

FREE

Yorkshire Reporter®

JANUARY 2022

Your Local Monthly Newspaper

TAKE PART IN THE BIG GARDEN BIRDWATCH 2022

SEE PAGE 13



Image © Rahul Thanki (rspb-images.com)



Work Begins On £40m New Affordable Council Housing Development In Leeds

SEE PAGE 4



**The Year Ahead
By Russell Grant**

SEE PAGES 20-21



Leeds City Council And West Yorkshire Police Secure £67,000 Road Safety Funding

SEE PAGE 24

**THE ONE MILLION POUNDS
CLEARANCE SALE - NOW ON!!**



SEE PAGE 7 FOR FURTHER DETAILS

CALL 0113 284 0668

CHRISTOPHER BROWN

PART OF BROWN & GOLD LTD

GOLD PRICES
HIT

**RECORD
HIGH!**



**SELL YOUR
GOLD**

OR USE IT TO BORROW CASH

See page 19



Contact us:

Pick-Up Publications Ltd.
Company No: 8476679

Opening Times:
Mon - Fri 9.00am - 5.30pm / Sat 9.00am - 1.00pm

Contact us
0113 273 5000

or



Email

advertising@yorkshirereporter.co.uk

For stories & news



Email

newsdesk.lds@yorkshirereporter.co.uk

For competitions



Email

competitions@yorkshirereporter.co.uk

www.yorkshirereporter.co.uk



Welcome to the Yorkshire Reporter

Now in our 8th year of bringing you the largest independent, free to pick up monthly newspaper in West Yorkshire, we are confident that inside you will find local news and stories relevant to you and your community, along with a wide range of interesting columns and features.

As a family owned business, we pride ourselves on supporting local community groups and businesses. With our team, you can be certain of a personal and professional service, so if you have something going on in your community that you want to shout about, or are thinking of advertising with us, please get in touch.

Lesley Ann, Editor

What's inside your paper

■ Crufts. Image © Flick.digital The Kennel Club

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

SEE INSIDE: Page 27

■ Jade Bird

Amazing Live Events 2022!

SEE INSIDE: Page 15

MOTORS

IMPROVED DRIVING RANGE
FOR THE PEUGEOT E-208

SEE INSIDE: Page 25

NEWS

LEEDS SCHOOLS GET £100,000 OF NEW BICYCLE AND SCOOTER STORAGE

SEE INSIDE: Page 5

2022 TIME FOR A CHANGE?

SEE INSIDE: Pages 8-9

WELCOME TO YORKSHIRE ANNOUNCE 'YORKSHIRE MENU' AS THEIR KEY CAMPAIGN FOR THIS YEAR

SEE INSIDE: Page 10

CONJUNCTIVITIS IN DOGS: HOW TO SPOT THE SIGNS AND TREAT IT

SEE INSIDE: Page 26

LEEDS CHILDREN'S HOSPITAL TO OPEN A SPECIALIST CLINIC FOR CHILDREN WITH SEVERE OBESITY

SEE INSIDE: Page 30

WEST YORKSHIRE'S LARGEST MONTHLY INDEPENDENT FREE TO PICK UP NEWSPAPER

100,000+ READERS EVERY MONTH

Available **FREE** to pick up from many selected supermarkets;

Also available **FREE** to pick up from selected;

Sainsbury's

ASDA **TESCO**
Every little helps

M MORRISONS

CROSSGATES SHOPPING CENTRE

ST JOHNS
We do that.

Nisalocal

Garforth Main Street,
Beeston Town Street
& Crossgates Road



ALL LEEDS LIBRARIES

Crag House Farm THE ARIUM, THORNER



Costcutter

Boston Spa High St
Tadcaster Sutton Rd



Fish Restaurants

- | | |
|------------------------------------|----------------------------------|
| Oceans Cross Gates | Hiltons Fish & Chips Garforth |
| Murgatroyds Fish Restaurant Yeadon | Wetherby Whaler - Guiseley |
| Skyliner Fish Restaurant Colton | Wetherby Whaler - Pudsey |
| Coes Cross Gates | Wetherby Whaler - Wetherby |
| Pudsey Fisheries | Wetherby Whaler - Tadcaster |
| Key Fisheries York Road | Mermaid Fish Restaurant - Morely |

Garden Centres

Langlands A64, Garforth Garden Centre, Selby Rd

FREE Yorkshire Reporter
Your Local Monthly Newspaper

AVAILABLE FROM OVER 500 OUTLETS EVERY MONTH

Distributed throughout Leeds & surrounding areas

Bringing you local news, stories & features plus much much more for over 8 years

©Pickup Publications Ltd. All contents are Copyright. All Rights are reserved. No part of this publication may be stored in any retrieval system or transmitted electronically in any form without prior written permission of the Publishers. Whilst every effort is made to ensure accuracy, no responsibility can be accepted for inaccuracies howsoever caused. Contributed material does not necessarily reflect the opinion of the Publishers. The editorial policy and general layout of this publication are at the discretion of the publisher and no debate will be entered into. No responsibility can be accepted for illustrations, articles or photographs whilst in transmission with the Publishers or their Agent unless a commitment is made in writing prior to receipt of such items.

Congratulations As Inspiring Leeds Figures Recognised In New Year's Honours



A host of inspirational figures working across Leeds have been recognised in the prestigious New Year's Honours list.

Individuals from the worlds of sport, music, social care, the local community and local government are among those who have been awarded a string of honours in the Queen's annual list, which recognises those who have gone above and beyond in their field and made a huge difference to the city and the country.

Councillor James Lewis, leader of Leeds City Council, said: "It is hugely inspiring to see so many different people who have worked to make a difference across Leeds and beyond being honoured."

"The sheer diversity of individuals named on the honours list is a true testament to what a special city Leeds is and fitting recognition for the exceptional work taking place across our communities."

"I'd like to congratulate all those who have been honoured and to thank them for everything they have done to fly the flag for Leeds in what has been a challenging year."

Among those honoured is Cath Roff, Leeds City Council's director of adult social care, who has been awarded an MBE recognising her tireless service to social care, leading the Leeds team through a uniquely challenging year.

Leeds City Council's chief executive Tom Riordan said: "I'm so pleased to see Cath's tireless dedication and commitment to public service recognised."

"Cath is a true team player who has steered her team through a profoundly challenging year, motivated by a desire to help and support those most in need of care. She is an inspirational leader who has made a genuine difference to Leeds and this prestigious honour is thoroughly deserved."

Cath is joined on the list by former long-serving Leeds MP John Battle, who has been knighted for political and public service, West Yorkshire Deputy Mayor and former Leeds councillor Alison Lowe, who has been recognised for services to mental health and wellbeing during Covid-19, Leeds Paralympian Kadeena Cox, who was honoured for her services to athletics and cycling, and Leeds's own Spice Girl Mel B, who has been recognised for her services to vulnerable women as a patron of Women's Aid.

Other sporting stars recognised include triathletes Jonny Brownlee, Alex Yee, Georgia Taylor-Brown and Jess Learmonth, diver Matty Lee, Paralympian Hannah Cockroft and Leeds Rhinos legend Jamie Jones-Buchanan.

UNITED CARPETS

WOODFLOOR & BEDS

NO DEPOSIT

up to 4 YEARS 0%

INTEREST FREE CREDIT†

on everything in store

† Terms and conditions apply

Plus every carpet

FITTED FREE*

*Free fitting applies to all carpets purchased with the equivalent size of our Airstep or Treadmore underlay. Stair surcharge applies.

10% OFF

on production of this Yorkshire Reporter advert

At United Carpets Leeds. Not to be used in conjunction with any other vouchers. Valid until 31 January 2022

LOWEST EVER PRICES

Modern Twist and Loop Piles from only

£3.99

m²

Sanat Marai Double Bed 4'6"

ONLY £349

Frame Only

UNITED CARPETS

WOODFLOOR & BEDS

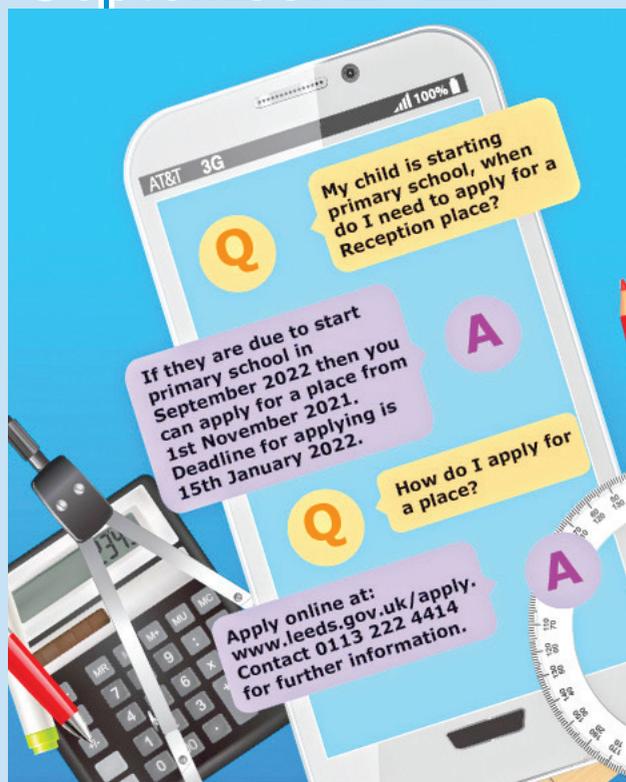
1 Austhorpe Rd, Crossgates, Leeds LS15 8QR
Tel: 0113 293 1717

Opening Hours:
Mon - Sat 9am - 6pm
Thur 8am - 8pm, Sun 10am - 4pm

www.unitedcarpetsandbeds.com or call Free on 0800 344 442

Products subject to availability. *Free fitting applies when you buy the equivalent size of our Airstep or Treadmore underlay. Stair surcharge applies. Free fitting offer does not apply to laminate wood or vinyl flooring. Stocks vary from store to store. Colours in photos may vary slightly due to print quality. United Carpets accept no responsibility for printing errors. †United Carpets Woodfloor and Beds acts as a credit broker and only offers credit products for Secure Trust Bank PLC trading as V12 Retail Finance Ltd, all Credit is provided by external finance companies as determined by United Carpets Woodfloor and Beds. Minimum order applies.

Last Chance To Apply For A Primary School Place For September 2022



The deadline to apply for a Leeds primary school place (reception) for September 2022 is January 15th.

Families are advised to use all five of their preferences to give their child the best chance of being allocated a place at a preferred school. Using less than five doesn't increase the chances of being offered your first preference.

The simple and secure application form can be completed online at www.leeds.gov.uk/apply.

Families will also find a range of information on the website to help them choose their five preferences, including advice on the application process, links to individual admissions policies, information about school transport, as well as allocation data from previous years to help families decide if there is a reasonable chance of being offered a place at the schools they are listing.

Parents and carers can also watch a video that takes them through the key steps of the application process.

There are other options for those without access to online facilities and these can be discussed with the admissions team by calling 0113 222 4414.

For those applying using our online portal, offers will be sent out by email on 19th April 2022 during working hours. For those that apply by any other means, a letter will be posted on 19th April so will arrive later that week.

Councillor Jonathan Pryor, Leeds City Council's executive member for economy, culture and education, said:

"Deciding on a primary school is a very important decision for parents and carers to make, and we want to support them as they complete the application process.

"It is really important that families apply on time, use all five of the preferences open to them and do research on the schools they preference. If anyone is in need of support I would urge them to reach out to the admissions team on 0113 222 4414."



Work Begins On £40m New Affordable Council Housing Development In Leeds

Work has now started on a £40million council housing development which will see the regeneration of Throstle Recreation Ground and the former Middleton Skills Centre in Leeds.

The project off Middleton Park Avenue is one of the largest being undertaken as part of Leeds City Council's Housing Growth Programme and will be made up of 60 two-bed, 38 three-bed, two four-bed properties and four bungalows.

It will also feature an extra care housing facility for older people requiring care and onsite support, with 47 one-bed and 13 two-bed contemporary open-plan type apartments which will provide secure, well-designed homes that are wheelchair accessible and allow for future adaptability and 12 one-bed bungalows which will be built specifically for adults of working age with disabilities.

The development will provide benefits to the wider community through delivering improvements to the existing public open space and creating a

recreation ground and a central area suitable for numerous leisure activities. Soft landscaping will be used to enhance the green space with a feature area of wildflower meadows; the planting will improve the aesthetics of the area and provide a space for pollinating insects and wildlife. Tree planting will further enhance the area by creating a focal point that will also provide both shade and increase biodiversity. Pathways will provide access routes for the community with strategically placed seating and natural play areas.

Created by developer Wates Construction, the site will be equipped with an underground district heating system to provide the properties with energy-efficient heating and hot water, supporting the council's commitment to tackling the climate emergency through new energy-efficient, affordable housing options. In addition, each property will have off-street parking and an electrical vehicle charging point.

The development is scheduled to be fully completed by autumn 2023.



£3.9m Leeds West Academy Expansion Underway

Construction work has started on a £3.9 million project to extend a Leeds secondary school and increase the capacity to 1,500 students.

Three extensions will be built onto Leeds West Academy to provide new classrooms, a science lab, and office facilities. More seating will be available in the dining space and changing facilities will also be improved as part of the expansion plan.

Esh Construction was appointed to deliver the scheme via the YORhub framework last year. Esh Divisional Director, Stuart Leslie, said: "We are delighted White Rose Academies Trust has appointed us to deliver this expansion project, which will build on the success of previous schemes we have delivered within the education sector.

"As a local contractor, we have committed to delivering a wealth of social value initiatives throughout the project to maximise the benefit for our client and the community – something which is paramount across all Esh Construction schemes."

Located in Rodley, Leeds West Academy is part of White Rose Academies Trust. It currently has 1,200 pupils and wishes to improve its facilities for the benefit of students and staff, as well as enable the school

to accommodate an additional 300 pupils. The expansion was given the green light by planners in June 2021.

Mr Whieldon, Principal, commented: "Leeds West Academy is a school whose successes are always built upon the strength of our community, and we are delighted that to support our increasing popularity, we are able to add further additions to our world class facilities."

Esh Construction will work in partnership with Turner & Townsend, Jefferson Sheard, and Adept to deliver the project.

Reduced level digging, drainage diversions and piling works are underway in preparation for three steel portal frame structures to be constructed at the rear and side of the building.

The final phase will see all hard and soft landscaping work completed as well as eight new parking spaces and electric vehicle charging points installed. Solar photo voltaic panels will be installed on the sports hall roof to assist with a reduction in carbon footprint.

To find out more about Esh Construction, visit www.eshgroup.co.uk

Green Light For Latest Phase Of Work On Development Masterplan

Leeds City Council has welcomed recommendations which could take it a significant step closer to finalising a major development plan that will help deliver high-quality homes and opportunities for local people.

A planning inspector has provisionally backed the council's proposal for 36 pieces of land to be retained within the city's protected green belt under changes to Leeds's Site Allocations Plan (SAP). The inspector has also provisionally backed a related proposal that would see an additional site at Barrowby Lane in Manston earmarked for employment use with the aim of further driving economic growth and job creation in east Leeds.

The SAP, a key planning policy document which allocates land for future housing, employment, office, industrial and retail use, was adopted by the council in 2019 after a rigorous process of preparation and public consultation lasting six years.

Under the original terms of the SAP, a total of 36 sites were removed from the green belt for possible housing use while a 37th – at Barrowby Lane – was removed from the green belt for a mix of potential housing and employment uses.

The council then revisited the document following a legal challenge brought by Aireborough Neighbourhood Forum, with the High Court ruling last year that all 37 sites should be temporarily removed from the SAP and returned to the green belt pending further examination by the national Planning Inspectorate. The remainder of the SAP – which covers hundreds of sites across the city – was unaffected by the court ruling.

Work conducted by the council with developers and landowners subsequently found that, due to the changing nature of local land supply, Leeds would in fact be able to more than meet its housing requirements for the period up to 2028 without the need for further green belt site releases.

Using those findings, the council drew up a series of proposed modifications to the SAP that were submitted for examination by the Planning Inspectorate in March last year.

The Planning Inspectorate has now agreed that, subject to public consultation, the council can retain the 36 housing allocation sites in the green belt and switch Barrowby Lane's status from housing and employment to solely employment.

The council's executive board approved a six-week public consultation

on the proposed changes. Once the consultation has taken place, the Planning Inspectorate will consider any responses received and prepare a report. This in turn, it is hoped, will allow the council to confirm the modifications, giving it a fully adopted and up-to-date SAP.

Councillor Helen Hayden, Leeds City Council's executive member for infrastructure and climate, said:

"The Site Allocations Plan has been a massive undertaking for the council and one that will play a central role in shaping the future of our city.

"We are committed to doing everything we can to deliver the kind of homes and jobs that people in Leeds need and deserve, and this document will help us achieve that through the weight it carries in the determination of planning applications.

"It's really encouraging, therefore, to see us getting closer to a position where it can be fully adopted by the council and bring more certainty to residents and investors alike."

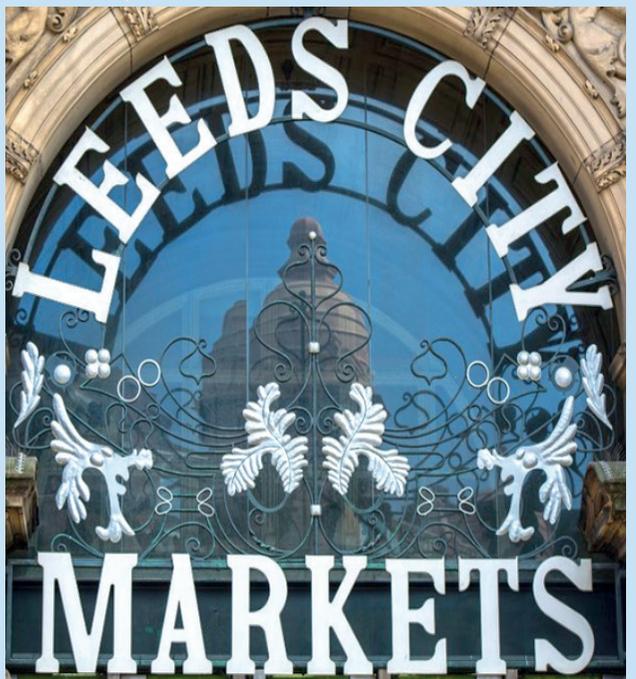
The council's original work on its SAP involved carefully assessing sites throughout the city and deciding which were the most appropriate and sustainable to allocate for development, in accordance with local and national policy. The plan was the subject of independent examination by government-appointed planning inspectors, who found it sound and legally compliant.

The council's proposed modifications are set against a background of considerable housing delivery in Leeds on brownfield sites, with 4,200 new homes currently under construction in and around the city centre. This is the highest number of new homes under development in and around Leeds city centre since the global financial crisis of 2008.

In its legal challenge, Aireborough Neighbourhood Forum claimed the council had acted wrongly in its approach to releasing four green belt sites in Guiseley and Yeadon, and by later adopting the SAP on the basis of that specific approach. Four grounds raised in the claim were rejected or not allowed to proceed by the judge in the case. The claim was allowed on a further three grounds.

Local authorities are required by the National Planning Policy Framework to maintain a five-year supply of deliverable housing sites.

Leeds City Council Sets Out Stall With Rent Support Pledge To Market Traders



Leeds City Council is serving up a timely financial boost that aims to help market traders cope with the ongoing challenges of the COVID-19 pandemic.

A 15 per cent rent discount will be in place for all indoor and outdoor traders at Leeds Kirkgate Market for the first three months of this year.

The reduction will also apply to council-run district markets in Pudsey, Otley and Yeadon.

The discount is the latest in a series of wide-ranging measures – including 18 months of previous rental support – taken by the council to assist the city's market traders since the start of the pandemic.

Market footfall is currently between 15 and 20 per cent down on pre-pandemic levels, while – even in normal times – the early months of the year are historically a difficult trading period.

The recent announcement by Leeds City Council also comes as stallholders digest the possible impact of new government restrictions designed to slow the spread of the Omicron variant of coronavirus.

Councillor Jonathan Pryor, Leeds City Council's executive member with responsibility for economy, culture and education, said:

"Our markets are part of the lifeblood of our city and we have been determined to provide them with much-needed support during the COVID-19 pandemic.

"They, like countless other people across Leeds, have shown immense fortitude over the last two years, so it is with pride that we are able to offer them this support."

Previous steps taken by the council to bolster the city's markets in the face of the pandemic include the introduction of a plan allowing traders to spread the payment of arrears accrued during lockdown. Extra help also remains available on a case-by-case basis for those suffering exceptional hardship as a result of COVID-19.

These market-specific measures are just one part of a massive economic support package overseen by the council since the beginning of the pandemic, with more than £290m worth of assistance being distributed to businesses and charities across the city in that time.



Leeds Schools Get £100,000 Of New Bicycle And Scooter Storage

Nineteen schools across Leeds are receiving new bicycle and scooter storage, in a project worth £100,000.

The schools will gain a total of 162 secure bicycle parking spaces and 200 scooter parking spaces. The project uses active travel funding allocated to Leeds City Council and West Yorkshire Combined Authority from the Department for Transport.

Chapel Allerton Primary School and Armley Park Primary School are the latest schools to benefit from the project. The new storage facility offers greater security and weather protection.

Other schools include Seacroft Grange Primary School, Ebor Gardens Primary Academy, St Bartholomew's C of E Primary School, Lane End Primary School, Hugh Gaitskell Primary School, Low Road Primary School, and Ingram Road Primary School.

The active travel fund supports local authorities to improve cycle and walking infrastructure. This project aims to make it easier for children to use active and sustainable modes of transport to get to school.

Leeds City Council runs a programme of active travel and road safety workshops for schools and community groups. The training develops children's skills and confidence so they can walk, cycle or scoot to school and use the new storage facilities.

These initiatives contribute to the Connecting Leeds transport strategy and help to create a city where you don't need a car.

If your school, workplace or community organisation needs bicycle and scooter storage, please email ITB@leeds.gov.uk.

To learn more, visit <https://connecting-leeds.com>

Yorkshire Water Expands Artificial Intelligence 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.



YorkshireWater

Public Urged To Report Places They Have Felt Unsafe As Pilot Scheme Extended

A pilot scheme that allows people to tell the police about places they have felt unsafe has been extended.

Can you help us target our patrols?

The Home Office launched StreetSafe, an online tool on police.uk last September as a pilot for three months. The pilot has now been extended until the end of the financial year.

It enables members of the public to anonymously pinpoint public places on a map where they have felt/feel unsafe and identify environmental or behavioural factors about those locations that make them feel this way.

Since launch, in England and Wales there have been over 8,000 reports submitted by the public via the tool, averaging at 50 reports daily, with 72% of reports from women. In West Yorkshire, it has been used over 200 times.

Detective Superintendent Lee Berry, of West Yorkshire Police's Safeguarding Central Governance Unit, said: "This tool is not about reporting crime, it is about letting us know that place where you felt uneasy. Maybe it was darker than it should be because a streetlight was out, or you got the feeling you were being followed.

"We want to use this data to inform our partnership work and police patrols. I encourage you to use this tool, as the more information we get from members of the public, the better position we are in to work with local authorities and our partners to make these areas safer."

To find out more about StreetSafe or to use the tool, please visit: [StreetSafe | Police.uk](http://StreetSafe|Police.uk) (www.police.uk)

StreetSafe is not for reporting crime or incidents. If something has happened to you or someone you know (including in public spaces online) you can call us on 101 or report online. Always call 999 in an emergency.



WEST YORKSHIRE POLICE

New Grant Initiative Launched To Help West Yorkshire Communities

West Yorkshire Prepared, the Local Resilience Forum for West Yorkshire, has launched a brand new grant initiative, aimed at helping communities across West Yorkshire increase their resilience and preparedness, ensuring they are ready should a major incident occur.

Through the Community Grant Initiative, £50,000 of funding will be provided to communities to enable them to better prepare for, respond to and recover from emergencies and major incidents. Amounts of up to £5000 will be awarded to small community initiatives and projects, which will directly benefit our region by providing support where it's needed most.

Catherine Hankinson, co-Chair of West Yorkshire Prepared and Assistant Chief Constable of West Yorkshire Police, said: "Our aim, through this initiative, is to deliver funds to grass-roots projects and organisations that can make a real difference on the ground. Whether for flood prevention and protection, essential communication devices or emergency response equipment, we want to enable more to be done at a local level by providing small, one-off grants where communities need it most."

Any community or voluntary group can apply, with applications particularly welcomed from groups working in more deprived communities or areas where there are clear and present risks. For full details on the entry criteria, or to download an application form, visit www.westyorkshireprepared.org.uk/community-grant.

Kersten England CBE, co-Chair of West Yorkshire Prepared and Chief Executive of Bradford Council, added: "We already know a lot of hard work and effort is carried out by community members and volunteers and hope this grant scheme will provide some additional support. We want to ensure this funding opportunity reaches right across our West Yorkshire communities so would encourage as many community groups as possible to apply."

The closing date for applications is January 31st, 2022, but if funds are still available after this date, they will re-open the initiative for a second round of applications.

To keep up to date with West Yorkshire Prepared, please visit www.westyorkshireprepared.org.uk or follow them on Facebook (@WYPrepared) or Twitter (@WYRForum).

Need a Public Notice for your business?

Contact;

advertising@yorkshirereporter.co.uk

Tel: 0113 273 5000

THE FAMOUS CHILTERN MILLS **Clearance SALE** **SALE NOW ON** THE ONE MILLION POUNDS WINTER SALE



PACK OF 2 LAURA.A
45CM SOFT FEEL CUSHIONS
MASSIVE SAVINGS
NOW ONLY **£5.99**

RRP ~~£16.99~~



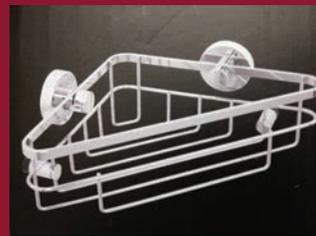
BOX OF 12 HANDBAG SIZE ALCOHOL HAND SANITISER
NOW ONLY **£1** FOR A BOX OF 12

RRP ~~£12~~ RIDICULOUSLY LOW PRICES



MADE TO MEASURE CANCELLED ORDERS
MIS-MEASURES IN FABRIC AND WOOD BLINDS
NOW ONLY **£10** ANY BLIND

RRP ~~£100-£200~~



CROYDEX STAINLESS STEEL CORNER BASKET
SUITABLE FOR THE BATH OR SHOWER
NOW ONLY **£4.99**

RRP ~~£39.00~~



CLUB PENGUIN DISNEY CHILDREN'S DUVET SET SINGLE SIZE
AMAZING DEAL
NOW ONLY **£2.99**

RRP ~~£14.99~~



FULLY LINED CHLOE READY MADE CURTAINS IN A CHOICE OF FOREST GREEN, SILVER, NAVY OR DARK RED
AVAILABLE IN A FULL RANGE OF SIZES EG. 167CM (66") WIDE X 183CM (72") DROP
NOW ONLY **£14.99** A PAIR

RRP ~~£67.25~~



BIG JUMBO BOUNCE BACK PILLOWS
HOLLOWFIBRE FILLED
NOW ONLY **£6.99** A PAIR

RRP ~~£40~~



WINTER TOG UK MADE HOLLOWFIBRE DUVETS SLIGHT SECONDS
AVAILABLE IN SINGLE, DOUBLE AND KING
MASSIVE SAVINGS
NOW ONLY **£6.99** ANY SIZE

RRP BETWEEN ~~£20-£40~~

THOUSANDS OF ITEMS REDUCED THROUGHOUT THE STORE INCLUDING BEDS, FURNITURE, BLINDS, RUGS, CURTAINS, TOWELS AND BED LINEN.

All goods subject to availability and our terms and conditions. Not to be used with any other offers. Pictures for illustration purposes only

CROSS GATES ROAD, CROSSGATES, LEEDS LS15 7PE (NEXT TO MECCA BINGO)

TELEPHONE: 0113 284 0668

STORE OPENING TIMES

Mon - Fri 9:30am - 5pm • Saturday 9:30am - 5:30pm

Sunday 10:15am - 4:30pm

(10:15-10:30 15 mins browsing time)

Beds Bed Linen Curtains Blinds Furniture Gifts

chiltern mills

www.chilternmills.co.uk

FREE PARKING

NO PARKING TICKET NEEDED FOR THE FIRST TWO HOURS WHILST SHOPPING AT CHILTERN MILLS



2022 TIME FOR A CHANGE?



Royal Voluntary Service in Yorkshire is encouraging more people in the region to discover the joys of volunteering whilst keeping their local community healthy and happy.

Royal Voluntary Service has been providing invaluable support to people in need in Yorkshire both before and during the coronavirus pandemic. With the support of players of People's Postcode Lottery, the charity and its volunteers are able to improve health and wellbeing, resilience, confidence and connections of some of Yorkshire's most vulnerable people.

Some of the ways in which local volunteers are improving the lives of people in Yorkshire include offering companionship, bringing the wonders of the local library to those that are unable to visit themselves, supporting at local groups or clubs, helping vulnerable people to stay healthy, active and social and serving refreshments to staff and patients in hospital retail sites. Others are supporting as NHS Volunteer Responder Steward Volunteers at vaccination centres. People are also being encouraged to sign up for a new Emergency Response Volunteer role, to form a team of standby volunteers who will be ready to come to the aid of their communities and their NHS when urgent needs arise. However, it's not just the people on the receiving end of the support that benefit from volunteering.

As a result of donating their time, Royal Voluntary Service volunteers report better physical health; mental health and wellbeing, with 81% of pandemic volunteers reporting an improvement in this; new skills and work experience; and a sense of connection to others in their community. In a recent report more than a third (38%) of Royal Voluntary Service volunteers said that volunteering has also improved their confidence.

Royal Voluntary Service is encouraging anyone that wants to make a positive difference to their community and experience the countless

benefits of volunteering to step forward and find out about roles in their area at royalvoluntaryservice.org.uk/volunteering.

Jennifer Scott, Commissioned Service Operations Manager for Royal Voluntary Service in Yorkshire said: "The feedback we get from the people that we support is often that the help of our service and our volunteers is a real lifeline for them. Our volunteers are changing and improving people's lives in Yorkshire every day. They volunteer completely selflessly, but it's incredible to see how much their service changes their lives too. If you'd like to join our close-knit team of amazing volunteers, any time you can offer will go a long way to supporting your community and you'll meet some fantastic people along the way."

Laura Chow, Head of Charities at People's Postcode Lottery, said: "Volunteering your time is one of the best things you can do for your community and for yourself. The numerous benefits of volunteering work both ways. By stepping forward, not only will volunteers be helping those that need extra support to get through the toughest months, but they'll be boosting their own physical and mental health and wellbeing too."

Royal Voluntary Service is one of Britain's largest volunteering charities with volunteers supporting the NHS and thousands of vulnerable people in the community. During the crisis the charity has delivered the NHS Volunteer Responders programme for NHS England enabled by the GoodSAM app with volunteers responding to over 2 million requests for support so far. The charity has also worked in local communities through the crisis running home libraries, companionship support, home from hospital services and patient transport. Its Virtual Village Hall provides live classes and tutorials on Facebook to promote well-being and keep people active and occupied through the pandemic.

Tap Into Your Talents And Consider Teaching As A Career

A national recruitment campaign is coming to Yorkshire to encourage local people to find out more about life as a teacher.

The session aims to inspire more people in the region to join a unique profession that helps shape the lives of the next generation.

Anyone interested in finding out more about the benefits and rewards of teaching can visit the Train to Teach event at the Hilton Leeds City, Neville Street, Leeds, LS1 4BX, on Wednesday 9 February 2022 from 4.30pm to 7.30pm. Registration is free via the Get into Teaching website

Visitors will be able to find out how to get into teaching from expert advisers, training providers and local teachers.

The event is part of a programme of events organised across different towns and cities by the national Get Into Teaching campaign, which provides a comprehensive programme of support to help graduates become teachers.

About 10,000 people attend a series of Train to Teach events every year. At the Leeds event, attendees will be able to chat with current teachers to find out what a day in the life of a teacher is really like, and get one-to-one advice from teaching experts on their application.

Information will be also available about how to fund your training - you could get a tax-free bursary of up to £24,000 to train as a teacher, in selected subjects.

Rachel Shaw, a Science teacher at The Farnley Academy in Leeds, said:

"I'm proud to be supporting the campaign and I would encourage anyone who is just starting out in the world of work, or looking to switch jobs, to consider a career in teaching.

"Teaching is such a varied role, from the emotional rewards of making students feel like anything is possible, to using your experience to bring lessons to life - no two days are the same."

To find out more about teaching and to sign up for an event, visit: <https://getintoteaching.education.gov.uk> or call the Get Into Teaching Line on 0800 389 2500.

Taking Care Of Your Heart With Mindful Eating

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

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>

Homeshare - Affordable Living And Unusual Friendships

— BY EMMA HARRIS, SCHEME COORDINATOR AND HOMESHARE PARTICIPANT MONI —



After the loss of her husband, in 2020, 88 year old, retired STEM teacher Moni, started to weigh up her future housing needs.

When Moni's daughter came across an article about Homeshare - the Scheme which matches older people who have a spare room, who might benefit from help at home, with a younger person needing affordable accommodation who has time to offer support – it seemed a like a solution. Living in a small market town in the Dales, with a much-loved garden and local friends, she was not ready to consider a care home. The impact of the pandemic however left her aware that she would much rather have company than live on her own.

Having run a B&B for many years, Moni enjoys hosting family and friends. She thought Homeshare might be a solution to her housing dilemma and give her company during the long winter evenings. A younger person in the home to give help such as lifting a heavy case down from a high shelf, bringing in coal from the garage, unscrewing lids etc, and not to mention a bit of help with shopping, really appealed! The scheme has been operating nationally for 20 years and two local services cover Yorkshire – Leeds Homeshare and York Homeshare which operate via their local authorities.

Moni's daughter contacted the Leeds scheme and after careful background checks and several meetings, the coordinator introduced Moni to Cicely, 24, a former civil servant who works as a baker and farmer in Clapham. Cicely owns her own livestock and was previously living in an unheated caravan! Living with Moni has been great for Cicely who was keen to spend the winter in a warm home with running water! Cicely is used to helping others, as she previously volunteered at a Christian community, and has also delivered cooking courses to vulnerable women and children. She gets a lot of satisfaction from volunteering and thought Homeshare would offer the same opportunity to help someone out.

The fact that everyone can benefit in a homeshare is important. The scheme is

affordable for Cicely, and Moni has provided her with a cosy furnished room with lovely views of the moors. When she is not working, Cicely is happy to help with household chores and occasional trips out. Sharers are asked to provide around 10 hours help each week and Cicely said "We have a good balance of time together and our own space." One of the other appealing elements for Cicely was spending time with an older person with plenty of life experience and skills to share with her. With young people often priced out of the housing market Homeshare is a real option for people looking for low cost living this year who have the time and enthusiasm to offer a little help and support in return. Other people turn to the scheme to give them the opportunity to save towards buying a property. Sometimes people who are relocating from other areas find it is the ideal solution to find homely accommodation and friendship. Prices are going up for everyone and as well as affordability for sharers Householders benefit from a little help towards their bills.

Householder Moni commented "It really helps having someone in the house. My Sharer is a lovely lass and it's good that we come from a similar background too". She also values the peace of mind it has given her family."

The Homeshare Coordinator stays involved throughout a match as a friendly point of contact and to help sort out any minor problems. Respect for each other's privacy and property is emphasised and time is spent planning how the arrangement will work best for everyone involved. Long-lasting friendships often arise from a Homeshare match, with one former sharer Jon keeping in touch with his former housemate Margaret, several years after the match ended.

Anyone in Leeds and the surrounding towns and areas who would like to find out more can request an information pack by visiting www.leeds.gov.uk/homeshare, by emailing the Leeds Homeshare scheme: homeshare@leeds.gov.uk or ring 0113 3785410.

TAILOR MADE

SOFAS & CHAIRS Ltd.



Manufacturers of bespoke furniture
Re-upholstery service available

Made to measure service

Customise your sofas and chairs with large selection
of fabrics and leather

TEL 0113 287 21 30

www.tailormade-sofasandchairs.co.uk

1 - 7 High Street, Kippax, Leeds LS25 7AF

**To promote your business
in 2022 with us**

Contact;

advertising@yorkshirereporter.co.uk

Tel: 0113 273 5000

6 More 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



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

S.J Bradley and Anna Chilvers which was shortlisted 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.

Welcome To Yorkshire Announce 'Yorkshire Menu' As Their Key Campaign This Year



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. 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 ... regionally, nationally and internationally, scrumptiously showcasing the very best of Yorkshire's culinary creations across the globe.

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, check-in and check out the Yorkshire Menu. 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), mouthwatering 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. Here's a taster ... Yorkshire has 16 commercial vineyards, 7 Michelin-starred restaurants (1 with a green Michelin star), 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 and inspiring list of protected status foods: Wensleydale cheese, Swaledale cheese (from both ewes and cows) and Yorkshire forced rhubarb. That's just for starters!

Food and drink is a much-loved constant whatever is happening in the world and is to be promoted and enjoyed. Spending time eating and drinking with friends and family must be at the top of most people's favourite pursuits AND even during a pandemic and challenging times for businesses, the way many have adapted with home deliveries and hampers has been truly inspirational.



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. The destination marketing organisation believe this will be a great PR opportunity for the county and its visitor economy, as Welcome to Yorkshire's annual social reach is almost 20 million and has a global brand reach of over 23 million.

Celebrating city, coast and countryside food and drink, the campaign will also allow the opportunity for businesses and organisations to sponsor events and promotional activities throughout the year.

Yorkshire is THE place to Visit, Live, Work and Study, with outstanding places to drink and dine, and participation can be en masse or on your own. 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.



Andrew Parascandolo



ARE YOU HAVING PROBLEMS AT WORK?

IF YOU HAVE BEEN DISMISSED, DISCRIMINATED AGAINST OR TREATED UNFAIRLY AT WORK, SPEAK TO ANDREW TO FIND OUT WHERE YOU STAND.

WE OFFER NO WIN NO FEE ARRANGEMENTS ON ALL CLAIMS SO THERE IS NO FINANCIAL RISK TO YOU.

FOR A FREE INITIAL CONSULTATION
CALL US ON 0113 200 7480
OR EMAIL ADVICE@AVERYWALTERS.COM

27 HARROGATE ROAD,
CHAPEL ALLERTON,
LEEDS LS7 3PD

**THE NORTH LEEDS
LAW FIRM**



HAVE YOU BEEN INJURED OR BEEN THE VICTIM OF MEDICAL NEGLIGENCE?

IF YOU HAVE BEEN INJURED AT WORK, IN A PUBLIC PLACE, IN A ROAD TRAFFIC ACCIDENT OR BEEN THE VICTIM OF MEDICAL NEGLIGENCE SPEAK TO DAVID TO FIND OUT WHERE YOU STAND AND GET THE COMPENSATION YOU DESERVE.

WE OFFER NO WIN NO FEE ARRANGEMENTS ON ALL CLAIMS SO THERE IS NO FINANCIAL RISK TO YOU.



David Cartwright

FOR A FREE INITIAL CONSULTATION
CALL US ON 0113 200 7480
OR EMAIL ADVICE@AVERYWALTERS.COM

27 HARROGATE ROAD,
CHAPEL ALLERTON,
LEEDS LS7 3PD

**THE NORTH LEEDS
LAW FIRM**

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 (rspb-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.



Over 25 years of experience in garden maintenance, landscaping & tree/shrub management

For a reliable and professional service at an affordable price, contact;

07858 68 79 98 or 07561 14 37 10

email – jtjc1996@googlemail.com

Areas covered : North Leeds • East Leeds • Thorner • Wetherby & surrounding villages



Langlands

More than just a Garden Centre

EST. 1955



VISIT LANGLANDS

Yorkshire's Premier Garden Centre

Langlands Garden Centre is a family run business located in Yorkshire. Established in 1955, Langlands is renowned for its outstanding reputation.

Our green-fingered nursery staff produce over a quarter of a million plants each year, giving our customers the unique chance to buy fresh, home-grown plants from our greenhouses, while also having the opportunity to chat directly to the people that actually grew them!

There is something for everyone at Langlands Garden Centre. Not only can you enjoy our beautiful displays, enjoy a range of mouth-watering, fresh food and get great advice from our friendly, professional team, you'll also find a wide selection of the greatest and best value gardening, giftware and outdoor living products available!

VISIT US ONLINE  www.langlandsgardencentre.co.uk  @langlandsgc  Langlands Garden centre

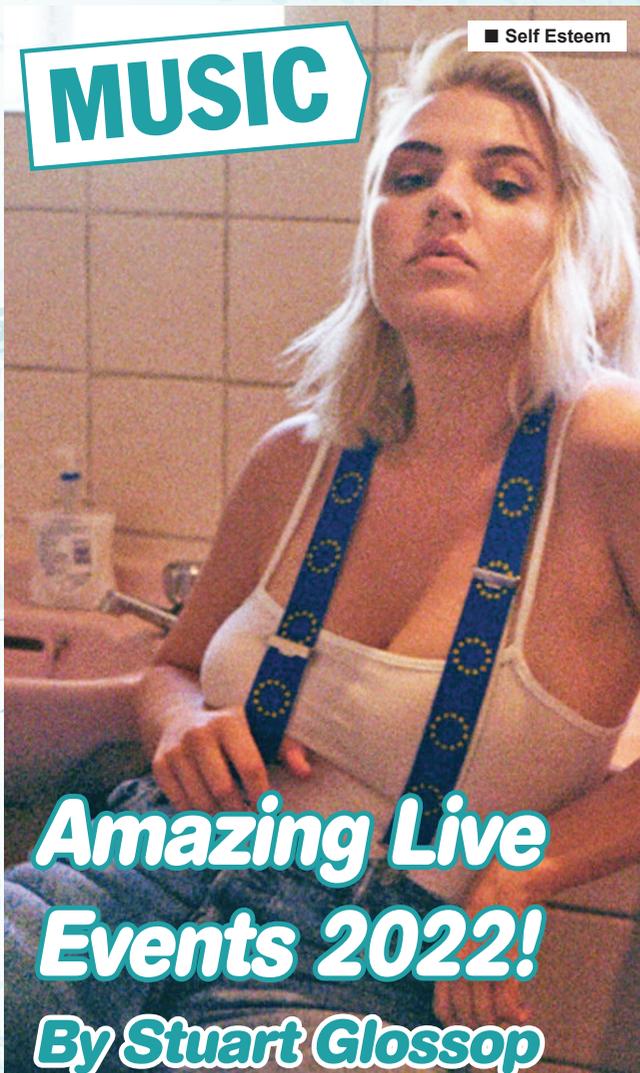
Call: 01430 873426 | sales@langlandsgardencentre.co.uk
Langlands Garden Centre, York Road, Shiptonthorpe, York, YO43 3PN

ALSO FIND US IN:

Whinmoor, Leeds, LS15 4NF | Loxley, Sheffield, S6 6SN
Call: 0113 273 1949 | Call: 0114 285 1487

MUSIC

■ Self Esteem



Amazing Live Events 2022!
By Stuart Glossop

With indoor venues suffering a pandemic hangover, 2022 is a vital year for live music with the summer festivals playing an integral role both financially and culturally. Here are four of the best for Yorkshire music lovers!

Tramlines, Sheffield's biggest city-based music festival has announced the lineup for the 2022 event at Hillsborough Park in Sheffield from Friday 22nd to Sunday 24th July. Headlining are Sam Fender (Friday), Kasabian (Saturday), and Madness (Sunday), plus many more acts including The Wombats, Declan McKenna, Sigrid, Becky Hill, Reverend and The Makers, Little Man Tate, Shed Seven, Self Esteem, The Coral, Inhaler, The Snuts, Sam Ryder, Yard Act, Lottery Winners, Coach Party, Kynsy, Do Nothing, Working Men's Club, Just Mustard, Swim School, Everly Pregnant Brothers and more. Other lineup highlights include James who will be bringing the most festival-ready tracks from their 39-year long

career; the frenetic five piece The Vaccines who'll be dropping classics such as 'Norgaard' and 'If You Wanna'; Americana/alt-rocker Jade Bird; and the Mercury Prize-nominated Sports Team. Ever with its finger on the pulse of breaking talent, the Tramlines 2022 lineup shines a light on some of the most exciting new acts around. These include the gritty indie-folk artist Orla Gartland who dropped her debut album 'Women on the Internet' last August; the melodic, indie-pop rising star Pixey who has just released her second EP on the influential Chess Club label.

■ Pixey



Leeds Festival has announced six huge headliners for 2022 as the dual main stage layout returns meaning more massive names and no clashes. Arctic Monkeys, Dave, Rage Against The Machine, Halsey, Megan Thee Stallion and Bring Me The Horizon will be joined by the most exciting talent in rock, indie, alternative, hip-hop and dance including Wolf Alice, Glass Animals, Enter Shikari, Joy Crookes, Little Simz, Run The Jewels, Fever 333, Pale Waves with even more yet to be announced. The three-day festival takes place on 26-28 August 2022, returning to Leeds' legendary Bramham Park. Since first telling the world "don't believe the hype", Arctic Monkeys captured the musical zeitgeist and changed the course of guitar music forever. From a self-released EP to becoming one of the biggest bands of the new millennium, no one captures the adrenaline-fuelled ups and downs of nights out, heartbreak, and lust like the Sheffield quartet. Ironic and iconic in equal measure, Arctic Monkeys' meteoric albums and performances only get sharper and smarter. Playing in the UK for the first time since 2018's 'Tranquillity Base Hotel & Casino' tour, they are set for a hero's welcome as they make their triumphant return to headline the main stage in 2022.

Since launching in 2007, Live At Leeds festival has showcased bands across multiple venues in Leeds city centre on the May bank holiday weekend. This year's event was pushed back to October due to the coronavirus pandemic. In 2022 a new "in the park" version of Live At Leeds, will be held at Temple Newsam on Saturday June 4, 2022. Bombay Bicycle club, Nothing But Thieves, Arlo Parks, Easy Life, SEA GIRLS, HONNE, Confidence Man, ADMT, Courting, Finn Askew, L'objectif, Molly Payton, porij & The Royston Club are amongst the first bands to

■ Confidence Man



be announced. Those who miss rushing from venue to venue in the city shouldn't worry. Live At Leeds' traditional "in the city" edition will now take place on Saturday October 15, 2022.

■ Kendal Calling



It's been a long time coming, but arguably the nation's most beloved festival Kendal Calling has announced its grand return to the fields in July 2022 - bringing together an unmistakable blend of huge headline moments, incredible new talent, unrivalled entertainment for all ages and much more to Lowther Deer Park once again! Regularly acclaimed as one of the best festivals in the UK, Kendal Calling has become a true emblem of the complete festival experience. Of heading to the front and meeting friends new and old, all whilst catching some of your favourite bands tear apart blistering set after blistering set. With their ready-made anthems and euphoric live shows Stereophonics were the first band to call to soundtrack Kendal Calling's 15th birthday celebrations, even if it's slightly delayed.

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+

WIN TICKETS

THE YORKSHIRE REPORTER HAS A PAIR OF TICKETS TO THE SHOW TO GIVEAWAY

To enter simply send 'SUNBIRDS YORK' along with your contact details including tel number, to competitions@yorkshirereporter.co.uk

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.

INTRODUCE A FRIEND OFFER

Get a great new offer for every New Member you bring to any of our Mecca Leeds clubs

50% off
Main Game
for you & a
friend



ENTERTAINMENT

WHAT'S ON TV & STREAMING

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.

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.

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.

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.

GAMES TEMPLE

BUY | SELL | TRADE



We Buy, Sell & Trade Consoles & Games

Best Cash Prices Given On Games

- Games
- Consoles
- DVD's & Blu-Rays
- Collectibles
- Controllers & Headsets
- Gaming Accessories
- Phone Accessories
- iPhone Screen Repairs



08 January - HORROR TALES: The Wine - PS5

GAMES



28 January - UNCHARTED: Legacy of Thieves Collection - PS5



Console Repairs

We offer a comprehensive repair service for consoles using top of the range machinery and quality replacement parts. Our fully qualified technicians have years of experience and a proven track record.

Each repair includes a full clean and service as standard and for your peace of mind also comes with a 12 month repair guarantee.



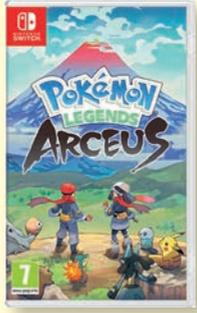
14 January - HORI Split Pad Pro Handheld Mode Ergonomic Grip Controller - Nintendo Switch



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



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



28 January - Pokemon Legends Arceus - Nintendo Switch

381 Harehills Lane, Leeds LS9 6AP

Tel: 0113 240 35 95

Facebook: @gamestempleleeds

Instagram: Games_Temple_Leeds

GAMES TEMPLE

BUY | SELL | TRADE



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.

ORIGINAL ROBERT THOMPSON (MOUSEMAN) POT CUPBOARD



£7270

LARGE ROYAL ALBERT 'MOONLIGHT' TEA & DINNER SERVICE



£2000

PROOF 1911 SOVEREIGN



£1360

CASED GREAT FIRE OF LONDON COMMEMORATIVE 22CT GOLD MEDAL



£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 for you *Gary Don*

GARY DON
AUCTIONEERS & VALUERS

Auctioneers for



We're looking for Specialist Collections:

Toys, Military, Coins, Stamps, Comics, Clocks, Watches, Books, Oriental, Vinyl, Jewellery, Silver and all sorts of unusual collectibles.
Downsizing, clearing cupboards and attics, need a house clearance?

Don't throw anything away until you've spoken to us! Fashions are constantly changing.

Regular auctions with live internet bidding throughout the world.
Probate and insurance valuations, house clearances and removals.



Call 07723 319730

contact@garydon.co.uk www.garydon.co.uk

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 Prescot.

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

SALE

LATEST NEWS

UP TO **HALF PRICE SUPER SALE** ALL ITEMS MUST GO!

UP TO **50% OFF**

We have slashed our prices on our Gold and Diamonds with offers simply too good to miss.

Many stunning pieces will have **50% off** and nearly 1500 lines will have a massive 2022 discount.

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!

UP TO 50% OFF SALE

UP TO 50% OFF SALE

9CT WHITE GOLD DIAMOND AND TANZANITE CLUSTER RING WAS £2,850 **HALF PRICE £1,425**

0.80 CARATS OF GRADE A TANZANITE SURROUNDED BY 0.40 CARATS OF BRILLIANT CUT DIAMOND SET IN A MILLGRAIN RUB OVER SETTING.

2.10CT DIAMOND STUD EARRINGS WAS £9,100 **HALF PRICE £4,550**

9CT WHITE GOLD DIAMOND TENNIS BRACELET WAS £20,200 **HALF PRICE £10,100**

9CT YELLOW GOLD DIAMOND AND RUBY PENDANT WAS £2,340 **HALF PRICE £1,170**

WITH 7.11 CARATS OF STUNNING BRILLIANT CUT DIAMONDS.

SET IN A FOUR CLAW 9CT WHITE GOLD SETTING.

SET WITH 0.83CT OF DIAMONDS AND A BEAUTIFUL DEEP RED RUBY.

www.christopherbrownjewellers.co.uk

CHRISTOPHER BROWN
BROWN & GOLD

SEACROFT: UNIT 4, SEACROFT SHOPPING CENTRE, LEEDS LS14 6JD. TEL: 0113 265 6029
YORK: 22-23 HIGH OUSEGATE, YORK YO1 8RX. TEL: 01904 642746
SHIPLEY: 8 ARNDALE SHOPPING CENTRE, SHIPLEY, WEST YORKSHIRE BD18 3QQ. TEL: 01274 588 112
PONTEFRACT: 33 MARKET PLACE, PONTEFRACT WF8 1AG. TEL: 01977 701979
STOCKPORT: 14 MERSEYWAY, MERSEYWAY SHOPPING CENTRE, STOCKPORT SK1 1PJ. TEL: 01614299142
LIVERPOOL: 215 PARK RD, TOXTETH, LIVERPOOL L8 4XF. TEL: 0151 727 7444
PRESCOT: 17 ECCLESTON STREET, PRESCOT, MERSEYSIDE L34 5QA. TEL: 01904 642746
BATLEY: 87 COMMERCIAL STREET, BATLEY WF17 5HZ. TEL: 01924 476 066



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.

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

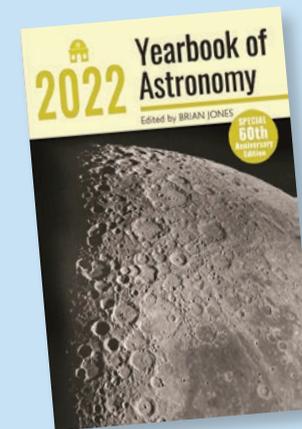
- Pre heat the oven to 160°C
- Soften the onion, celery, carrots and potato with some olive oil and the butter. Add salt, pepper, thyme, and the bay leaves to season.
- Soften for about 10 minutes then stir in the flour followed by the tomato puree, Worcestershire sauce and beef stock cubes dissolved 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.

BOOKS

Yearbook Of Astronomy 2022

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



'Yearbook of Astronomy 2022: 60th Anniversary Edition'

By Brian Jones

Published by White Owl. Available at Amazon priced £14.99

Victorian Circus Sites Of Leeds Guide Book

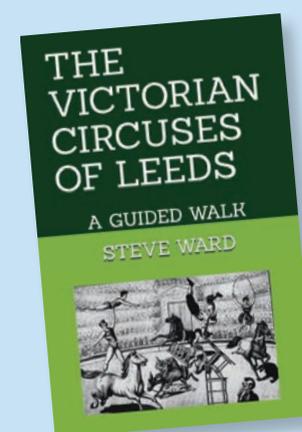
The Victorian era was the golden age of the circus. By the time that Victoria came to the throne the circus, as we might recognise it today, was barely seventy years old. In Britain the circus was particularly popular in the northern central corridor, from Liverpool in the west to Hull in the east. In Leeds alone there were at least twelve venues within the centre that were used for visiting circuses during this period. There were also several others just outside of the centre. To date, sixteen different venues have been identified as in use during the Victorian era, more believed than in any other town or city within the UK, except for perhaps London. Some of these venues were in semi-permanent buildings largely constructed of timber and were used by different companies over an extended period of time. Other venues were on open lots of land where a marquee would be erected for the duration of the visit, and one or two of them were in purpose built brick buildings.

Filled with information, maps, and illustrations The Victorian Circuses of Leeds takes the reader on a gentle guided walk around these sites. For those who know Leeds the street names will be familiar and the guide easy to follow. But Steve hopes that there will be some of you from outside of Leeds who might want to explore the rich cultural history of the Victorian circus in the city.

About the Author

Steve Ward has a background in theatre and clowning. Moving into teaching he soon recognised that as well as an artistic activity, circus could play an important role in the educational and social development of young people. From his early days in experimenting with circus in the classroom, and projects linking the professional circus, schools, and youth groups he went on to run his own award winning youth circus, as well as establishing the original National Association of Youth Circus in

the UK. Steve has created and directed many youth circus festivals in the UK, as well as in Germany and Brazil. With a deep rooted interest in the circus, he now writes about its fascinating cultural history. He has a PhD by Published Works from the University of Hull, and is a member of the Circus Research Network and the Circus Arts Research Platform, both international organisations. To date, he has written six books and many articles on the subject. Steve also lectures on aspects of circus history and has appeared on television and in many radio interviews. He also advises on educational and youth circus matters – and he still finds time to occasionally perform as a clown!



'The Victorian Circuses of Leeds; A Guided Walk'

By Dr Steve Ward

Published by Amazon. Available at Amazon priced £7

WIN A COPY

THE YORKSHIRE REPORTER HAS A COPY OF THE BOOKS FEATURED ON THIS PAGE TO GIVEAWAY

To enter simply send 'BOOKS' along with your contact details including tel number, stating which book you would like to be entered for to

competitions@yorkshirereporter.co.uk

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. "The Victorian Circuses Of Leeds" will be a signed copy.

QLM

SOFAS • BEDS • FURNITURE

winter
Sale
up to
50% Off



Trieste Extending Dining Table & 4 Chairs
Was £1799 **SALE PRICE £1299**



Florence Corner Sofa
Was £1799 **SALE PRICE £1399**

**OVER 30 SOFA GROUPS
ON DISPLAY**



Silentnight 3000 Pocket Geltex
5'0" Divan Set
Was £1699 **SALE PRICE £1399**

up to **4**
Years
Interest
Free
Credit



Felixstowe Sofa
Was £1599 **SALE PRICE £1099**

**WANT AN EXTRA
10% OFF SALE PRICES**
Present this Yorkshire Reporter
ad when making your purchase

OPENING HOURS
Monday – Saturday: 9:30am - 5:30pm • Sunday: 10am - 4pm
Northside Retail Park, Stonegate Rd, Leeds LS7 2TT
0113 274 8900
www.qlmhome.co.uk

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



Leeds City Council And West Yorkshire Police Secure £67,000 Road Safety Funding

A West Yorkshire Police operation that has dealt with thousands of dangerous drivers in Leeds has been extended for another 12 months, thanks to a commitment of £67,000 in funding from Leeds City Council.

Operation SPARC (Supporting Partnership Action to Reduce Road Casualties) was developed in partnership with West Yorkshire Police (Leeds District) in response to an increase in anti-social driving complaints from residents.

The operation focuses on targeting anti-social driving and the driving offences most associated with victims being killed or seriously injured. The initiative aims to prevent dangerous driving and improve road safety in Leeds.

Specialist roads policing officers target motorists who are speeding,

using a handheld mobile phone, not wearing a seatbelt, or driving under the influence of alcohol or drugs. People who drive aggressively, with vehicle defects or without third party insurance will also face enforcement.

The off-road motorbike team of specially trained police officers target areas with high levels of anti-social driving and the illegal use of quad bikes and motorbikes.

Since launching in July 2020, police officers have dealt with 2,692 drivers. This includes 696 seatbelt offences and 506 speeding offences. The off-road motorbike team have dealt with 141 offenders. The operation was nominated for an outstanding contribution to roads policing award in the West Yorkshire Police Awards 2021.

Following the successful pilot, the new funding enables the project to continue for another 12 months.



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.

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



INDEPENDENT VW, AUDI, SKODA & SEAT SPECIALISTS

Mechanical

Electrical & Body Repairs

Full Servicing & MOT Testing Station

VAG Trained Master Technicians

Full Engine Diagnostics

Air Conditioning

CALL 0113 276 59 51/52

W: www.ivcleeds.co.uk

E : info@ivcleeds.co.uk

A: 16 Pontefract Road, Leeds LS10 1TB

10% OFF
LABOUR SERVICING & TIMING BELTS
 WITH THIS YORKSHIRE REPORTER ADVERT

Squires Cafe

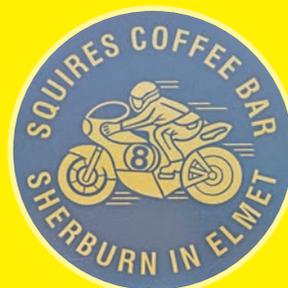
Squires Cafe is an ideal venue for all your event requirements, boasting large outdoor capacity that should meet all your needs plus large well equipped indoor facilities that make Squires an ideal year-round venue.

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



A customer reassurance scheme financially backed by the Independent Garage Association (IGA)

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.

Participate In The Largest Study Of Autoimmune Diseases

The Royal Veterinary College (RVC) is calling for owners of dogs in the UK with autoimmune diseases to take part in a vital piece of new research, which aims to gather data and insight into the diagnosis, treatment response and outcomes of these dogs. This information will then be shared with local veterinary practices and specialist hospitals to help owners and vets make well-informed decisions when dogs are diagnosed with one of these conditions.

Autoimmune diseases are encountered frequently in dogs, often causing severe illnesses that require intensive hospital care and prolonged treatment with immunosuppressive medications. The RVC alone sees between 50-100 dogs with immune-mediated diseases each year, with many more never being referred for treatment at specialist hospitals. In some cases, however, treatment causes side effects that can have a negative effect on quality of life. To address the current shortage of information and aid the veterinary community, researchers at the RVC have developed a new observational study, named ImmunoRegistry.

The registry will gather information about dogs that have been recently diagnosed with an autoimmune disease, following them in real-time over a one-year period to find out how they respond to treatment. Once enrolled, owners and vets will be contacted at regular intervals using

emailed questionnaires to ask for detailed updates about their dog's progress. Analysis of this information will then be used to answer key questions, including defining the prognosis and risk of relapse for dogs with these diseases as well as whether some breeds or types of dogs develop more side effects from medications than others.

The team aims to collect information from 400 dogs, making it the largest planned study of autoimmune diseases ever conducted in veterinary medicine globally and providing an important resource for future study.

James Swann, postdoctoral fellow at Columbia University, New York, said:

"There is an urgent need to optimise the treatment of dogs with autoimmune diseases, and this study represents an important first step in gathering vital information to make clinical recommendations and guide future research projects."

Dr Barbara Glanemann, lead researcher and senior lecturer in Small Animal Medicine at the RVC, added:

"This study will be the first time that the treatment and progress of dogs with autoimmune diseases has been investigated outside universities, providing an essential perspective on the challenges faced by affected

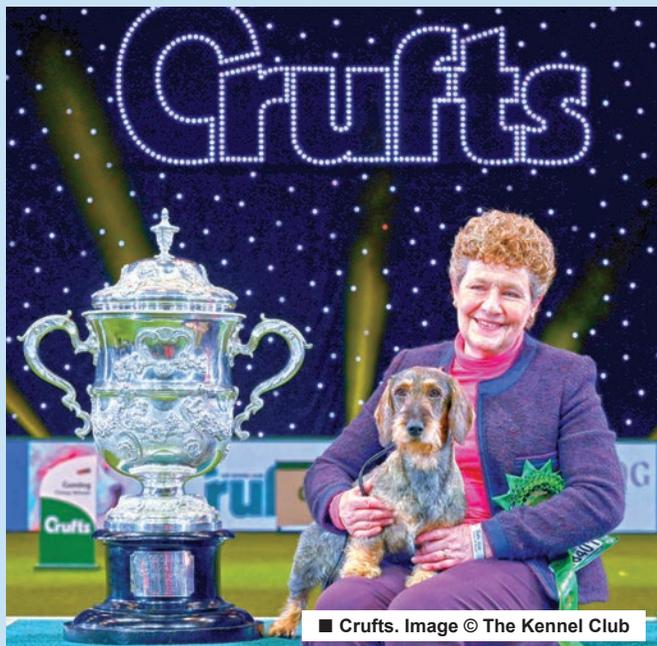
dogs and their owners in wider veterinary practice."

Criteria and information for enrolment includes:

- Dogs must have been diagnosed with any of the following conditions in the past 10 days: immune-mediated haemolytic anaemia (IMHA), immune thrombocytopenia (ITP, low platelet count), immune-mediated polyarthritis (IMPA), or steroid-responsive meningitis arteritis (SRMA).
- Owners must give informed consent to participate in the study and allow access to the dog's medical records and permission to contact their vet
- For owners expressing interest, vets will be contacted to determine the suitability of each case
- Participating in the study will not alter the treatment or management of owners' dogs in any way
- All personal data will be handled securely and confidentially. Owners can opt out of the data collection at any point.

The project is funded by the Small Animal Medicine Society (SAMSoc), and owners can volunteer to participate in the study by visiting: <https://rvc.onlinesurveys.ac.uk/immunoregistry>

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.

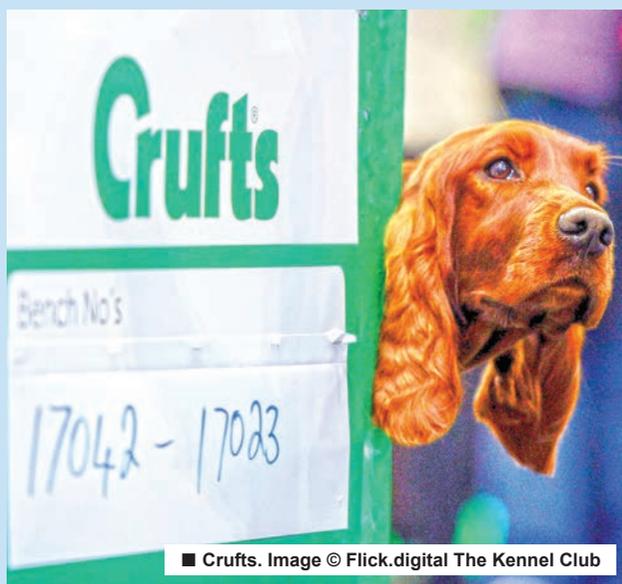


■ Championship Agility. Image © Yulia Titovets and The Kennel Club

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



• 24 Hour Emergency Service •

• Annual Health Checks •

• Ultrasound •



• E.C.G •



• In-House Laboratory •

• Dental Facilities •



• Nurse Clinics •

• Insurance Advice •

Nurse Clinics available at all four branches include puppy, kitten, geriatric and weight checks. Dietary advice and dental check ups, flea and worming checks, nail clipping and Identichipping.



www.beechwoodvets.com

132 Austhorpe Road, Leeds LS15 8EJ
Tel: 0113 264 54 22

335 Chapeltown Road, Leeds LS7 3LL
Tel: 0113 262 11 89

430 Dewsbury Road, Leeds LS11 7LJ
Tel: 0113 270 03 25

28 Springmead Drive, Garforth LS25 1JW
Tel: 0113 232 00 30

ASK YOUR VET ABOUT

PET HEALTH CLUB

The affordable plan to keep your pet healthy



HAPPY NEW YEAR TO ALL OUR CUSTOMERS

THE FURNITURE CENTRE

THE WINTER SALE!

MASSIVE STOCK CLEARANCE



RECLINER CHAIRS



SOFAS



BEDS



ESTABLISHED OVER 50 YEARS



BEDROOM



MANY STOCK ITEMS READY FOR IMMEDIATE DELIVERY



DINING ROOM

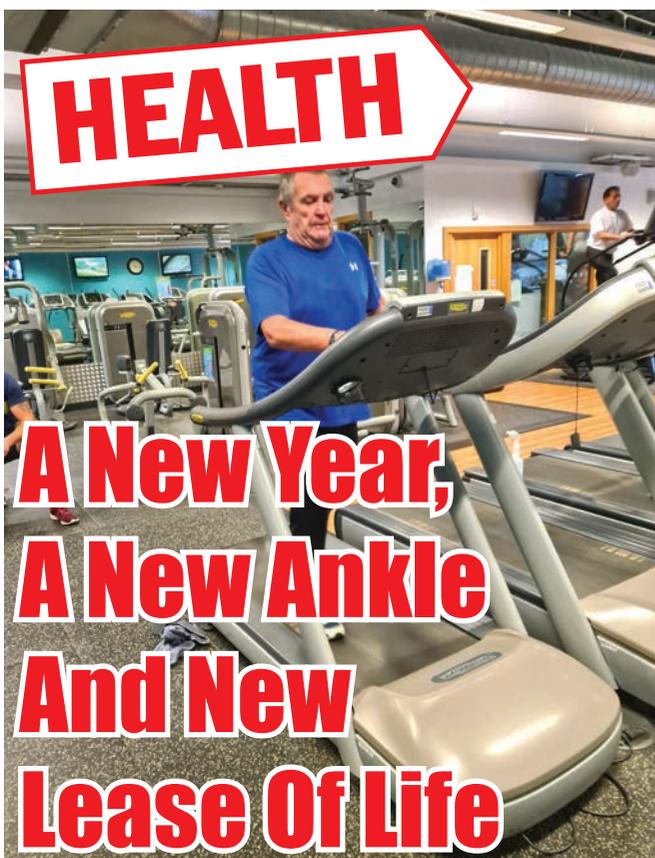
PICTURES FOR ILLUSTRATION ONLY

www.furniturecentremorley.co.uk

0113 25 33 110

129 Queen Street, Morley, Leeds LS27 8HE





Bradford businessman, Mick Fogarty is celebrating a fresh start to the New Year along with a new lease of life. He says he has done more exercise in the last few months than he has for many years, has lost 20 kgs in weight, completed two rigorous boot camps in Spain and regularly walks 12.5 kilometres.

Yet 18 months ago it was a very different story. His right ankle had become so painful he had difficulty walking and lack of exercise led to him piling on the pounds.

The problem was severe arthritis, which affects around eight million people in the UK. Mick fractured his right ankle playing rugby for his infantry battalion in the Army in Staffordshire in the 1980's. He said his ankle felt painful in the years afterwards and after retiring from the Army in 1992 it gradually started to worsen until around five years ago the pain spurred him to see an NHS consultant. Mick said, "Doctors I saw at the time suggested having it fused but I was concerned the lack of flexibility would mean I couldn't swim so I decided not to go ahead. However, the lack of exercise due to the pain meant I gained weight." He was diagnosed with post-traumatic ankle arthritis. His walking distance was significantly restricted and he needed regular analgesia to manage the pain.

Today, Mick's life has been transformed following a total right ankle replacement under the care of Professor Nick Harris, consultant foot and ankle surgeon at Spire Leeds Hospital.

"I feel like the clock has been turned back 20 years in terms of age," said Mick, 64, who is married with one daughter and owns a home care company after retiring from the Army in 1992. "I decided it was worth funding the operation privately to regain years of pain-free mobility and get my life back."

"I decided to research ankle replacement and found that Professor Harris was one of the top guys for this procedure," said Mick who asked his GP for a referral and contacted him straight away. Following a consultation he decided to go ahead. He underwent a total ankle replacement in September 2020.

"The whole experience was fantastic. The anaesthetist was brilliant and gave me a nerve-block to help with the pain post-operatively. All the staff were amazing – and all in the middle of a pandemic. I felt no pain when I woke up or later. Ten days later the cast was removed, it healed really well and I was still pain free," said Mick who continued to work from his hospital bed with team meetings on MS Teams.

Professor Harris said, "Without surgery his pain and restrictions in activity such as walking would have deteriorated. We discussed the pros and cons of both an ankle fusion and a total ankle replacement. Mr Fogarty still had good movement in his ankle despite the arthritis and was keen to try and keep this. An ankle fusion sacrifices ankle movement which can have some functional effects. An ankle replacement preserves ankle movement which can have some functional advantages."

During an ankle replacement procedure, the end of the tibia and the top of the talus (ankle bone) are replaced with two metal components with a polyethylene (plastic) between them. Recovery from an ankle replacement is much quicker than with a fusion. Patients are able to start weight-bearing in a walker boot after two weeks. Approximately 80% of ankle replacements will last 10-15 years which is improving with newer designs.

Mick used crutches for the first fortnight and wore a special boot for the following six weeks. "I followed Professor Harris's instructions to the letter. I had to elevate my leg as much as possible and did mobility exercises at home and gradually started to build up my walking distance.

He said, "The only downside during this period was that I continued to gain weight due to lack of exercise. So, in June 2021 I decided to do a three-week stint at a boot camp in Spain. It was brutal! My ankle was fine, but everything else hurt. I lost 12 kgs and soon after returned for another three weeks where I lost more weight. I'm hoping to go back again soon.

"I feel like having the operation has given me a new lease of life. I'm pain-free. I walk, swim, do spin classes and go to a gym for strength training and toning. I want to stay as active as I can and none of it could have happened without this operation. I cannot thank Professor Harris enough for what he has done for me."

Mick plans to eventually move to Spain and enjoy an active lifestyle which includes joining a sailing club.

However, his immediate plans are a little closer to home. "My goal is to reach 96kg by May this year so I can walk my daughter down the aisle in a nicely fitting suit."

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.

Amateur Boxing Linked To Increased Risk Of Brain Impairment And Early Onset Of Dementia Study Suggests

Amateur boxing is associated with an increased risk of cognitive impairment and earlier onset of dementia, according to a study carried out by Cardiff University.

The research team found that men who had boxed in their youth were twice as likely to have Alzheimer's-like impairment as those who had not boxed. It was also linked to an earlier onset of dementia by about five years.

They said their findings suggest a ban on blows to the head should be considered in the amateur sport.

The study, the first to look at the long-term effects of amateur boxing on the brain, is published in the *Clinical Journal of Sport Medicine*. The researchers say it adds to the growing evidence on links between dementia and sport and the ongoing debate around safety measures.

Lead author Professor Peter Elwood, Honorary Professor at Cardiff University's School of Medicine, said: "Professional boxing is known to cause chronic traumatic brain injury – but there has been little to no long-term research on this issue in amateur boxing.

"Our study therefore provides some of the best available evidence suggesting that amateur boxing is associated with clinically measurable long-term brain injury, manifested as earlier onset Alzheimer's-like impairment.

"Over the years the introduction of increasingly tight controls in the amateur sport, with shorter bouts and mandatory headgear, means that the chances of serious brain injury are much reduced – but there is still a true long-term impact of boxing.

"Banning blows to the head would seem to be an acceptable preventive measure, as this need not reduce the competitive aspect of the sport but would preserve its undoubted considerable physical and social benefits."

The research team used the Caerphilly Cohort Study to collect evidence on predictors of cognitive decline and dementia.

The study is based on a representative sample of 2,500 men resident in Caerphilly, South Wales, who were aged 45-59 years when enlisted to the study in 1979.

Subjects were followed for 35 years, and every five years their lifestyle and behaviour, health and activities, and the diseases they experienced, were recorded by interview, clinical examination, and inspection of their GP and hospital records, along with repeated tests of cognitive function. At the conclusion of the study in 2014, evidence of dementia was collected from medical records.

This study found that, of a sample of 1,123 of men, 73 said they had boxed "seriously" when they were younger.

When they were aged 75-89 years, a third of those who had boxed showed evidence of cognitive impairment, compared with about a fifth of the men who had not boxed. This represents a "significant" two-fold increase in cognitive impairment, said the study, rising to almost three-fold for Alzheimer's-like impairment.

The onset of dementia was almost five years earlier in the men who had boxed, compared with those who had not participated in the sport, the study found.

Professor Elwood said that while a sample of 73 is a relatively small number to study, long-term analysis of amateur boxers is rare, so it provides valuable evidence in the ongoing debate around head injury and contact sport.

"Millions of people are affected by dementia and the links between this devastating disease and certain types of contact sport are only now starting to come to light," said Professor Elwood.

"Further research in this area is vital so that we can bring in simple measures now to protect the health of generations to come."

SPECTACULAR EYEWEAR

Bring us your
prescription for
Spectacular
service & value

✓ 2 PAIRS FROM
£59.95

✓ Over 500
frames &
sunglasses
on display

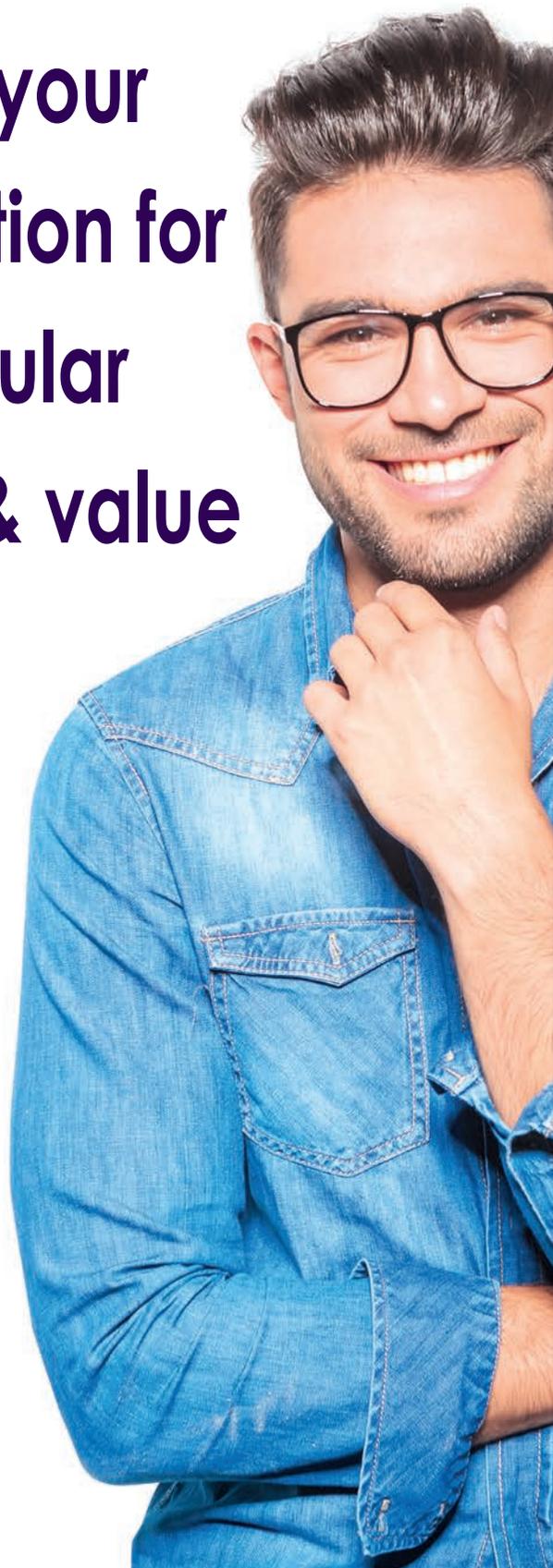
✓ NEW LENSES
IN YOUR
OWN
FRAMES from

£39 Single Vision

£55 Bifocal

£75 Varifocal

✓ REPAIRS



FURLA POLICE

ITALY 1927



Spectacular Eyewear

119-121 Crossgates Road, Leeds LS15 7PB

Opening hours;

Monday CLOSED

Tuesday - Friday 9.30am – 5pm

Saturday 9.30am – 3pm

Closed for lunch 1pm – 1.30pm

Tel: 0113 264 60 01

Web: www.spectaculareyewear.co.uk

[@SpectacularEyewearLeeds](https://www.facebook.com/SpectacularEyewearLeeds)

FREE
PARKING

CLOSED 3-10TH JANUARY

Leeds Children's Hospital To Open A Specialist Clinic For Children With Severe Obesity

From May 2022 children and young people with severe obesity suffering from complications from excess weight (CEW) across West Yorkshire will receive intensive support through a new specialist clinic funded by NHS England, set up at Leeds Children's Hospital, as part of the West Yorkshire Health and Care Partnership's (WY HCP) work to tackle obesity.

Childhood obesity is a significant health issue in the UK and in West Yorkshire, with 1 in 5 children being overweight or obese at reception age and one in three children by year six. Reducing childhood obesity is one of WY HCP's big ten ambitions, set out in its Five-Year Plan.

The new CEW service will take a multidisciplinary approach, providing support for children and young people living across the area, and will include a dietician, youth worker, clinical psychologist, service co-ordinator/database manager, social worker, clinical nurse specialist, doctors and others coming together to support children, young people, and their families.

The service will care for 100 children from across the region with the most severe levels of obesity (those with a BMI above the 99.6th centile and an effect of this increased weight, such as Type 2 diabetes, sleep apnoea, or non-alcoholic fatty liver). The service, which aims to launch fully in May 2022, plans to link with schools and communities to help develop the support they need in a culturally sensitive way as well as developing resources to help even more children and young people with less severe conditions.

Together, they expect to help hundreds of children a year in West Yorkshire, aged between two and 18 years and experiencing health complications related to severe obesity, to lose weight. Children will receive specialist treatment and tailored care packages

developed with their family, which could include diet plans, psychology support and potentially medication.

Early action can prevent long term health problems such as type2 diabetes, heart attacks, strokes and even cancer, which is better for patients and the NHS. As well as providing expert treatment, the service may help to identify the factors causing obesity in children, considering their mental and physical health. Children with severe obesity can also develop difficulties such as breathing problems, sleep issues and mental health problems, which can dramatically impact on their quality of life.

Dr Caroline Steele - Paediatric Consultant Endocrinologist and lead for children's weight management at Leeds Children's Hospital, said: "Leeds Children's Hospital is delighted to have been awarded this funding to develop an innovative and forward-looking model of care, which addresses health inequalities, and importantly helps young people to live their best life possible".

The service will be part of a national network of 15 clinics, which will inform a national evidence base to establish if there is an optimal model of care for treating children and young people with complications related to severe obesity.

The clinics will accept patients by GP, hospital and community team referrals from across the West Yorkshire region from early this spring, with a plan for the first clinic to be held in May. Further criteria for referral are being refined by NHS England and the specialist weight management team to ensure that the team based at Leeds Children's Hospital can make the maximum possible impact for those children and young people with the most severe obesity and its' complications.

Support The Yellow Card Scheme By Reporting Suspected Side Effects From Medicine Or Vaccine

People who suspect they may have experienced a side effect from a medicine or vaccine are being encouraged to report it to the Medicines and Healthcare products Regulatory Agency (MHRA) Yellow Card scheme.

Reporting suspected side effects to the Yellow Card scheme helps the MHRA to identify new side effects and gain more information about known effects.

Every report counts, and anyone can use the Yellow Card scheme to report suspected side effects of medicines and vaccines, incidents involving medical devices, defective, fake medical products and safety concerns for e-cigarettes or their refill containers (e-liquids).

The Yellow Card scheme is an early warning system for detecting patient safety issues and the scheme has identified many new safety issues that were unknown before being reported via a Yellow Card report.

Reports can be made on the Yellow Card scheme website www.yellowcard.mhra.gov.uk, via the app available from Google Play Store or Apple App Store, via freephone (0800 731 6789, 9am to 5pm Monday to Friday) or by reporting an issue to their healthcare team who can file a report on their behalf. Yellow Card reporting for suspected side effects can also be made from some clinical IT systems for healthcare professionals (EMIS, SystmOne, Vision, MiDatabank and Ulysses).

Daring To Be Different Earns SAGARS365 Dozens Of 5* Reviews



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!

Virtually unique in the industry and so refreshing an attitude.

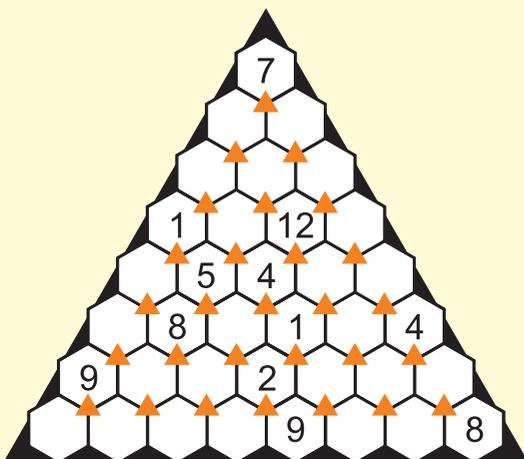
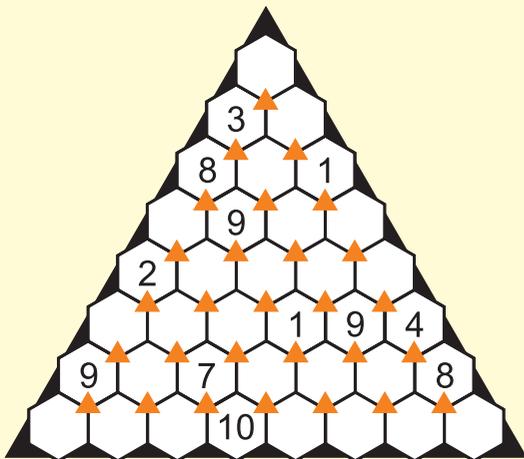
The results have been staggering with year-on-year growth of over 100% and an incredible record of 5* Trustpilot reviews driving the business forward.

Why not get in touch with this local, family-owned business who 'dare to be different' and see how they can help make your conservatory more usable all year round?



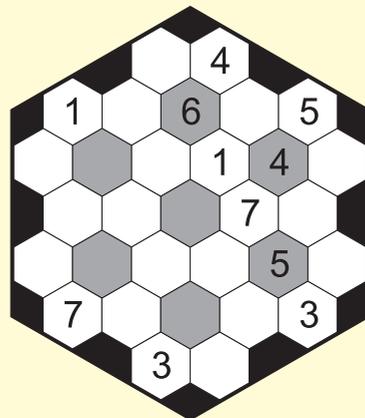
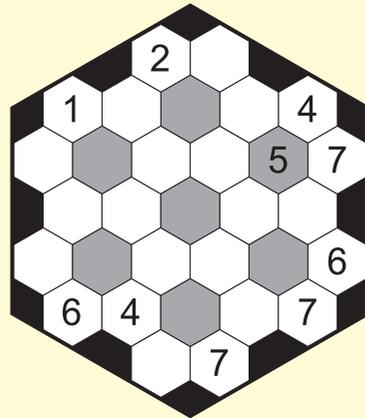
Subaddo 3D

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.



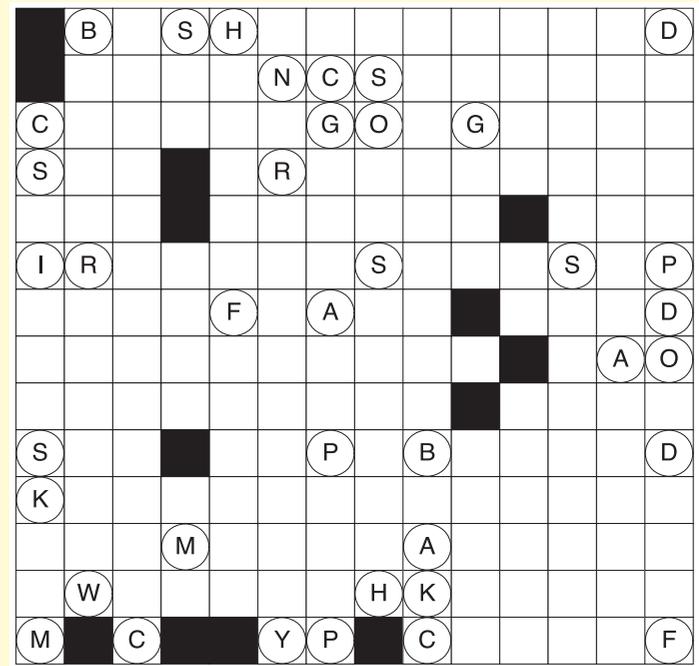
Rosetta

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

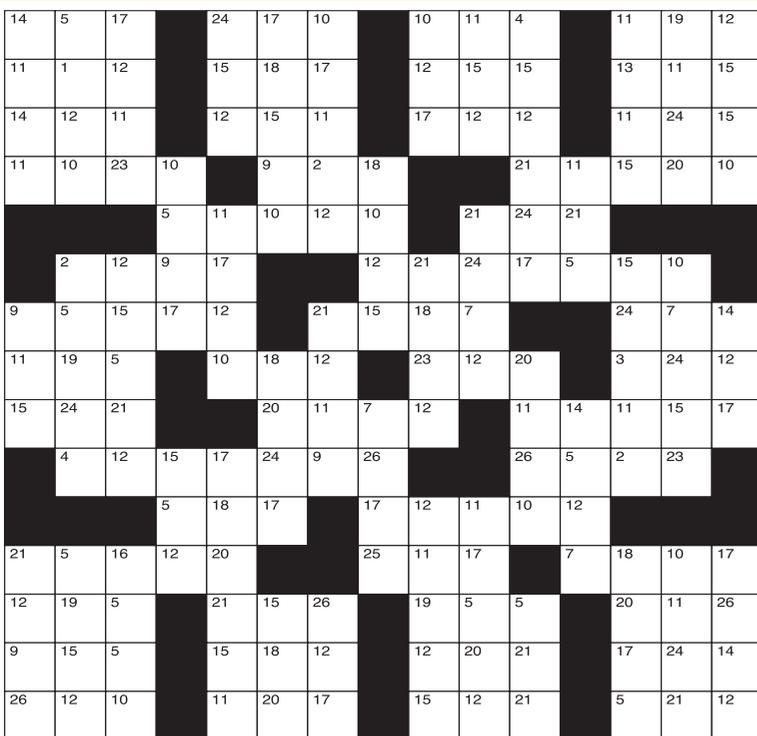
A bit more challenging than a regular word search puzzle. Build the grid up until every single empty square is filled, and all words are placed. The first letter of every word is given and circled to get you started. Note that more than one word might start on the same exact letter! Good luck!



- | | | | |
|----------------|--------|---------------|---------|
| 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	N/A	9	10	11	12	13
14	N/A	15	16	17	18	19
20	21	22	23	24	25	26

GIVEAWAYS

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

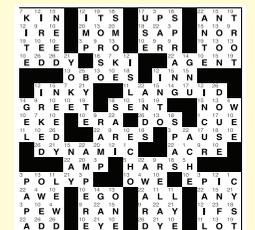
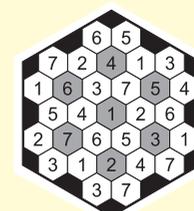
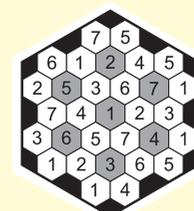
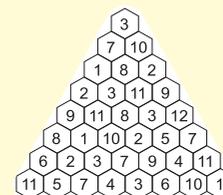
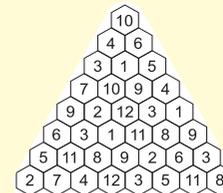
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

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 - IYKCI 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



Casement Windows



Flush Sash Windows



Vertical Sliding Windows



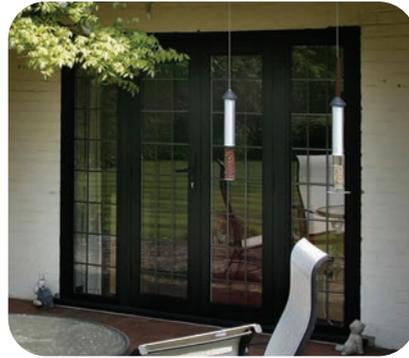
Bay/Bow Windows



PVCu Doors



Composite Doors



French Doors



Sliding Doors



Conservatories



Bi-fold Doors



Warm Roof System



Secondary Glazing



Mirrors



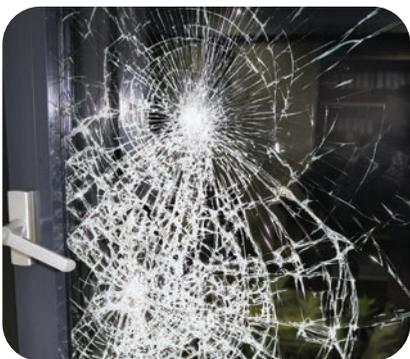
Splashbacks



Table Tops



Glass Cut to Size



Broken Glass Replaced

Leeds Glass



0800 996 1168

www.leedsglass.co.uk



Misted Units Replaced



COMPETITIONS

WIN A PROPER MUG FOR A PROPER YORKSHIRE LAD OR LASS FROM THE GREAT YORKSHIRE SHOP*

The Great Yorkshire Shop hand pick fine goods exclusively from local independent makers, artists and designers of Yorkshire including cards, gifts, foods, art, homeware, beauty and men's products.

All are unique items not found on the high street!

www.thegreatyorkshireshop.co.uk

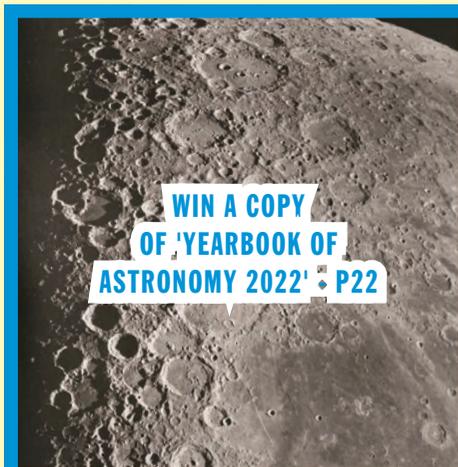
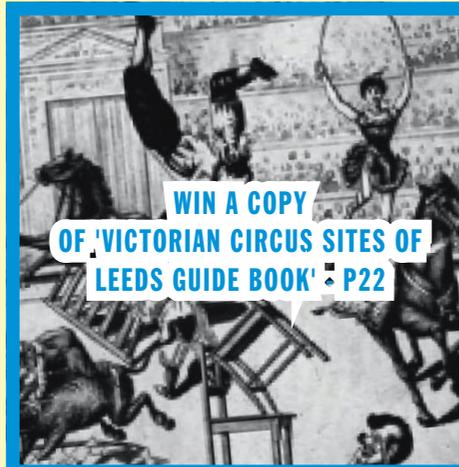


To enter go to page 32 and answer the 'How much info have you retained' questions then; **Simply send your answers, along with your contact details including tel number to competitions@yorkshirereporter.co.uk**

THE WINNER CAN CHOOSE TO COLLECT IN PERSON OR HAVE THEIR PRIZE POSTED TO THEM - POSTAGE CHARGES APPLY

The Great Yorkshire Shop,
The Concourse, Leeds Corn Exchange, Call Lane, Leeds, LS1 7BR
Tel 0113 243 4305

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
Wilson's Pork Pie - Stephen Collins
Sugru Starter Kits - Margaret Longdale

Congratulations!



DISCOVER THE COMFORT OVER 75 RECLINERS IN STOCK

Free delivery and free disposal of your old furniture

LARGE SHOWROOM OVER THREE FLOORS



SALE NOW ON

ABSOLUTELY EVERYTHING REDUCED



OVER 25 SUITES ON DISPLAY. BEDS, BEDROOM, DINING & OCCASIONAL FURNITURE PLUS MUCH MORE

35-39 Ivegata, Yeadon, LS19 7RE | OPEN 9AM - 5PM MON - SAT

Tel - 0113 250 37 16

www.kettleysfurniture.co.uk

ADVERTISE YOUR
**PUBLIC
NOTICE
OR EVENT
WITH US**

FREE

Your Local Monthly Newspaper

**The smartest
way to advertise
your business**

Call: 0113 273 5000

advertising@yorkshirereporter.co.uk

**100,000+
READERS
EVERY MONTH**

Distributed throughout
Leeds & surrounding areas

**ACCEPTING PHONE
PAYMENTS FROM**



ACCOUNTANTS



A professional accounting firm
you can trust

- PAY MONTHLY ACCOUNTANCY SERVICES
- TAX & VAT ADVICE
- PAYROLL
- ACCOUNTS



LIMITED COMPANY ACCOUNTS

SELF ASSESSMENT

BOOK-KEEPING



e: meena@bnts.co.uk

t: 07966 28 69 16

a: 6 Woodlea Garth, Leeds LS6 4SG

AERIALS

**AERIALS
FOR YOU**

**7 DAY
SERVICE
PROVIDED**

1st Aerial Services - Digital Aerial Specialists
REPAIRS - EXTENSIONS - MULTI POINTS
Dishes taken down, moved & Reinstalled. Booster & high gain
aerials for poor reception. Honest & reliable family firm.
30 years experience. Roof ladders used at all times.

CALL MARK FOR A **FREE** QUOTE
07908 039 733

**THIS SIZE
CLASSIFIED AD**

£40^{+VAT} per month

ANIMAL REHOMING



a lifeline for feral cats

**Cats and Kittens Looking For Safe
caring homes in quiet areas away
from busy roads, we also help with
feral and stray / Injured Cats**

Contact us on 0113 218 82 62

or email us at;
raffertypick@btinternet.com

Registered charity no 801245 www.cat77.org.uk

EVENTS

EAST LEEDS HISTORY & ARCHAEOLOGY SOCIETY

Friday 28th January 2022 @ 2.00pm

Cross Gates Methodist Church Hall

Jacki and Bob Lawrence will give an
illustrated presentation entitled:

“Leeds during WW2”

Admission £2.00. All Welcome

COVID PRECAUTIONS WILL BE IN PLACE

**West Yorkshire's
Biggest FREE
To Pick Up
Independent
Newspaper**

**AVAILABLE
FROM OVER
500 OUTLETS
EVERY MONTH**

**TRUSTED
EFFECTIVE
LOCAL**

DECORATORS

**Interior & Exterior
Painter and
Decorator** *Over 40 Years
Experience*
Tel 0113 270 33 95
Mobile 07778 103 741

**THIS SIZE
CLASSIFIED AD**

£80^{+VAT} per month

FUNERAL SERVICES

**CITY OF LEEDS
— FUNERAL SERVICES —**

Serving Leeds and all surrounding districts



A FUNERAL FOR EVERY BUDGET

DIRECT FUNERAL SERVICE	AFFORDABLE FUNERAL SERVICE	SIMPLE FUNERAL SERVICE	TRADITIONAL FUNERAL SERVICE
£1150	£1425	£1625	£1775
<ul style="list-style-type: none"> ☑ Coffin ☑ Crematorium Fees ☑ Doctor's Fees (no attendance) 	<ul style="list-style-type: none"> ☑ Funeral Director's Fees ☑ Coffin ☑ Service to take place in our service chapel followed by private cremation. ☑ Crematorium Fees ☑ Doctor's Fees ☑ Minister/Celebrant Fees 	<ul style="list-style-type: none"> ☑ Funeral Director's Fees ☑ Hearse ☑ Coffin ☑ Crematorium Fees ☑ Doctor's Fees ☑ Minister/Celebrant Fees 	<ul style="list-style-type: none"> ☑ Funeral Director's Fees ☑ Hearse ☑ One Limousine ☑ Coffin ☑ Crematorium Fees ☑ Doctor's Fees ☑ Minister/Celebrant Fees

☑ Online, interactive obituary to share with family and friends

We are able to offer a sympathetic **Funeral Service** to your loved one at an affordable price that we hope will enable you to make arrangements without the worry of inflated prices.

For further information or advice please contact

0113 260 8467

✉ admin@cityofleedsfuneralservices.co.uk
🌐 www.cityofleedsfuneralservices.co.uk

DWP Claims catered for

FUNERAL SERVICES

FOR COMPLETE PEACE OF MIND CALL



Independent family run business with over 40 years experience

We treat your funeral needs with sympathy and understanding

Repatriations to and from anywhere in the world



0113 239 2700

www.johntempest.co.uk

Pre paid funeral plans available

A 24 HR personal, dignified and caring service



46 Harrogate Road, Chapel Allerton, Leeds LS7 4LA

Kettley's
Airedale & Wharfedale Family-Run Funeral Service

Your Funeral ~ Your Choice
Basic - Economy - Traditional - Celebration - Green Eco

Golden Charter - Britain's leading Funeral Plan Provider has awarded Kettley's Funeral Service 'Partner of the Year' for its dedication and commitment in providing an outstanding service to their local community.

FUNERAL PLANS FROM Golden Charter
Smart Planning for Later Life

Free help and advice in the comfort of your own home or in one of our Chapels of Rest - with no obligation. The best decision you could ever make.

Please Beware - not all Funeral Plans are the same!

0113 250 3716 (24 Hours)

Private Chapels of Rest: Otley & Yeadon
Head Office: 35-39 Ivegate, Yeadon, Leeds LS19 7RE

ROBSON & ELLIS
FUNERAL SERVICE

INDEPENDENT LONG ESTABLISHED FAMILY RUN BUSINESS PROVIDING SYMPATHETIC SUPPORT DAY & NIGHT FOR ALL TYPES OF FUNERALS

- Experienced Caring And Qualified Staff •
 - Private Chapels Of Rest •
 - Pre Paid Funeral Plans •
 - Headstones And Masonry •
 - Floral Tributes Arranged •
 - Mercedes Fleet •
- Horse-Drawn & Motorcycle Hearse Available •
- Repatriation To And From Anywhere In The World •

www.robsonellis.co.uk

0113 257 0542

OLD EBENEZER CHAPEL, 435 STANNINGLEY ROAD, BRAMLEY, LEEDS LS13 4BL

joinusat
www.yorkshirereporter.co.uk

FUNERAL SERVICES



A. Waite & Son
FUNERAL SERVICE
 Est. 1888

Independent Family Funeral Directors For Five Generations
Serving Armley, Wortley and surrounding areas

Professional and caring service from the Waite family
Private Chapels Of Rest • Catering & Floral Service
Pre-arrangement Plans Available



Tel: (24hrs)

0113 2310432

72a Hall Lane, Armley, Leeds LS12 2BL

www.awaite.co.uk

Carrying Out Your Wishes With Consideration And Care



PERCY R. WOOD
FUNERAL SERVICE

www.percyrwood.co.uk

Independent family run funeral directors who will support you & your family

Here at Percy Wood we can take care of every aspect of your service including flowers, cars, headstones and catering...

At your time of need

- Private Chapels Of Rest •
- Eco Friendly Funerals •
- Pre – Paid Funeral Plans • Mercedes Fleet •
- Repatriation To And From Anywhere In The World •

CALL US 24 HOURS A DAY

0113 270 5015

BALM ROAD, HUNSLET, LEEDS LS10 2HU



GARAGE SERVICES



VW AUDI SEAT & ŠKODA SPECIALISTS

Yorkshire's independent
VW AUDI SEAT & ŠKODA Centre



www.ivcleeds.co.uk
 Tel: 0113 276 5951/52
 16 Pontefract Road
 Leeds LS10 1TB

To advertise your business with us contact;

advertising@yorkshirereporter.co.uk

or Tel: 0113 273 5000

THIS SIZE CLASSIFIED AD

£40^{+VAT} per month

GAMES & CONSOLES

GARDENING SERVICES



Over 25 years of experience in garden maintenance, landscaping & tree/shrub management

Areas covered;

- North Leeds
- East Leeds
- Thomer
- Wetherby & surrounding villages

Tidy Ups & Garden Clearances

For a reliable and professional service at an affordable price, contact;

07858 68 79 98 or 07770 86 79 18

email - jtjel996@googlemail.com

THIS SIZE CLASSIFIED AD

£80^{+VAT} per month

join us at

www.yorkshirereporter.co.uk

HOME IMPROVEMENTS

Glass and Glazing Experts

- Broken and Cracked Glass • Misted Units Replaced • Boarding Up Service
- Windows/Door Glass • Safety/Security Glass
- Fire Rated Glass • Picture Glass
- Greenhouse Glass • Mirrors • Coloured Splashbacks • Stained Glass

COMMERCIAL & DOMESTIC PROPERTIES



0800 996 1168

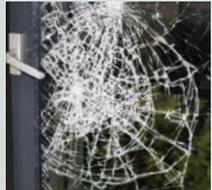
www.leedsglass.co.uk



Leeds Glass Windows Ltd 401A York Road Leeds LS9 6TD
T: 0113 248 8433 / F: 0113 248 1649 / E: info@leedsglass.co.uk



Glass cut to size while you wait



Emergency Rapid Response Glazing

West Yorkshire's Biggest FREE To Pick Up Independent Newspaper

ROOFING



Harrison Roofing
Keeping you dry for over 33 years

ALL ROOFING WORK UNDERTAKEN inc. BRICKWORK & REPOINTING



FLAT ROOF SPECIALIST



ALL WORK CARRIED OUT BY A GENUINE TRADESMAN INSURANCE BACKED GUARANTEED

Call Ian for a **FREE ESTIMATE**;
0113 286 50 76 - 07733 05 30 52

For a selection of work undertaken visit;
www.harrisonroofing.co.uk

THIS SIZE CLASSIFIED AD

£80^{+VAT} per month

AVAILABLE FROM OVER 500 OUTLETS EVERY MONTH

TRUSTED EFFECTIVE LOCAL

THIS SIZE CLASSIFIED AD

£40^{+VAT} per month

YORKSHIRE REPORTER

Yorkshire Reporter Design Service

Competitive Rates Professional Service

Reliable graphic design service for your large or small business

Logo Redesign / Re-brand

Flyers

Logo Recreation

Brochures

Menus

Whatever you need, the objective is to exceed expectations

Email: studio@yorkshirereporter.co.uk

Yorkshire Reporter

UNLIKE ANY OTHER NEWSPAPER...

FOR ADVERTISING
advertising@yorkshirereporter.co.uk

ACCEPTING PHONE PAYMENTS FROM



Tel: 0113 273 5000
www.yorkshirereporter.co.uk





Make Your House a Home

January Sale Starts 10 am Sunday January 2nd

BIG SAVINGS AND MASSIVE CHOICE ON SPECTACULAR SOFAS, BEDS, FURNITURE & MORE




Harrison Spinks
The True Bedmakers
Largest Selection in Yorkshire

SASO THE UK'S NUMBER 1 DESTINATION FOR QUALITY SOFAS - BEDS - MATTRESSES & DISTINCT FURNITURE

Massive Discounts On Sofas & Chairs



VANCOUVER CORNER SET



VERWOOD FABRIC CORNER SOFA



HENLEY FABRIC ELECTRIC RECLINER

OPEN MON - SAT 9am - 5pm SUN 11am - 3pm FREE PARKING
Calder House Savile Road Castleford WF10 1BJ - Tel 01977 559979 - saso.co.uk