported the principle of the projects in all three towns, so on that basis the authority has taken the designs forward. This latest consultation was about firming up those designs to get the best possible results.

Responses to the Harrogate consultation saw more respondents feeling negative about the proposals (55%) than those feeling positive or neutral (45%). Those who responded positively were highly motivated by benefits for walking and cycling, the better use of public space and making the town centre a more attractive place for residents and visitors.

Many of those who responded negatively to the Gateway proposals were concerned about the impact on traffic flows, congestion, air quality and local businesses, while some local householders expressed the view that vehicles would be diverted on to their residential streets.

North Yorkshire County Councillor Don Mackenzie, Executive Member for Access, said: "The Gateway proposals are consistent with the overwhelming views expressed in the Harrogate Congestion Study public engagement carried out by the County Council in

2019. A record number of responses were received as 15,500 local residents took part.

"The clear message sent to us by members of the public then was that they wanted more walking and cycling infrastructure, greater support and use of public transport, and encouragement to leave cars at home when making short journeys. They did not want money spent on new highways like a relief road.

"At that time, it was made clear that the best way to combat congestion was to change travel behaviour, to walk, cycle and use public transport more often. We would all have to use our car less often. The Gateway proposals for Harrogate, Selby and Skipton are consistent with those findings.

"The Transforming Cities Fund investment is expressly to promote active, sustainable travel, so must be used for that purpose. While doing so, we are taking the opportunity to improve the public realm as much as we can to give a better experience to people shopping and working in the centre.

"At a time when climate change is a global priority, these proposals will also play a part in improving the environment in the town centre by encouraging less use of motor vehicles.

"I thank all those who responded to the latest round of consultations. Our Transforming Cities Fund team will now prepare a report for the County Council's Executive and present final plans for approval."

Councillor Phil Ireland, Harrogate Borough Council's cabinet member for carbon reduction and sustainability, said: "This scheme offers a fantastic opportunity to secure the largest investment in to Harrogate town centre for 30 years, revitalising the town centre for the benefit of residents, visitors and businesses and ensuring that it is sustainable and can respond to changing consumer demands and expectations.

"The feedback provided during the course of both public consultations is really important to ensuring that we get the best scheme possible and I am grateful to everyone who took the time to respond."

The full report on the findings of the Harrogate consultation, which ran from 18 October to 12 November, can be read at:

www.yourvoice.westyorks-ca.gov.uk/harrogate

Open Call To Creatives To Join York's New Culture Forum

In 2020, the ambitious Culture Strategy mapping out the next five years of York's Creative Future was launched. A joint initiative between Make It York, City of York Council and the Cultural Leaders Group, the strategy aims to create opportunity and make culture relevant and accessible to everyone in the city.

The next step in York's cultural journey is to open up the existing Cultural Leaders Group to anyone involved in the city's creative and cultural sector, including individual artists, organisations and community groups, in what will become the new 'Culture Forum'. The Culture Forum is open to anyone working within arts and heritage, including collections, combined arts, dance, libraries, literature, museums, music, theatre and the visual arts, as well as people's own creative participation in, and interpretations of, culture based within York.

The Culture Forum will be a space where people can learn about and contribute to the Culture Strategy's future direction, whilst enabling knowledge sharing, networking and partnership building. Replacing the existing Cultural Leaders Group – which consisted of 40 leaders across the cultural creative sector in the city – the new Culture Forum will have the opportunity to elect their own executive group. In doing so, York will become the first city with an elected cultural executive group in the UK.

To join the Culture Forum, please sign up at York Culture Forum (makeityork.com). There will be two taster sessions via Zoom on 12th January at 3pm and 17th January at 1.30pm, before the first Culture Forum meets late this month.

Helen Apsey, Head of Culture and Wellbeing at Make It York and Co-Chair of York Culture Forum, said: "We're really excited to be starting the Culture Forum this month. One of our key priorities in the Culture Strategy is the ability to change the way we work to become more collaborative, and this is a major step towards this goal. We're looking forward to seeing how the Culture Forum develops and to meeting many more people working within the cultural and creative sector, to share knowledge, develop new partnerships and to support network building. We'd encourage everyone who's curious about the forum to come to one of our taster sessions to find out more."



30 Years Of Volunteers Offering Vital Emergency Support Is Marked

North Yorkshire and York's Major Incident Response Team (MIRT) had to respond to its own minor emergency when new Covid-19 measures put its plans for a 30th anniversary celebration on hold.

For the past 30 years, the team of dedicated volunteers – some working, some retired and from a wide variety of backgrounds – has worked alongside emergency services and local authorities during incidents large and small, offering practical support, such as setting up rest centres, and looking after the emotional welfare of the people affected.

An anniversary event for the volunteers was due to be held on Friday, 10 December 2021, but in response to Covid safety measures it was postponed.

Instead, after a ceremonial cutting, the celebration cake was donated to a care home in Northallerton.

MIRT was born out of the 1980s, the “decade of disasters” that saw incidents including the Lockerbie air crash, Zebrugge ferry sinking, Kegworth air crash, King's Cross fire, Marchioness sinking and Bradford City fire. In the wake of these disasters, a government report identified a need for public sector services to support people caught up in or affected by such traumatic events. North Yorkshire led the way and formed MIRT in 1991.

The team currently has 20 members. Incidents the team has been involved in over the years include the Dunkeswick air crash in 1995, the Selby rail crash in 2001, the 2015 Boxing Day floods, a house explosion

in Haxby in 2016, the Manchester Arena bombing in 2017 and numerous other flooding and weather-related events, including the 2019 Swaledale floods and recently Storm Arwen. MIRT's day-to-day work often involves smaller incidents, including road accidents and suicides.

North Yorkshire County Council leader Carl Les, who is Executive Member for Emergency Planning, said: “MIRT is among the finest examples in North Yorkshire of volunteers coming forward to support individuals and communities. It is a priority for us to support the vulnerable in our communities, and this includes those that are made vulnerable by a personal trauma or wider emergency. MIRT has been providing this essential support for 30 years and the volunteers, some of whom have been involved throughout those years, thoroughly deserve to be celebrated.”

During the Covid-19 pandemic, MIRT volunteers have offered emotional support to people impacted by the loss of loved ones to Covid and have undertaken emotional debriefing sessions with professional groups working throughout the pandemic. They have also worked with care homes and elderly persons' homes.

Team manager Alex Sutcliffe says: “I talk about the three Fs: facts, feelings and future. We get the facts; we let people talk about their feelings; then we work with them on what their future is going to look like. With smaller incidents, people often need to tell their story aloud, then they can move forward.

“Although our title includes ‘major incident’ we know that if something has happened to a community or family that has taken them out of their everyday life, this is major to them. It is about emotional resilience. We can work with people for as long as necessary. We are not all trained counsellors, but we can refer people on to medical professionals, if necessary.”

Alex is keen to hear from people who would be interested in joining the MIRT volunteers.

“I would like to hear from people who think they have something to offer and would like to do work that can make a difference to individuals or communities,” she said. “It is not for the faint-hearted. You need to be a good communicator and want to help people.”

For more information, email MIRT@northyorks.gov.uk

Give Your Views On How To Create Better Bus Services For County

People in North Yorkshire are being invited to give their views on the countywide improvements they would like to see to improve bus services across North Yorkshire.

The County Council is consulting the public on proposals in its Bus Service Improvement Plan ahead of the creation of an enhanced partnership, which will see the council and local bus operators working more closely to improve services.

The Bus Service Improvement Plan sets out proposals to transform bus services across the county by making buses more frequent, more reliable, easier to understand and use, better co-ordinated and cheaper. The plan is dependent on funding from the Department for Transport and is in response to the Government's National Bus Strategy, which aims to transform bus services with the aim of encouraging more people to choose to travel by bus.

The consultation invites views on how to achieve a more effective bus service, for example through improving infrastructure to benefit buses, improving information for customers, having consistent fares and increasing bus services based on customer demand rather than running on set routes at set times.

The consultation will begin on Monday, 10 January, and run until Monday, 7 February 2022.

Take part in the consultation online at www.northyorks.gov.uk/bsip. The web page will be live from Monday, 10 January. Before completing the survey, people will be able to read the proposals in the Bus Service Improvement Plan on that page.

Following the consultation, a report incorporating the feedback will go to the County Council's Executive in March to consider the enhanced partnership with bus operators, with a view to that partnership coming into effect from 1 April 2022.



Support Needed To Get More North Yorkshire Residents Online

■ Devices like these can provide a lifeline to socially isolated residents

North Yorkshire residents are being asked to offer support to a campaign that has provided online access to many people for the first time since it was launched early last year.

Reboot North Yorkshire operates by taking in laptop computers and other devices no longer needed by their owners and refurbishing them before they are distributed to those in need.

Devices and other supports available include mobile phones and tablets but also webcams, keyboards, chargers and data dongles.

The scheme has helped many people, including school pupils and pensioners, establish the internet links that have helped them through the isolation of the pandemic.

The need still exists but the stockpile of available devices has diminished, so a fresh call has gone out for more donations. Pre-pandemic, around 30 per cent of North Yorkshire's population had no, or limited, internet use.

Reboot North Yorkshire is a collaborative project led by the County

Council, involving a wide range of partners across the county – including libraries, schools, businesses, charities and volunteers.

Machines are refurbished by experts and hard drives wiped of personal material, meaning there are no security issues with passing computers on.

They can be dropped off at local libraries that are participating in the scheme and will end up with those who need them most.

It is now easier for people to donate devices, through drop-off points around the county. Residents can find the nearest to them at www.rebootny.co.uk

Since the scheme was launched, 625 computers, smartphones and other devices have been donated through Reboot to socially isolated individuals. Of those, 200 have gone for use by school pupils who have had periods of working from home during lockdowns. Another 425 have been distributed to people identified as socially isolated, allowing them an opportunity to keep in touch with family, friends and other groups which offer support.

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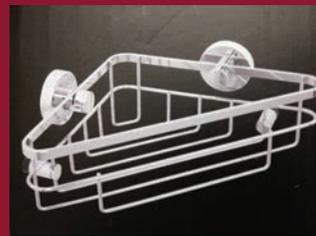
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Welcome To Yorkshire Announce 'Yorkshire Menu' As Their Key Campaign For 2022

Celebrating Yorkshire's fabulous food and delicious drink is the order of the day ... and year ... as Welcome to Yorkshire launched Yorkshire Menu on New Year's Day 2022. The aim is to showcase Yorkshire as the food and drink capital of the UK in the biggest ever year-long promotion of the county's delicious delights.

From street food to Michelin-starred restaurants, farm shops to tea rooms, vineyards to distilleries, local produce to international cuisine, market stalls to delicatessens and so much more, sourced and enjoyed across the county - Yorkshire's breathtaking coastline, stunning countryside, vibrant cities and bustling towns serve up the finest food and drink.

There'll be Yorkshire on Tour, Eat Around the World (whilst staying in the county), mouth-watering recipes, food and drink trails, and a calendar of competitions and creative campaigns.

Yorkshire Menu will feature celebrated chefs, food and drink experts, a whole host of celebrities and the magnificent team of people who create the delectable delights the county is famous for. From fantastic fishing crews to fabulous farmers, restaurant owners to world-renowned cooks and drinks producers, it's going to be a top year for tucker, tipples and brilliant beverages.

There's much to shout about. Yorkshire has 16 commercial vineyards, 7 Michelin-starred restaurants, Bridlington is England's biggest shellfish port and for 6 consecutive years Bradford was crowned Curry Capital of Britain. The county also counts an impressive list of protected status foods: Wensleydale cheese, Swaledale cheese, and Yorkshire forced rhubarb.

Everyone will be invited to participate in the #YorkshireMenu by sharing their own favourite places to eat and drink. Popping to the pub, dining out in style or picking up pieces from a favourite Yorkshire store, it's the perfect opportunity to promote the county's finest food and drink offerings for all budgets by using the hashtag #YorkshireMenu, as well as sharing on Welcome to Yorkshire's social media channels.

Yorkshire is THE place to Visit, Live, Work and Study, with outstanding places to drink and dine. Yorkshire's tourism industry was worth a staggering £9bn annually pre-pandemic and Welcome to Yorkshire has a hungry appetite to build back brilliant tourism opportunities.

Textile Artist Starts Residency At Selby Abbey

Yorkshire textile artist Serena Partridge has started her residency at Selby Abbey as part of Selby Stories, a new programme of cultural events that celebrates the town, its history and what makes it unique.

The award-winning Malton-based mixed media artist will spend the Winter gathering stories and inspiration from the 900 year old historic Abbey and the many people who both work in and visit this special place.

She will then create artwork inspired by the stories that will be displayed to the public in Spring. Plans for talks, tours and workshops about the artwork will also be developed to inspire people to get more involved with the project.

Selby Stories is the cultural programme for the Selby High Street Heritage Action Zone – one of more than 60 high streets in the country to receive a share of funding from Historic England, along with funding from Selby District Council.

Serena has a wealth of experience as a textile artist and artist in residence and specialises in creating tiny handcrafted accessories inspired by histories and storytelling. She has previously undertaken a number of residencies throughout Yorkshire, the UK and Internationally. These include with The Royal Pump Room Museum in Harrogate, the Gawthorpe Textiles Collection in Lancashire and the Gros Morne National Park in Newfoundland, Canada.

One of her previous projects with the Yorkshire Brontë Parsonage Museum was inspired by the Brontë's stories, biographies and personal possessions. Serena created tiny hand stitched accessories, including gloves, shoes and handkerchiefs - imagined relics from moments in Charlotte Brontë's life.

Serena commented:

"The residency is a brilliant opportunity for me to step outside of the traditional 'white gallery space' and work within an unusual and historical context, which is hugely exciting and a great honour. As a maker of small-scale artworks, I'm trying not to be daunted by the enormous size and gravitas of Selby Abbey. Instead, I am very much looking forward to sharing and learning from the Selby community. These sessions will

inform the artwork and hopefully bring a slightly different perspective and new experience to the Abbey's many visitors."

Grace Chapman, Community Engagement Coordinator at Selby Abbey, commented:

"We are thrilled to host Serena and to see what she creates as part of her residency. One of the most exciting things about a project like this is that you never know what will be created. We love the work that Serena has created in her previous residencies and we can't wait to see the unique work she creates for us and to share this with the many people who love the Abbey."

The activities are part of Selby Stories, cultural events celebrating Selby and what makes it unique, encouraging both locals and visitors to engage with the town centre in new and exciting ways. The programme runs to December 2023.

The funding for the cultural programme from Historic England and Selby District Council aims to help revive and inspire engagement with the high street. The project is being delivered by a partnership of local community and cultural organisations, led by Selby Abbey

Jane Jackson from Historic England added:

"We are delighted to be supporting Selby Stories through the High Street Heritage Action Zone programme. This project is an exciting opportunity for people of all ages to celebrate Selby's history and contribute their own stories about the town."

Selby District Council's Lead Executive Member for Health and Culture, Councillor Tim Grogan, said: "This is a fantastic opportunity for Selby, building on what we did for the Selby950 celebrations. Selby Stories will showcase the history and culture of Selby and provide exciting new activities and events, encouraging residents and visitors to the town. I encourage all residents and visitors to get involved and share their inspiring stories."

The new Explore Heart of Yorkshire website is hosting the events programme for Selby Stories;

www.exploreheartofyorkshire.co.uk/things-to-do/selby-stories

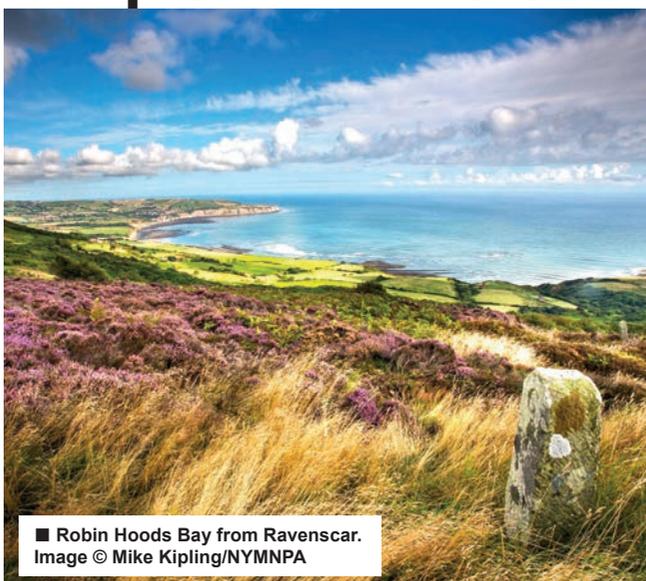
New Grant Will Help Champion And Protect The Yorkshire Coastline

The Yorkshire coast is set to receive a grant of £46,000 from the Championing Coastal Coordination fund to support improved understanding of our unique and diverse coastal environment. The funding will deliver a project to explore how the importance and value of marine resources, such as food and fuel, could be better represented during regional decision-making.

The 'Connecting the Dots' project focuses on a 95-mile long stretch of coastline from Staithes in North Yorkshire to Spurn Point in East Yorkshire. Led by the Yorkshire Marine Nature Partnership (YMNP), in collaboration with the North York Moors National Park Trust, it will bring together marine and coastal experts from different organisations, ensuring that important information is shared across sectors.

Heather Davison-Smith, Development Officer for the Yorkshire Marine Nature Partnership, explained more:

"We receive so many things from the natural environment, from the food we eat to the air we breathe. We're working with partners from across Yorkshire's terrestrial and marine areas to understand the value of these services to our society, so that we can look after them better and enhance their functions. Understanding our 'natural capital' is an important tool



■ Robin Hood's Bay from Ravenscar.
Image © Mike Kipling/NYMNP

in supporting nature recovery and it is vital that we coordinate this work across different environments."

Amy Carrick-Knowles from the North York Moors National Park Trust said:

"The North York Moors National Park Trust are delighted to support this project, which will build additional capacity into the Yorkshire Marine Nature Partnership. We all know that our coastline is incredibly valuable, but this has never been properly quantified in terms of the benefits it provides for us. With marine habitats under threat, it is critically important to assess this so that we can better understand what is at stake and ensure it is properly protected in the future."

The project will deliver a report as to how marine natural capital can be integrated into regional decision-making. A series of short films will also be produced, exploring the meaning of natural capital for Yorkshire's coastal ecosystems and how the concept can be used to benefit nature recovery.

To find out more about the Yorkshire Marine Nature Partnership, please visit www.ymnp.org.uk

The Fat Badger York - Meet York's Most Distinguished New Gentleman



The HRH Group, owners of the Guy Fawkes Inn and Clementine's Hotel, has received planning permission from York Council to open its latest renovation, The Fat Badger York, on High Petergate.

The Fat Badger is the second of its kind to open, with The Fat Badger Harrogate being the original, opening in 2010. The cheeky charm of the Badger has proved to be a firm favourite with locals and tourists ever since and now looks to take on York.

The Fat Badger York occupies two grade II listed buildings, which have seen a £1 million renovation and partially built into the famous city walls.

A place to be to enjoy a range of top-notch food and drink in a vibrant, sociable atmosphere, expect modern British pub-grub utilising fresh, local, seasonal produce.

The Fat Badger York will also be home to the enchanting 'York's secret gin garden', a large beer garden which is inside the historic walls and has impressive views of York Minster.

The restaurant is headed up by new head chef David Cutcliffe, who will be creating seasonal menus using local produce, with the Harrogate Fat Badgers infamous Badger Burger making the menu.

The venue is a blend of Yorkshire heritage,

Roman history and British classic style. The decor includes materials of wood and leather to give an organic feel and is accented with Badger brand style artwork.

The Fat Badger York is the first of the Badger venues to have bedrooms, with the bedrooms offering city wall views or garden views and includes a range of bedroom types, from four posters to a loft suite.

The pub front has also been spruced up to perfection ready to await guests. The new colour scheme compliments the fresh new Fat Badger branding.

There's also a bag full of history wrapped up in The Fat Badger York, with the two Grade II-listed buildings believed to have previously been a house and a shop, dating back to 1840, and another building constructed in 1782.

The Fat Badger is owned by the HRH Group and has a portfolio of 4-star hotels, inns, AA restaurants and traditional British pubs. The group consists of 7 properties within North Yorkshire; Clementine's Town House Hotel, York, The Guy Fawkes Inn, York, The Fat Badger, Harrogate and York, The White Hart Hotel, Harrogate, The Yorkshire Hotel, Harrogate, The Pickled Sprout Restaurant and Bar, Harrogate and The Black Horse Inn, Kirkby Fleetham.



Yorkshire Salon Owner Scoops Double At National Awards

Emma Simmons, owner of the award-winning hair salon, Salon 54 in Thirsk rounded off 2021 in style with not one, but two award wins.

Adding to her list of accolades, the North Yorkshire based salon owner was presented with two awards at the Fellowship for British Hairdressing Awards, where she won Afro Image of the Year and PROJECT X Achiever of the Year.

The Fellowship for British Hairdressing is an independent, non-political organisation run by members, for their members focussing on promoting artistic and creative quality and providing support for future hairdressing talent keen to make their own mark in the industry.

The PROJECT X Achiever of the Year comes as a result of Emma completing a yearlong training and mentoring programme as part of the Fellowship's PROJECT X team – the ultimate hairdressing

finishing school. Throughout 2021, Emma worked hard to impress her mentors with her creative flair and passion for hairdressing, learning from some of the best in the business including PROJECT X team leader, Sam Burnett owner of award-winning London salon, Hare and Bone.

Emma shared her delight at being recognised at the prestigious Fellowship Awards: "2021 started off as a hard year for everyone, but I was delighted to end the year with not one but two award wins. To be recognised by some of my hairdressing idols and peers is a great achievement and something I'm very proud of. I'm hoping this year will be as successful as 2021 was."

The awards celebrated a hugely successful year for Emma with numerous award wins and nominations recognising Emma's dedication to her craft.

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19 Million Targeted By A Green Scam Finds Citizens Advice

More than 19 million adults have been targeted by a green scam in the past year, new research by Citizens Advice finds.

The charity discovered more than two thirds of adults are thinking about making their home more energy efficient in the next 12 months, but 36% said they have already been targeted by a green scam. More than a quarter clocked the danger, but an estimated 5.2 million people have already fallen for a green scam across the UK in 2021.

Email, phone calls and texts were the most common ways people were targeted. Over 55s were most likely to be targeted by phone, while under 55s were more likely to be targeted by email.

As a result, Citizens Advice and the Consumer Protection Partnership (CPP) are encouraging people to stay safe when going green.

As well as helping those who've been targeted by a scam, the Citizens Advice consumer service helps people to report scams. This allows organisations such as Trading Standards to gather evidence and intelligence in the fight against scams.

'I was sure it was a scam so I called Citizen Advice'

Sheila, 76, from Nottingham received a phone call from scammers. They initially asked if she was over 50, and then said the type of fibreglass insulation she had was illegal and could be a fire hazard. They said they were in the area and offered to come round for a free no-obligation quote.

She said: "They offered me some help with insulation using the Government Green Homes Grant Scheme. I knew that had closed earlier in the year, so that was wrong for a start.

"Luckily I read the news and know about these types of scams. But it really did worry me when they said my current insulation was a fire hazard, it does put doubt in your mind. That's why I rang Citizens Advice as I was sure it was a scam.

"It worries me that people may be taken in by these scammers and hand over large sums of money that they can ill afford to part with."

Dame Clare Moriarty, Chief Executive of Citizens Advice, said:

"With more than two thirds of us thinking about making our homes more energy efficient, it's important that we know how to stay safe when going green.

"Scammers have no qualms about playing on the need to do our bit for the environment.

"To fight back and help protect ourselves and others, we can report scams. But it also needs to be made as easy as possible to find a trustworthy trader."

Business Minister Paul Scully said:

"It's important to take steps to be environmentally friendly, like making our homes more energy efficient, which can save both the planet and the pounds in your pocket.

"Consumers should feel confident they're getting a good deal and not being misled by false energy efficiency and environmental claims, which is why I'm backing this campaign to arm them with the knowledge they need to help tackle unscrupulous scammers."

Citizens Advice's top five tips to stay safe when making your home more energy efficient

Citizens Advice consumer expert Jane Parsons has five top tips to stay safe when making your home more green:

- Do your research. Before you buy anything, check the company or website you're using. Read reviews on different websites, ask for references, verify the company's details using external sources, and read any terms and conditions.
- Check certified schemes. When looking for a trader to use, check certified schemes that recommend traders, like TrustMark - the Government's endorsed quality scheme.
- Get written quotes and a contract. Try to get quotes from at least three different contractors to help you decide if you're getting a fair price. Once you've decided, always get a written contract before you give a contractor the go-ahead. If something goes wrong it can help get what you paid for, or at least get some of your money back.
- Pay with a secure method. Credit cards offer the most protection, followed by PayPal or debit card. If you're paying for large home improvement works, see if you can pay in stages, and avoid paying for costs up-front where possible.
- Be suspicious. Scammers and rogue traders can be very smart. Take your time to make sure you're happy with your decision - if someone pressures you or contacts you out of the blue, it's most likely a scam.

If you've been scammed, talk to your bank or card company immediately if you've handed over any financial and sensitive information or made a payment. See Citizens Advice's page on What to do if you've been scammed for more information.

To report a scam or ask for advice contact Citizens Advice consumer service. Offline scams, like telephone, post and doorstep, can be reported via the Citizens Advice consumer service or by calling 0808 223 1133. Report online scams to the dedicated Scams Action service either online or on 0808 250 5050.

Text scams can be reported to your mobile phone provider by forwarding it to 7726. You can also report the scam to Action Fraud on 0300 123 2040.

Don't Forget To Declare Covid-19 Grants On Your Tax Return

HM Revenue and Customs (HMRC) is reminding Self Assessment customers to declare any COVID-19 grant payments on their 2020/21 tax return.

More than 2.7 million customers claimed at least one Self-Employment Income Support Scheme (SEISS) payment up to 5 April 2021. These grants are taxable and customers should declare them on their 2020/21 tax return before the deadline on 31 January 2022.

The SEISS application and payment windows during the 2020/21 tax year were:

- SEISS 1: 13 May 2020 to 13 July 2020
- SEISS 2: 17 August 2020 to 19 October 2020
- SEISS 3: 29 November 2020 to 29 January 2021

SEISS is not the only COVID-19 support scheme that customers should declare on their tax return. If customers received other support payments during COVID-19, they may need to report this on their tax return if they are:

- self-employed
- in a partnership
- a business

Information on which support payments need to be reported to HMRC and any that do not is available on GOV.UK.

It is important that customers check and make any changes to their tax return to make sure any SEISS or other COVID-19 support payments have been reported correctly in their Self Assessment.

HMRC has created resources to help customers complete their tax return including a playlist on YouTube, webinars and helpsheets and guidance available on GOV.UK.

New Cyber Laws To Protect People's Personal Tech From Hackers

Consumers will be better protected from attacks by hackers on their phones, tablets, smart TVs, fitness trackers and other internet-connectable devices thanks to a new world-leading law introduced by the government.

- Bill to better protect people's smartphones, TVs, speakers, toys and other digital devices from hackers
- Will prevent the sale of consumer connectable products in the UK that do not meet baseline security requirements
- Comes as research shows four in five manufacturers of connectable products do not implement appropriate security measures
- Includes plans for fines up to £10 million or up to 4 per cent of global revenue for firms failing to comply

New laws will require manufacturers, importers and distributors of digital tech which connects to the internet or other products to make sure they meet tough new cyber security standards - with heavy fines for those who fail to comply.

The Product Security and Telecommunications Infrastructure Bill (PSTI), introduced to Parliament, will allow the government to ban universal default passwords, force firms to be transparent to customers about what they are doing to fix security flaws in connectable products, and create a better public reporting system for vulnerabilities found in those products.

Currently the makers of digital tech products must comply with rules to stop them causing people physical harm from issues such as overheating, sharp components or electric shock. But there is no regulation to protect consumers from harm caused by cyber breaches, which can include fraud and theft of personal data.

The PSTI Bill will counter this threat by giving ministers new powers to bring in tougher security standards for device makers. This includes:

- A ban on easy-to-guess default passwords that come preloaded on devices - such as 'password' or 'admin' - which are a target for hackers. All passwords that come with new devices will need to be unique and not resettable to any universal factory setting.
- A requirement for connectable product manufacturers to tell customers at the point of sale, and keep them updated, about the minimum amount of time a product will receive vital

security updates and patches. If a product does not come with security updates that must be disclosed. This will increase people's awareness about when the products they buy could become vulnerable so they can make better informed purchasing decisions. Nearly 80 per cent of these firms do not have any such system in place.

- New rules that require manufacturers to provide a public point of contact to make it simpler for security researchers and others to report when they discover flaws and bugs in products

The Bill places duties on in-scope businesses to investigate compliance failures, produce statements of compliance, and maintain appropriate records of this.

This new cyber security regime will be overseen by a regulator, which will be designated once the Bill comes into force, and will have the power to fine companies for non-compliance up to £10 million or four per cent of their global turnover, as well as up to £20,000 a day in the case of an ongoing contravention.

The regulator will also be able to issue notices to companies requiring that they comply with the security requirements, recall their products, or stop selling or supplying them altogether. As new threats emerge or standards develop, ministers will have the power to mandate further security requirements for companies to follow via secondary legislation.

The new laws will apply not only to manufacturers, but also to other businesses including both physical shops and online retailers which enable the sale of millions of cheap tech imports into the UK.

Retailers will be forbidden from selling products to UK customers unless they meet the security requirements and will be required to pass important information about security updates on to customers.

The Bill applies to 'connectable' products, which includes all devices that can access the internet - such as smartphones, smart TVs, games consoles, security cameras and alarm systems, smart toys and baby monitors, smart home hubs and voice-activated assistants and smart home appliances such as washing machines and fridges.

It also applies to products that can connect to multiple other devices but not directly to the internet. Examples include smart light bulbs, smart thermostats and wearable fitness trackers.



Andrew Parascondolo



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GARDENING

A Fresh New Start, A Time For Cheer, Let's Celebrate A Brand New Year



BY MARTIN S WALKER

You never know what winter will bring but there's one thing for certain, there will be cold, wet and frosty weather before spring arrives. However that's no reason to be sad, it happens every year and we should celebrate the fact that for once the weather is on our side. No, I have not lost the plot.



Every garden needs a spell of cold wet weather to recharge the soil with water, to give our plants a rest and hopefully reduce the numbers of pests and diseases that have been causing mayhem through the warmer months. The trick is to carry out tasks in the garden when the ground is not sodden, and ideally on a bright sunny day. It may not be scorching but wrap up well and the rays will cheer you up. If you grow perennials and woody plant from seed you will know that many of them need a spell of cold weather to break seed dormancy allowing them to germinate in the spring.

I walk around the garden every day, often clasping a hot mug of tea, the fresh air and calmness encourage me to think about what we are planning for the garden and remind me that there are still plants to move and prune, not immediately but before plants start into growth. Winter gardening is as much about reflection as it is about tidying up.

Keeping an eye on your plants is key to avoiding damage from strong winds and frost which can break branches and damage spring blossom. Climbing plants are of great value in a garden, they don't take up too much space in the border with most of their effort focused in producing long climbing stems and flowers that fill the gap between the shrub and tree layer, or softening fences, walls and buildings. Checking ties regularly will make sure that those climbers that are not self clinging will not be damaged or their branches snapped by strong winds. A mulch of well rotted compost now will help rejuvenate them, followed by a handful of general fertiliser in spring.

We are right in the midst of the traditional planting season for what we term, 'bare root' plants. This simply means that they are not grown in a container, but in the open ground, and are best lifted in the dormant season to avoid stressing a growing plant. They are often cheaper too, especially helpful if you are buying a few such as a hedge or a fruit garden. The 'bare root' season normally runs from November to late March/April, after which they can struggle a little and need more attention such as extra watering. You can also buy plants grown in containers too and although they can be planted out at any time of year they do also benefit from planting during the autumn and winter, allowing the plant to settle in and avoiding the need to water regularly.



■ Rhododendrons

Not everyone has room for a fruit tree but soft fruit bushes can be planted amongst border plants, or in containers. Many can be trained on a frame, fence or wall and whilst they may not produce masses of fruit the taste of a handful of freshly picked soft fruit on breakfast cereal is amazing. If you are tempted to try blueberries be mindful that they prefer an acid soil so if you have a limey soil they are best grown in containers. A clue as to whether your soil is acid, is if rhododendrons and camellia's grow well in your garden then it is usually on the acid side.



■ Eryngium

There are various schools of thought regarding when is the best time to cut back herbaceous perennials (plants that die back to ground level), and the truth is that so long as the dead top growth is removed before the new shoots start emerge in spring that's fine. Many can provide winter interest and seeds for garden birds. There are no specific rules and if you like to tidy up as soon as the stems have died back that's fine, but plants such as eryngium (sea holly) echinacea, and agastache are good for the birds so simply cutting the seed heads off and putting them on the bird table will give them a treat. We compost all our garden prunings, and where they are a little woody we put them through the shredder which helps them rot down quicker. Indeed last year's prunings are now the mulch we are dressing the borders with, a very satisfying feeling.

Happy 'New Year' gardening,

Martin.

Next month, (hardy veg to sow now, tidy hydrangeas, sort out plan supports and finish hedge cutting before the birds start nesting.)

Top Tip - Spider Wellies?



If there are two things that go together at this time of year it's spiders and wellies. How many times do you dig out your wellies only to find that they are looking less like fashion footwear and more like a home for an army of spiders, covered in dust with evidence of a web or two? The big question being, is there anything lurking or snuggled up in the toe end? Maybe wellies should have a see-through toe avoiding the need to thrust your hand into the dark and sinister place that is your welly boot.

There are 650 species of spider found in the UK of which there are only six species that generally venture indoors. I am not squeamish about spiders but there are many who are and whilst they wish them no ill but would prefer them to stay outside.

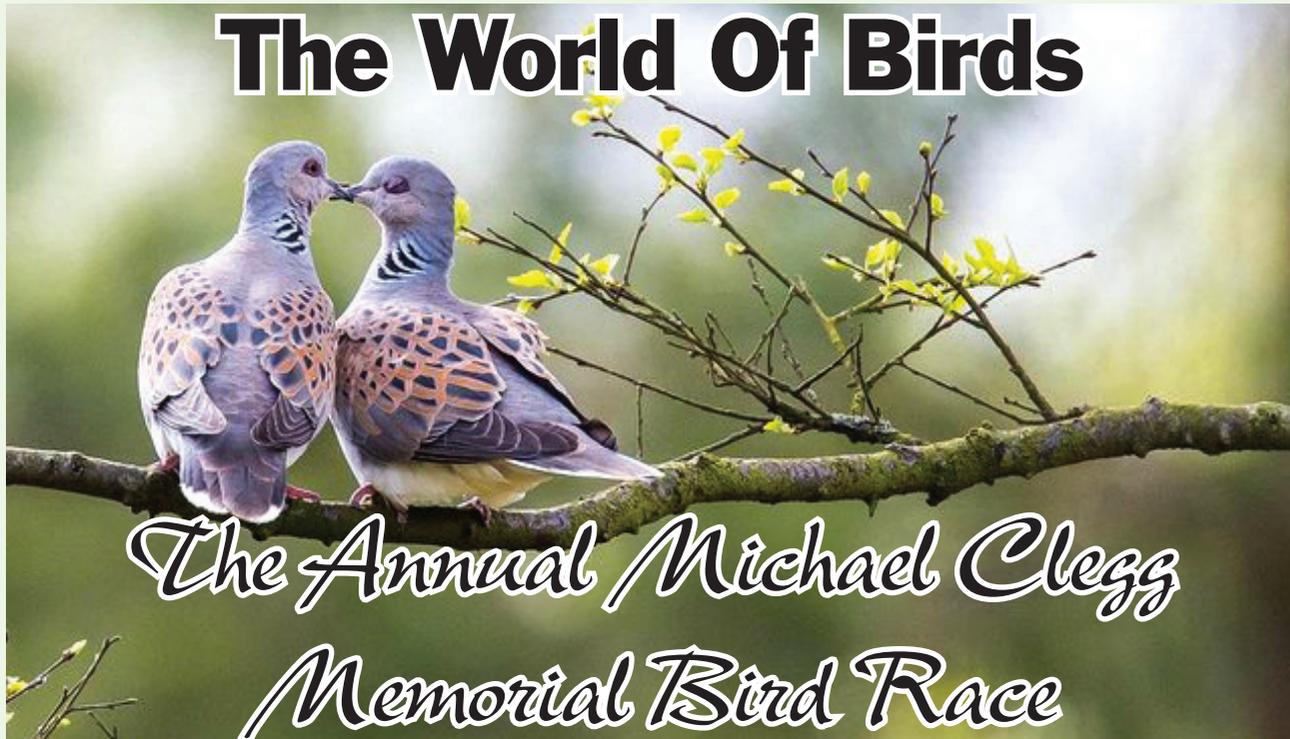
So the trick is how do you stop spiders entering your home? I'm afraid it's down to basics, fill any gaps in window frames and doors with draught excluders, and keep windows and doors shut. Even this does not guarantee that they won't find a way in, or sneak past you as you come home from a trip out.



My mum used to send my brother Andy out to scour an avenue of trees called 'Conker Alley' lined with horse chestnut, he would arrive at mum's with a shopping bag full of conkers and mum would place them in every corner, I mean every corner, window sills, door frames, cupboards, and any place she thought a spider might travel. I'm not sure if it works but I must say the only spiders I saw there were in the out-house.

Anyway back to the welly problem, the solution is quite simple really, firstly you need a pair of tights or stockings, and stretch the leg over the top of the wellington boot and hey presto a spider proof barrier.

The World Of Birds



The Annual Michael Clegg Memorial Bird Race

— BY LINDA JENKINSON —

As the festive season ended, birdwatchers all over the country turned their attention to their new year list. It's traditional for birders to venture out on New Year's Day with the aim of seeing as many bird species as they can and quite a few people take part in an annual bird race. This is where teams compete to find the most bird species they can in one day, usually for charity. Strict rules apply but although there is an element of competition, a great deal of fun is had by all. Typically, events end up at the local watering hole.



■ Michael Clegg. Image © Yorkshire Film Archive – www.yfanefa.com. Barnsley naturalist and broadcaster Michael Clegg presented a popular Yorkshire Television series called 'Clegg's People', many of which are available to watch free of charge at www.yfanefa.com

Of course, the pandemic has prevented such traditional gatherings from taking place for many months over the last couple of years but careful planning, and some imagination, has enabled birdwatchers to continue to raise money for important charities. The annual Michael Clegg Memorial Bird Race takes place at the beginning of January each year and was set up to commemorate the respected Barnsley television presenter and naturalist. This year marks 26 years of fundraising. The imaginative scoring method enables teams of all abilities to take part across Yorkshire on a given day. To address covid restrictions and also to pay respect to the climate emergency, instead of racing around the county to tick off bird species, birdwatchers are asked to stick to an area that can be covered on foot or by bicycle. Over the years the bird race has supported many charities including satellite tracking for hen harriers and Jean Thorpe's work at the Ryedale Wildlife Rehabilitation Centre. This year the event sponsored the North Yorkshire Turtle Dove Project with the Friends of Dalby.

This volunteer-led project aims to reverse the dramatic decline of turtle doves in Yorkshire via survey work, collaboration with land managers, education and the sharing of best practice. Money from the bird race will fund work to restore farmland ponds and create new drinking pools for this beautiful species. Turtle doves

need reliable clean water sources and wildflower seeds to make crop milk to feed their young. Due to poor farming practises, habitat loss on their wintering grounds and being hunted on migration, this species has declined by 93% in the UK since the 1970s.

If you'd like to see a turtle dove then one of the best places is to hang around the bird feeders outside the visitor centre at Sutton Bank National Park Centre during the spring and summer months when the centre isn't too busy. For more information about the project visit North Yorkshire Turtle Dove Project (northyorkmoors.org.uk). If you'd like to donate please use the Friends of Dalby PayPal charity account and make sure you write 'fund raising for Turtle Doves' in the donation information. To access the donation page www.paypal.com/gb/fundraiser/charity/3197360

Aside from this year's bird race and fundraising, it's also a great idea to get into the habit of making bird lists. If you combine this with other information like dates, habitats and weather conditions on your outings it can be very educational. You'll start to build up a picture of seasonality, where some species can be found, their habits and how birds react to the elements. This will help you to understand the ecology of each species and will trigger so many more questions to fast-track your learning. If you're at all artistic, combine your observations with field sketches to help you to remember where you've seen particular markings on birds, and any noticeable behaviour. Even basic stick birds will help you to accurately record your observations. You can then use these as a reference when you're back home and able to access reference books or online resources. Over the years I've often found it's the behaviour of common birds that's taken me by surprise and they often feature in my top 5 birding moments of each year.

Linda Jenkinson teaches people about birds in and around Leeds. For details of indoor and outdoor classes email linda@startbirding.co.uk or call 07778 768719. Visit www.startbirding.co.uk or Start Birding on Facebook and Twitter.



Big Garden Birdwatch 2022



■ Image © Eleanor Bentall (rsps-images.com)

The world's largest garden wildlife survey returns, with hundreds of thousands of people watching and counting the UK's garden birds over the last weekend in January for the RSPB's Big Garden Birdwatch.

Over a million people took part in 2021, counting 17 million birds – making it the biggest Birdwatch ever!

This year's event takes place on 28, 29 and 30 January 2022. The public is asked to spend just one hour watching and recording the birds in their garden, balcony or local park, then send their results to the RSPB.

Just one hour every year, for the last four decades, has made the RSPB's Big Garden Birdwatch the largest garden wildlife citizen science project. Now in its 43rd year, over 150 million birds have been counted giving the RSPB an astonishing amount of insight into how our wildlife is faring.

Beccy Speight, the RSPB's Chief Executive, said: "We were blown away by the enthusiasm with which people took part in the Birdwatch in 2021. We know that for many people, garden birds provide an important connection to the wider natural world and bring enormous joy. Over the last year, there has been a broad and much-needed realisation that nature is an important and necessary part of our lives especially for our mental health and wellbeing. But nature needs us too.

"By taking part in the Birdwatch, you are helping to build an annual snapshot of how our birdlife is doing across the UK. It is only by us understanding how our wildlife is faring that we can protect it. We know that nature is in crisis but together, we can take action to solve the problems facing nature."

For four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world. The house sparrow remained at the top of the Big Garden Birdwatch rankings as the most commonly seen garden bird with 2.6 million sighted in 2021. The blue tit and starling completed the top three.

While house sparrows and starlings may be the UK's most commonly sighted birds, a closer look at Big Garden Birdwatch data shows that numbers have in fact dropped dramatically since the Birdwatch began in 1979. House sparrows are down 58% while starlings are down 83%.

To take part in the Big Garden Birdwatch 2022, watch the birds in your garden or local park for one hour at some point over the three days. Only count the birds that land, not those flying over. Tell us the highest number of each bird species you see at any one time – not the total you see in the hour.

Beccy added: "Whether you saw one blackbird, twenty starlings or no birds whatsoever, it is really valuable information as it helps us build a picture of how our garden birds are faring from one year to the next."

The parallel event RSPB Big Schools' Birdwatch takes place during the first half of spring term, 5 January – 21 February 2022. In 2021, it celebrated its 20th anniversary of connecting children with nature in their school grounds. Since its launch, over a million school children and teachers have taken part. Further information can be found at www.rspb.org.uk/schoolswatch

For your FREE Big Garden Birdwatch guide, which includes a bird identification chart, top tips for your birdwatch, RSPB shop voucher, plus advice on how to help you attract wildlife to your garden, text BIRD to 70030 or visit www.rspb.org.uk/birdwatch.



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Vote For Your Favourite: Wildlife Photographer Of The Year - People's Choice Award



■ Jaguar of ashes. Image © Ernane Junior, Brazil. Wildlife Photographer of the Year competition, developed and produced by the Natural History Museum

The Natural History Museum's Wildlife Photographer of the Year competition is inviting fans of wildlife photography from around the world to vote online for the winner of the People's Choice Award. This year's 25 unforgettable scenes include curious meerkats, an elusive tapir, the rescue of an Amazon river dolphin and a kangaroo and her joey framed by a fire's destruction.



■ The ice bear cometh. Image © Andy Skillen, UK. Wildlife Photographer of the Year competition developed and produced by the Natural History Museum

The incredible images were shortlisted by the Natural History Museum from over 50,000 image entries from 95 countries. The 25 images are currently on display at the highly acclaimed Wildlife Photographer of the Year exhibition at the Natural History Museum in London, until the voting ends on 2 February 2022. The winner will then be showcased until the exhibition closes on 5 June 2022.

The top five People's Choice Award images will also be displayed online, joining the winners of the fifty-seventh Wildlife Photographer of the Year competition chosen by the esteemed panel of judges and announced last year.

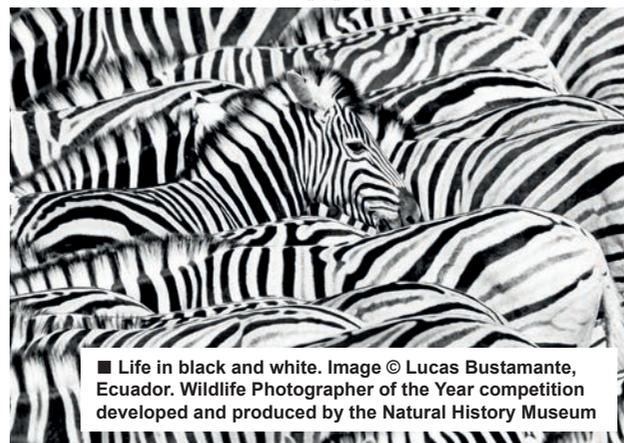
Wildlife Photographer of the Year is a global platform for amateur and

professional photographers alike, with the images being seen by millions of people worldwide. Using photography's unique emotive power, the competition and exhibition shine a light on the beauty and diversity of the natural world to call for its protection.

Dr Natalie Cooper, researcher at the Natural History Museum and member of the judging panel, says, 'The People's Choice Award offers striking observations of nature and our relationship with it, sparking our curiosity and strengthening our connection with the natural world. It's an incredible challenge to pick just one of these images, so we're looking forward to discovering which wild moment emerges as the public's favourite.'

Associate sponsors for the Wildlife Photographer of the Year exhibition at the Natural History Museum, London are renewable energy company Ørsted and non-alcoholic spirits brand Seedlip.

Vote online until 14:00 2nd February 2022 for the winner of the People's Choice Award at www.nhm.ac.uk/wpy/peoples-choice



■ Life in black and white. Image © Lucas Bustamante, Ecuador. Wildlife Photographer of the Year competition developed and produced by the Natural History Museum

Trees Planted Across The Harrogate District To Mark Her Majesty's Platinum Jubilee

Around 100 trees have started to be planted across the Harrogate district to mark Her Majesty The Queen's Platinum Jubilee.

The trees - which have been planted on Wetherby Road, Harrogate Road, Jacob Smiths Park in Knaresborough, High Cleugh in Ripon, Pateley Bridge Recreation Ground and Boroughbridge Recreation Ground - are part of The Queen's Green Canopy.

The Queen's Green Canopy is a unique tree planting initiative created to mark Her Majesty's Platinum Jubilee this year which invites people from across the United Kingdom to "Plant a Tree for the Jubilee".

All but one tree at each of the locations has been planted with a final tree due to be planted on Sunday 6 February to coincide with Her Majesty's accession day. Species include elm, oak, hornbeam, sycamore and lime.

Everyone from individuals to local authorities, town and parish councils, community groups, schools, businesses and landowners will be encouraged to play their part to enhance our environment by planting trees during the official planting season (October to March).

Councillor Andy Paraskos, Harrogate Borough Council's cabinet member for environment, waste reduction and recycling, said: "The Queen's Green Canopy is a wonderful opportunity for us to not only honour Her Majesty's Platinum Jubilee but also help address the climate situation and deliver carbon reduction initiatives throughout the Harrogate district.

"Similar to the White Rose Forest project, we want to encourage as many people as possible in the district to get involved to improve air quality and biodiversity."

Anyone wishing to get involved can plant a tree and pin it to the Queen's Green Canopy map to make it count towards Harrogate's total.

The Queen's Green Canopy will coincide with the borough council's plans to plant thousands of trees in Bilton Beck Wood and Willow Wood, Harrogate and Upper Horse Shoe Fields, Knaresborough as part of the White Rose Forest partnership.

Harrogate

BOROUGH COUNCIL

National Park Secures Funding For Peat Habitats In The North York Moors

The North York Moors National Park Authority has been awarded a grant of more than £250,000 to assess and develop restoration plans for all areas of blanket bog and peat habitats within its borders.

Peatlands are incredibly special habitats, characterised by wet, waterlogged soils that allow decaying vegetation to build up over time, eventually forming a layer of peat. Aside from supporting significant biodiversity, peatlands also lock away carbon and prevent its release into the atmosphere. Any damage or loss of peat habitats is therefore extremely detrimental to the environment.

Starting this month, the 'Moor to Restore' project will survey the condition and depth of peatland throughout the North York Moors. The long-term aim for the National Park is that all areas of degraded peat habitat (approximately 4,500 hectares) will be actively undergoing restoration within the next decade. For this ambition to be achieved, the Moor to Restore project will also need to identify how maintaining

healthy peatland can provide land owners and managers with sustainable incomes.

Dr Briony Fox, Director of Conservation at the North York Moors National Park Authority, said: "The last 200 years has seen significant peat loss from the North York Moors. This is due to a number of reasons including the digging of peat for fuel, agricultural improvement, drainage and wildfires.

"Restoring peatlands will support nature recovery and make a huge contribution to enhancing our resilience to climate change. By working with local communities and finding innovative ways of funding this important work, we can support land managers to deliver sustainable practices and together we can achieve solutions that benefit both nature and people."

The funding has been awarded as part of Natural England's Nature for Climate Grant Scheme. The award to the North York Moors is a

Discovery Grant, meaning it is designed to support the initial planning stages of a project, with the expectation that further funding will be sought for landscape-scale restoration works.

The North York Moors National Park Authority will be working in partnership with global impact firm Palladium. The Moor to Restore project comes under 'Revere', a UK-wide collaboration between National Parks and Palladium that aims to raise private capital to fund nature restoration.

Andrew Sutherland, Director of Nature-Based Solutions at Palladium, said: "Peatlands are historically undervalued and neglected. Only now are we waking up to the huge value that healthy peatlands offer us in terms of climate change mitigation and catchment services. Through Revere, we're delighted to be working with this innovative partnership to identify new opportunities to restore peatlands in the North York Moors with new funding sources.

MUSIC

■ Midge Ure

An Exciting 2022!

By Stuart Glossop

Despite Omicron, which sounds more like a 1970s prog rock band, 2022 is full of hope as far as a return to actually going out and enjoying live music unencumbered by the thought that we might have to build in taking a week's holiday in isolation to enable us to do so. Moreover, there are some exciting concerts to look forward to that has something for everyone.

Following the overwhelming response to 2019's 'The 1980 Tour', Midge Ure & Band Electronica are delighted to return to the road in 2022 with the 'Voice & Visions' tour, celebrating 40 years since the release of Ultravox's Rage In Eden and Quartet albums.

At the start of 1981, Ultravox were laying their claim to be one of the defining acts of the 80s following the global success of hit 'Vienna'. The 'Voice & Visions' tour will begin at York's historic Grand Opera House on 22nd February, visiting an astounding 26 cities across the UK before

culminating at Liverpool Philharmonic Hall on 2nd April. Transporting fans back to the decade of electronics, experimentation, synthesizers and great songwriting, the albums highlights will be showcased alongside landmark hits from Ure's incredible back catalogue.

Midge told us; "I can't begin to tell you how great it feels to be back out touring after the uncertainty of the past two years and it is especially exciting to delve back in time and revitalise two standout albums from my career, Rage in Eden and Quartet. This is the logical and emotional follow up to the 1980 tour." Tickets will go on sale 10am, Friday 22nd January



■ Benjamin Francis Leftwich

Benjamin Francis Leftwich has unveiled his 2022 tour of the UK and Ireland. Included is a date at The Citadel on 25th February. Benjamin's new album 'To Carry A Whale' is the first by Leftwich written and recorded entirely sober, a state he has maintained since spending 28 days in rehab in January 2018. This helps give context to the album's title - 'To Carry A Whale':

"It's an observation on what it's like to be a sober alcoholic addict a couple of years in," says Leftwich. "A whale is heavy to carry. It's gonna hurt you to carry it. But it's also beautiful, and it's a miracle to be able to carry all that at all."

Soul II Soul have announced rescheduled dates due to the global Covid-19 restrictions for their forthcoming 'Club Classics' tour. They hit the York, Barbican on 25th February.

The double Grammy Award winning and five-time Brit Award nominated British band tour the UK as they pay tribute to their legendary debut album Club Classics Vol. One. It follows from the phenomenal success of their tour of the album in 2018 with sold out shows across the country.

During the course of their stellar career the band have sold over 10 million albums worldwide and main man Jazze B was awarded an OBE for services to music in 2008, as well as winning an Ivor Novello Award for Inspiration, as "the man who gave British black music a soul of its own".



■ Soul II Soul

With huge hits including 'Keep On Movin' (which sold over a million copies in the US alone) and the UK number one single 'Back To Life (However Do You Want Me)', Soul II Soul progressed from being one of the leaders of the 1980s warehouse scene to pioneering British black music around the world, and securing commercial success for themselves and the huge amount of artists they have influenced.



■ The Blue Stones

Alternative-rock duo The Blue Stones, known for their blistering live shows announced their highly anticipated UK & European 2022 Tour, their first journey over the Atlantic since 2019's sold out run. They will be shaking the foundations of The Fulford Arms on March 15th "It's been far too long since we've seen the stage," frontman Tarek Jafar told us, "We plan on hitting these European shows with every last drop of pent up energy we've had this year." Their songs resonate with a powerful emotional intensity both sonically and lyrically, with Jafar penning his most personal lyrics to date. Centred around self-confidence, accepting your strengths and weaknesses, touching upon heartbreak and bad habits.

Sunbirds Play York - The Crescent On Friday 4th February!



The man who once told us he loved us from the bottom of his pencil case, founder Beautiful South member Dave Hemingway returns with his new band SUNBIRDS.

Having retired from the live scene at the back end of 2016, Dave has been keeping busy together with erstwhile South colleague, guitarist/songwriter Phil Barton, new discovery singer/violinist Laura Wilcockson and drummer Marc Parnell.

'Cool To Be Kind' was released in November 2020, on the independent label Nectar Records signalling the arrival of Sunbirds with new songs and a new sound.

Although born and bred in England, the band's sound predominantly features the instrumentation of traditional American roots music combined with the occasional outburst of guitar heavy melody more associated with Seattle in the late 80's/early 90's.

However, you can only sing about what you know.

"Although a lot of the songs have an Americana feel" says Dave "they're still about life in England. You're going to feel a bit daft singing about pick-up trucks and low down honky-tonks when you live in Yorkshire."

Their debut album produced by cult producer Teo Miller, captures truthful, open-hearted, funny and sometimes painfully honest songs, turning the page to a new chapter for Dave Hemingway and The Beautiful South story.

'Cool To Be Kind' is the result of a few transitional years in Dave and Phil's individual personal worlds. It tells tales that cover contemporary themes as well as age-old matters of the heart and soul - all viewed through the bottom of a recently drained pint glass.

"Now we're Sunbirds we're free to dig a little deeper into ourselves", says Phil "having said that, there's no exact science here, we're just enjoying ourselves and expressing whatever we want whether it's about love, longing, depression or Gary Lineker's crisp adverts".

Sunbirds 'Cool To Be Kind' debut album is available on Spotify, Apple Music, Deezer, Amazon UK & Music, all HMV stores and via the website - www.sunbirds.co.uk

Ticket information;

Website - www.thecrescentyork.com/events/sunbirds

Price - £19.25

Doors open - 7.30pm

Age restriction - 16+

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Daring To Be Different Earns SAGARS365 Dozens Of 5* Reviews

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When Nick and Dinah Brerard who own and run Yorkshire based specialist glass company Sagars365 found themselves being regularly asked by clients if they could help solve their conservatory insulation problems, Nick decided to research the industry properly.



He found there was a substantial market, with lots of people unable to use their conservatories all year round because their glazed or polycarbonate roof panels offered little insulation in winter, and no protection from the sun in summer. During the Covid-19 lockdowns this became even more of an issue as people looked to utilise their conservatories in a wide variety of ways in order to work from home.

Nick, who has over 25yrs experience in the construction industry, was uncomfortable with two major areas in the existing conservatory roof market:

1. The cost of a complete replacement roof was often more than the initial cost to build the complete conservatory!

2. The alternative cost effective, insulated internal ceiling industry was being run along old fashioned 'double glazing' lines with self-employed commission only salespeople and sub-contractors being handed the task of installing it quickly for a fixed fee.

Nick decided to swim against the tide to ensure his customers received top quality products at fair prices and of course, the best possible levels of customer service and aftercare. To achieve this, Sagars365 operates with no commission salespeople, employed surveyors dealing with enquiries and costings, and ONLY salaried staff tradesmen installing the projects.

Sagars365 conservatory roof system uses multi-foil insulation, which was first developed by NASA to insulate the space shuttles. This is a unique multi-layer insulation which proves to be highly effective in ensuring that the temperature in your conservatory remains stable all year round.

Last year saw the launch of a traditional plasterboard and skim insulated ceiling finish as an alternative to the ever-popular pvc panel offering.

Nick says, "as well as the excellent insulation properties, both the pvc and our traditional plasterboard and skim options is just about giving clients a choice of aesthetic finishes."

So confident is he in his product and people Nick decided to be different in one more area. No pre payments, no deposits required, simply settle the invoice once the project is completed to your satisfaction!

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ENTERTAINMENT

WHAT'S ON TV & STREAMING

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10 January - Euphoria, Season 2 - Sky Atlantic

HBO does teen drama as a group of high school students navigate love and friendships in a world of drugs, sex, trauma and social media. Zendaya stars.

12 January - The Chi, Season 1-4 - Disney+

Coming-of-age drama series centred on a group of residents who become linked by coincidence but bonded by the need for connection and redemption.

14 January - Chicago Med, Season 7 - Sky Witness

A spin-off from Chicago Fire – this one set in a hospital... which isn't on fire... I hope... That wouldn't be good...

14 January - Chicago PD, Season 9 - Sky Witness

Police orientated Chicago Fire spinoff.

14 January - Chicago Fire, Season 10 - Sky Witness

The firefighters and medics of Engine 51 are back.

14 January - After Life, Season 3 (Final) - Netflix

A dark comedy from Ricky Gervais about a man who, after the death of his wife, becomes suicidal but decides to live long enough to punish the world.

19 January - Queens, Season 1 - STAR On Disney+

Estranged and out of touch, four women in their 40s reunite for a chance to recapture their fame and regain the swagger they had as the Nasty Bitches – their '90s group that made them legends in the hip-hop world.



20 January - The Rookie, Season 4 - Sky Witness

Nathan Fillion stars as the oldest rookie in the LAPD.

21 January - Servant, Season 3 - Apple TV+

New series from M. Night Shyamalan about a couple in mourning after an unspeakable tragedy creates a rift in their marriage and opens the door for a mysterious force to enter their home.

21 January - Ozark, Season 4a (Final) - Netflix

Drama starring Jason Bateman as a money launderer who uproots his family to Missouri Ozarks when a deal with a Mexican drug cartel goes awry.

25 January - Snowpiercer, Season 3 - Netflix

TV series based on the acclaimed 2013 film and comic book of the same name starring Jennifer Connelly and Daveed Diggs.

25 January - The Gilded Age, Season 1 - Sky Atlantic

New period drama from Julian Fellowes (Downton Abbey) set in 1880s New York, a period dubbed the "gilded age" as vast amounts of new money exchanged hands and fortunes were made.

26 January - The Resident, Season 5 - Disney+

Medical drama starring Matt Czuchry (The Good Wife, Gilmore Girls) as a tough, brilliant senior resident who takes a new doctor (Manish Dayal – Halt and Catch Fire) under his wing.

26 January - Billions, Season 6 - Sky Atlantic

Machiavellian politics & finance drama starring Damian Lewis as a brilliant but cut-throat hedge fund boss, and Paul Giamatti as a U.S. Attorney.

26 January - Marvel's Hit-Monkey, Season 1 - STAR On Disney+

After a high-profile political assassination goes sideways, an injured hitman hides out amongst a tribe of snow monkeys in the mountains of Japan.

27 January - Frayed, Season 2 - Sky Max

Frayed stars Sarah Kendall as Sammy Cooper, a fabulously wealthy London housewife whose life appears perfect. But when her husband dies in a bizarre sexual incident, the true state of their finances is revealed.

28 January - The Afterparty, Season 1 - Apple TV+

A new comedy series from Academy Award-winning duo Chris Miller and Phil Lord.

MOVIES

07 January - The 355 - PG13

When a top-secret weapon falls into mercenary hands, a wild card CIA agent joins forces with three international agents on a lethal mission to retrieve it, while staying a step ahead of a mysterious woman who's tracking their every move.

Stars: Jessica Chastain, Lupita Nyong'o, Diane Kruger & Penélope Cruz



14 January - Scream - R

Twenty-five years after the original series of murders in Woodsboro, a new killer emerges, and Sidney Prescott must return to uncover the truth.

Stars: Neve Campbell, Courteney Cox & David Arquette

28 January - Morbius - PG13

Biochemist Michael Morbius tries to cure himself of a rare blood disease, but he inadvertently infects himself with a form of vampirism instead.

Stars: Michael Keaton, Jared Leto, Adria Arjona & Jared Harris

DVD, Blu-Ray & 4K DVD



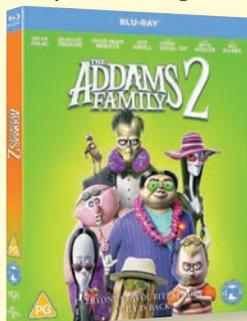
03 January - Venom: Let There Be Carnage - DVD, Blu-Ray & 4K DVD



17 January - Halloween Kills - DVD, Blu-Ray & 4K DVD



24 January - Doctor Who - Series 13 - DVD & Blu-Ray



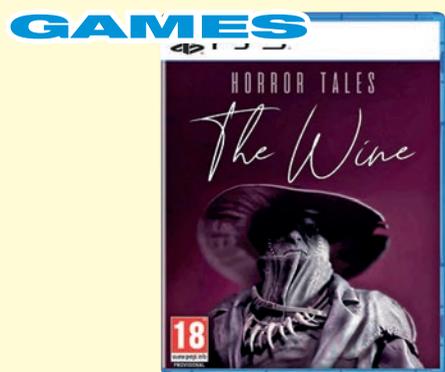
10 January - The Addams Family 2 - DVD & Blu-Ray



24 January - The Boss Baby 2 - DVD & Blu-Ray



31 January - Dune - DVD, Blu-Ray & 4K DVD



08 January - HORROR TALES: The Wine - PS5



14 January - HORI Split Pad Pro Handheld Mode Ergonomic Grip Controller - Nintendo Switch



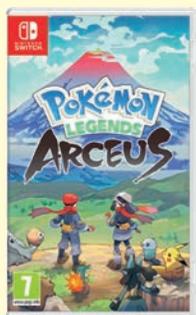
20 January - Tom Clancy's Rainbow Six Extraction - PS4, PS5 & Xbox



28 January - UNCHARTED: Legacy of Thieves Collection - PS5



28 January - HORI Nintendo Switch & Switch Lite Shoulder Bag Travel Case



28 January - Pokemon Legends Arceus - Nintendo Switch

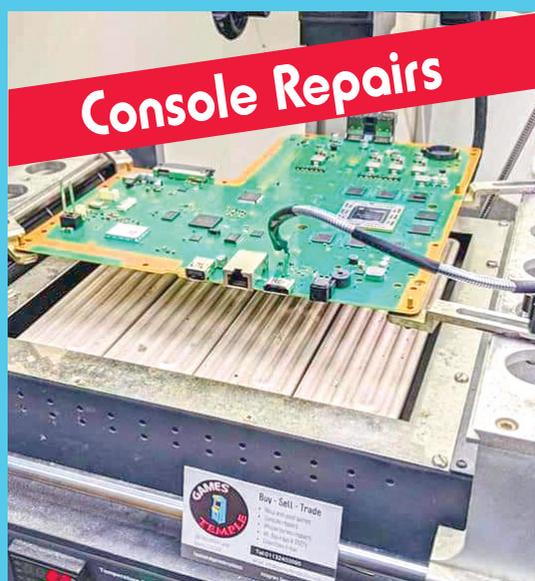
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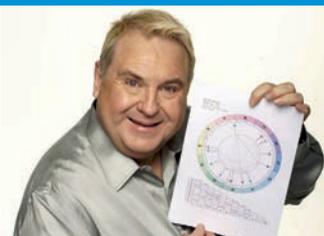
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The Year Ahead By Russell Grant



ARIES March 21st - April 20th

Love & Life:

A heart to heart discussion in January will prompt you to make an important decision. If a romantic or business partner refuses to change their ways it may be time to go your separate ways. Trust your intuition in romance and finance in April. Hold fast to your dreams. Taking a relaxing break in July could lead to romance if you are single. Do you already have a romantic partner? Joint arrangements made in the summer will bring great benefits to you both. Find relaxation through painting, playing music and photography in the autumn. Some people will annoy you but instead of getting angry get creative. Travelling abroad is a distinct possibility as the year ends.

Money & Work:

Finding a new job will take time but if you put in the effort a career change will be empowering. Goals will have less to do with making money and more to do with finding emotional, creative and spiritual satisfaction. Even so an exciting moneymaking opportunity in the summer will be worth pursuing. With Jupiter in your sign mid-2022 you will be willing to take a few risks to expand your career horizons. Family will be getting together to bail out an irresponsible relative in November. You work hard for your money and you will make it clear this is a loan and not a gift. New job opportunities as the year ends will involve a degree of challenge and the chance to learn something new.

TAURUS April 21st - May 21st

Love & Life:

Even though circumstances are unclear in January, you will intuitively find your way through the confusion. It may not be to exotic places but travel and educational opportunities will provide you with a chance to move forward. With your ruler Venus close to Mars mid-February your creativity will soar. Whether it is cooking, inventing new recipes or making furniture, go where your imagination takes you. Romantic developments in the spring will inflame your passion and make you excited for the future. The autumn will be a wonderful time to schedule a holiday. Are you single? You could meet someone special at a spiritual retreat. Group activities will be both interesting and fun as the year ends.

Money & Work:

Whether it is an insurance policy, signing up for an extended warranty or saving for a rainy day, your priority as the year begins will be to protect your finances. If there is a broken item to replace, you might look into getting this repaired rather than buying a new model outright. Play your cards right in February and you will be offered great job in a thriving company with connections overseas. With Saturn at the top of your chart, your job prospects are good especially if you're looking for a stable position with a reasonable salary. Travel for work or pleasure in the autumn could prompt you to make some changes in your lifestyle. Your optimism will shine through in all that you do and this will also make a positive difference to both working and family relationships.

GEMINI May 22nd - June 23rd

Love & Life:

Following your passion makes life worthwhile. When you're excited about the plans you are making you know you are on the right path. Commit to whatever ignites your imagination. Make love and romance a priority in the spring and sparks are sure to fly. Take this chance to explore love in all its beauty. Priorities are changing and a big decision made in April will see you making a fresh start. This is your chance to embark on a happier and healthier lifestyle. Once you've made up your mind on what you want to do you will not be dissuaded by anything or anyone. You may have to revise family or household routines in December in order to make room for new responsibilities.

Money & Work:

A tense situation will mean having to retrace your steps in January; treat this as a chance to clear the air and reclaim your personal power. New equipment and materials you need to purchase as the year begins will be costly. If you've been ignoring the need to make some expensive repairs, Venus retrograde at the start of the year will make it impossible to ignore this any longer. To improve your career prospects you will need to make a detailed plan. If you've gone as far as you can in your current employment gaining experience in other fields is a strong possibility. Regular exercise and nutritious meals will boost your energy. Make sure your passport is up to date as an overseas trip is in the pipeline.

CANCER June 24th - July 22nd

Love & Life:

Problems in a close relationship will be magnified in January with Venus retrograde in your opposite sign. A change of attitude over a joint matter will prove you are capable of compromise. Since you hate arguments you will be relieved that a nail-biting drama has been averted. Emotional ties will grow stronger in the spring. Make the most of opportunities in the summer to love, laugh and be happier as your social scene gets brighter and brighter. A charity or fundraising event will be a huge success in the autumn. When you focus on doing good deeds the Universe will return the favour.

Money & Work:

You should never underestimate your abilities or what you have achieved. Whenever you start doubting yourself in January, remind yourself of all you have accomplished. Take another look at your goals and intentions. Are these unfolding as expected or is it time to set new long-term aims? Launching a home-based business will make you feel more in control of your time and more in touch with your family. Create a workspace that can be kept separate from the rest of the house. Jupiter at the top of our chart during the middle of the year will bring some lucrative business opportunities. More money will become available to splash out on luxuries in December.

LEO July 23rd - August 23rd

Love & Life:

You've been putting massive pressure on yourself to be the person you feel other people want you to be. As the year begins you will realise it is time to stop pretending to be someone you aren't. Decide on what it is you really want out of life and relationships and stay true to this vision. If anyone pushes you away this relationship would never have lasted as healthy relationships involve mutual respect. Travel and getting a change of scenery will feel wonderful in the summer. As the year ends you will have some great experiences to look back upon and will feel blessed you have been lucky enough to follow your dreams.

Money & Work:

Dream big as 2022 begins. You were never destined to play a small role in life. Step into the spotlight in the spring and use this as an opportunity to showcase your talent. When other people see you believing in yourself, you will receive the respect and recognition you deserve. A new job or better position taken up in the spring will bring in a steady income. It may be necessary to reduce responsibilities in the summer if you start feeling overwhelmed with work. Relocating to a new house or renovating your current home could be on the cards for you as the year ends. This will be a great excuse to exercise your creative talent.

VIRGO August 24th - Sept 22nd

Love & Life:

You might want to do something special and out of the ordinary on Valentine's Day as Venus moves close to Mars in your romantic zone. You will be more receptive to your amour's desires and won't be afraid to venture into unfamiliar romantic territory. Enjoy hobbies, creative fun and sensual diversions in the spring. Invite love and friendship into your life and relationships will blossom and grow. Having fun will be your first priority in the summer. You want to make up for lost time and memories missed with your family thanks to the pandemic. The end of the year is not a time to hide your light under a bushel. Take the initiative and make things happen.

Money & Work:

You will get a lot of support and emotional understanding from your boss and workmates. If you're worried about your job, talk it over with those in positions to help. Any obstacles that are ahead will be nothing like what you have been through before. You might surprise yourself by how quickly you overcome these problems. Helping others cope and deal with issues you have already overcome allows you to create a bridge for others and make a difference in their lives. Wherever you demonstrate your skills, there will be impressive results. Keep spending to the minimum in the autumn. A series of unexpected expenses will eat up emergency reserves. Income will be fairly stable as the year ends.



LIBRA

Sept 23rd - Oct 23rd

Love & Life:

You may feel overly self-critical, blaming yourself for everything that goes wrong in a partnership as the year begins. Venus retrograde will make you slow to forgive yourself and others. Don't be so hard on yourself. Give a little ground where necessary in relationships and work on putting things right between you. A journey in the summer will change you in ways you could never have expected. Are you single? You could meet someone special while travelling. If you're in a committed relationship, it will pay to get away together. Loving relationships will bring you happiness and fulfil you, emotionally as the year ends.

Money & Work:

Work and domestic responsibilities will weigh heavily on you as the year begins. Wherever possible, delegate tasks to workmates and housemates. Take the initiative in work situations that need a fast response. Quick decisions will bring instant results that will impress your boss and those in positions of power. Jupiter will remove obstacles in your career path between May and July, bringing job opportunities that involve teaching, travelling or transport. A bonus or financial gift will come your way in the autumn. Put this sum towards a relaxing holiday. Trust your intuition about financial and career matters as the year ends.

SCORPIO

Oct 24th - Nov 21st

Love & Life:

Tension in a close relationship as the year begins will not last. It will be a case of the least said, the sooner it will be mended. Thanks to your kindness and consideration, relationships will improve and harmony will be restored. Domestic arrangements may hit a few snags around April as action-oriented Mars gets close to cautious Saturn. Even if you feel you can push through some problems, it would be to your advantage to move slowly. Change your routines in May and go to places you have not been to before and you will meet someone special if you are single. Spending time on spiritual pursuits will push you to explore new possibilities as the year ends.

Money & Work:

Being resourceful early in the year will make it easier for you to cope financially later on. Downloading financial software that allows you to keep track of your income and expenditure will be helpful. If you aren't happy in your work, be ready to find a new job in the spring. Unexpected expenses in July could knock your budget for six unless you set money aside earlier for financial emergencies. Eclipse activity in your sign at the end of October suggests a big life change as you might find yourself seriously thinking about relinquishing one career path in favour of another which promises bigger and better opportunities to come. Joint finances will benefit from a quick check in November.

SAGITTARIUS

Nov 22nd - Dec 21st

Love & Life:

You will want to pause for a moment as the year begins to reflect on the past, review your life so far and then move forward. Cultivating a comfortable home and family life will be a big priority in the spring. Setting up home for the first time will be the start of a grand transformation. Giving your place a makeover will feel rewarding if you are happy where you are. Social life in the summer will be frenzied at times. There will be plenty chance to relax and recover later although you won't want to miss out on a special celebration in November. Taking a bold risk will work out in your favour in December.

Money & Work:

Seek advice from someone who knows you well before making a career choice in April. It might seem as if an opportunity is too good to miss but there will be others later in the year that will be even better. You could be surprised by the way new career doors start opening up before you. Whether it is learning a foreign language or studying sign language, learning to communicate in different ways will make your social and professional circle wider. Putting your creative skills to work in the autumn will be profitable. Emphasise your versatility and communication skills during interviews and business meetings in the winter.

CAPRICORN

Dec 22nd - Jan 20th

Love & Life:

With domineering planets Mars and Pluto together in your sign in March you might finally get the chance to achieve a goal you've been dreaming about for years. Pluto has been a long-term visitor to your sign and is now coming to the end of its journey through Capricorn. Whatever your aims and desires, the important thing is to take the initiative now and change your life. Joining a club and going to parties and barbecues in the summer will put you in touch with some influential people. With the support of your friends, family and workmates, your desire to fulfil personal goals will grow. A long journey as the year ends will have a transformative effect on your life.

Money & Work:

Accepting the chance to take on a prominent role in a team effort in March will put you on the path to abundance. Don't be afraid to make big changes to your working world. Prepare to be offered a promotion or a plum assignment that leads to a pay rise. Volunteering to help raise funds for a good cause in May will feel empowering. There will be a strong sense of satisfaction in knowing you can help improve other people's lives through your words, skills and actions. Joint arrangements made as the year ends will give your life a sense of stability, security and structure.

AQUARIUS

Jan 21st - Feb 18th

Love & Life:

It will be tricky trying to address issues from the past that remain unresolved but that's what you will be doing as the year begins and you will do this successfully. Some headway will be gained through taking a calm and diplomatic approach. Keeping life structured and orderly is how you will remain in control as Saturn in your sign encourages you to concentrate your energy on accomplishing long-term goals. The love, affection and attention you offer your partner and close friends will be returned tenfold in the autumn.

Money & Work:

People in high places will be impressed by how seriously you take your responsibilities. It will feel good to be held in such high esteem. Don't let little setbacks get you down. Remain calm and problems won't faze you. You know that reaching goals you set for yourself at this time will be a struggle and there will be difficulties. You will just pick yourself back up again when you fall, forgive yourself for making mistakes and move forward. It's a year when patience and persistence will pay off in wonderful ways. The universe is putting you on a new path and you are ready for this. It will be through your close relationships and friendships where you will thrive.

PISCES

Feb 19th - March 20th

Love & Life:

Turn your attention to activities that make you happy in the spring. Getting involved in group activities will pave the way to some wonderful friendships. It's even possible you will be travelling with your partner or a group of friends in the summer. Romance will get a lot of your attention in July when you and a partner will want to spend as much time together as possible. Are you single? You might meet someone at a spiritual gathering in the autumn. Don't be surprised to notice your own beliefs changing when things you have been through in the past few years have caused you to change your priorities.

Money & Work:

Jupiter in your sign will encourage you to go ahead with purchases and projects you may have hesitated over in the past. For a while, no matter what you are doing, who with or where, the old adage: there's no time like the present, will make a lot of sense to you. You have been through a lot, you have made many sacrifices and now you just want to pamper yourself a little. In the summer, submit ideas for developing a creative project to an agent, manager or anyone who might help you promote this. You will get enthusiastic feedback for your work. Showcase your talents in June and at least one job offer will result. A raise or bonus as the year ends will be well deserved.

A Further 6 Yorkshire Writers Join The Northern Short Story Festival Academy 2022

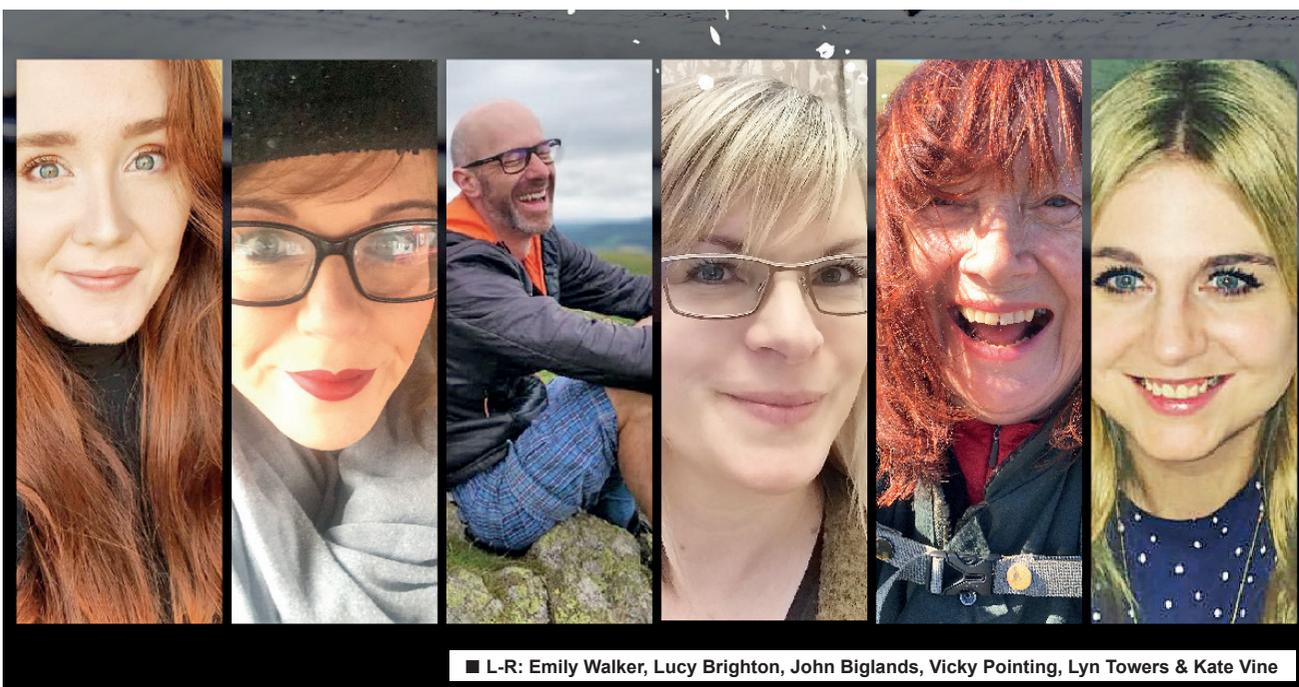
The Northern Short Story Festival Academy is delighted to announce that a further 6 promising Yorkshire writers are to join its now well-established Academy programme in 2022. Since its inception in 2018 the Academy has been supporting and championing writers in Yorkshire, helping them to hone their craft through monthly workshops where they have the chance to read and critique each other's short stories. The academicians work under the expert guidance of writer and creative writing tutor Anna Chilvers. At the end of the 6-month programme they will have the opportunity to showcase their work at a special event.

Festival Director Fiona Gell says: "It's so exciting to be able to introduce our 6 writers from all over Yorkshire for 2022. We've always known that the region has fantastic writing talent and we prove that each year that the Academy scheme runs. This is our opportunity to help 6 more writers hone their skills and develop their voices bringing the best of Yorkshire short story writing to the world. All applications are read anonymously so that it's a completely fair and unbiased process. It's a totally free scheme for those who get through, generously supported by Arts@Leeds and Leeds City Council and the Walter Swan Trust."

This year's intake is only the fourth to be accepted into the Academy. They include writers whose work has previously won the Lunate 500 competition, the Tiny Owl Workshop's Halloween flash fiction competition, been shortlisted for The Bath Short Story Award, and long-listed for the Brick Lane Bookshop Short Story Prize. Previous years' candidates have gone on to have their work widely published, including in the short story anthology *This New North* (2021, Valley Press) edited by S.J Bradley and Anna Chilvers which was shortlisted

The Yearbook of Astronomy 2022 is the Diamond Jubilee edition of this iconic publication, the annual appearance of which has been eagerly anticipated by astronomers, both amateur and professional, ever since this invaluable book first appeared in 1962. As the preface to the 1962 edition informed its readers, the post-war years had seen a tremendous growth of interest in astronomy and space research. Doubtless fuelled by the dawn of the Space Age, the launch of Sputnik 1 in October 1957 marked a significant change in the course of history. This epoch-making event, coupled with the subsequent flights of Soviet cosmonaut Yuri Gagarin (April 1961) and American astronaut Alan Shepard (May 1961), served to engender a public interest in astronomy and space that has continued to grow and expand to this day.

Maintaining its appealing style and presentation, the Yearbook of Astronomy 2022 contains comprehensive jargon-free monthly sky notes and an authoritative set of sky charts to enable backyard astronomers and sky gazers everywhere to plan their viewing of the year's eclipses, comets, meteor showers and minor planets as well as detailing the phases of the Moon and visibility and locations of the planets throughout the year. To supplement all this is a variety of entertaining and informative articles, a feature for which the Yearbook of Astronomy is known. In the 2022 edition the reader is presented with articles covering a wide range of topics including A History of the Amateur Astronomical Society: 1962 to 2022; Expanding Cosmic Horizons; Frank Drake and His Equation; Remote Telescopes; Skies Over Ancient America and others.



■ L-R: Emily Walker, Lucy Brighton, John Biglands, Vicky Pointing, Lyn Towers & Kate Vine

for Best Anthology at the 2021 Saboteur Awards.

S.K Perry, a former academician who graduated from the programme in 2021 says: "Being part of the Academy has been amazing, gifting me focussed time to grow my short fiction skills and body of work, and incisive feedback from a community of brilliant short story writers. I'm excited to continue working with our cohort to develop our craft and practices further, and build on the supportive relationships the Academy fostered between us. I'm so grateful such a thing exists and that I was able to be a part of it."

The 6 writers for 2022 are:

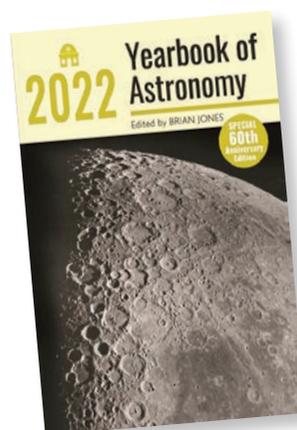
- John Biglands (Shipley) is a writer of speculative fiction. His scribbles are usually born in the early hours of the morning when the mystical mind-hamsters tickle his brain until he gets up and tells them stories. He doesn't really mind. He likes how quiet it is in the mornings and the hamsters are really quite sweet. His stories have been published in *Every Day Fiction*, *Havok* and *Cranked Anvil*.
- Lucy Brighton (Barnsley) has previously written short fiction and has appeared online, on air and in various publications including *Henshaw Press* and *Writers Forum*. She has been placed in several writing competitions. She also co-edited *Journeys: A Space for Words*. Lucy has a Masters Degree in Creative Writing and is currently working on her debut novel.
- Vicky Pointing (Leeds) writes flash fiction, short stories, and novels. She was one of the winners of the Tiny Owl Workshop's Halloween flash fiction competition, curated the UK leg of the *Krampus Crackers* project, and is currently working on a dystopian

novel for young adults. She has been published online by *Postcard Shorts*, *101 Words*, and *Expanded Horizons*.

- Lyn Towers' (Harrogate) recent successes include a short story published locally, and a flash fiction story published in *The Scottish Arts Trust Story Awards*. Her short scripts have been performed at local theatres including the *Leeds Playhouse*, and also filmed for radio and through the *Leeds Film School*. She is a member of *Script Yorkshire*. She is currently working on a collection of short stories, flash fiction and poetry.
- Kate Vine (York) is a writer and copy editor who recently returned to York after a decade in London. She has an MA in Creative Writing from the University of East Anglia. Her work has been published in various anthologies, and her short fiction won the *Lunate 500* competition and was shortlisted for the *Bath Short Story Award*. She is currently putting the final touches to her first novel.
- Emily Walker (Tadcaster) has had short fiction and poetry published in the *York Literary Review*, *Sink Magazine*, *Ellipsis Zine* and the *Beyond the Walls 2021 Anthology*, published by *Valley Press*. She has also recently been long-listed for the *Brick Lane Bookshop Short Story Prize*. Alongside working, she is in her second year of studying for a Masters in Creative Writing.

The Northern Short Story Festival Academy is part of The Northern Short Story Festival and Leeds Big Bookend, and is supported by Arts@Leeds and Leeds City Council and the Walter Swan Trust.

60th Edition Of Yearbook Of Astronomy



The Yearbook of Astronomy continues to be essential reading for anyone lured and fascinated by the magic of astronomy. It remains an inspiration to amateur and professional astronomers alike, and warrants a place on the bookshelf of all stargazers and watchers of the Universe.

About the Author

Brian Jones hails from Bradford in the West Riding of Yorkshire and was a founder member of the Bradford Astronomical Society. He developed a fascination for astronomy at the age of five when he first saw the stars through a pair of binoculars, and his interest took him into the realms of writing sky guides for local

newspapers, appearing on local radio and television, teaching astronomy and space in schools and, in 1985, becoming a full time astronomy and space writer. He has penned 18 books to date which have covered a range of astronomy and space-related topics for both children and adults. His passion for bringing an appreciation of the universe to his readers is reflected in his writing.

'Yearbook of Astronomy 2022: 60th Anniversary Edition'

By Brian Jones

Published by White Owl. Available at Amazon priced £14.99

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Antiques With Gary Don

Dear Readers,

Another year has passed and the Pandemic continues to have a massive effect on the antiques and collectors market.

In these uncertain times, many buyers are looking to invest in art, gold and other collectables rather than risk the stock market.

On the downside antique and modern furniture, grandfather clocks, dolls and general china are struggling to sell. The pandemic has flooded the market with general items and even charity shops have had to be more selective.

Most auction rooms are still holding their auctions online but this has resulted in new buyers and interest worldwide for many different items. There is a lot of interest from South Asia for large dinner services and Australia is buying strongly in English antiques. Paintings and Limited Edition Prints by well known artists have been achieving great prices.

On the positive side here are some of the items that achieved fabulous prices in our auctions this year.

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£16,630

A SMALL OIL PAINTING BY BRIAN SHIELDS (BRAAQ) OF 3 BOYS



£10,650

We wish you all a Happy, healthy and prosperous New Year and a huge thank you to all who have written in to us at the Yorkshire Reporter.

You may be sat on a treasure trove! It is often the items that you think are worthless that can turn out to be the most valuable. Not sure? Then send an email to; antiques@yorkshirereporter.co.uk I will answer everyone Look forward to valuing you *Gary Don*

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Diary Of A Pawnbroker

For those needing a quick cash fix after the most expensive time of year, Brown & Gold and Christopher Brown Jewellers are a great solution. January and February are among the busiest months in the pawnbroking calendar. With everyone struggling due to the overspending brought about by Christmas, two thirds of us spend our Januarys paying back credit card bills and overdrafts. This year we have the added pressure brought on by the corona virus and if you or your business has been affected with cash flow issues, you should come and visit our branches as we really can help.

In fact the majority of us won't have paid off our Christmas debt until March payday and statistics from MoneySupermarket.com tell us that 13% of us go into the red within a week of being paid!



This is how our pawnbroking and Asset Lending Service helps. Pawnbrokers will lend on a variety of items but gold, gem-set jewellery and luxury watches are the most popular pawns. The gold price has remained strong all year and it still remains the solid investment it has always been.

Local Lending...

We have 8 shops in the North with five in Yorkshire including Christopher Brown Jewellers in Seacroft, York, Pontefract and Shipley and Brown & Gold at Batley. We also have 3 further shops in the North West at Stockport, Toxteth and Prescott.

Over the last 12 months we have made business and personal loans



against Rolex, diamonds and gold for many thousands of pounds and our customers have been delighted with the service, speed and the value this type of loan offers.



These are happy stories and pawnbroking users are happy customers. They know what they wish to borrow, how long they will need the money for and that they will be able to get their goods back at the end of the loan or sell their goods to cover it without ever getting into more debt. We really feel we are adding a valuable service to the community and with over 80% redemption and return rate in our branches, our customers are clearly happy too.

If you need cash, why not take advantage of our confidential lending and buying service and make your payday come sooner!

Chris Brown

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To grab yourself a bargain you will have to be quick though. We have 5 branches in Yorkshire including Brown & Gold at Seacroft and Batley and Christopher Brown Jewellers at Shipley, York and Pontefract.

New lines added every week and hundreds of items upto **HALF PRICE**.

There is also an amazing upto **10% OFF ALL PLAIN GOLD, 3 for 2 on SILVER JEWELLERY** and other amazing discounts to be found. Every branch has unique items and the offer will not last for long so call in now to grab yourself an amazing **BARGAIN** to put the past 12 months behind us and start this year on a high!

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WAGGING TALES!



Conjunctivitis In Dogs: How To Spot The Signs And Treat It

Conjunctivitis is an inflammation of the mucous membrane called the 'conjunctiva', which is the tissue that coats the eye and the lining of the eyelids, that acts as a protective barrier for infection and objects entering the eyeball. When this area becomes infected and inflamed it is known as conjunctivitis, however, the condition is most commonly known as 'pink eye'.

What Are The Symptoms Of Conjunctivitis In Dogs?

Being able to recognise the common conjunctivitis symptoms means that you may catch a case of the infection early, making treatment easier and potentially preventing long term health issues for your dog. These symptoms are very similar to the symptoms we associate with conjunctivitis in humans, including;

- Eye infection - cloudy, greenish or yellow discharge from the eye
- Rubbing or pawing at their eyes
- Squinting or blinking more than usual
- Swelling around the eye
- Inflammation of the eye
- The whites of the eyes are red or pink

These symptoms often start in one eye and spread to the other through contamination. If the eye infection is caused by an allergy or virus, both eyes can be affected from the start. It can sometimes be accompanied by other clinical signs, such as nasal

discharge, coughing or sneezing. These symptoms are present in other eye conditions, so it's important to visit your vet to identify the cause of the issue, so the treatment is correct.

How Do Dogs Get Conjunctivitis?

There are a number of things that cause conjunctivitis in your pet and your vet will help to determine which is to blame. The three main types of conjunctivitis include;

Allergic Conjunctivitis: This form of infection is caused by an allergic reaction, this is seasonal and should not be contagious to other dogs.

Viral Conjunctivitis: Infection is caused by a virus that spreads quickly, for example, canine herpes or canine distemper. This normally causes green or yellow discharge from the eye.

Bacterial Conjunctivitis: Infections caused by bacteria can spread to other dogs easily. If your dog suffers regularly from bacterial infections in its eyes, it's likely there will be an underlying reason such as 'dry eye' or an in-growing eyelash.

Other potential causes include grass seed, grit or other items dislodged in the eye, an injury to the eye, bites in the eye area, eye diseases such as glaucoma, parasites such as eye worms, dust mites, pollen, mould, drugs or cosmetics and perfumes.

Is Conjunctivitis Contagious In Dogs?

Conjunctivitis is contagious amongst humans, but fortunately, in most cases in dogs, it is unlikely that it will pass to people or

other dogs. However, is it important to contact your vet about your dog's symptoms and how careful you should be until their infection clears up.

Precautions to take to protect yourself and other pets, including washing your hands after treating your dog's eye and keeping your dog's bedding and living area as clean as possible.

How Do You Treat Conjunctivitis In Dogs?

Eye conditions can be treated, but they can also worsen if left untreated. It's important to seek advice from your vet as they will provide medication to help treat its symptoms. Eye drops are the most common treatment for conjunctivitis, but the drops will depend on your dog's case. They will often prescribe antibiotics, steroids, anti-inflammatories or antihistamines.

While you want to do everything to stop the irritation in your dog's eyes, it's important to avoid trying home remedies and speak to your veterinarian for a diagnosis first.

Some infections are unavoidable, but there are certain things you can do to reduce the chance of your pup getting conjunctivitis. Keeping the fur around their eyes trimmed if you have a long-haired dog, is one of the most effective ways. Regular grooming will help to prevent irritation around the eyes and stop things from getting stuck in their coat and ending up in their eyes.

Another way to reduce the chance of your dog developing an infection is to not let them hang their heads out of a moving car's window. The wind and flying objects including pollen, dust and bugs can irritate your pet's eyes.

Ensuring your dog is up to date with all its routine vaccinations will help to protect them from viral infections that can spread from other dogs when contact is made.

When it comes to putting anything in your pet's eyes it can be an unpleasant experience for both of you if you are unprepared. You've got a wriggly pup and a very small target, and they can be very sensitive, especially as their eyes can be extremely painful.

If you have a small dog, position them on the countertop, with their rear pressed against you, this will help make the process easier for you and your dog. For larger dogs, back them into a tight corner so they can't escape and place their head between your thighs.

Then place your hand on the bottom of their chin and angle their head up. Use your right hand to apply the drops to your dog's eye. You can use your thumb to pull the eyebrow to make the application easier.

It's common for your dog to struggle, as they are being restrained, so you can offer them food with one hand and administer the medicine with the other. You can even smear peanut butter on the wall in front of you to keep them occupied.

Visit www.tails.com for more tips and advice.

Avoiding Guide Dog Distractions – "Don't Dive On The Dog!"



A new survey of guide dog owners has found that 71% of guide dogs are distracted at least once a day by members of the public. For a further 24% of guide dog owners, dog distractions happen every week.

In response, Guide Dogs polled the public as well and found that three in 10 British people (28%) admit they've stopped and distracted a guide dog while it was working, with a further 40% admitting they've been tempted. Distraction comes in many forms, including petting, talking to and even feeding guide dogs at work.

Such behaviour is potentially very dangerous, especially if a guide dog owner is navigating a busy or unfamiliar environment. If a guide dog loses concentration when approaching a staircase, for example, it could result in a fall and even an injury for the owner.

Members of the public who admitted to distracting guide dogs were asked why, with the most common reasons found to be that they interacted with the dog because they're impressed by their intelligence (59%), and finding Labradors and golden retrievers particularly cute (55%).

Dr Amy Kavanagh has been partnered with golden retriever Ava since last year and has faced regular interference when they are out together in London.

Amy said, "When someone distracts Ava it's so frustrating. What people don't understand is that a sneaky pet in the supermarket

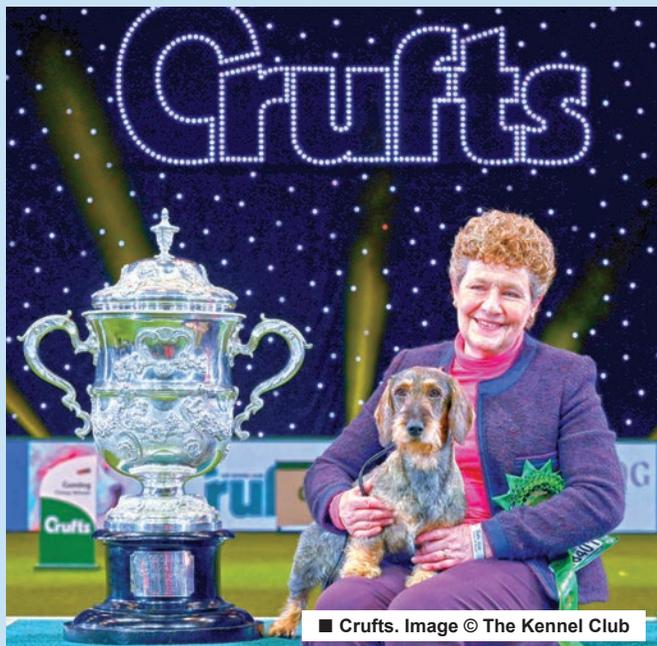
could jeopardise our partnership, Ava is new to her job and if she keeps getting distracted she won't focus.

"I just want people to understand that a quick fuss could actually impact my whole day, it could mean I have a fall because Ava's concentration is broken. It's so important that Ava understands the difference between work mode and play mode. When we're at home Ava gets all the love and cuddles she deserves, and we go to the park and she plays with her pals. I just need her to focus for the few hours a day she helps me get out and about.

"I've also had instances of people becoming very abusive when I've politely said no, they can't pet her. One man in a café screamed in my face because I asked him to stop touching Ava. Yes, Ava is a dog in places you don't normally expect to find dogs, but she's not an amusement or something fun to play with, she's keeping me safe."

Tim Stafford, Director of Canine Affairs at Guide Dogs adds "While Britain is a nation of dog lovers, we ask that people think twice before diving on the dog, and instead admire our lovely guide dogs from a distance. People with sight loss should be able to lead independent lives without this daily disruption."

Tickets Now On Sale For Crufts 2022: The World's Greatest Celebration Of Dogs Returns



■ Crufts. Image © The Kennel Club

Tickets are now on sale for Crufts, the world's greatest celebration of dogs, which is returning to the NEC in Birmingham from 10 – 13 March 2022.

The four-day event, which in 2020 attracted more than 150,000 people and over 27,000 dogs, boasts a diverse programme of dog competitions in different categories and levels, including the finale of the prestigious Kennel Club Hero Dog Award (formerly the Friends for Life competition) which recognises unsung canine heroes, and a celebration of crossbreeds with the Scruffits final. There will also be opportunities to meet and greet around 200 different breeds in the Discover Dogs area, shop for doggie delights at the many specialist trade stands, and enjoy the full arena show with all its displays and competitions.



■ Agility at Crufts. Image © Yulia Titovets and The Kennel Club

Show-goers have the opportunity to follow the Best in Show journey beginning with the Working and Pastoral group on Thursday 10 March, Terrier and Hound groups on Friday 11 March, Utility and Toy groups on Saturday 12 and the Gundog group on Sunday 13 March. The event culminates with the announcement of the public vote for The Kennel Club Hero Dog Award, followed by climax of the show, the exciting Best in Show finale on Sunday evening.

Three breeds will also be making history at Crufts 2022. The Hungarian Pumi will have its own classes for the first time; the Smooth Faced Pyrenean Sheepdog will make their debut at the show; and the historic Harrier will be making its first appearance in the Crufts breed ring since 1898!

Elsewhere, stands and areas offer an opportunity to learn more about other Kennel Club activities, including work that is done into canine health. Kennel Club Breed Rescue organisations will be showcasing their hard work and successes in rehoming breed rescue dogs on The Kennel Club stand, where visitors can find out about rescue dogs looking for their forever home.

With a huge increase in dog ownership during the pandemic, dog-lovers at Crufts can also enjoy the ultimate shopping experience with over 350 stands selling all sorts of doggy delights, including dog food, toys and beds, as well as outdoor clothing and other equipment.

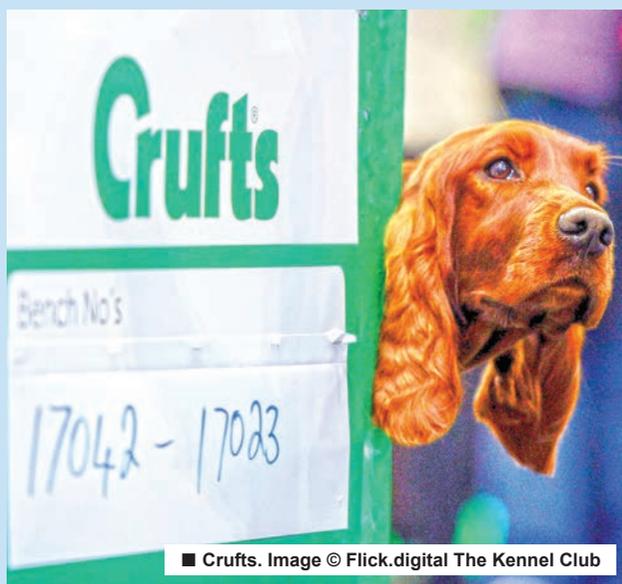


■ Championship Agility. Image © Yulia Titovets and The Kennel Club

Vanessa McAlpine, Events Executive at The Kennel Club, which organises Crufts, said: "We're delighted Crufts is returning in 2022, bringing together thousands of dogs and dog lovers and celebrating the unique relationship humans have with our four-legged friends.

"This year we are very excited to be welcoming for the first time a royal gundog display in the main arena, commemorating HM The Queen's Platinum Jubilee, as well as displays by Guide Dogs to mark the 90th anniversary of the charity and Hearing Dogs for Deaf People, who will be celebrating their 40th anniversary after forming at Crufts in 1982. Of course the highlight will always be Best in Show on the last night and we are excited to see who will take this crown for 2022."

More information and tickets for the event are available at www.crufts.org.uk. Please note that tickets are only available through the official ticketing partner Ticket Factory.



■ Crufts. Image © Flick.digital The Kennel Club

Dog Lovers Wanted In Yorkshire!



Do you love dogs and puppies? Hearing Dogs are looking for volunteers in the Beverley, Hull, Selby & Howden areas to help them train a hearing dog puppy.

WHAT DO YOU GET?

- To provide a home for a gorgeous hearing dog puppy or adolescent dog for 6-18 months depending on the dog's training plan.
- Full support from your local Dog Training Instructor via online support, virtual puppy classes and group training classes.
- They can arrange a temporary home for your pup when you go away or in an emergency.
- All food, bedding, toys and equipment will be provided.
- Medical expenses and insurance is covered by Hearing Dogs.
- The opportunity to meet like-minded people and the satisfaction in helping others.

WHAT DO THEY NEED?

- A loving home, with a secure garden.
- Access to a computer & video calling facilities.
- Volunteers who are at home for the majority of the day and who can dedicate time to puppy training on a daily basis.
- Volunteers who can drive and have access to a vehicle.
- People who have an interest in dog training.
- Volunteers who have an interest in learning new skills and working towards goals.
- Previous experience is not necessary for this role.
- They are currently only accepting applications in and around the following towns in East Riding & North Yorkshire: Beverley, Hull, Hessle, North Cave, Market Weighton, Howden & Selby.

WHAT ELSE DO YOU NEED TO KNOW?

Volunteer Puppy Training involves looking after and caring for one of their puppies or young dogs on a full-time basis, in your own home. Depending on your location, preferences and the puppy itself this could be from anywhere between 6-18 months at a time so requires a great deal of commitment.

Don't worry - you won't be on your own! Once registered, you will have access to the Hearing Dogs online portal where there is a wealth of knowledge & information about training the dogs alongside 'Dog Club Live' a monthly online training class for all volunteers. As well as this you will have virtual dog classes & one-to-one support, coaching and guidance from your local Puppy Training/Dog Training Instructor. Extra support may come from your group of volunteer peers who will be training puppies of the same age.

For more information and to apply visit;

www.hearingdogs.org.uk/volunteering/enquire

HEALTH



Heart Research UK Healthy Tips

— BY DR HELEN FLAHERTY, HEAD OF HEALTH PROMOTION AT HEART RESEARCH UK —

Mindful Eating

Mindful eating is an approach to food where you pay full attention to eating. Research has shown that eating mindfully can improve digestion, help regulate appetite and helps us enjoy our food much more. Here we share some simple ways to incorporate mindful eating into your daily routine:



PREPARING YOUR FOOD

For many people, cooking can feel like a chore but it doesn't have to be a rushed experience or something we do on autopilot. Whether you're chopping, slicing, or marinating, the art of being mindful when you are cooking is an ideal opportunity to focus your attention on textures, sounds and smells. If your mouth waters – you know you're on track!



SLOW DOWN

Taking the time to eat and chew your food thoroughly will enable you to taste the essence of the food. During a meal, you could practice taking smaller bites of food and try to put down your knife and fork between mouthfuls. You may be surprised at all the flavours that are released that you may not normally notice.

EATING AROUND THE TABLE

When life gets busy, it can be easy to slip into the habit of eating on the run and neglect taking time to sit down together. Trying to factor in time for sitting around the table can be beneficial for all members of a family or household. It can help everyone switch off from the stresses of the day and provide an opportunity to reconnect over a meal.



NO DISTRACTIONS

We tend to eat more mindlessly when we are distracted. We also don't taste and experience the food as much because our mind is elsewhere. Try eating with no distractions; this means eating without your laptop or phone, or when reading or watching TV so that you can relax and enjoy your food in the moment.

Mindful eating takes practice, and the more you practice, the more natural it will feel!

To help keep your heart healthy, why not try out some of our Healthy Heart recipes from our website;

<https://heartresearch.org.uk/heart-research-uk-recipes-2>

Or have a look through our Healthy Heart cookbook filled with recipes from top chefs, celebrities and food bloggers;

<https://heartresearch.org.uk/heart-research-uk-cookbook>

How A Simple Eye Test Could Potentially Save Your Life

Eye tests don't just tell you if you need glasses and a change of corrective lens prescription, or even that you have 'healthy eyes'. Eye examinations are an important health check for overall wellbeing – and a potential way to identify an underlying life-threatening issue such as a brain tumour or heart disease.

Yet according to experts at Essilor.co.uk, its network of opticians is still reporting worryingly high numbers of people missing regular eye examinations. These findings are echoed by a recent YouGov poll that reported that a third of UK adults have not had an eye test in more than two years, 50 per cent of UK adults haven't attempted to book a routine check-up with an optician for well over a year and 69% haven't attempted to book specialist eye care at a hospital or with an ophthalmologist.

Dr Andy Hepworth from optical lens specialists Essilor.co.uk says, "Social restrictions, increased time spent on screens and harder to access healthcare could be leading to a ticking timebomb when it comes to not only ensuring better eye health in the UK but for spotting more serious issues relating to our overall health. We're urging everyone to get their eyes checked regularly by a professional, at least within the recommended timeframe of every two years – minimum, even if your vision seems fine."

TV Celebrity Sue Perkins knows only too well the dangers of not getting regular eye tests. She recently revealed her father was diagnosed with an inoperable brain tumour following a visit to the opticians. He passed away six months later, leaving the former Great British Bake-Off presenter determined to raise awareness of the importance of optic health.

Dr Andy Hepworth says "Regular eye appointments are not just about keeping our eyesight in check. A close inspection of the lens, retina and

optic nerve can reveal a host of disorders, high blood pressure and diabetes among them, even if the patient feels fine and shows no other symptoms.

"There are many surprising health problems that an eye examination can catch – and like all conditions catching them early can make all the difference.

The following 16 conditions are found to be identified from an eye test:

- High Cholesterol
- Brain Tumours
- Aneurysms
- Cancers of blood, tissue or skin
- Giant cell arteritis
- Lupus
- Lyme disease
- Medication toxicities
- Multiple sclerosis
- Rheumatoid arthritis
- Sexually transmitted diseases
- Sickle cell disease
- Stroke
- Thyroid disease
- Vascular disease
- Vitamin A deficiency

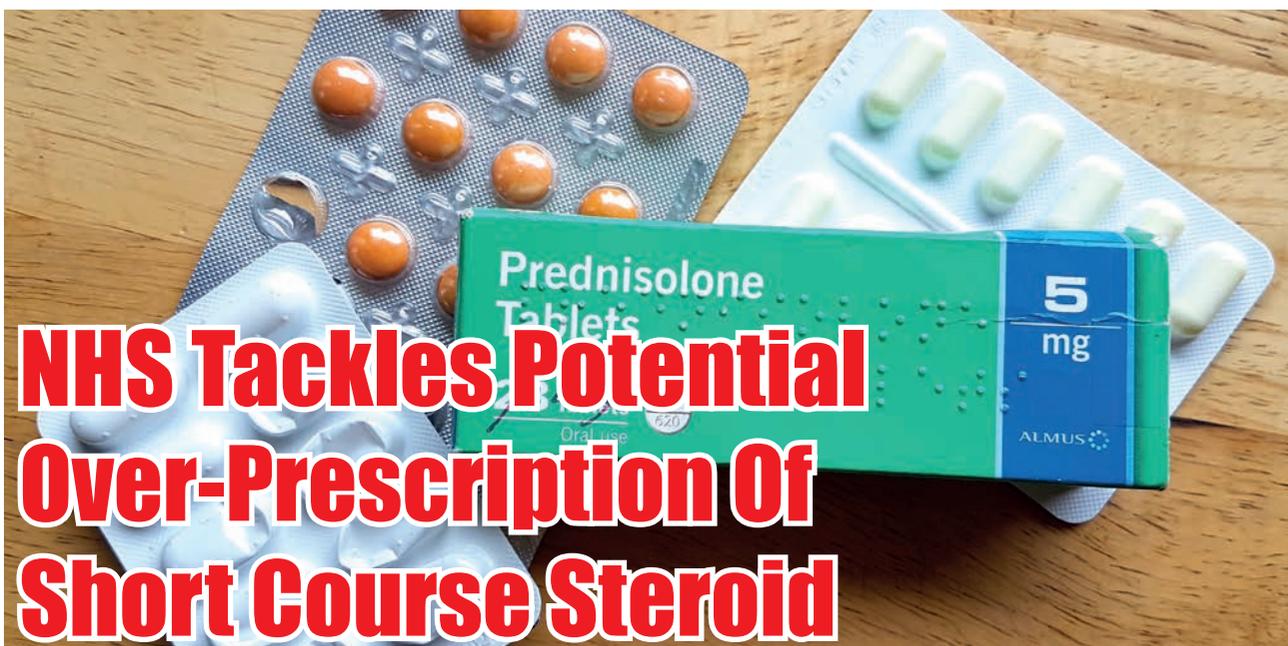
"Eyes are like a magnifying glass into the inner workings of our blood vessels, nerves and connective tissues throughout the body.

"For example, tumours on the brain can cause increased pressure that results in swelling near the back of the eyes – meaning that an optometrist can see these abnormalities. Changes in pupil size or double vision are also potential signs of a brain tumour. Other cancers that might affect the eyelids and outer surfaces of the eye can also be found during a detailed eye exam.

"A common condition affecting eye tissue and thus identified with an eye exam is diabetes. Tiny blood vessels in the retina that leak yellow fluid or blood can be a sign of diabetic retinopathy. Diabetic retinopathy happens when the blood vessels in the eye are damaged by high blood glucose levels, which is a serious condition if left undiagnosed. Early signs are usually picked up during diabetic eye screening – this is when photographs of your eyes are taken to check for damage.

"A very slight bleed in the eye, that presents itself as a tiny broken blood vessel in the white of the eye, can be associated with high blood pressure. And eye exams can detect a number of cardiovascular conditions, including clogged arteries or decreased blood flow due to heart disease. These conditions can leave plaque deposits or show as damage within the eye area to indicate a more significant health issue."

"As well as advising on specialist lenses to help to correct vision, opticians have the technology to take an in-depth look at your eye and beyond to your body's inner workings and provide expert advice. Maintaining regular eye examinations with your local optician is not only the best and most straightforward way to look after your eye health and vision, it may even save your life," Dr Hepworth concludes.



NHS Tackles Potential Over-Prescription Of Short Course Steroid

NHS Business Services Authority (NHSBSA) and partners have developed a new metric to help identify patients that are being prescribed quantities of prednisolone which might constitute a health risk.

Prednisolone is a short course steroid, which can be crucial in treating respiratory illnesses. However recent studies have shown that prescribing too many short course steroids could cause some adverse health conditions. This includes diabetes, cardiovascular illnesses, mental health disorders, musculoskeletal conditions such as osteoporosis and fractures, and many others.

In 2020 alone more than 35,500 people were prescribed over three grams of prednisolone, considered a high dose. Altogether over a million people in England took the drug.

NHSBSA is collaborating with Guy's and St Thomas' NHS Foundation Trust and the Oxford Academic Health Science Network (Oxford AHSN) which is leading the national Accelerated Access Collaborative / AHSN Network severe asthma and asthma biologics programme.

Darren Curry, Chief Digital and Data Officer at NHS Business Services Authority said: "I'm proud to say that at NHSBSA a lot of the work we do is around patient safety and to provide the data and access to data which helps to improve patients' lives. We've worked with Oxford AHSN and Guys and Thomas Hospital for the past eight months, collaborating and sharing to bring all of our skills together to help make a difference."

Seema Gadhia, Pharmacy Lead at Oxford AHSN said: "Being able to identify people on high cumulative doses of oral corticosteroids, and offer alternative treatment management, has the potential to significantly improve outcomes and reduce the risk of steroid related side effects."

Grainne d'Ancona, consultant pharmacist and clinical champion for the programme said: "For the moment, oral corticosteroids still have a role in managing airways disease. However, they must not be mistaken for an innocuous and inevitable consequence of having asthma or COPD. Our awareness of the problems associated with them and the availability of effective alternative strategies to achieve disease control, including optimised adherence to preventer inhalers and newer biologic therapies for appropriate patients, mean we can and should reduce patient's need for them. Facilitating early identification of those most in need of a review is a crucial step on this path."

The new metric looks at patients in England who have been prescribed prednisolone tablets, as well as an asthma/COPD medication in the last 12 months. It calculates the total cumulative dose, in milligrams, for the whole period. This will help clinicians to identify everyone at risk, and to prioritise those most at risk for review. At-risk patients may be suited to alternative therapies or clinical strategies.

This method also minimises the chance of including patients who are taking prednisolone for non-respiratory conditions, which can include Crohn's disease and rheumatoid arthritis.

Immunotherapy Approved For Some People With Advanced Melanoma In England

The National Institute for Health and Care Excellence (NICE) has recommended the use of the immunotherapy drug pembrolizumab (Keytruda) for some adults in England with a type of advanced melanoma skin cancer.

The drug will now be routinely available on the NHS to adults with stage 3 melanoma that's spread to the lymph nodes and who have undergone surgery.

Until recently, patients' only option was close monitoring after surgery, with other treatment options still very limited.

Current evidence shows that around 75% of people who take pembrolizumab after surgery do not have their cancer come back within a year of their treatment – a significant improvement on current standards.

Melanoma is the 5th most common cancer in the UK, and around 7% of cases are diagnosed at stage 3. Around half the number of people diagnosed at this stage will survive their cancer for 5 years or more.

Cancer returning after treatment can significantly reduce chances of survival. As around 60 to 70% of these patients will have their cancer come back after surgery within 5 years, there has been a great need to develop new treatments that can prevent this.

Current evidence from a phase 3 clinical trial shows that around 75% of people who take pembrolizumab after surgery do not have their cancer come back within a year of their treatment.

As the trial is still ongoing to collect more data, the drug was previously only available through the Cancer Drugs Fund, which helps provide access to promising medicines while further evidence is gathered on its clinical and cost-effectiveness.

Whilst evidence now shows that pembrolizumab can prolong the amount of time someone can have before their cancer comes back, there is still not enough data to know whether the drug improves overall survival.

Despite this, NICE believes that the benefit shown by the drug means it is still likely to be cost-effective, and so have approved it for routine use.

More Than Half Of Adults In Yorkshire And The Humber Wrongly Believe Available Parkinson's Treatments Can Halt Or Slow The Condition

Parkinson's UK is calling for people to continue to fund vital research breakthroughs after a survey revealed massive misconceptions around what current treatments can do for 145,000 people living with Parkinson's in the UK.

New figures released recently show that almost 6 in 10 adults in Yorkshire and the Humber (59 per cent) incorrectly think there are Parkinson's treatments available which can halt or slow the progression of the condition.

The reality is that there is currently no cure for the condition and current treatments only mask the symptoms.

Parkinson's UK, Europe's largest charitable funder of Parkinson's research, is appealing for the public to support its 'Time for Can' campaign, which shows the reality of living with Parkinson's and the researchers working towards better treatments and a cure - driven by people's needs and powered by supporters. The campaign is focused on increasing the public's understanding of Parkinson's while highlighting the urgent need for donations.

Dr Beckie Port, Research Communications Manager at Parkinson's UK, said: "Parkinson's is the fastest growing neurological condition in the world and at the moment, there is no way to stop, slow or reverse it. Yet this survey shows that in Yorkshire and the Humber there is a public misconception that we already have the treatments needed to stop the condition in its tracks.

"This is really worrying and could hold back progress towards finding a cure. In fact, as Parkinson's progresses, higher medication doses are needed to manage its symptoms. This in turn increases side

effects, which can be incredibly distressing. For some, medications may successfully manage symptoms for five years or more, but for other people, progression may be much faster.

"Every hour, two more people in the UK find out they have Parkinson's. Anyone can get it, young or old and it is a serious condition. That's why we need to drive forward promising research. People with Parkinson's urgently need better treatments and a cure now, but this can only happen with the support of the public in Yorkshire and the Humber. With everyone's help, we can discover new treatments and find new therapies to improve the lives of people with Parkinson's."

"Better treatments can't wait"

The UK-wide survey of 2,000 adults also found that nearly two-thirds (64 per cent) of adults in Yorkshire and the Humber are unaware of how many symptoms exist for Parkinson's.

With more than 40 potential symptoms such as lack of sleep, anxiety and stiffness, everyone's experience of Parkinson's is different. These symptoms are always there and can impact everyday tasks, leading to 'can'ts.' It can have an impact on tasks, such as tying shoelaces, buttering bread to playing with your kids. People may find themselves unable to keep their job, drive and leave their house. The longer a person has Parkinson's, the harder it gets, which is why better treatments are needed now.

Carolyn Ibberson, 54, lives in Bradford, West Yorkshire, and was diagnosed with Parkinson's in 2013 at the age of 46. Carolyn takes about 20 tablets everyday and says a cure would give her life back.

She says: "Life with Parkinson's medication is all about trial and error. It's not a nice feeling when you don't get the warning that your medication is wearing off and fatigue sets in. Right now, I'm having a rough time and the stress is making my Parkinson's worse.

"I love to do arts and crafts but on many days I get all set up to do something and then my tremor starts or fatigue takes over and my day is just spoiled. My body just won't do the things that I want to do. I can't do fine detailed work when it comes to crafts and I also forget things a little bit more than I did a few years ago.

"I haven't let Parkinson's get in the way of what I like doing. I've always liked dancing and singing, but my balance problems worsened, I was walking with a stick and my voice got quieter. It was only during the pandemic when my local group emailed about Zoom classes for singing, seated exercise and dance, that I re-discovered that I can sing. My voice has improved and I love singing karaoke, which I would have never dared to do before I had Parkinson's. The seated exercises have made my body a little steadier and it has made me fitter than before.

"However, I know my Parkinson's is progressing. We need more people to understand that Parkinson's is not just about having a tremor, being slow or experiencing stiffness. We need better treatments urgently. A cure would give me my life back. I never expected my life to turn out like this and it feels like my freedom has been stolen."

To find out more and donate now to find a cure for Parkinson's, visit www.parkinsons.org.uk/donate

Director Of Public Health Report Sets Out The Long-Term Challenges Of Covid



Few Directors of Public Health can have experienced a first year in post like Louise Wallace.

In her first Annual Report as North Yorkshire's Director of Public Health, Louise describes it as a year like no other - "the biggest public health challenge in living memory."

She pays tribute to the people who live and work in the county and her report, 'Making Sense of Covid-19', is an account of how they have faced and responded to the pandemic.

She stated: "Some of it will be very familiar, especially for the many thousands of people who were ill with Covid-19 and the families, friends and colleagues of the more than 1300 people lost to Covid-19 in North Yorkshire alone. We will remember them."

She describes how Public Health was supported in its mission to protect the health of the population by an army of volunteers and the many community organisations who gave their time and energy to support people who were isolated and made vulnerable by the pandemic.

"What stands out most for me are the amazing acts of kindness that people across the whole of North Yorkshire have shown to each other."

Communities rallied around for each other and stood strong. Our NHS colleagues were rightly lauded but right across the health and social care system, colleagues gave everything and more to keep people safe and connected."

That strong sense of community and collaboration and the Team North Yorkshire approach to battling against Covid, was recently praised in an independently conducted external review of North Yorkshire County Council's joint working with partners.

Louise said: "I wish to thank the people of North Yorkshire for the care, compassion and community spirit they have shown to each other throughout this time."

In her report she details how the North Yorkshire Public Health team worked with agencies and partners across the county to deliver effective outbreak management and testing and prepared the population for mass vaccination. That work continues.

Louise Wallace has developed extensive professional expertise in health and social care integration and came to North Yorkshire from Hartlepool where she was the town's first Director of Public Health. Tackling health inequalities has always been one of her priorities and remains a key challenge across the county.

In general, health in North Yorkshire is good, with most indicators above the England average.

However, there is substantial inequality in life expectancy in North Yorkshire. Women and men live 4.8 and 6.9 years longer respectively in the least deprived areas compared with those in the most deprived areas.

"Addressing this inequality, whilst improving outcomes for all," said Louise, "remains one of the key challenges for improving health in North Yorkshire. This will be particularly important given the impact of Covid on health and life expectancy."

Despite the challenges of Covid, Public Health has maintained crucial services such as the service to help people stop smoking; drug and alcohol services; adult weight management; helping people keep physically active and Living Well - a highly successful scheme that reconnects people to social and community networks to promote independence after a bout of physical or mental ill-health or following a bereavement.

North Yorkshire has continued with the delivery of the healthy child programme and along with district councils established the £2.5m North Yorkshire Warm Homes Fund to tackle fuel poverty.

Public Health also established REACH (Reducing Exclusion for Adults with Complex Housing needs). This is a three-year partnership project between Scarborough Borough Council, County Council Health and Adult Services, Tees Esk and Wear Valley (TEWV) NHS Foundation Trust and Beyond Housing to take forward a Housing First approach.

The aim is to provide dedicated units and intensive community support to people who are currently homeless or likely to be made homeless due to a range of social and long-term health needs.

Public Health also maintained the county-wide Stronger Communities programme which played such a crucial role coordinating community support organisations of volunteers to connect with and provide a safety net for isolated people and those made vulnerable during the pandemic.

"Few years can have been more challenging," said County Councillor Andrew Lee, North Yorkshire's Executive Member for Public Health, "but we have been fortunate to have Louise and her team at the helm and their remarkable work over the past 18 months. Their knowledge, experience and professionalism has made a huge contribution to our response to Covid."

The annual report has also set priorities for the year ahead:

- Continue to reduce health inequalities
- Continue with measures to protect the health of the whole population
- Improve mental health and wellbeing across the whole population
- Ensure babies, children and young people get the best start in life
- Continue to work with NHS partners to maximise joint effectiveness and impact on health outcomes
- Ensure the working age population have opportunities to live well
- Ensure the older age population can age well
- Develop a centre for public health excellence to promote research, training and behavioural science.

Louise said: "It is clear that we will need to continue to respond to Covid-19 in our immediate future and together we will find a way to learn to live with the virus."

"But my hope is that we will build on what we have learnt during this time and that we focus on recovery, as jobs and the economy as well as education and the homes and communities we live in, have a crucial role to play in being healthy and well."

Public Encouraged To Return Their Crutches And Walking Sticks As Part Of Harrogate District Hospital Amnesty

Staff at Harrogate District Hospital are asking the public to return any crutches and walking sticks they no longer use as part of an amnesty.

Harrogate and District NHS Foundation Trust spent £14,000 on purchasing new crutches last year and have issued around 2,000 pairs to patients. Typically, only 50% are returned, costing the Trust a significant amount of money and leading to shortages which can effect treatment for new patients.

Karen Alford, Therapy Team Lead said "Our orders of crutches have been getting less reliable over the past few months and we are now at a point where delivery dates keep being rescheduled and moved further back.

"This has created a significant problem with our supply of crutches and is happening across the country with lots of other equipment.

"We would ask our former patients who have now recovered to return their crutches and walking sticks so that we can help other people. You may have forgotten you have them and they may be hiding in cupboards or behind sofas, so we would ask you to take a look and return any you find as soon as possible."

Spare crutches and sticks can be handed over to Therapy Services reception at Harrogate District Hospital or placed in the crutch return box by the Therapy Service's waiting area.

All crutches and walking sticks are thoroughly cleaned before they are used by other patients.

For more information on the amnesty please contact Therapy Services on 01423 553472.



■ L-R: Karen Alford - Team Lead, Jodie Coughlin - Rehabilitation Assistant, Jill Callaby - Rehabilitation Assistant, and Christine Brown - Rehabilitation Assistant

CU Scarborough Nursing Leader Urges Former Nurses To Return To The NHS

CU Scarborough's Course Leader for Nursing returned to the wards last year to help during the COVID-19 pandemic and now she has called on former nurses across Yorkshire to follow in her footsteps to help tackle a shortage in the area.

The Royal College of Nursing estimates the NHS faces a shortage of 50,000 nurses across the UK.

Janet Wilson wants former nursing colleagues to help the NHS by signing up to CU Scarborough's new Return to Practice Clinical Practice Development course.

The course has been created to provide an opportunity for nurses whose registration has lapsed after a break in practice of three years or more to return to practice and renew their registration.

The fast-track programme can take three-months to a year, consisting of a 12-week module, an assignment and a minimum of 150 hours clinical placement.

CU Scarborough, part of the Coventry University Group, will launch the course in May and will welcome nurses from all fields, across North and East Yorkshire, to join the 200-plus nurses in the nursing department already training.

Janet said: "We want to give an opportunity to nurses who have left practice for whatever reason to return.

"Sometimes people go abroad, leave nursing, retire and then a few years later think they might want to return. It is for people who have already done the three-year nursing programme.

"I went back to help during the pandemic and we saw many former nurses go back to the wards.

"We see this new course as an opportunity to help people return and in turn boost the local NHS workforce."

CU Scarborough is currently the only education provider in the North and East Yorkshire area running this new course.

Health Education England (HEE) will pay the course fees for anyone who meets its criteria.

Paul Gibson, HEE Return to Practice Co-ordinator for the North East and Yorkshire, hopes nurses who joined Janet and returned to the wards at the peak of the pandemic consider a permanent return.

He said: "We are delighted to have CU Scarborough join our regional network of return to practice course providers from 2022.

"This is such an important opportunity to help develop our nursing workforce in Yorkshire.

"Many individual returners have also provided incredible support during the Covid-19 pandemic and have realised how important they are, what they still have to offer in nursing and how rewarding the role can be.

"Having visited their fantastic campus and worked alongside some of the superb nursing education team, I know that an excellent and supportive learning environment will be provided to all returning nurses."

Paul and Michelle Bamforth, Regional Deputy Head of Nursing and Midwifery at HEE, will be available to speak to anyone who is interested in the course at CU Scarborough's Open Day on Saturday 15 January 2022.

You can find them at the Return to Practice information point from 10am-2pm.

You can find more information about the course at;

www.coventry.ac.uk/cus/return-to-practice

Health Leaders Speak Out About GP Practice Staff 'Abuse'

Doctors' leaders in North Yorkshire and York say experienced frontline GP practice staff are being driven out of their jobs because of high levels of verbal abuse from some patients.

Surgeries are continuing to experience a surge in demand for appointments and while the vast majority of patients are sympathetic to the pressures practices are under and are respectful and kind when they ring up, an aggressive minority is "making the working lives of reception and admin teams a misery".

Experienced and highly skilled reception staff from a number of practices in North Yorkshire have resigned in recent months, saying they could no longer put up with the levels of verbal abuse and hostility they were being subjected to.

YorLMC – the professional voice for NHS GPs and practice teams across North Yorkshire and City of York – together with NHS North Yorkshire and Vale of York Clinical Commissioning Groups (CCGs), say "a little courtesy and kindness goes a long way" and are calling for the abuse to stop.

Dr Brian McGregor, YorLMC's Medical Secretary, said: "Practice reception teams are very often the first people who can help a patient find the help or care they need. They are highly skilled and are integral to patient care and the smooth running of our practices.

"Most patients recognise the brilliant job they do, but regrettably, there are some who think it's acceptable to shout, swear, belittle and threaten them and other staff. The cumulative impact of these instances of aggression, prejudice, threats and offensive language, is leading to some highly valued members of staff choosing to walk away from a job they've loved, while others say they now dread coming into work.

"The NHS is very clear – there is no place for this sort of aggressive behaviour and it has a zero tolerance approach to abuse. If a person is violent, abusive or threatening to their GP or any general practice staff, they could be permanently removed from the surgery."

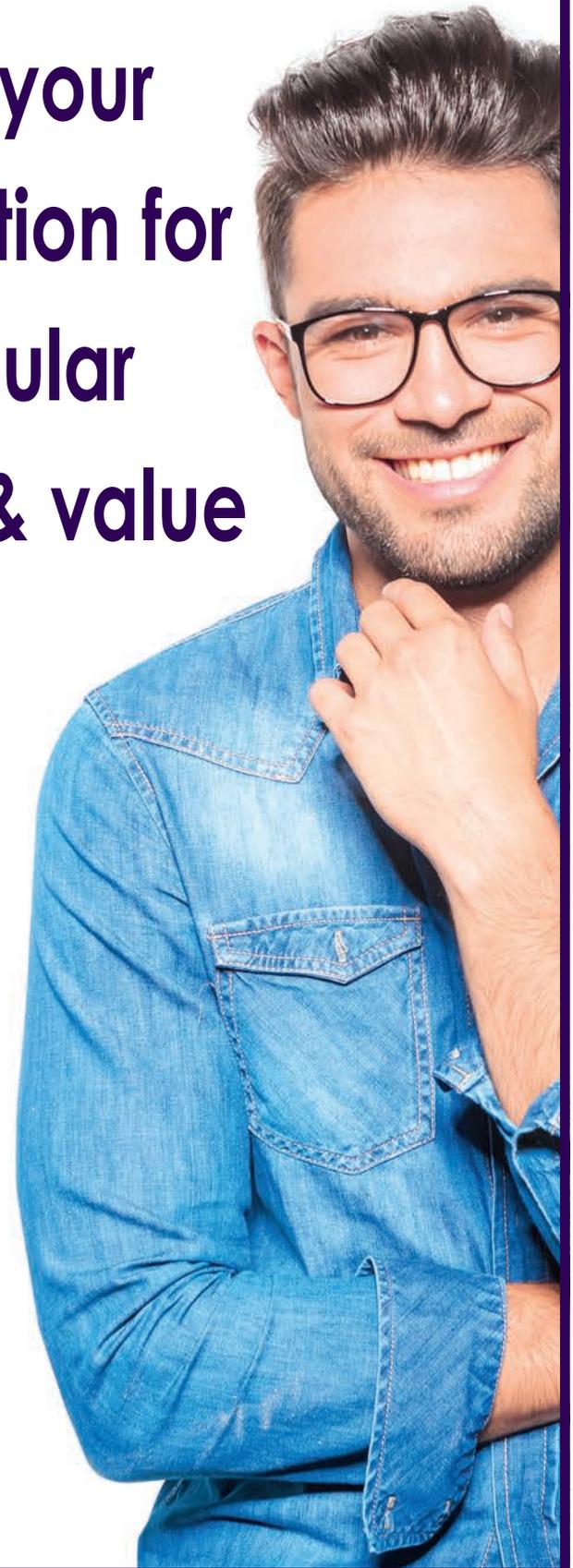
In today's modern GP practice, with a range of different healthcare professionals now available, patients who contact their surgery may be asked by a member of the reception team for more details of their health complaint or condition.

This extra information means the receptionist – or care navigator – can guide the patient to the right advice or fix up an appointment with the health professional that is most appropriate to meet their clinical needs, which may not always be a GP or nurse.

They are highly skilled at handling personal, sensitive, and confidential patient data and information and are a vital component of a modern GP practice's workforce.

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New All Electric Mercedes-AMG EQS 53 4MATIC+

The first all-electric, high-performance saloon from Mercedes-AMG is available in two model lines: Night Edition and Touring, both of which feature a 4WD, dual-motor AMG electric drivetrain producing 658 hp and 950 Nm (761 hp and 1,020 Nm with optional AMG Performance package with the Night Edition).

With a range of up to 358 miles (WLTP) from its 107.8 kWh battery, the EQS 53 4MATIC+ sprints from 0-62mph in 3.8 seconds and has a top speed of 137mph. The EQS 53 Night Edition with the optional AMG Performance Package has a 0-62mph time of 3.4 seconds and a top speed of 155mph.

Standard specification for both model lines, both of which start at £154,995, includes: Hyperscreen Package with augmented reality head-up display; Nappa leather upholstery; Burmester® surround sound system; Parking package with Active Parking Assist and 360° camera; AMG specific sound programmes; Driving Assistance Package Plus; AMG black panel radiator grille with hot-stamped vertical struts in chrome; AMG front bumper painted in body colour; AMG side skirts; AMG rear apron painted in vehicle colour with diffuser-style inserts; AMG spoiler lip on the boot lid; AMG Steering wheel, floor mats and interior detailing.

The Night Edition combines performance-focussed AMG body styling with 21" AMG alloy wheels, while the interior features a flat-bottomed sports steering wheel, sports pedals and full leather upholstery. These features are enhanced by the optional AMG Performance Package, available exclusively with the Night Edition.

Priced at £8,995 inc. VAT, the AMG Performance Package adds: AMG high performance ceramic composite braking system; AMG

DYNAMIC PLUS boost for RACE START – increasing maximum power and torque for short bursts; AMG Sound Experience Performance with Balanced, Sport and Powerful modes; AMG Driver's Package with maximum top speed increased to 155 mph; AMG TRACK PACE; and AMG carbon-fibre trim.

The Touring offers comfortable, classy performance and styling – with 22" AMG multi-spoke alloy wheels and Ambient Lighting inside the cabin. These features are enhanced by the optional Rear Luxury Lounge package, which is available exclusively with Touring and costs £2,995 inc. VAT. This package adds: Exclusive Nappa leather comfort seats in Black; electrically adjustable rear seats including sidebags in the rear; luxury head restraints in the rear; MBUX rear tablet; neck and shoulder heating in the rear; climate control for rear seats; comfort rear armrest; wireless charging system for mobile devices in the rear; multi-contour seats in the rear; seat heating plus in the rear; and additional USB ports.

All EQS models come with three years Mercedes me Charge subscription, providing access to a growing network of public charging providers including UK's largest public charging network. With Mercedes me Charge, customers have one account, one monthly invoice, and can access a wide network of chargers – starting charging sessions through the MBUX system in the car or simply tapping their RFID card.

This also includes a six-month bp pulse+ subscription – which provides free/lower cost charging at bp pulse charging stations – and also a one-year IONITY unlimited membership with free charging at IONITY rapid-charging stations.

MOTORISTS ENCOURAGED NOT TO IGNORE PARKING TICKETS

If a motorist receives a parking charge (PCN), which they perceive as unfair, they must not ignore it. Instead, they should appeal to the issuing operator in the first instance and then to the free independent appeals service when this is made available to them. It is essential that motorists engage with the appeals process which offers the opportunity to provide further evidence and avoid the escalation of charges.

The best way to avoid getting a PCN is to pay where you should and not to park where you don't have the right to do so. Motorists should always check the signage in private parking locations and adhere to the terms and conditions.

The RAC Foundation's recent estimate of c.8million parking charges issued last year reflects increased car ownership and millions more parking acts taking place every day, the vast majority without incident. This is because parking is effectively managed fairly and responsibly to make sure we can all access the shops, leisure facilities, hospitals and supermarkets that might otherwise become congested. There are many reasons why the number of DVLA data requests can rise and this includes multiple requests for the same vehicle because historically there is evidence to show that some motorists acquire multiple tickets. However, 4 out of 5 motorists never get a parking ticket.

There have also been various quotes about excessive profiteering made by the parking sector, but a report commissioned in February of last year by a global provider of trusted industry research shows the average profit made by a parking company was down to 2.1% during the pandemic, but this should rise to 3.9% by 2025/26.

Andrew Pester, BPA Chief Executive said "We welcome the Parking (Code of Practice) Act and measures to introduce a single code, standards setting body and an independent appeals service. However, for this package of measures to be sustainable, there needs to be a sufficient deterrent. Without effective parking management, places would become congested and inaccessible.

"We are calling on Government to reconsider proposals to drastically lower the level of the deterrent to enable effective parking management and avoid the type of chaos seen at many seaside towns and beauty spots when lockdown eased last summer. When the deterrent is set too low, more people take the risk of not following the advertised terms and conditions.

"We are delighted that Government has taken on our idea of a robust Appeals Charter which will provide motorists with a known result to any appeal where a simple mistake may have occurred, for example, a keying error when paying. The sector focusses on parking management and not mistake punishment."

BEST CARS OF THE YEAR 2021/2022 WORLD CHAMPIONS

A panel of world-renowned car designers, engineers, auto industry titans, motorsport legends, specialist journalists, broadcasters and media professionals voted for their Best Cars of the Year 2021/2022.

The Kia EV6 and Hyundai IONIQ 5 tied for first place and were declared joint winners in this, the first-ever judging verdict from a new, revolutionary evaluation process.

The judges commented that the shared win for the EV6 and IONIQ 5 further prove that Eui-Sun Chung, Chairman of the giant Hyundai-Kia organisation, is successfully shaking up the old-world order.

In addition to the world champ Kia and Hyundai models, new cars from Audi, Toyota, Ford, Fiat and Porsche were highly rated by the wholly independent Best Cars of the Year (Best COTY) judging panel which also includes leading vehicle retailers, automotive consultants, major event and motor club organisers, plus a handful of carefully selected real-world car buyers.

Manufacturers from South Korea, Germany, Japan, USA, Italy and France did most to impress the hugely experienced and genuinely unique team of national and international Best COTY judges who operated under an unrestrictive, totally democratic, 'one person, one vote' system.

Remarkably, the 10 models voted for by those judges into this year's Best COTY Top 10 are from 10 separate brands, based in six countries spread across the world's Top 3 car-producing continents – Asia, Europe and North America.

As the reigning joint world champions, the Kia EV6 and Hyundai IONIQ 5 are scheduled to be two of the many star attractions expected on the Best Cars of the Year stand at the British Motor Show this coming August, when the selection, evaluation, test driving and voting process for the Best Cars of the Year 2022/23 project will begin.

BEST CARS OF THE YEAR 2021/2022



■ HYUNDAI IONIQ 5

1st - KIA EV6 / HYUNDAI IONIQ 5

3rd - AUDI E-TRON GT

4th - TOYOTA GR YARIS



■ FORD MUSTANG MACH-E

5th - FORD MUSTANG MACH-E

6th - FIAT 500

7th - PORSCHE TAYCAN

8th - CITROEN AMI

9th - MITSUBISHI OUTLANDER PHEV

10th - VW POLO

IMPROVED DRIVING RANGE FOR THE PEUGEOT E-2008



The latest technological developments from the start of 2022 on the fully electric e-2008 will see the driving range increase to 214 miles.

To achieve the increase, all 17-inch tyres fitted to the e-2008 will be upgraded to 'A+' class, providing greater efficiency thanks to lower rolling resistance. In addition, a mechanical development with a new gearbox ratio will optimise the range on road and motorway journeys. Lastly, a new heat pump, coupled with an interior humidity sensor installed at the top of the windscreen, will optimise the energy efficiency of the heating and air conditioning. The information communicated by this sensor controls the air recirculation in the passenger compartment more accurately, ultimately protecting the amount of energy contained in the battery when heating and maintaining the temperature inside the vehicle.

The PEUGEOT e-2008 continues to be powered by a 50kWh battery and a 100kW electric motor for 2022 and is now capable of up to 214 miles from a single charge. With zero tailpipe emissions, the e-2008 achieves a 0% BIK rate, making it ideal for fleets and business users. Supporting up to 100kW rapid charging, a 0-80% completed in just 30 minutes.

The streamlined new 2008 range is also available with a choice of 1.2L PureTech 100, 1.2L PureTech 130 and 1.2L PureTech 155 petrol engines or with a 1.5L BlueHDi 110 diesel engine. The BlueHDi 110 and PureTech 100 models are sold exclusively with a six-speed manual, while PureTech 130 and PureTech 155 come with PEUGEOT's smooth EAT8 automatic transmission.

Sunra UK To Maintain 2021 Prices Despite Government U-Turn



Sunra UK has confirmed its intention to maintain its 2021 pricing structure until at least March 1st, 2022, despite the government's announcement to significantly reduce the motorcycle plug-in grant with immediate effect.

Following the announcement, that impacts 50 and 125cc equivalent machines heavily, Sunra UK remains committed to providing its customers with a low-cost zero-emission solution to help reduce congestion in our already overcrowded cities.

Despite the government's decision which has seen grants slashed from 20% of the pre-grant purchase price up to a maximum value of £1500 for

all electric motorcycles, to 35% (max £150) on L1e Mopeds and 35% (Max £500) on L3e Scooters, the Sunra range remains competitively priced, starting at just £2199.

As ever, the Sunra UK team remains committed to bringing truly effective, two-wheel EV products to customers and will continue to monitor the market and government policies to remain proactive in the market and deliver customers the best possible value.

For more information on the Sunra range of products, please visit www.sunra-uk.com

Squires Cafe

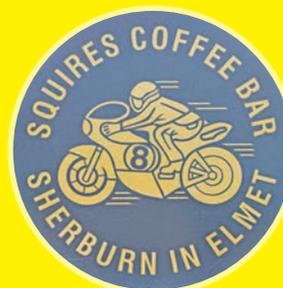
Squires Cafe is an ideal venue for all your event requirements, boasting large outdoor capacity that should meet all your needs plus large well equipped indoor facilities that make Squires an ideal year-round venue.

On site we have facilities for staying overnight which include a caravan park and campsite.

We are having 13 bed and breakfast rooms built which should be finished during the 2022 season.

We are currently operating under the current COVID guidelines which include a one entry one exit system, sanitation points at entry and exit, social distance measures, track and trace and with screens at serving points.

Visit www.squires-cafe.co.uk for more details



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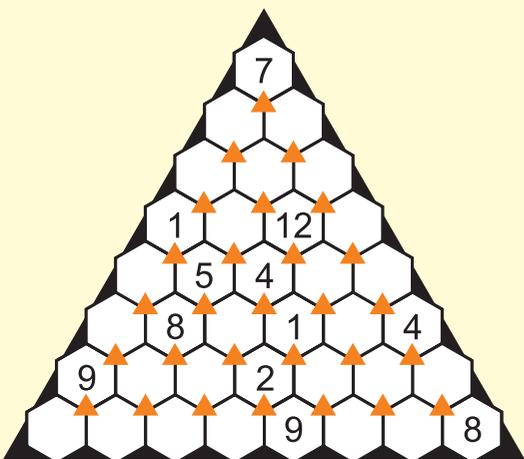
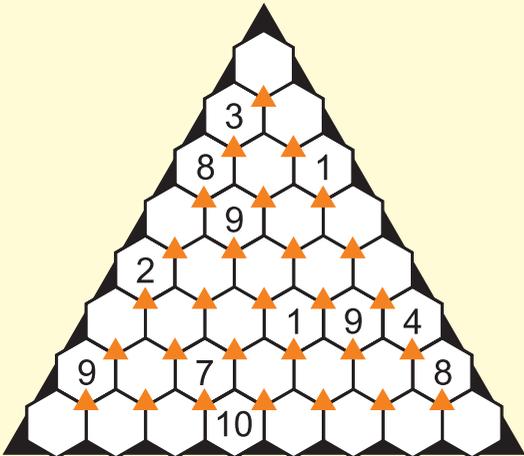
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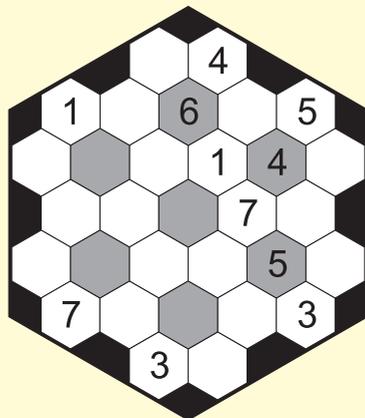
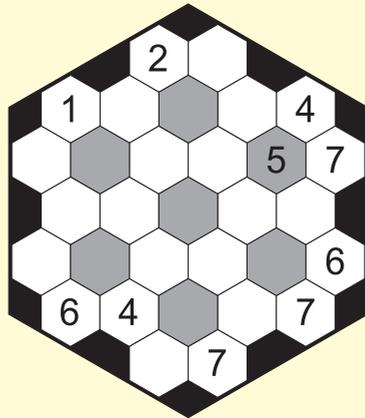
Subaddo 3D

Each orange triangle connects a set of three numbers. Two numbers must add or subtract to equal the third. All numbers must be between 1 and 12 and no number can be repeated in a horizontal row or diagonal row.



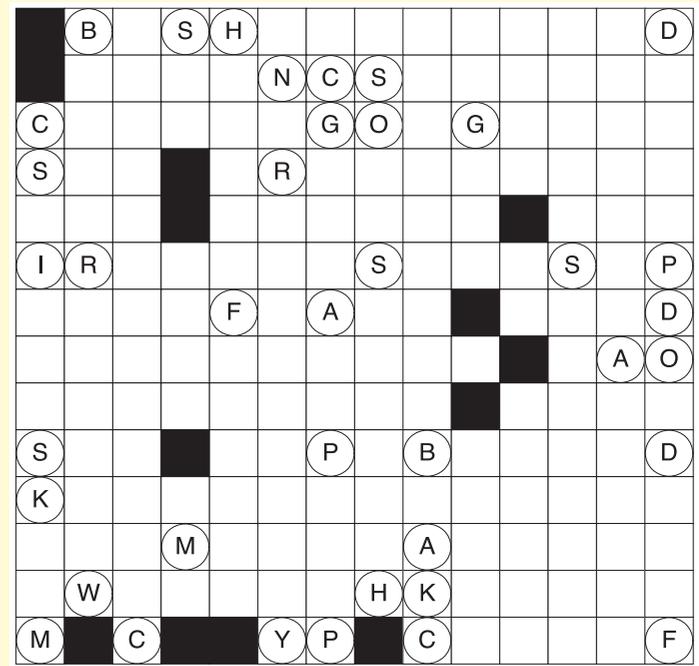
Rosetta

Fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that no number is repeated in a horizontal row and each number from 1 to 7 are represented in the 7 grey colored hexagon cells



Reverse Wordsearch

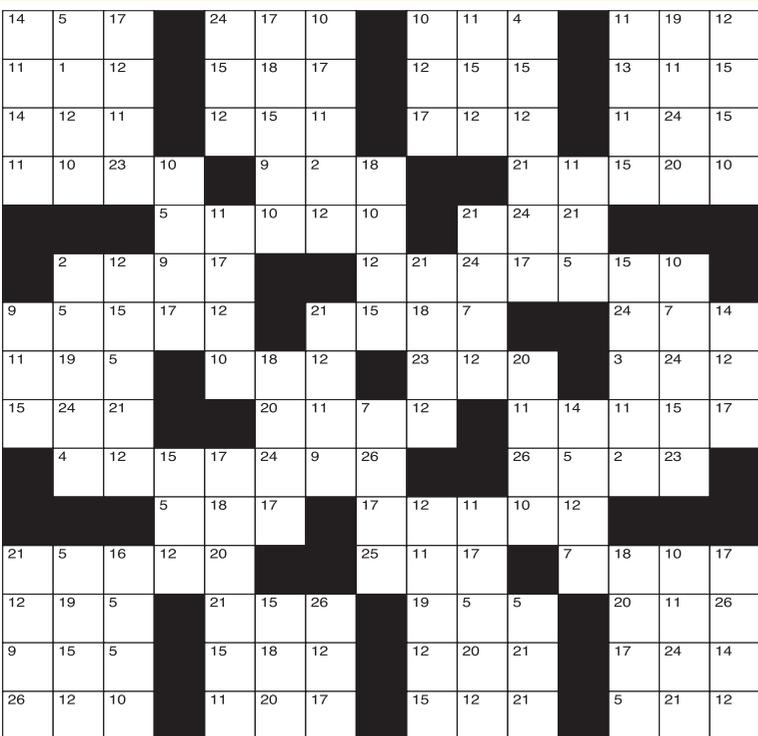
A bit more challenging than a regular word search puzzle. Build the grid up until every single empty square is filled, and all words are placed. The first letter of every word is given and circled to get you started. Note that more than one word might start on the same exact letter! Good luck!



- | | | | |
|----------------|--------|---------------|---------|
| Abuse | Donkey | Minks | Songs |
| Amuses | Fiend | Northeasterly | Sonic |
| Annexed | Fired | Order | Sores |
| Bravo | Gouged | Outdid | Stills |
| Busts | Grand | Phase | Studies |
| Calve | Graze | Plumed | Sways |
| Clips | Halts | Potato | Written |
| Coincidentally | Hyena | Realty | Yanks |
| Consular | Index | Runny | |
| Cougar | Kindle | Sands | |
| Dazes | Koala | Shifty | |
| Deriving | Marina | Somber | |

Clueless Crossword

Think of a Clueless Crossword as a mix between a regular crossword puzzle and a cryptogram. Unlike many crossword puzzles, this grid is filled only with common, everyday English-language words - no abbreviations or other special "crossword" spellings are allowed. Each square in the grid is numbered 1 through 26, and each number corresponds to one (and only one) letter in the alphabet. Your goal is to completely fill in the crossword grid by gradually uncovering the letter that belongs to each number. We've given you three "giveaway" combinations - fill those into the solution grid and into any corresponding boxes in the crossword grid to get started. It helps to cross out each letter in alphabet as you use it in the grid, since no letter can be used more than once. Note that not all letters of the alphabet may be used in any given puzzle. If a number isn't used in the puzzle, it is greyed out in the solution grid.



SOLUTION GRID

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26		

GIVEAWAYS

- #11 = A
- #15 = R
- #2 = L

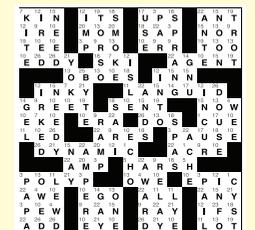
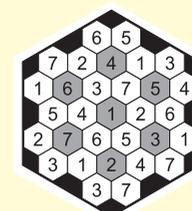
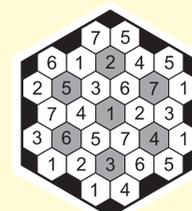
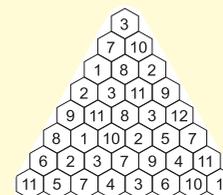
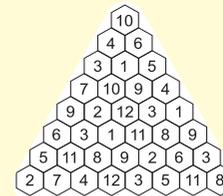
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Word Scramble

Can you solve these word scrambles? Each word is taken from this month's edition.

- | | |
|--------------------------|------------------------------|
| 1 - SSLULERTNGAR | 6 - LCLAO NGEDLIN |
| 2 - YESROKRHI WETRA | 7 - OTITVJUCNSNC |
| 3 - RIEDPS SEIWLLLE | 8 - SEOPCRH YCTNAA |
| 4 - IGB RNDGEA ABDRWHITC | 9 - SQSRUIE EFCA |
| 5 - IVKCI TOPGNIN | 10 - NNDGLAASL RAGEND ERTENC |

December edition answers



- Word Scramble;
- Merry Christmas
 - Christmas Giving Tree
 - Poinsettia
 - Castle Howard
 - Kate Bush
 - Aura Carver Frame
 - Junior Baking Club
 - Calming Pet Blanket
 - Bordeaux Chateau Petrus
 - Santa Claus



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Recipe Of The Month - Delicious Beef Stew

By Langlands Garden Centre
Chef Damian Gates



In the grip of winter and the January blues, nothing can beat comfort food! This beef stew is a delicious example.

Ingredients

- Olive oil
- 4 Garlic cloves
- 1 white onion chopped
- 4 carrots chopped
- 2 large potatoes chopped
- 2 celery sticks chopped
- 680g of stewing beef cut into chunks
- Bay leaves
- Thyme
- 2 tbsp tomato puree
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbles
- 2 tbsp plain flour
- 1tbsp butter
- 150 ml red wine (optional)

For the dumplings (optional)

- 125g plain flour
- 1 tsp baking powder
- Pinch of salt
- 60g suet

Method

- Pre heat the oven to 160°C
- Soften the onion, celery, carrots and potato with some olive oil and the butter. Add salt, pepper, thyme, and the bay leaves to season.
- Soften for about 10 minutes then stir in the flour followed by the tomato puree, Worcestershire sauce and beef stock cubes dissolved in water.
- Gradually stir and then tip in the meat. Bring to a gentle simmer and add the red wine.
- Cover the stew and put in the oven for two hours.
- Prepare your dumplings by combining the flour, baking powder, suet and salt with some water to form a dough.
- Divide the dough into dumplings, you can make four big ones or multiple small ones.
- After two hours remove the cover from the stew and add your dumplings, cook for a further 20 minutes or until the dumplings are golden.
- Serve and enjoy.

COMPETITIONS

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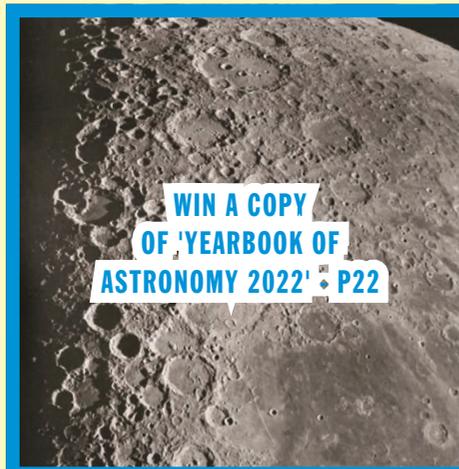
To enter go to page 34 and answer the 'How much info have you retained' questions then;

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Terms & Conditions – Entries must be in by the 23rd January 2022. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.



DECEMBER EDITION COMPETITION WINNERS

The Great Yorkshire Shop competition - Cheryl Jenkins

Eisberg Alcohol Free Wine - Jane Taylor

Goodnight Stories for Rebel Girls: 100 Real Life Tales of Black Girl Magic - Paul White

Sugru Starter Kits - Margaret Longsdale

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