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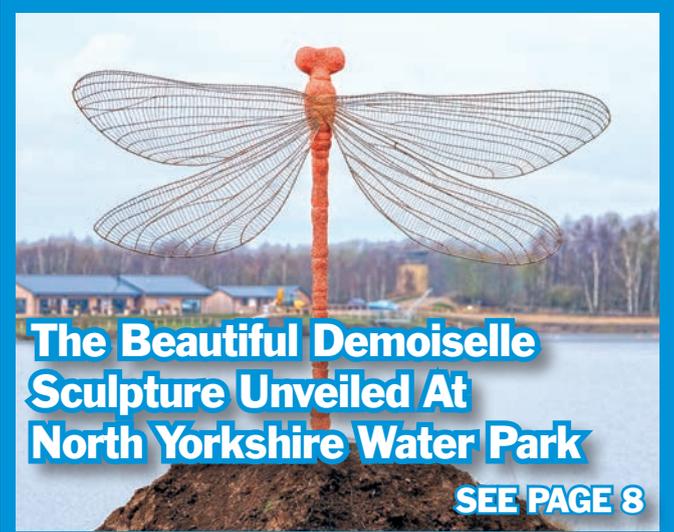


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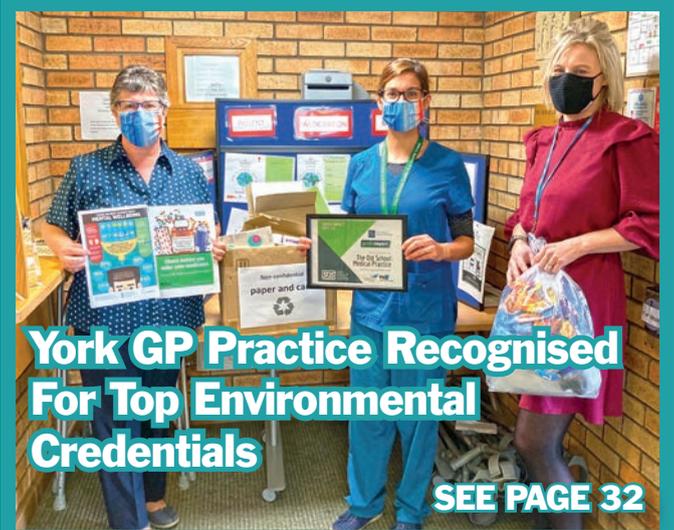
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With Libraries And Museums**

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**York GP Practice Recognised
For Top Environmental
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Welcome to the Yorkshire Reporter

Welcome to the Yorkshire Reporter in your area!

Inside, you will find local news and stories relevant to you and your community, along with a wide range of interesting regular columns and features. From gardening to music and entertainment, health to motors – combined with our monthly double page feature there is something for everyone.

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 via email newsdesk.north@yorkshirereporter.co.uk

Linzi, Editor

What's inside your paper

■ Young girl being carried on father's shoulders through an RSPB nature reserve by Leila Balin (rspb-images.com)

Treat Your Dad To A Special Trip Out In Nature This Father's Day

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MUSIC

■ Sophie Powers

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ELIGIBLE RESIDENTS IN NORTH YORKSHIRE AND YORK ENCOURAGED TO TAKE UP THEIR SPRING BOOSTER VACCINATION OFFER

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Schools Recognised For Success In Increasing Walking And Cycling

Two schools have been recognised for their success in encouraging more children and parents to opt to cycle or walk on the school run rather than travel by car.



■ Pupils at a Malton Primary School

Malton Primary Academy has achieved its platinum Modeshift STARS award, the scheme's highest honour, while St Augustine's Catholic School, Scarborough, has won the Modeshift STARS Secondary School of the Year Award for the Yorkshire and Humber region for its commitment to obtaining the Modeshift STARS Gold Award.

Modeshift STARS is a national awards scheme recognising schools that demonstrate excellence in promoting, supporting and increasing sustainable forms of active travel within their school, thereby improving the health and wellbeing of children and young people.

To secure the Platinum Award, Malton Primary Academy undertook a variety of activities, among them a road safety week that included truck awareness training provided by DHL and local haulage company Dennis Distribution, who also supplied hi-vis jackets that are used on school trips.

Other actions included surveys of how pupils and staff get to school, a parking pledge asking parents to be mindful of where they park, a request to a local shop to change its delivery times, which was quickly agreed, "walking home alone" arrangements for some pupils and a balance bike training day for reception and year 1 pupils.

Mandy Carpenter, from the school, said: "When I found we had achieved Platinum I was eager to share the news. I was emotional as it has been such a rollercoaster over these three years! Malton Primary Academy is so proud of everyone involved, including staff, pupils, parents, guardians and the wider community. We will continue to work to retain this accolade, keeping active travel an ongoing area for development."

To achieve their Gold award, St Augustine's worked closely with their students, staff, parents, governors, local councillors and North Yorkshire County Council's Sustainable Travel team, which nominated the school for the Modeshift STARS Secondary School of the Year Award.

The school regularly takes part in sustainable travel initiatives to encourage pupils and staff to walk, cycle and use dedicated school transport to commute. Examples of sustainable travel initiatives include active travel breakfasts, cycle maintenance workshops, youth travel ambassadors, increasing cycle storage shelters, attending the Schools Yorkshire Tour and conducting travel surveys to monitor the Modeshift trends.



■ Pupils at a Bikeability session at St Augustine's with (back, from left) Bikeability staff Keith Prichard, Ashley King, Alison Fewster and John Kiddle, and (front) Lisa Scott and Jackie Speakman.

Lisa Scott, from St Augustine's, said: "We are delighted to have won a Modeshift STARS School of the Year Award. The school remains committed to promoting sustainable travel and encouraging our children to lead a healthier and more active life while reducing congestion and improving air quality outside school."

Barrie Mason, the County Council's Assistant Director, Highways and Transportation, said: "These are great achievements by both schools. We know through our Sustainable Travel team how much work they have put into achieving their Modeshift awards. Their commitment has increased the number of students walking and cycling to and from school, and decreased the number of families who drive."

Every school in the county has the opportunity to register and plan sustainable travel initiatives to achieve their Modeshift STARS award. Schools can reach five levels: green, bronze, silver, gold and platinum. Schools interested in joining the scheme should contact North Yorkshire County Council's Sustainable Travel team at opennorthyorkshire@northyorks.gov.uk

The Sustainable Travel team can also help any business that would like to work towards Modeshift STARS Business accreditation. The team can support businesses in creating a travel plan to promote and encourage active travel to work. Any business owners who would like to know more should email;

opennorthyorkshire@northyorks.gov.uk

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Delve Into Yorkshire Dialect With Libraries And Museums

North Yorkshire libraries and two county museums are joining forces to encourage residents to discover and enjoy their community heritage during Local History Month in May.

Events will be held in libraries around the county as Ryedale Folk Museum and the Dales Countryside Museum theme the month around dialect and language. These events are part of a research project into the way we speak, led by the University of Leeds.

In the 1950s and '60s, researchers from the University of Leeds carried out the Survey of English Dialects, visiting people in more than 300 places to record their many ways of speaking. More than half a century later, staff at the university are working with museums around the country to find out what has changed and what has stayed the same.

As well as sharing findings, the collaboration with North Yorkshire libraries will provide opportunities for the public to get involved in sharing their own dialect.

They will be able to join officers from the dialect and heritage project at a series of dialect drop-in events. These will explore words from across the country recorded in the 1950s as part of the Survey of English Dialects, as well as have fun with word games and activities. Visitors will be able to contribute their words to researchers at the University of Leeds.

Dialect and Heritage Project drop-ins will be at the following libraries:

- 5 May, Stokesley, 10am to 1pm
- 9 May, Catterick, 10am to 1pm
- 9 May, Richmond, 2pm to 5pm
- 10 May, Bedale, 10am to 1pm
- 10 May, Leyburn, 2pm to 4pm
- 11 May, Skipton, 9.30am to 1pm
- 11 May, Gargrave, 2pm to 4pm
- 12 May, Pickering, 10am to 1pm
- 19 May, Filey, 1pm to 3pm
- 24 May, Malton, 10am to 1pm

Pre-recorded online talks will be shared via the North Yorkshire libraries YouTube channel throughout May and a series of activities, including dialect crosswords, can be accessed at participating libraries. Watch the YouTube channel at:

www.youtube.com/channel/UCu6xA3HMKL8YokuFneDjm8Q

To complement the Dialect and Heritage Project Dialect drop-ins, North Yorkshire libraries are hosting five pop-up archive events with the County Record Office and funding talks with speakers from the Yorkshire Dialect Society, celebrating Yorkshire dialect through stories, poems, history, and humour. Events are free, with the exception of the poetry event at Scarborough. Dates and times may change, so check with your library before travelling.

Pop-up archive events:

- 10 May, Great Ayton library, 10.30am to 2.30pm
- 11 May, Knaresborough library, 10.30am to 2.30pm
- 18 May, Scarborough library, 10.30am to 2.30pm
- 20 May, Malton library, 10.30am to 2.30pm
- 25 May, Northallerton library, 10.30am to 2.30pm

Poetry event:

- 26 May, Scarborough library, 6pm to 7.30pm, entrance fee will apply, please book in advance.

Yorkshire Dialect Society talks, free, please book in advance:

- Malton, Wednesday 4 May, 11am: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Knaresborough, Thursday 5 May, 2.30pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Ripon, Thursday 5 May, 7.30pm: A Yorkshire Dialect Treasure Trove: John Hartley
- Pickering, Tuesday 10 May, 2pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Whitby, Tuesday 10 May, 5pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect



- Settle, Wednesday 11 May, 2pm: Tom Twisleton: Poems in the Craven Dialect
- Selby, Thursday 12 May, 2pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Kirkbymoorside, Friday 13 May, 6.30pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Great Ayton, Tuesday 17 May, afternoon: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Stokesley, Tuesday 17 May, evening: A Yorkshire Dialect Treasure Trove: John Hartley
- South Craven, Wednesday 18 May, 2pm: A Yorkshire Dialect Treasure Trove: John Hartley
- Derwent Valley Bridge, Thursday 19 May, 3pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Scarborough, Thursday 19 May, 6pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Harrogate, Monday 23 May, 2pm: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Grassington, Thursday 26 May, 11am: Telling T' Tale: Poems and Stories in Yorkshire Dialect
- Skipton, Thursday 26 May, 7pm: A Yorkshire Dialect Treasure Trove: John Hartley

For up to date information about events and activities during Local and Community History Month, contact your library.

Zero-Emissions Electric Bus Fleet Funding For Harrogate Welcomed

Bus passengers in the Harrogate area will be able to enjoy greener journeys thanks to a successful funding bid.

The ambitious bid to convert an entire Harrogate bus fleet to electric vehicles has won approval from the Department for Transport (DfT).

North Yorkshire County Council is working with The Harrogate Bus Company, part of Transdev, on a scheme to bring 39 zero-emission buses to Harrogate over the next three years.

The £20m project includes the bid for £7.8m by the County Council to the DfT's Zero Emissions Bus Regional Areas (ZEBRA) scheme plus an investment of more than £12m by Transdev. This will create a fleet of 20 single-decker and 19 double-decker buses, alongside supporting charging infrastructure.

The routes will include the popular 36 from Ripon through Harrogate to Leeds. All the vehicles will have next stop announcements, USB power and free wi-fi.

Michael Leah, Assistant Director Travel, Environmental and Countryside, said: "We welcome this announcement from the Department for Transport, which supports our strong commitment to sustainable travel. This project will provide a blueprint for other parts of North Yorkshire as we continue to work with operators who are seeking to move along a similar path.

"As well as providing improved transport for passengers, the scheme will bring a range of benefits that will be felt more widely. These include accelerating decarbonisation of the county's public transport network and the consequent improvement in air quality, bringing health benefits to residents and visitors, enhancing the environment and countering climate change. Quieter electric buses would also reduce noise pollution.

"This investment supports our ambition for North Yorkshire as a place with a strong economy and our commitment to sustainable growth."



Creating a culture of positive mental health and wellbeing in schools was the theme when 3,800 pupils and more than 200 members of staff from 100 North Yorkshire primary and secondary schools joined an interactive online event.

Welcoming schools to the online event organised by the County Council's Healthy Schools programme, Louise Wallace, North Yorkshire's Director of Public Health, said: "It is fantastic that so many schools from across our county have signed up to take part in this Healthy Schools online event, which focuses on the important issue of children and young people's emotional health and wellbeing.

"Learning how to work together in school and to put strategies in place to help pupils and staff who might be in need of extra support or someone to talk to is essential for a happy and healthy school."

Pupils took part in interactive online workshops broadcast live into their classrooms across the county. These explored the themes of:

- the importance of being kind;
- learning more about being pupil wellbeing champions;
- how to be true to you;
- how emotions are generated.

Workshops and speakers were provided by local organisations that support the Healthy Schools award, including North Yorkshire Sport, Compass Phoenix and Emotion Switch. Pupils also heard from James

Kirton, who mentors athletes to help them overcome challenges and setbacks.

To close the event, pupils took part in a live vote on important questions around emotional health and wellbeing to help the Healthy Schools team understand their views and plan future actions.

Some of the questions followed responses from the Growing Up in North Yorkshire Survey, which more than 250 schools in the county completed. More than 16,000 pupils responded to the last survey, having their say on whether they are supported in school around issues including bullying and healthy eating and whether they are worried about issues including Covid and climate change.

The Growing Up in North Yorkshire Survey results are shared with schools and organisations to inform practice and development of projects and resources to support children and young people. Schools will take part in this year's survey this month.

North Yorkshire County Council schools and academies can sign up for free to take part in the survey and to the Healthy Schools programme, as it is funded by the Public Health grant. Private and out of county schools can join Healthy Schools for an annual charge. A new Healthy Early Years award has recently been launched and is available free to all North Yorkshire early years settings, including childminders.

For further information, email healthyschools@northyorks.gov.uk or register to take part online at healthyschoolsnorthyorks.org



Recruitment Drive In Full Flow To Staff Summer Camps In Yorkshire

An outdoor education adventure company are looking for fresh recruits ahead of their busy summer season. The Bushcraft Company run a number of residential camp visits for groups of schoolchildren across the UK and are looking for the next wave of outdoor enthusiasts to support the growing demand.

Concentrated on delivering an authentic experience of the great outdoors for children who may not have experienced life outside of a city, The Bushcraft Company have been active since 2010.

Over the years many young people have experienced the rite of passage to embrace the outdoor elements with their peers, camp in the woods and sleep under the stars. As well as building essential bushcraft skills through exhilarating activities, the life skills – social, emotional, and physical – gained are invaluable.

Currently, The Bushcraft Company runs camps across six locations, based in:

- Castle Howard, Yorkshire
- Boughton Woods, Northamptonshire
- Cuffley Camp, Hertfordshire
- Peshurst Place, Kent
- Badminton Woods, Gloucestershire
- Blenheim Woods, Oxfordshire

Each camp lasts for up to five days, with children aged between 7-18 years on-site for 24 hours a day. All locations are now looking to recruit the right personalities and provide the training to create the magic of Bushcraft ahead of the season. Camps commence in May, and will be running all summer, through to October.

The overnight summer camps encourage young people to leave their screens behind, build friendships and make some fantastic lifelong memories. Their days will be spent as budding explorers getting back to basics and learning how to survive in the wild this summer.

The children are well looked after throughout by camp instructors and personal chefs on hand to provide a delicious menu.

Successful applicants will receive 4-6 days' worth of training and a choice of two different contracts: zero hours or fixed term contracts of five days a week. This decision was made to provide applicants with as much flexibility as they deserve from their working patterns.

With the ability to earn up to £680 a week as a Camp Leader, plus the opportunity to work in the great outdoors, there truly aren't many roles like those the Bushcraft Company have on offer. The Bushcraft Company has an impeccable record as a responsible employer and in promoting and offering career progression opportunities, with many employees returning from previous years of experience to more senior roles on the team.

Ben Reynolds, Marketing Director of Active Learning Group, said: "This is a great opportunity for anyone looking for a unique job opportunity this summer and beyond. Our Bushcraft Company camps are incredibly fun experiences for schoolchildren. We receive a stream of positive feedback from the kids - and our employees, who enjoy the challenges the job provides on a day-to-day basis.

"The experience of working in the great outdoors in the summer time cannot be matched. While these camps were created to provide children and young people the opportunity to discover the British countryside, there is much our activity leaders learn and come away with from a summer of working for the Bushcraft Company.

"When you see a child complete one of their assigned activities and their face is beaming, you smile because it's a rewarding experience. They are so proud of their achievements, and we are too. This is why the Bushcraft Company exists – we know from our feedback and repeat business that we make a real difference to a child's outdoor experience and personal development."

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For more information about the Bushcraft Company, and to apply for roles today, please visit: <https://thebushcraftcompany.com>

New 'Invest In York & North Yorkshire' Partnership Launches For Major Inward Investment Event

Together with 7 local authority partners, York & North Yorkshire Local Enterprise Partnership (LEP) has launched a new partnership 'Invest in York & North Yorkshire' to represent the region's inward investment opportunities at this month's biggest UK Real Estate Investment & Infrastructure Forum (UKREiIF).

Taking place at the Royal Armouries in Leeds from Tuesday 17th May until Thursday 19th May, the event is expected to bring together more than 5,000 people, aiming to highlight commercial investment and development opportunities across the UK and promote collaboration in the area of economic regeneration and growth.

'Invest in York & North Yorkshire' will have its own stand (B11) to highlight of some of the many opportunities that exist in the region. In addition to this, 'Invest in York & North Yorkshire' will be hosting a showcase presentation on the cinema stage at 15:15 on Wednesday 18th May. Themed 'York & North Yorkshire- More than just a pretty place', the session will be opened by the York & North Yorkshire LEP and include speakers from Harrogate Borough Council and Selby District Councils as well as the Chief Executive

of Drax Power Station. Following this, there will be a Q and A session, facilitated by the LEP.

COO of the York & North Yorkshire LEP, James Farrar, says, "It is great to have this chance to showcase why York & North Yorkshire is a great place to do business. We are a diverse region and this is reflected in our development opportunities where we are able to offer smaller scale sites right up to massive gigafactories.

"We're excited to attend the event in May and to meet like-minded people who are looking to support economic growth in our region and across the UK. It's an exciting time for York & North Yorkshire as we look forward to Devolution and the many benefits this will bring. This could really open up the opportunities for those looking to invest in the region."

For more information about 'Invest in York & North Yorkshire', visit [Invest in York & North Yorkshire \(www.ynylep.com\)](http://Invest in York & North Yorkshire (www.ynylep.com))

For more information on UKREiIF and to book tickets, visit: www.ukreiiif.com

Hundreds Of Millions Of Pounds Worth Of Contracts Available To Build World's Biggest Carbon Capture Project At Drax

Renewable energy company Drax is teaming up with Worley, its engineering, procurement and construction partner, the UK's leading UK energy sector business development organisation NOF, and the West & North Yorkshire and Hull & Humber Chambers of Commerce to deliver an event that will provide British businesses with further information about how they could win hundreds of millions of pounds worth of contracts to deliver its vital carbon removal technology, bioenergy with carbon capture and storage (BECCS).

The event will be held in The Double Tree by Hilton in Hull this month, and follows the success of an initial supplier event, held virtually in September 2021, when around 400 UK businesses attended.

Drax has previously said that it aims to source 80% of construction materials and services from British firms and build a robust UK supply chain for BECCS, ahead of construction getting underway as soon as 2024, with the creation of around 10,000 jobs.

Graham Backhouse, Drax's Commercial Director for the BECCS project, said: "We want to put British businesses at the heart of our plans to deliver BECCS, allowing them to benefit from hundreds of millions of pounds worth of new contracts.

"Negative emissions technologies like BECCS will play a vital role in enabling the UK to reach its net zero goals, as well as creating exciting opportunities for Britain to lead the world in a vital technology, creating a new sector of the economy, as well as export opportunities.

"Our programme of events is a great opportunity for businesses to get involved and learn more about the project – we encourage companies of all sizes across the region to come along and find out more about how they might benefit from the contracts available."

Bradley Andrews, President at Worley, said: "We're supporting the investment and scale up of the UK supply chain to maximise local business participation working alongside Drax, NOF and Worley's e-procurement partner, Requis.

"Requis provides a digitally enabled platform where qualified suppliers can register their materials and services in line with what's required for the project scope, driving opportunity for the UK supply market."

Joanne Leng MBE, Chief Executive at NOF, said: "NOF has now delivered a significant number of supplier engagement activities on behalf of major clients in the energy industry.

"We are now working on the BECCS project with Drax and Worley who have both demonstrated a strong commitment to working with the local and wider UK supply chain and through NOF's support they aim to ensure that as much UK content as possible is included in this project. The domestic supply chain is innovative, capable and competitive, it is world class so let's utilise this experience and expertise on the project."

Drax has a proven track record in delivering ambitious and pioneering infrastructure projects – the conversion of its power station in North Yorkshire to use sustainable biomass has enabled it to become the UK's largest single site renewable generator, supporting more than 6,600 jobs throughout its supply chains across the North, whilst reducing its emissions by over 95% and paving the way for the deployment of BECCS.

Drax aims to deliver the world's largest carbon capture in power project this decade, making a significant contribution to the UK's decarbonisation targets.

Businesses can find out more about Drax's plans and how to register with Requis to attend the nationwide supplier event series by visiting www.drax.com.

MAKING A DIFFERENCE

The Harrogate Hospital & Community Charity Summer Extravaganza Is Back



Harrogate Hospital & Community Charity (HHCC) invites you to this year's Summer Extravaganza for a day of food, drink and entertainment to raise funds for NHS services at Harrogate and District NHS Foundation Trust.

This year's event will be held on Sunday 5 June 2022 at Harrogate Railway Athletic Football Club, HG2 7JA. The event will include access to a range of shopping stalls, summer game stands, a licenced bar and BBQ.

This year 'Graham Fisher's It's A Knockout' inflatable assault course returns as part of the Summer Extravaganza and members of the community have the chance to rise to the challenge or support their team of Knockout Heroes.

Teams of 10 entrants will battle it out, taking on the 'Around the World in 80 Days' challenge of wacky games. Contestants will face water and foam in their quest to be crowned 'It's a Knockout Champion 2022'.

Entry to the It's A Knockout Game is £30 per person, participants must be aged 16 or above, and each registration into 'It's a Knockout' includes entry to the Summer Extravaganza.

Challengers can sign up as an individual or as part of a Team. Teams will be entered into one of three groups with limited availability, so register now to avoid disappointment.

Tickets for entry to the Summer Extravaganza are available for a donation of £2 for adults and children over the age of five. Children under the age of five go free. You will be able to support the challengers and cheer them on as well as enjoying the Extravaganza experience.

Sammy Lambert, Business Development, Charity and Volunteer Manager said, "HHCC are so excited to be able to host The Summer Extravaganza and bring people together once again.

"Our 'It's A Knockout' event is always extremely popular and you don't have to be an athlete to join in, so gather your friends, colleagues and family to dive headfirst into our inflatable fun and games.

"We want to bolster community spirit by creating the opportunity for families, friends and colleagues to meet for a day of summer fun while supporting their local NHS at the same time. I would like to thank Harrogate Railway Athletic Football Club for their offer to host the Summer Extravaganza featuring It's A Knockout at their fabulous venue"

To register for It's A Knockout or purchase your tickets for the Summer Extravaganza, please email hdf.hhcc@nhs.net or visit;

www.hhcc.co.uk/summer-extravaganza-featuring-its-a-knockout



Local Domestic Abuse Charity Launches New Fundraising Event

This July, Yorkshire's Independent Domestic Abuse Services (IDAS) is launching its annual fundraising event, the Big Yorkshire Tour. Support adults and young people subjected to domestic abuse by asking friends and family to sponsor you to walk, dance, run, or jump the distance of your choice at any time during the month of July. You can take part individually or as part of a team. Choose the distance you'd like to cover and devise creative ways to take part - last year's tour saw supporters skateboarding, roller skating and even kayaking the miles!

To get involved with this fantastic cause you can register on the IDAS Big Yorkshire Tour website (BigYorkshireTour.idas.org.uk) and set up a fundraising page to collect sponsorship or pay a one-off joining fee.

Last July, supporters, staff and volunteers raised £20,000 of vital funds that supported lifesaving services for over 20,000 people, including refuge accommodation, outreach services and support to children and adults affected by domestic abuse and sexual violence.

This year IDAS hopes to raise even more, so that they can run more online

groups, develop innovative programmes of support, and continue to deliver an uninterrupted service.

IDAS CEO Sarah Hill says of the tour, "The last couple of years have been difficult for many people, for those living with a controlling or abusive partner during lockdowns there will have been little to no respite or relief. As life slowly returns to normal and people are now able to seek support, we have seen an increase in demand for our services that we anticipate will continue for some time to come.

"To meet this demand, we need additional funds and we are asking the public to support us by taking part in the tour. We hope that the IDAS Big Yorkshire Tour will bring people together around an important cause and let people know that our support is available to anyone affected by domestic abuse."

If you are worried that you or someone you know may be experiencing abuse, you can call IDAS' helpline on 03000 110 110 or email info@idas.org.uk.

Take The Plunge For Martin House



Take the plunge and abseil from Yorkshire landmark the Cow and Calf to raise money for Martin House Children's Hospice this summer.

Martin House is appealing for daredevils from across the region to take part in the abseil, which takes place at the famous Ilkley Moor landmark on Saturday 18 June.

Maddie Bentley, senior events fundraiser at Martin House, said: "We launched our abseil last year and it was a huge success, so we're really excited to be back this summer.

"The Cow and Calf is just a breath-taking spot, with amazing views across the Yorkshire countryside. We think it's the perfect place to have an adventure like abseiling."

Participants will make their way across the Ilkley Moor boulders before abseiling down the 50ft rock face of the Cow, all in the safe hands of the Yorkshire Adventure Company, which is supporting Martin House with the event.

Maddie added: "You don't need any specialist equipment or previous

experience – just a head for heights and sensible outdoor clothing and footwear – and we provide the rest.

"You can bring your family and friends to cheer you along, and even bring a picnic to make a day of it."

Martin House cares for babies, children and young people with life-limiting conditions, providing planned and emergency care, symptom control, as well as supporting families in their own homes and when their child is in hospital.

It costs up to £9 million a year to run the hospice, with nearly 90 per cent of that total coming from fundraising and voluntary income.

Signing up for the abseil costs £25, and everyone taking part is asked to raise at least £175 in sponsorship.

Maddie said: "Raising £175 could help to pay for a bereaved family to have support sessions with one of our specialist counsellors, so the money you raise will have a real impact on the families we care for."

For more information and to sign up to the Cow and Calf Abseil, visit www.martinhouse.org.uk/abseil.

Letter To The Editor: Community Connections More Vital Than Ever

Dear Editor

Many of us are painfully aware of how isolated we've become over the past two years. The pandemic affected two groups in particular – care home residents and school children. A wonderful new initiative now hopes to bring older and younger members of our communities together.

The nationwide Become a Care Home Friend scheme invites schools across the country to join a 10-week programme of activities that will build meaningful, much-needed links with care homes and foster understanding between the generations.

Children and older people get so much out of a relationship with each

other, but their contact can be very limited. This project will boost children's self-esteem by allowing them to make a positive difference to others. And it will help care home residents feel more connected to their local community.

We've seen so much joy, fun and energy in similar initiatives, so we warmly encourage schools to take part. One youngster who's made new friends through our work said: "I feel overjoyed because we made wordsearches for the older people and that makes me feel nice." I think that says it all.

Your sincerely,

Tom Owen, Director of My Home Life England

For more information visit: www.myhomelife.org.uk

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The Beautiful Demoiselle Sculpture Unveiled At North Yorkshire Water Park

The Yorkshire Coast BID have expanded the coastal sculpture collection, by welcoming the stunning Wykeham Damselfly to its new home at North Yorkshire Water Park, Scarborough.

Designed by local Yorkshire artist, Emma Stothard, the Damselfly is the second sculpture to be added to the collection, following in the footsteps of the first addition, the Green Hairstreak Butterfly, which can be found at Spurn Point.

The Wykeham Damselfly, along with around 50 other animal species, such as chubb, roach, rudd, and perch, can be spotted throughout the year around the lakes of North Yorkshire Water Park. Taking in inspirations from her surroundings, Emma wanted to represent the area the best she could which led to designing the second sculpture - the Wykeham Damselfly.

The female 'Beautiful Demoiselle' can be recognised by its verdigris green body with pale, brown wings, differing from that of the males which is identified by their electric blue bodies and dark wings. Due to its delicate features and subtle colors, the damselfly is a remarkable species, and Emma, had to ensure the materials used for the sculpture portrayed this correctly.

The body, head and tail have been designed using copper wire as overtime, the patina turns a lovely verdigris green representing the true colors of the Beautiful Demoiselle. To portray the wings correctly, Emma hand-made them by using a stainless-steel round bar before being methodically woven in phosphorus bronze wire, which in turn will develop into a soft brown over time.

Speaking on the design of the sculpture, Emma Stothard, said: "It has been such a delight designing the coastal sculpture collection, which I'm sure will attract many visitors to the park. The Wykeham Damselfly itself is such a beautiful species, with delicate, unique features, so I was super excited to try and replicate this in sculpture form.

"The Wykeham Damselfly has been such a pleasure to create, and I can't wait for everyone to see more of the Coastal Sculpture Collection."

Speaking with Kerry Carruthers, the CEO of Yorkshire Coast Bid, she said: "This project is really important as it's not just about bringing in visitors to the area, it's about celebrating all the beautiful nature and wildlife that can be seen here as well.

"Having these sculptures located across the Yorkshire Coast tells visitors a story about what can be seen here, as well as giving them another reason to come visit. There are many more sculptures to come in different locations across the coast and we can't wait to see the final project."

Operations Manager of North Yorkshire Water Park, James Whitehead, spoke about the instalment of the Wykeham Damselfly, commenting: "The visitors here at North Yorkshire Water Park are guaranteed to love the Wykeham Damselfly, not only does it look amazing, but it teaches people about the area and the wildlife located here.

"As well as the many activities that take place at North Yorkshire Water Park, we have many people who visit to make use of the spectacular surroundings, whether that be for a dog walk or run or more. Adding this sculpture to the route around the lake will grab lots of attention and I can't wait to see the whole collection once complete."

The Coastal Sculpture Collection consists of a group of unique sculptures placed in a variety of locations across the Yorkshire Coast for people to visit and educate themselves. Each sculpture has been designed to represent the area it's located within, offering a chance to learn about the wildlife, history and culture of the Yorkshire Coast.

The collection, creates marker points throughout Route YC a new coastal route made up of a series of adventure filled itineraries, that will take visitors from Yorkshire's very own Lands' End in the south through to smuggler coves and quaint fishing villages in the north. Not only will people be able to admire this wonderful collection, it also supports Yorkshire Coast BID's objective of protecting wild and marine life throughout the area, by raising awareness.

To find out more about the Yorkshire Coast BID, please visit; www.yorkshirecoastbid.co.uk

'This Is England' Ceramic Charger Now On Display At York Art Gallery

York Museums Trust is thrilled to announce the donation of the 'This is England' ceramic Charger to their collection. The slipware pottery is now on display in the Centre of Ceramic Art (CoCA) at York Art Gallery.

'This is England' was made by potter Hannah McAndrew in a personal response to the appalling events surrounding the Euro 2020 final, when three England players, Marcus Rashford, Jadon Sancho and Bukayo Saka, who missed their penalty kicks, were subjected to appalling racial abuse.

In September 2021, Hannah McAndrew offered the opportunity to win the charger in a prize draw, raising money for FareShare, a charity aimed at relieving food poverty and reducing food waste, of which footballer Marcus Rashford is an ambassador. In just 21 days £9000 was raised, equating to approximately 35,000 meals.

The Charger was won by Helen Hepburn, who has generously donated it to CoCA at York Art Gallery.

Potter Hannah McAndrew said; "I'm not a football fan, I'm happy to admit it. I now live in Scotland, but I was taken by the conduct of the English team in this Euro 2020 tournament. They have taken a very clear and united stand against racism both on and off the field. From what I can see, football teams have huge influence with their supporters, so using their privileged position to send out this powerful message of tolerance and inclusion to fans of all ages can only be a good thing."

The Charger is full of meaning and symbolism, featuring the three lions and ten roses from the England football team badge. The border is divided into thirteen sections representing the nationalities of the players in the England squad and the countries they could have chosen to play for instead of England.

The title of the piece, 'This is England' is borrowed from Stormzy's anthem with Dave and Ian Wright which was played during the Euro 2020 tournament and the lines; "the past can't hurt us. The future can inspire us. This is England, modern England".

Lindsay Boswell, CEO at FareShare, said; "We are very grateful to Hannah and thrilled that she chose to support FareShare with the charity prize draw of the 'This is England' charger. Hannah's artistic fundraising efforts have provided the equivalent of more than 35,000 meals to frontline charities and community groups. The charger has played an important part to help tackle food waste and get good food out where it's



■ Dr Helen Walsh, Hannah McAndrew & Helen Hepburn. Image copyright: Frank Dwyer.

needed most. We are therefore very pleased to hear that it will be going on display with York Museums Trust where many others can be inspired by its positive impact."

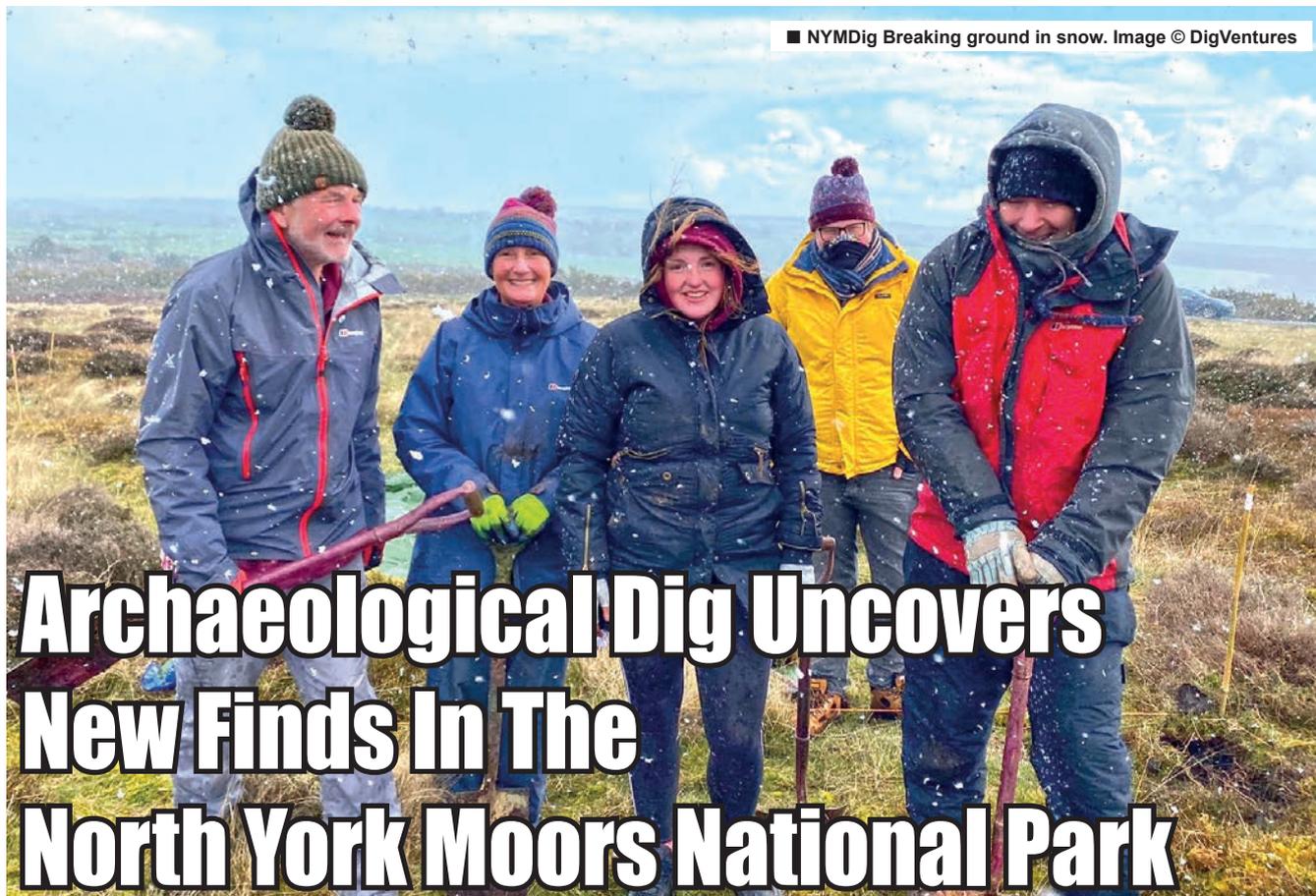
It was important for Helen Hepburn, the winner of 'This is England' Charger, for the piece to be displayed publicly, so that the meaning stays fresh in people's minds.

Helen Hepburn, who lives near York, said; "I never, for a moment, thought I would win. It was just a wonderful cause and I loved finding out about Hannah McAndrew's work because I really like ceramics, especially slipware. I would never have thought my long-term interests in football and slipware would ever combine in any way at all!"

Visitors can now see 'This Is England' on display in the Centre of Ceramic Art.

Dr Helen Walsh, CoCA's curator of ceramics, said; "We are thrilled to receive such a generous gift and to have the opportunity to add such an important and powerful ceramic work to our collection at York Art Gallery. Ceramics have long been used to share social messages and this charger is a contemporary example, highlighting the growing 'Black Lives Matter' movement. It is also a beautiful work of ceramic art, revealing the creativity and immense skill of the potter Hannah McAndrew."

Entry to CoCA at York Art Gallery is free. Book your tickets at; www.yorkartgallery.org.uk



■ NYMDig Breaking ground in snow. Image © DigVentures

Archaeological Dig Uncovers New Finds In The North York Moors National Park

An archaeological dig that aims to further investigate the findings of a previous aerial survey has taken place in the North York Moors National Park. It is believed the area, which is located in the north of the National Park towards Guisborough, may be the site of a prehistoric farming settlement.

Miles Johnson, Head of Historic Environment at the North York Moors National Park Authority, said:

"It's always exciting to have the opportunity to discover something new and help reveal the hidden history of the landscape. It's been a number of years since we've seen an excavation on this kind of site in the North York Moors and few examples of this kind of site have ever been investigated in the region."

The site first came to the attention of the National Park Authority's archaeology team following an aerial survey of the surrounding landscape, known as LiDAR mapping, in 2016. LiDAR uses laser technology to scan the ground and can identify subtle variations, such as ridges and troughs, which may otherwise be hidden under vegetation. This airborne survey was later followed by a study on the ground (undertaken in 2019), which looked for further clues about the site's history.

"The information we have so far suggests a farming settlement, surrounded by small fields which were cultivated and probably held livestock too," said Miles.

"The remains look to be significant, but the investigation was targeted and small-scale so that the impact on both the archaeology and the surrounding environment was as minimal as possible. We took precautions so as not to disturb nesting birds, adders and other wildlife."



■ NYMDig. Image © NYMNP

"Ultimately we hope that this excavation might give us a better insight into domestic life around 2-4,000 years ago in the North York Moors. Many of the features that survive or have been excavated from this period are monumental in nature, for example barrows or dykes. But understanding the everyday, ordinary lives of people is important too."

The excavation was carried out by DigVentures, a social enterprise company that brings together people who are interested in archaeology, with opportunities to get involved with real excavations. The dig finished in April, but the work to study, identify and properly catalogue the finds and environmental information from the site will continue over the coming months. The knowledge generated will also be added to the North York Moors Historic Environment Record, an index of known physical cultural heritage across the National Park.



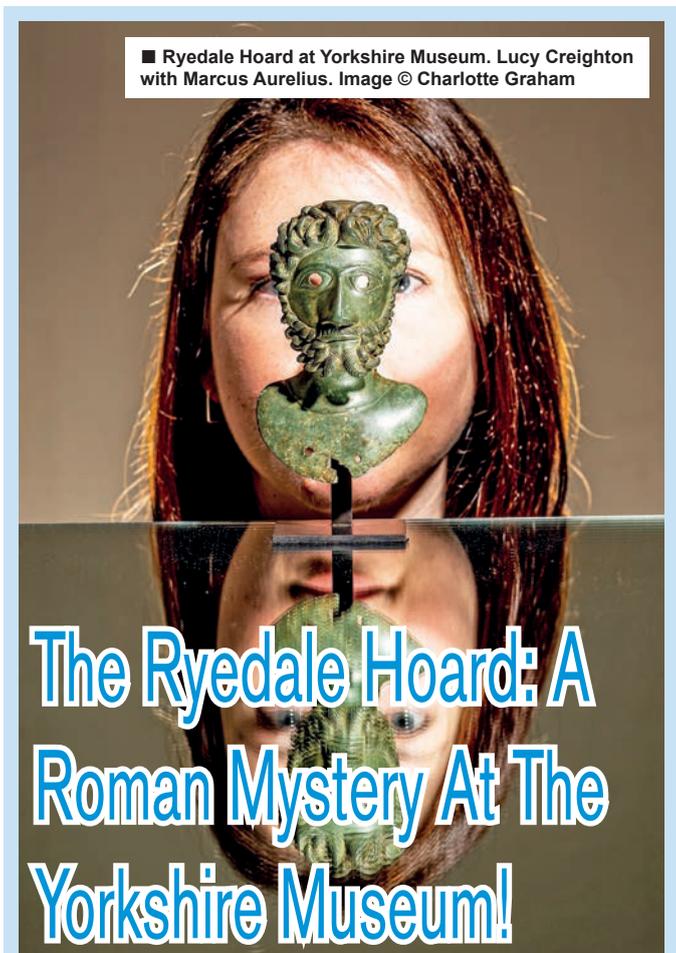
■ NYMDig Venturer Jan finds flint blade. Image © DigVentures

Initial finds have included a range of flints from the Neolithic and Bronze Age and a small amount of pottery.

Stephanie Duensing from DigVentures said: "Over 30 local residents from all walks of life joined our dig team, eager to learn about archaeology and to help us unearth the story of this fascinating new site.

"Together we've had an incredible 10 days of discovery, digging through sun and snow to reveal the first solid evidence of when this settlement was occupied and who by, including an early Bronze Age tanged arrowhead, a gorgeous little thumbnail scraper, and a collection of Roman pottery sherds.

"It's been a fantastic experience and we're really looking forward to what other discoveries we make as we start to analyse these artefacts and soil samples in the lab."



■ Ryedale Hoard at Yorkshire Museum. Lucy Creighton with Marcus Aurelius. Image © Charlotte Graham

The Ryedale Hoard: A Roman Mystery At The Yorkshire Museum!

The Yorkshire Museum has re-opened with an exciting new exhibition; **The Ryedale Hoard: A Roman Mystery.**

For the very first time, visitors are able to see this exciting new mysterious discovery. The Ryedale Hoard contains some of Yorkshire's most significant Roman objects.

The journey of how the spectacular collection came to be on display at the Yorkshire Museum started on a sunny Sunday afternoon in May 2020. Two friends, James Spark and Mark Didlick, keen metal detectorists, were in a quiet field near Ampleforth. Digging down into the soil, four spectacular artefacts emerged. They had been buried together as a hoard some 1,800 years ago.

The four spectacular but diverse objects all have a very different story to tell. An exceptional and rare bust, made to adorn the top of a sceptre, is thought to show Marcus Aurelius who was Roman Emperor from AD 161 – 180. An intricate figurine showing a horse and rider, thought to be made in Britain, as a representation of the god Mars. A horse-shaped handle for a key, which may have been deliberately broken before burial, for magical purposes. As well as a plumb bob, which is particularly large and finely created, and made to be hung as a weight to establish a "plumb" vertical line.

In the new exhibition, visitors can see these remarkable objects and explore how The Ryedale Hoard poses an intriguing archaeological mystery; who buried them?

Lucy Creighton, Curator of Archaeology at York Museums Trust, said: "The Ryedale hoard is a unique discovery containing some of Yorkshire's most significant Roman objects. We are so excited to share this spectacular find with the public for the very first time in Yorkshire, where it was found. In our new exhibition visitors will be able to get up close to the hoard and explore its story alongside Roman treasures from the museum's wider collection. We're delighted to welcome you back to the Yorkshire Museum with something so special."

York Museums Trust purchased The Ryedale Hoard from David Aaron, who originally acquired the hoard at auction. The purchase of the Ryedale Roman Hoard was made possible largely thanks to the generosity of American donor Richard Beleson, with additional funding through Art Fund, a number of individual donors and with the help of David Aaron Ltd. Mr Beleson, from San Francisco, supported the Museum previously in the purchase of the Wold Newton Hoard.

Richard Beleson said: "I first read about the Hanson's auction of the Ryedale Roman Hoard on Facebook, and the minute I saw the bronze bust of Marcus Aurelius, I knew there was only one place in the world it belonged - the Yorkshire Museum. I am really looking forward to visiting York and seeing it on display."

The museum is open Tuesday to Sunday and 7 days a week during school holidays.

Alongside The Ryedale Hoard: A Roman Mystery exhibition, visitors can also enjoy Yorkshire's Jurassic World, Medieval York: Capital of the North and After the Ice: Yorkshire's Prehistoric People and permanent collections. All displays are included in entry to the Yorkshire Museum.

Tickets are available now from;

<https://beta.yorkmuseumstrust.org.uk/yorkshire-museum/admission-tickets>.

Adult entry is £8, when purchased online. Concessions are available.

Tips On Bringing Up Money Savvy Kids

— BY WWW.WORLDDREMIT.COM —

Knowing how to manage money is a lifelong skill – one that will see our children through good and bad times. But it's a skill that should be taught from an early age. Financially responsible adults don't just emerge like butterflies at the age of 18, they need a little help to find their wings.

Some schools may do their bit to teach financial literacy, and government-backed initiatives have been launched to improve kids' understanding of money, but it's ultimately your guidance that's needed.

1. LET'S TALK MONEY

“Not in front of the children”.

Many parents may well say this when family finances need to be discussed. But to nurture a child who'll be in good financial shape as an adult, it's really worth starting the conversation early – without, of course, bringing up any real financial worries.

So, consider chatting with the kids from an early age about routine purchases (food, energy), and paying for education, transport, and holidays. Discuss the difference between the things you need such as food, shoes, water, heating, and the things you want - holidays, iPads and the latest trainers.

How To Avoid Being Underinsured

With inflation soaring to a 30-year high of seven per cent, the cost of fuel growing rapidly and the ever-increasing trend for home renovations making building materials – and builders – much harder to source, the cost of building a home is inevitably becoming more expensive.

Analysis of the BCIS General Building Cost Index indicated a rise of 10.2 per cent in September 2021 compared with the same period in 2020. Materials represent the largest contribution to this increase, with the overall cost up by 19.7 per cent.

Andrew McRoyall, associate in the architecture and building surveying team at Savills in Yorkshire, explains why increased prices could create issues for homeowners. He comments: “Higher prices leave homeowners vulnerable to the risk of being underinsured in the face of major repairs or, worse, a significant or total rebuild.”

Savills has set out the following tips for those reviewing their home insurance:

- When you apply for home insurance, you are typically asked to estimate the rebuild value of your property. Insurers usually only increase the estimated rebuild value marginally each year so unless homeowners actively change this figure themselves it could impact an insurance claim.
- In order to avoid any issues, we would recommend appointing a qualified chartered surveyor to carry out a rebuild cost assessment (RCA). An RCA details the amount it would cost to completely rebuild your home were it to be destroyed beyond repair, in a fire, for example. It includes the cost of labour and materials.
- Our usual advice would be to undertake an RCA every three to five years. In between rebuild cost assessments, an insurer will usually increase the values by a nominal amount annually in line with projected inflation. Under normal circumstances this would suffice, but these are not normal times. For example, in a recent revaluation, we saw the rebuild cost for a suite of farm buildings increase by 21 per cent, and the house by 35 per cent, in one year. Had the homeowner not instructed an RCA, their property would have been underinsured. With this in mind, we would recommend that an assessment is carried out more frequently.
- In the event of a property being underinsured, the insurance provider may invoke the Condition of Average Clause. This is where the total claim is reduced proportionately to the value of underinsurance. For example, if a house is insured for £500,000 but should be insured for £600,000, it is insured at 83 per cent of its value – with the homeowner liable for the shortfall. This means the payout for a £300,000 flood claim might only be around £250,000.

For more information, or to discuss rebuild cost assessments in more detail, contact Andrew McRoyall at Savills Yorkshire on 01904 756 311.

When they're young, take them shopping, look at the price labels and pay for items with cash, rather than paying with a seemingly 'magic' credit or debit card. Cash is a tangible thing - once it's used, it's gone. Kids need to learn that.

2. INTRODUCE THEM TO MONEY

As soon as your child can count is the time to introduce them to money. Show them notes and coins and teach them the value of each one. Best of all, play some money games with them – engaging games to help them understand the value of coins, how to count money and work out change.

You can play these games online or as board games. Monopoly is an old favourite that not only gets children handling money but also teaches them the basics of investment. You can also create your own homemade games. After all, what child doesn't love setting up and playing shop? Play and learning really can go hand in hand.

3. GET THEM BUDGETING

Whether your children earn their own money with an after-school job or get gifts and pocket money from you, it's worth introducing the idea of budgeting early. And make it fun!

Yes, budgeting really can be fun if you draw up a colourful chart for them the fill in. Two columns: 'money in' and 'money out'.

For younger children, they can put their money in three different money out piggy banks – money for spending, for sharing/gifting, and for saving.

By budgeting, your children will begin to take more personal responsibility for managing their money.

4. START THEM SAVING EARLY

It's important to teach your children that however much money they may be given or earn – they don't need to spend it all at once. Far better to set some goals and save for the future!

So, help them open a savings account - a digital savings account

may be best. After all, our children will be doing most of their banking online in the future. The earlier you get them managing their finances on a computer, tablet, or mobile phone, the better.

Once they have a savings account – you can look at the monthly statements with them – and explain how the account grows because of deposits and interests. Encourage your older children to put larger sums away for something they really want like a new bike or computer.

By saving your children will learn how rewarding self-discipline and goal setting can be.

5. WORKING FOR THE THINGS THEY WANT

When your child sets their heart on anything from a book to a bike, instead of instantly reaching for your credit card – encourage them to earn the money for themselves. No one wants work interfering with their studies or play, but there are small jobs your child can do to earn a little and pay for the things they want.

Young children can top up their piggy banks by doing household chores. Tweens can do paper rounds, babysitting, or gardening. And older teens can get part-time work in shops and restaurants and holiday work in holiday camps etc. The benefit of this? To give them the responsibility and self-satisfaction of earning their own money and saving from a young age. In this way, they can really understand and begin to appreciate the value of money.

6. SPENDING, NOT OVERSPENDING

Now comes the really fun part. Once your child has saved the right amount, they can go shopping and then spend their spending budget. Of course, advise them not to overspend. But as long as they're mature enough, it's best to leave the purchase decisions to them. They really need to be in control of their own decisions when it comes to money.

If you help them become smart spenders, you'll instil in them some valuable lessons about how personal choice relates to managing money.

North Yorkshire Police Needs To Improve Child Protection

North Yorkshire Police is not effectively safeguarding children in the region and improvements are needed, a new report has found.

Her Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) found that officers and staff working on child protection are committed and dedicated, while often working in difficult circumstances.

However, the inspectorate said the standard of investigations in child protection cases is poor, including those involving missing children and child sexual exploitation.

HMICFRS also found that North Yorkshire Police doesn't prioritise safeguarding and child protection highly enough.

HMICFRS said specific areas for the force to improve included:

speaking to children, recording their behaviour and demeanour, listening to their concerns and views, and using that information to make decisions about their welfare;

supervising investigations to make sure the force pursues opportunities and avoids delaying cases unnecessarily; and promptly sharing information with safeguarding partners.

Her Majesty's Inspector of Constabulary Andy Cooke said:

“North Yorkshire Police's senior leaders want to protect children and give them better outcomes, and we found some good examples of the force protecting children in need of help.

“But in too many cases, practice is inconsistent. Officers don't always share information quickly enough with safeguarding partners. We also found that supervisors don't oversee investigations well enough, mainly because they lack the training, skills and experience.

“The force knows it needs to do more to help its officers better understand how to safeguard children. We have made a series of recommendations which, if acted on, will help improve outcomes for children in North Yorkshire.”



Don't Be Fooled By New Scams

The Local Government Association, which represents councils across England and Wales is warning residents to be aware of new scams and remind themselves of tell-tale signs that you may have been contacted by a scammer.

The pandemic saw a sharp increase in scams which included promises of a payment from HMRC to support individuals during the lockdown or offers of a vaccination booking for a fee.

However, councils are now warning that criminals are cold calling residents asking for bank details in order for them to receive the Government's £150 energy rebate.

The Government announced the extra support earlier this year, amid the rising cost of energy bills, with payments being administered by local authorities for all households in council tax bands A to D.

Residents are being reminded that councils will not ask for bank details over the phone. All households who pay council tax by direct debit will receive the payment directly into their bank account and anyone who does not pay their council tax by direct debit will be sent a letter with details of how to claim.

Anyone who unexpectedly receives a text, email or phone call seeking information or payment should refrain from giving out personal information, including bank details, clicking any links or responding until they can be sure it is genuine. If in doubt, find the correct contact details online of the

organisation claiming to be in contact and check with them directly.

Other tell-tale signs that something could be a scam include:

- It seems too good to be true – a discount or offer much better than you'd expect
- Spelling or grammar errors; strange punctuation and lots of capital letters can be signs that a message is fraudulent.
- You've been asked to do something quickly or have missed a deadline and could be punished

Cllr Mohan Iyengar, Vice-Chair of the LGA's Safer and Stronger Communities Board, said:

“Councils are working hard to ensure eligible residents receive their energy rebate payments as soon as possible, however criminals are becoming increasingly sophisticated in their attempts to take advantage of the financial worries people are facing and as a result many of these scams look legitimate on first impression.

“Anyone can fall victim to a scam, and we urge people of all ages to brush up on the tell-tale signs, and the support available to those who need it.

“If you get sent a message that you believe to be fraudulent, you can report it to your mobile phone provider or by forwarding the message to 7726, a free reporting service provided by phone operators. You should also report the scam to Action Fraud to help others avoid falling victim in the future.”



David Cartwright

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GARDENING

Fingers Crossed The Weather's Warm, Good-Bye Frost

The growing season is in full swing, and there seems to be an endless list of jobs that are demanding for your attention.

It's also planting and sowing time in both the flower and vegetable garden, hundreds of plants are available at garden centres and nurseries and resisting temptation is almost impossible.



A scramble around the garden and through the shed assembles together all the pots and containers discarded at the end of last year, and the challenge begins, what compost should I buy? Will I need to feed them and what colour scheme is in fashion this year? All questions that can send you into a spin. The truth is that whatever mix of plants or colour combinations you choose will be fine, and whilst they may not turn out as expected, they will make you smile. As we move towards 'peat free' growing there are lots of new composts on the market so research through gardening magazines and ask at your local allotment society or garden club as to what they recommend and if there are any things to look out for.



I have grown tomatoes for almost sixty years, my first varieties being Ailsa Craig and Alicante, now I grow Shirley, Sungold, Okardo and two or three new introductions each year. If you plan to grow from seed the choice is huge, but the plants available through garden centres and nurseries are much more limited which on the plus side makes the decision of which to buy a little easier.

There are varieties that will grow outside in the garden and those that need the protection of a greenhouse, and then there are those that will produce large fruit, small sweet cherry types, in a range of colours some with stripes and different shapes. However, the most important thing about tomatoes is the taste, sweet, juicy, or with that tang and taste so individual to this amazing fruit.

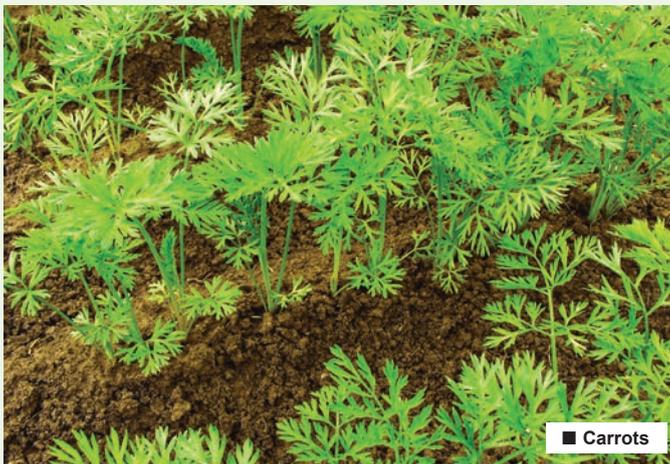
In the greenhouse I use grow-bags, partly because the floor is paving flags, which makes it easier to clean in autumn. I cut three holes in the top of the bag just big enough to fit a ring pot (a pot 25cm (10 inches) in diameter with no bottom) gently push the pot into the compost by about 3cm (1.5 inches) then fill with good quality compost. I then insert a bamboo cane into each pot and tie a long horizontal cane to the greenhouse making a firm framework to tie the plants to as they grow.

If you are growing outside you can use the same system of grow-bag and ring pot, or just grow in a large patio container at least 30cm (12 inches) in diameter. There are bush types that don't require staking and are a little easier to look after. You can also plant into the garden providing your soil is rich and free draining. Use a tomato feed every week after the first flowers have set and make sure the plants don't dry out.



■ Cherries

Plums and cherries do not require extensive pruning and generally it is a case of removing dead, diseased and damaged shoots, and thinning if the tree is becoming a little too congested. The key is timing as there is a disease called 'Silver Leaf' that can ultimately kill the tree. Infection is more likely during autumn and winter, which is why we don't prune plums and cherries until late spring into early summer, (April to July).



■ Carrots

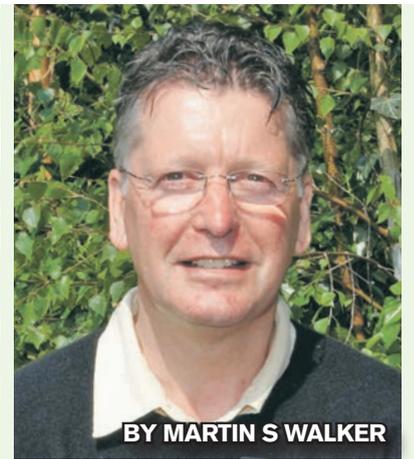
Root crops, including carrots, parsnips, turnips and swedes are some of the most versatile vegetables we grow and now is a great time to start sowing. Ideally the soil needs to be well cultivated and free from stones. All of these root crops grow best in soil that was manured for a previous crop, (last year), as too much organic matter will cause the roots to fork and produce thin wispy roots difficult to prepare for the kitchen.

These root crops are all what we call biennials, growing and producing a fleshy root in the first year, by the end of the season they do become a little woody and inedible. In spring they often develop green shoots in an attempt to start their second year. If left or planted in the garden they will produce tall flowering stems, carrots and parsnips have flowers in umbels, like cow parsley, whilst swede and turnip are related to the cabbage family producing a long rather blowsy flowering stem with creamy to yellow small flowers. They do look quite attractive in a quite naturalistic way.

Happy gardening,

Martin

Next month, (keep an eye on your soft fruit, training climbing roses, layering clematis)



BY MARTIN S WALKER

Top Tip - Boiled Egg Water For Your 'African Violet' House Plants'



House plants are gaining in popularity, and many of the old favourites such as African Violets (*Saintpaulia*) and Cape Primroses (*Streptocarpus*) are available from your local garden centre or nursery, they do not take up too much space and produce attractive flowers, something that large tropical leafy plants do not always give you.

Most house plants, but African Violets in particular benefit from extra calcium which seems to improve flower colour and provides a little nutrient for strong and healthy growth. A cheap and easy way to achieve this is to feed them with water that was used to boil your eggs. (do not put salt in the water, and before using the water allow it to cool down completely).

Egg shells contain calcium carbonate, traces of calcium and other amino acids are dissolved in the water through the boiling process. Whilst egg water will provide a little boost for your plants you will need to give them additional liquid feeding and repot if the roots start to emerge from the drainage holes in the pot.

(In addition, egg shells when crushed and placed around plants can discourage slugs and snails, although you will need to eat quite a few eggs to produce a decent amount. They can also be added to compost heaps providing nutrients and improving soil structure).



The World Of Birds

Birdsong, Butterflies, Blossom & Bluebells

— BY LINDA JENKINSON —

Happy May to all Yorkshire Reporter readers. What a glorious month May is with our streets lined with tree blossom; butterflies emerging in large numbers; azure carpets of bluebells in our woodlands and a backdrop of sweet, melodic birdsong to help us relax.

May and June are the months when we have more species singing than at any other time. Our resident birds have been joined by spring migrants from as far away as southern Africa and their songs have now been added to the chorus we've been listening to during early spring. Every garden, woodland, wetland, moorland and coastline is a cacophony of sound and, for those trying to learn birdsong, it's a difficult time to separate individual songs. The best approach is probably to just enjoy the wonderful sounds they are making.

If you really want to make 2022 the year you learn some birdsong then each of my classes will be focusing on songs and calls from May to the end of the breeding season. Take advantage of my special offer below and, not only will you learn some birdsong on your first class, I'll also teach you how to teach yourself.



■ Female Cuckoo

Of course, there is one bird song that everyone knows and that is the cuckoo which can now be heard singing in wetlands and on moorland. Listen out for the typical cuckoo sound of the male and see if you can hear the replying whistles and warbles from a female. It's probably best to study to a recording of this before you go out so that you know what to listen for but please remember not to play bird songs and calls outdoors.

Another much loved bird that arrives back at its nest site from

the first week in May is the swift. Watch the skies for a black, boomerang-shaped bird flying at great speed. You may even hear its high-pitched scream.



■ Swift

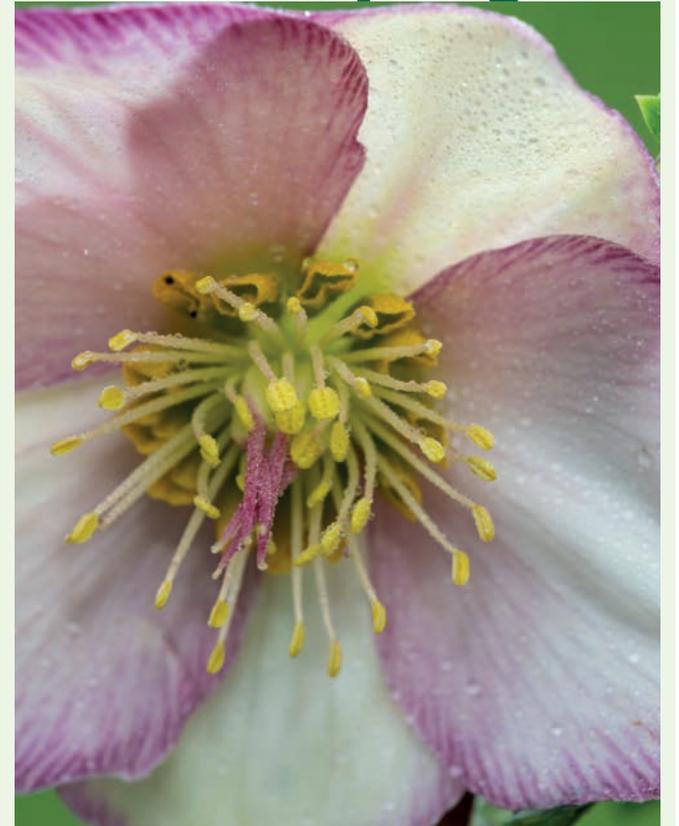
Regular readers will remember that I co-run Leeds Swifts and that I rehabilitate grounded swift chicks and adults at my house. Extreme weather conditions over the last couple of years have created a challenge for swifts and rehabbers alike and last year I had 54 swifts brought to me. Some are in a terrible state when they arrive at my house. They become grounded due to starvation, dehydration, injury or a combination of these issues, and sadly I am never able to save all of them. However, last year I nursed 42 swifts back to health and they flew off strongly. Let's hope they had a successful migration and that those individual birds make it back to the UK this year. I'm hoping that the 2022 season will give us fewer temperature extremes to minimise the number of casualties I receive in the Swift Sanctuary this year. I'll be posting updates and photos in future columns.

This is my twentieth year of teaching people about birds and birdsong so, to celebrate Start Birding's big birthday, I'd like to offer all Yorkshire Reporter readers 50% off their first two hour group birdwatching class, including birdsong tuition, by contacting me at linda@startbirding.co.uk and quoting SBYR20. There's plenty of group events to choose from over the next two months while the birds are singing or, alternatively, book me for your very own one-to-one birdsong class. Just get in touch for more details.

Happy birdwatching!

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

Hellebore Set To Be York's Most Popular Bloom This Spring



With spring well and truly here and the gardening season in full swing, research from the UK's leading garden centre retailer, Dobbies, has found that a massive 75% of York residents are looking forward to doing more gardening this spring.

The research, from Independent Media News, looked into this year's gardening trends, attitudes towards gardening, garden centres themselves and some of the misconceptions about the UK's favourite pastime.

Dobbies' York store has had a great start to the season and looking at customer trends from last year and this year to-date, General Manager, Michelle Stretton, predicts Hellebore will be the most popular plant for York gardeners this spring.

Hellebores, of the Ranunculaceae family, are a haven for bumblebees and butterflies with blooms full of nectar and pollen that last for months. Research from Dobbies shows that more than half of York residents are hoping to encourage more wildlife into their garden, and Hellebores are the perfect plant to do that.

Hellebores thrive in moisture-rich soil, with the ability to grow in both full sun and shade. Ideal for planting in early spring, Hellebores will inject some gorgeous colour into your garden with their vibrant green foliage and delicate flowers which vary in colour.

Dobbies' Horticultural Director, Marcus Eyles, encourages York residents to Spring it on this year by sharing his top tips on Hellebores and why they are so popular in York: "Hellebores are a great addition to any garden, as they work equally as well in borders as they do in large pots, making them great for outdoor spaces of all sizes. However you choose to plant Hellebores, we recommend planting them in early spring to maximise their flowering potential and mulching well with peat-free compost to encourage strong growth and good moisture. Once planted, Hellebore care is minimal, just make sure to keep pets away from these flowers as all parts of the plant are poisonous."

For more information on what's in stock at your local Dobbies' York store, visit www.dobbies.com.

 **dobbies**
garden centres

■ Young girl being carried on father's shoulders through an RSPB nature reserve by Leila Balin ([rspb-images.com](https://www.rspb-images.com))

Treat Your Dad To A Special Trip Out In Nature This Father's Day

The RSPB are encouraging families to celebrate Father's Day this year by enjoying special time exploring their local RSPB nature reserve and greenspaces

Morwenna Alldis, spokesperson for the RSPB said: "Sunday 19 June is a chance to say a heartfelt 'Thank You' to the supportive dads and father figures in our lives, and hopefully this Father's Day we can give them a physical hug too. Maybe your dad gives the best pep talks, never fails to make you laugh, cooks the biggest and tastiest Sunday roast, or is still the most reliable taxi service in town (even though you're all grown up). This Father's Day give him the most precious gift, time spent with his family outdoors in the sunshine.

Morwenna continues: "As nature blooms treat your dad to a walk, exploring your nearest RSPB nature reserve and local greenspaces. Nature is bursting with colour and new life in June, look out for bees and butterflies feasting on nectar-rich flowers, adult birds busy gathering food for their hungry fledglings, and lizards basking in the heat. Find your nearest RSPB nature reserve, www.rspb.org.uk/reserves

"Dad will also enjoy coming together with young family to have fun with the RSPB's free Wild Challenge activities, our Bug Safari and Wild Flower Foray are perfect for this time of year. Find out more at www.rspb.org.uk/wildchallenge

"The online RSPB shop also sells a range of Father's Day gifts to continue your discovery of nature together at home - from nature books, to ID guides, clothing, optics, and homes for wildlife to start their own families in too. Visit the RSPB Shop at www.rspb.org.uk/shop"

Morwenna describes: "Nature is buzzing with new animal dads this month, desperately grappling with round the clock feeding demands, and overly adventurous feathery, furry, slimy, and scaly juveniles, getting into all sorts of bother."

Here are the RSPB's top picks of some of nature's best, worst, and most embarrassing animal dads:

Most Embarrassing Dad Dresser: Ruff – the flamboyant breeding plumage of this large sandpiper, can't fail to turn heads. In fact, it's named after its plumage, thought to resemble the white neck ruffs worn in the Elizabethan period. Ruff breed between May-June and the male's neck plumage and top of the head tufts can range in colour from black to white, midnight blue, fawn, and ochre, with an orange face. Whilst these jazzy neck feathers are affective at warding off rival males and attracting the eye of a mate, any resulting offspring would most certainly march dad ruff right back to the nest to change into more suitably toned-down attire.

Best Dad Dancer: Mayfly – after shedding the skin of their nymph stage in the water, mayflies only live for a couple of hours and with one purpose –

to breed. Clouds of males take to the air at dusk for the performance of their life. They fly forwards and upwards to a height and then let their bodies float down, repeating this yo-yo dance over and over to attract a female. But their love affair is short-lived after the crescendo, the male chivalrously guards his mate, as she flies down to the water, lays her eggs and both parents die.

Most Devoted Dad: Red fox – fox dads dote on their cubs and enjoy actively playing with them. For the first month after the cubs are born the vixen can't leave the den, she needs to feed her little ones and keep them warm. Fox dad heads out every four-six hours to hunt for his worn out mate. After the cubs are weaned, the dog fox brings them food daily up until six months when the cubs are meant to leave the den and learn to forage for themselves. But this adoring dad doesn't go in for tough love, he buries food near to the den under twigs and leaves, to help teach them how to forage.

Sportiest Dad: Marsh harrier - the largest of the harriers and true acrobats of the air. Watching the male's sky-dance to win a mate and food-pass to their partner has the nature wow-factor. As the male approaches the nest with food he calls to the female who flies out to meet him. They move into position, the female almost hovering directly under the male, and with incredible timing and skill the male drops the food, just as the female flips over and catches the food upside down in her talons. Gold award for both mum and dad and their aerial gymnastics.

Worst Dad Nest Builder: Turtle dove – their nests are so flimsy, just a small collection of twigs, that if you stand underneath them you can see the eggs through the nest floor. Most turtle doves nest in hedgerows or scrub and prefer thorny plants like hawthorn. Sadly, turtle doves are the UK's fastest declining bird, threatened with global extinction. Loss of food sources at their breeding sites, loss of suitable winter homes, disease and hunting on migration are among the causes. Find out how you can help, at www.operationturtledove.org

Best Birthing Partner: Male seahorse – did you know that seahorses, along with their relatives the pipefish and sea dragons, are the only male species to get pregnant and give birth? They still need to mate with a female – after a beautiful danceathon together which can last for several days, the female seahorse transfers her eggs carefully into the male's brood pouch (like a kangaroo pouch), the male then fertilises them with his sperm. After around 20 days the male gives birth in a very dramatic show, jetting out hundreds of tiny baby seahorses from his pouch. Some species can birth over 1000 young at a time. But after the birth it's job done, the babies have to fend for themselves and if they stick too close to dad they may become a tasty postnatal snack.

Best Singing in the Shower Dad: Nightingale - Christina Rossetti wrote: "Hark! that's the nightingale, Telling the self-same tale Her song told when this ancient earth was young". But Rossetti, like many poets before her, was wrong in referring to the singing nightingale as a "she". It is the males who sing and can boast over 180 different songs in their catalogues. Researchers at Freie Universitat Berlin have discovered that the complexity of the males' song transmits important info to potential mates, such as his health, where he's from, and whether he'll be a hardworking and committed dad.

The RSPB would like to say thanks to all the dads and father figures out there – whatever your place in the animal kingdom. We hope you get to enjoy some special time with you children (small or big) in nature this Father's Day.

The RSPB Calls For Everyone To Join The Wildlife-Planting Revolution

The RSPB is calling for everyone to join the wildlife-planting revolution after a YouGov survey revealed that three quarters of people are now doing at least something in their garden or outside space to help wildlife (with 19% trying a lot, 30% trying a fair amount, and 26% trying a little). The survey, commissioned by the RSPB as part of their Nature on Your Doorstep campaign, also revealed the wide range of ways that people are already gardening with wildlife in mind - over two in five (43%) consider how a plant can benefit pollinators when choosing what to grow in their garden, just under a quarter (24%) leave areas of grass to grow long for nature, and nearly half of people feed birds (49%). With UK gardens and balconies covering over 4,000km², twice the size of Greater London, all these actions put together create a vital network of refuges for wildlife.

Many previously familiar garden species are in decline. Starling numbers have fallen by two-thirds in Britain since the mid-1970s, for example, with populations of half of our bumblebee species falling, and hedgehog numbers crashing from 30 million to an estimated one million since the 1950s across England, Wales, and Scotland.

Planting for wildlife in gardens and outdoor spaces presents a fantastic opportunity to help struggling wildlife and is also a hugely

popular activity. When asked in the survey to choose what one thing they would most like to do in a new empty outdoor space, half of people (50%) chose having more plants (either having a wildflower meadow (most popular at 16%), or planting fruit trees (11%), other kinds of trees (6%), shrubs (7%), or space for more flowers (10%)).

The survey also showed the potential for even more people to take up action and welcome wildlife into their gardens. Two thirds of respondents want to see local birds (68%) and pollinators (64%) in their local space, two groups of species that are easily attracted by growing wildlife-friendly plants.

Adrian Thomas, the RSPB's wildlife gardening expert, said: "I'm thrilled to hear how many people are now taking steps to help wildlife in their gardens and outdoor spaces. It feels like a movement is underway in which people are recognising that our gardens can be wonderful, shared spaces for us and for wildlife, to the benefit of all.

"To play your part, the best and easiest place to start is to grow more plants. They provide varied, healthy food sources, and offer shelter and nesting spots. And the lovely thing is that lots of plants that are good for wildlife are also beautiful, colourful and richly scented, making outdoor spaces more welcoming, relaxing, and interesting for all of us to enjoy. So why not give planting a go,

maybe starting with some wildflower seeds? They produce beautiful flowers in just a few weeks, and you'll be surprised at how quickly you see pollinators buzzing into your garden!"

Here are five wildlife-friendly, easy-growing plants to get anybody started:

Sunflowers – beautiful and easy to grow from seed, these classic flowers are great for pollinators and are a great food source for birds when they set seed.

Cornfield annuals – for just a couple of pounds you can have the glow of red poppies and blue cornflowers within weeks

Mini-meadow – just let parts of your lawn grow for a few months, or even better until late summer, and be rewarded with drifts of clovers and other meadow flowers

Lavender, the familiar lovely-smelling herb that's brilliant for bees and butterflies.

Foxgloves, tall purple, pink and white flowers that are bee magnets.

For more suggestions, tips, and inspiration on how to give planting a go and join the wildlife-planting revolution visit Nature on Your Doorstep at www.rspb.org.uk/get-involved.



Longing For The Pleasures Of Provence? Visit Ryedale!

Pining for Provence? The lavender fields, the vineyards, the picturesque villages ... berets aside, Francophiles will find the best of French living in Ryedale, North Yorkshire: smaller than the Cotswolds (making it easy to explore), this tiny rural kingdom has a perfectly Provençal approach to life 20 minutes east of York.

Ryedale is a region with its own champagne, calvados and cassis; it is home to the largest lavender fields, vineyards and orchards in the North, all thriving in a balmy south-facing microclimate. It adores award-winning cuisine and boasts the youngest chef to have earned a Michelin Star and the UK Pastry Champion and master pâtissier. It even has a 10k gastronomic race for foodies - Marathon du Malton, to be held on Sunday 18 September: www.visitmalton.com/marathon-du-malton - and is home to Yorkshire's only outdoor heated swimming pool, open from 28th May, www.helmsleyopenairpool.org

French living in Ryedale:

Revel in long lazy lunches and memorable meals at Michelin-star and multi-award-winning restaurants and country pubs, such as The Black Swan at Oldstead, the restaurant with rooms of celebrity chef Tommy Banks, twice-winner of BBC TV's Great British Menu and record-breaker, the youngest chef to have earned a Michelin Star; the 14th-century thatched Star Inn (Harome) (re-opening late summer) is the 'rustic gourmet bolthole' of the legendary Andrew Pern, and The Hare (Scawton) located in a characterful 12th-century inn.

Ryedale's 'champagne' is one of many internationally award-winning wines produced on the family farm of Ryedale Vineyards, the most northerly commercial vineyard in Britain. Vineyard tours run until the end of harvest in late October. They also have orchards for cider and apple juice. Buy at the cellar door (or at local farm shops); or even stay in their Vineyard Farmhouse B&B. For a taste of Ryedale's own 'Cassis', try delicious bramble liqueurs from local wildlife-friendly micro-distillery, Sloemotion, who forage hedgerow fruits, including blackberries, damsons, cherries and sloe for their award-winning spirits, well-stocked by the local farm shops.

Lavender fields: The Yorkshire Lavender Farm (Terrington) which includes Yorkshire's most fragrant maze - started out as a family project 26 years ago and spans almost 60 acres with panoramic views over the county. Established over 20 years ago, Woldie's Lavender and Nature Farm grows, harvests and distils high-quality, pure lavender essential oil from more than 100 varieties of lavender, while also caring for local nature.

Explore grand chateaux that are still family homes such as Castle Howard, Scampston Hall & Gardens, Hovingham Hall and Duncombe Park.

Picturesque market towns: Helmsley, Kirkbymoorside, Pickering, Malton & Norton have been the heart and soul of Ryedale for centuries. Only a few miles apart, they form an extraordinarily vibrant 20-mile neighbourhood of award-winning shops, attractions

and eateries that is unique in the UK. They are a pleasure-seeking, shop-hopping paradise where friends and family gather to share the news, browse the stores and galleries, and eat and drink great food - in timeless rural tradition.

Browse delightful outdoor markets: Malton's food markets are so legendary that the town's been dubbed 'Yorkshire's Food Capital', and while Kirkbymoorside might be Ryedale's smallest market town, its weekly market - over 750 years old - is the liveliest (every Wednesday); Helmsley's weekly market, nearly 900 years old, is on a Friday. Pickering's Farmers' Market is on the first Thursday in each month and the town's weekly market is on a Monday. Hovingham village's award-winning market is on the first Saturday of every month (except January).

Café culture: Ryedale has its own coffee blend, Roost Coffee, and has been dubbed Britain's Capital of Cake thanks to its award-winning home-baking and patisserie. For example, Florian Poirot, UK Pastry Champion and master pâtissier, sells mouth-watering macarons, chocolates and desserts from his shop in Malton. Malton is also the place for melt-in-your-mouth croissants and succulent sponge cakes from award-winning Lutt & Turner, Yorkshire's Best Artisan Bakery & Coffee Shop.

Browse some of the North's leading antique centres or stumble across art galleries and craft workshops, where you can see the country's top makers 'live' in action. Just like Provence, Ryedale has been inspiring artists for centuries, from David Hockney to today's internationally renowned glass masters, Gillies & Jones.

Cheese and bread: delicatessens like award-winning Hunters of Helmsley, The Deli of Malton and Malton Relish, and local farm shops specialise in cheese and charcuterie from local to continental, and everything that makes a perfect picnic, including fine wine. At the legendary Bluebird Bakery, in Malton, Al and Nicky Kippax are champions of 'real bread', bringing back the lost tradition of hand-shaped, artisan loaves which are both nutritious and delicious.

Cider and brandy making: Ryedale is ancient orchard country. Visit the region's historic orchards, special spots being Helmsley Walled Garden, with its many native and local species, and Ampleforth Abbey, where the apples for its famous brandy and cider are grown and hand-pressed by the monks to an ancient Benedictine recipe.

Cycle or walk: Ryedale is a walking and cycling paradise with paths and trails for all abilities, and timeless and tranquil views across vast panoramas.

"Just like Provence, Ryedale is full of chocolate-box picturesque villages and towns, their markets, shops, art galleries and cafes waiting to be explored. And just like Provence, it's a place to enjoy the simple pleasures in life or as the French would say 'the art of living' - a good meal, a good walk, good company," says Phillip Spurr, Programme Director for Place and Resources at Ryedale District Council.

If you're tempted to book a late spring holiday, or take a trip to Ryedale for a magical day-out, visit www.visitryedale.co.uk

Huge Vegan Extravaganza In Leeds This June

Over 80 fantastic stalls showcasing the best of the vegan lifestyle will feature at the Yorkshire Vegan Festival from Vegan Events UK at Leeds Kirkgate Market on Sunday 12th June 2022. Whether you're vegan, vegetarian or looking to go vegan, this event has everything you could possibly need.

If you are looking for an event with lots of new products and delicious food that you simply cannot buy at the supermarket, natural and organic skin care and cosmetics, ethical and environmental clothing, a day packed full of educational and inspirational charities and organisations, or simply a market with no need for label-checking, which is also family friendly with FREE entry for children under 16... you've come to the right place!

Yorkshire Vegan Festival provides a one-stop shop for vegan products, with numerous stalls providing everything you could need including vegan toiletries, fashion, food, pet products, jewellery, shoes, makeup and so much more.

Caterers include authentic Eritrean and Ethiopian cuisine from House of Habesha, Greek Vegan Deli, Michael's Caribbean Storehouse, vegan fish and chips from There's No Catch, and VDogs will be selling their irresistible range of vegan hotdogs.



Stalls include For the Love of Earth, providing a range of homemade eco-friendly products for your body and home, and fashion from Vegan Slogans.



Image © Vegan Sweet Tooth London

There will be a stall selling Bo's Book, a new vegan cookbook that features simple, easy-to-follow recipes (for both dogs and humans!) with all the profits going to help needy dogs at animal welfare and education charity Miracle's Mission.



Also exhibiting is the ultimate vegan food and camping experience happening in June 2023 - VFest UK. This brand new upbeat event features exciting headline acts, yoga, family entertainment, fun shows, international speakers, stalls, global food caterers and much more.

Amongst the charities and not-for-profit organisations attending is Miracle's Mission, a non-profit animal welfare organisation that works with sick, injured and disabled animals worldwide. Its mission is to provide a place of safety for animals in danger, to educate on the needs of neutering both pets and strays and to neuter stray dogs and cats to prevent the birth of more animals onto the streets. It also rehabilitates and re-homes dogs in need, often with disabilities, from its UK rescue base.

The Yorkshire Vegan Festival helps raise valuable funds for the charity. 100% of any proceeds will go directly to animal welfare charities as the festival is fully volunteer run.

The Yorkshire Vegan Festival takes place on Sunday June 12th 2022 from 10.30am to 4pm at Leeds Kirkgate Market, Vicar Lane, Leeds, LS2 7HY. Admission is £5, (under 16's free) or £15 for VIP tickets in advance from Eventbrite, which includes a fast track entry and a goody bag full of vegan products, samples, discounts and offers. Visit their website www.veganeventsuk.co.uk/ or find the event on Facebook.





Antiques With Gary Don



Dear Gary,

I have a few items that belonged to my grandmother, who was born in 1909 for your valuation please.

The tea service is Royal Albert set of 6 no markings on anything else.

Thanks,

Deborah

Dear Deborah,

Thank you for your email.

You have a glass dressing table set which was very popular in your grandmother's days.

It would have sat on her dressing table and contained lidded jars for creams, scents and hairpins.

Candlesticks would have been used for light in the bedroom in pre-electricity days. The more expensive sets were made of cut glass and you can tell the difference by the sound of the ring of the glass and whether or not you can see any joins in the glass. When these sets are in fashion they can sell up to £50.

Your tea set could possibly be the Royal Albert 'Val d'Or' design in white and gold. You only have a half set as a full tea service consists of 12 cups, 12 saucers, 12 side plates, serving plates, teapot, sugar and cream. It would fetch more if it was the Country Rose or Moonlight Rose flowered design which are very desirable today. Your part tea set would probably sell for £40 - 60.

Dear Gary,

I am contacting you as a pathetic pensioner in Leeds with 1000's pounds of fire remediation costs I need to find.

So if there is anything worth selling I would be only too willing to do to raise some money

Thank you

So here goes.

First up Satsuma vase, Meiji period. Damaged around neck.

Second, Whitefriars.

Third also believed to be Whitefriars

Fourth, small papier mache box, hand painted?

Fifth, Faberge style egg. Rosella Occ & Co. Staffordshire.

Sixth. Finally an Itzhak Tarkey, Serigraph with authentication. Israeli artist who survived Nazi concentration camp at the age of 9 years old.

Yours sincerely,

Amanda Walczak

Dear Amanda,

Thank you for your email and sorry to hear about your fire remediation costs. We will answer each one of your queries and hope it helps.



The Satsuma vase is Japanese pottery originally from the Satsuma province, South Kyushu, Japan.

The pottery was mass produced and imported to the UK in huge amounts in the late 19th and early 20th centuries, but its popularity has declined. Early Satsuma from the 17th & 18th Century can be very valuable but your vase is a later model. In perfect condition it would sell for under £100, but the damage will take away most of its value.



The green dome shaped paperweight is known as a Castleford dump. Glass dumps were first made in the early 19th century by various bottle and glass companies in Yorkshire. They were made in their thousands but are still quite popular today. It should sell between £30 - 50.



The small papier mache lidded box looks to be the type made in the late Victorian period. It appears to be hand painted and should sell for around £50.



Not good news for your Faberge style egg. Many reproduction eggs are available on the market and similar ones to yours can be bought for around £15. All original Russian merchandise is now boycotted so probably not the time to sell yours today.



The picture by the Israeli artist Itzhak Tarkay is a limited edition serigraph from an edition of 250.

Tarkay survived the Nazi concentration camps and emigrated to Israel in 1949. He received a scholarship to Avni Institute of Art and Design and became a commercially successful artist especially in the United States, Israel and Japan. As well as being an acrylic painter and watercolourist, he used serigraphs in which many colours are laid over one another and used to create texture and transparency. He died in 2012 in Detroit where he visited as a guest of Park West Gallery who sold many of his works. His serigraphs retail at £1000 - 2000 in galleries, although would fetch less at auction.



Whitefriars glass is Britain's longest running glass house established in 1834 and produced glassware until 1980. After that Caithness Glass purchased its name to use on its paperweights. In the 1950's a designer named Geoffrey Baxter was employed and he introduced a new range of textured vases including the iconic 'drunken bricklayer' vases, 'TV' vases, 'bark' vases, 'coffin vases' and 'banjo' vases. They were made in a variety of colours and those are now very collectable. Your vase and bowl would need to be examined to confirm if they are genuine Whitefriars and if so would sell for under £100 each.

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Diary Of A Pawnbroker

Make This Summer Special!

Summer is almost upon us and the weather is finally warming up. We have Jubilee celebrations to look forward to and life has more or less returned to normal. One event that is definitely happening for many is a foreign holiday, probably their first for the last 2 years. Our Foreign Exchange department are rushed off their feet once again selling Euros and Dollars to those going abroad and it seems as busy as ever. However after enjoying domestic holidays for the last 2 years many people are staying local once more and destination cities like York are beginning to fill with its cosmopolitan cafes, music and laughter and al-fresco street dining that would put any European city to shame.

Rolex – Now Is The Time To Buy.....



Our pre-owned luxury watch business continues to grow and more and more people are trading in old for new or deciding the time is right to own one of these prestigious timepieces.

The Antiques Roadshow gave a nice surprise to a visitor recently when he brought in a battered Rolex Submariner Sea Dweller. The watch had a cracked glass and was badly damaged and cost him just £369 back in 1982. Despite the damage the watch which was one of the iconic 1665 models was valued at £18,000-£20,000 and he had left it sitting in a drawer for the last 30 years!

Another lucky couple had been left a Rolex from their grandfather

who worked as a miner in Mansfield. He had bought his submariner as a retirement investment and passed it down to his family after his death. The watch which cost him just £70 back in 1962 went under the hammer for £210,000 to a collector in Japan. A very good investment and a sensible place to put your money if you want to beat inflation.



Rolex have a restricted number of agencies across the world and each watch takes around a year to manufacture. This creates a waiting list and so with their demand well ahead of supply, the price of some of the models just goes up and up well beyond their list price with gents sports models leading the charge once again. There are not many luxuries that keep ahead of inflation but here is one area that continues to buck the trend and is well worth the investment if you have the funds.



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A stunning diamond line bracelet is a very universal piece of jewellery that can be worn all year round. I can't think of a better way of putting the difficulties of the last 2 years behind you and treating yourself to something that will look stunning to wear and last for many generations to come.

Cash In Your Unwanted Gold.....



For those needing some cash the gold price is really strong right now and is near its record high. If you have any unwanted gold or jewellery now is a great time to turn it into cash so call into your nearest store while it remains strong. With 5 stores in Yorkshire including Seacroft, Shipley, Pontefract, York and Batley you will receive fantastic service and could walk out with your cash in minutes.

Pawnbroking Instant Loans.....



Its not all fun and celebrations this year. We are all fully aware of the rising energy, fuel and food prices and for some this means worrying times ahead. Our pawnbroking service is there when you need it most. Fast, confidential loans against your jewellery, gold or luxury watch and you could borrow from £10 to £10,000 in minutes. Our lending service is on the rise again and we are here to help so call into your nearest branch and get an instant assessment of item and take the pressure off paying those bills.

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ENTERTAINMENT

WHAT'S ON TV & STREAMING



02 May - Agatha Raisin, Season 4 - Sky Max

Ashley Jensen (Extras) stars as PR-guru turned-amateur-sleuth Agatha Raisin. Dropped by Sky, but renewed by streaming service Acorn TV – a US streaming service that specialises in UK imports.

02 May - Real Housewives of Atlanta, Season 14 - Hayu

A reality show, set in Atlanta, about housewives.

05 May - The Staircase, Season Limited - Sky Atlantic

True crime drama starring Colin Firth and Toni Collette about a man accused of murdering his wife.

06 May - The Wilds, Season 2 - Prime Video

A group of teen girls from different backgrounds must fight for survival after a plane crash strands them on a deserted island... The twist? They did not end up on this island by accident...

06 May - Bosch: Legacy, Season 1 - IMDb TV

A spin-off/continuation of the popular Amazon series based on Michael Connelly's best-selling books.

11 May - How I Met Your Father, Season 1 - Disney+

Spin-off/reboot of the popular tv show, with Hilary Duff explaining to her kids how she met their father.

13 May - The Lincoln Lawyer, Season 1 - Netflix

Drama from David E. Kelley based on Michael Connelly's series of bestselling novels.



■ The Essex Serpent

13 May - The Essex Serpent, Season Limited - Apple TV+

Based on the bestselling novel by Sarah Perry starring Tom Hiddleston and Claire Danes.

15 May - Tokyo Vice, Season 1 - StarzPlay

Drama following an American journalist's daily descent into the neon-soaked underbelly of Tokyo in the late '90s, where nothing and no one is truly what or who they seem.

26 May - The Flight Attendant, Season 2 - Sky Max

Based on Chris Bohjalian's novel of the same name, the series stars Kaley Cuoco as Cassie, a flight attendant who wakes up in the wrong hotel, in the wrong bed, with a dead man.

27 May - Stranger Things, Season 4a - Netflix

A love letter to the supernatural classics of the 80's, Stranger Things is the story of a young boy who vanishes into thin air. Stars Winona Ryder. Season 4 has been split into two halves.

27 May - Star Wars: Obi-Wan Kenobi, Season 1 - Disney+

Ewan McGregor returns to his Star Wars role. The first 2 episodes will release on the Friday, with the following episodes landing on Wednesdays.

MOVIES

05 May - Doctor Strange in the Multiverse of Madness - PG-13

Dr. Stephen Strange casts a forbidden spell that opens the doorway to the multiverse, including alternate versions of himself, whose threat to humanity is too great for the combined forces of Strange, Wong, and Wanda Maximoff.

Stars: Benedict Cumberbatch, Rachel McAdams, Elizabeth Olsen & Michael Stuhlbarg

13 May - Firestarter - R

A young girl tries to understand how she mysteriously gained the power to set things on fire with her mind.

Stars: Zac Efron, Kurtwood Smith, Gloria Reuben & Ryan Kiera Armstrong

20 May - Men - R

A young woman goes on a solo vacation to the English countryside following the death of her ex-husband.

Stars: Jessie Buckley, Rory Kinnear & Gayle Rankin



■ Top Gun: Maverick

27 May - Top Gun: Maverick - PG-13

After more than thirty years of service as one of the Navy's top aviators, Pete Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him.

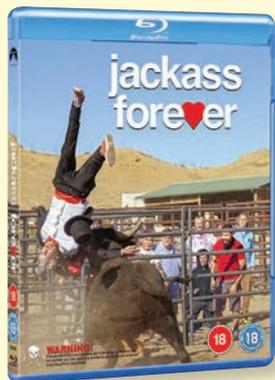
Stars: Tom Cruise, Jennifer Connelly, Miles Teller & Val Kilmer

27 May - Bob's Burgers: The Movie - PG-13

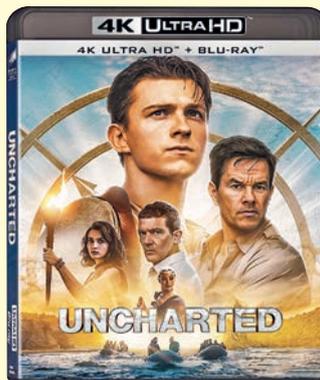
The Belchers try to save the restaurant from closing as a sinkhole forms in front of it, while the kids try to solve a mystery that could save their family's restaurant.

Stars: H. Jon Benjamin, Kristen Schaal, Dan Mintz & Stephanie Beatriz

DVD, Blu-Ray & 4K DVD



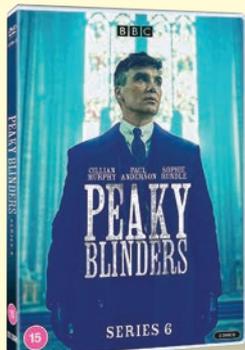
02 May - Jackass Forever - DVD & Blu-Ray



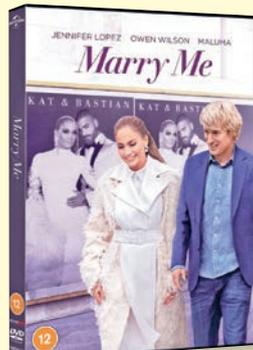
09 May - Uncharted - DVD, Blu-Ray & 4K DVD



23 May - Cat's Eye - DVD, Blu-Ray & 4K DVD



09 May - Peaky Blinders - Series 6 - DVD & Blu-Ray



16 May - Marry Me - DVD & Blu-Ray



30 May - The Dark Knight Ultimate Collector's Edition - 4K DVD

GAMES



03 May - SIFU: Vengeance Edition - PS4 & PS5



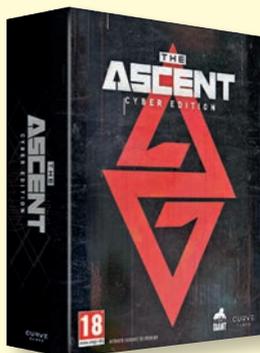
13 May - Evil Dead: The Game - PS4, PS5 & Xbox



13 May - Waifu Discovered 2: Medieval Fantasy - Nintendo Switch



19 May - Vampire: The Masquerade - Swansong - Xbox & PS5



26 May - The Ascent - PS4, PS5 & Xbox



27 May - My Little Pony: A Maretime Bay Adventure - Nintendo Switch

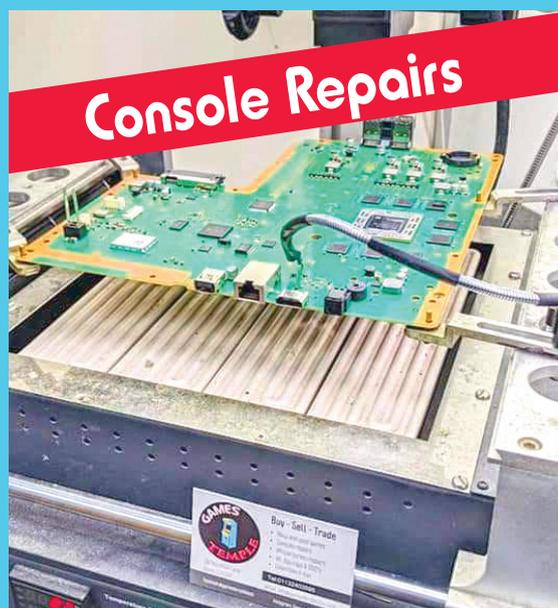
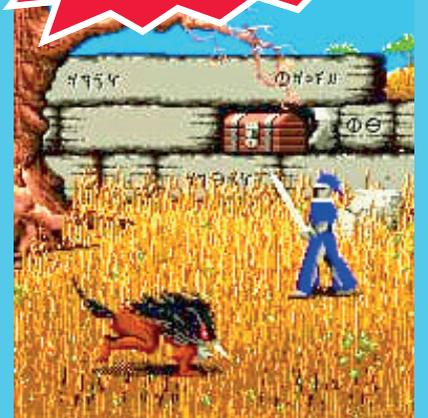
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■ Butterley reservoir

— BY LINZI DAVIES —

May is the national month of walking, and right here in Yorkshire we are truly spoilt for choice. From Dales to windswept moors, craggy cliffs to urban parkland, there are sights to behold all around us as we stride out in the fresh air, boosting both our physical and mental health. Travelling alone, with family or as part of an organised walk, it truly is good for the soul.

In this month's feature, we take a look at some wonderful walks which offer the best of Yorkshire. Mark, an avid walker and true Yorkshireman who has recently returned to his home county after living abroad, shares with us some walks he has enjoyed with local walking groups as a way to reconnect with his homeland and make new friends. For those who prefer a shorter walk or need a more accessible route for wheelchairs and pushchairs, have a look at our parks and riverside walk suggestions!

MARK'S TOP PICKS

ROBIN HOOD'S BAY – CIRCULAR 8-MILE WALK – MODERATE

This was the first walk I joined, organised by the Northern Hiking Friends group. It was led by experienced walkers Julie and George and was a breath of sea air.

We parked at the long stay car park £6.00 for the day at the top of the hill in Robin Hood's Bay which is a town steeped in history of fishing and intriguing smugglers alleyways.

The walk was timed for when the tide was out which you need to keep in mind, as it begins along the beach, a mixture of sand and rock pools which are always fun. There is some erosion taking place so stay away from the cliffs. There are a couple of water falls along the way if you fancy a shower!

As you approach Ravenscar Head, there are seals with young pups, which was lovely to see. Seal watch volunteers helped you past them and guide you to the path up to the Ravenscar Hotel which is a long steep climb with a mix of steps and walkways. The hotel provides lunches and refreshments if you prefer this to a pack up, along with toilets that by now are needed by most. The views from here are stunning in all directions.

Setting back, a well signposted route takes you along the cliffs - part of the section of the Cleveland Way with the view of the town in the distance. The path winds its way along the cliffs until you descend to Bogle Hole YHA and then back up to the cliffs as the tide was in now, before completing the walk. A refreshing well-earned drink back in the town was enjoyed by all before the hike back up the hill to the car park. The end of a most enjoyable walk and day out!

FARNDALE WALK – 5-MILE CIRCULAR ROUTE – EASY

The drive from Selby through Hutton Le Hole and down into Farndale was fantastic itself! For this walk, parking is £1.50 via an honesty box. There is also an information trailer hosted by the North Yorkshire Moors National Park which is very helpful with lots of free brochures.

This walk was also arranged through Northern Hiking Friends, led by George. The walk starts on a well-travelled gravel path alongside a

meandering stream where thousands of golden daffodils lined the banks. Of course, the daffodils gave the walk its name, and they are a temporary feature, appearing annually to brighten up the landscape, but the scenery is more than pleasant without them. There were also sheep and their lambs looking on as we passed by.

Part way along is a little cafe for refreshment. Having resisted the temptation, we continued on a country road to the Faversham Arms. Food and drinks including tea and coffee was served. After lunch we continued along the road and up the hill before turning onto a country path across fields that had stiles to cross. The scenery was beautiful with hills on both sides of the valley.

The path then crosses through a farm before circling back down to the start point. A lovely little walk lasting about 3 hours at a leisurely pace before a nice drive back past Castle Howard.

COLNE VALLEY – 10-MILE CIRCULAR WALK – MODERATE

This walk was organised by The Leeds Walking Meetup Group and sets off from the National Trust car park in Marsden before heading through the town and an old disused mill to Butterley reservoir. Here the ascent starts up more steps than the famous ones at Whitby! The path continues up before levelling off with stunning views across the valley. It heads east before descending into Slaithwaite for lunch.

Now the walk takes you back up the other side of the valley and around Hilltop reservoir. You traverse along a woodland trail, farm tracks, a road, and cobblestones before reaching Slaithwaite Moor. Again, there is a major contrast as you walk across heather moors with fantastic views back across the valley to Butterley reservoir with Marsden town below. The descent back into Marsden takes you down a rocky and sometimes boggy track back into town for much needed refreshments. On this walk sheep, cows, alpacas, poultry, ducks, dogs, ponies, and horses can all be seen, so definitely a hit with animal lovers!

HARLOW CARR – 6-MILE ROUTE – EASY

I joined Leisurely Walks Around Yorkshire for this easy stroll one weekend. Meeting in the RHS car park, we set off to Beckwithshaw and on to Shaw Green. Then Hill Top Lane, Harrogate Ringway, Beckwith Head and back to Harlow Carr.

The walk takes you along roadways before making a turn across some pleasant green fields that bring you out behind some sports fields and a church opposite the Smiths Arms.

The route then takes you down more country lanes and farm tracks. The path then takes you over several stiles which can be quite muddy in places. A very gentle hill takes you up to where there are stunning views across to Almscliffe Crag.

The well signposted path takes you down some wooded snicketts, across open fields and country lanes before returning to the starting point, where you can spend several hours looking around the Royal Horticultural Society gardens or simply round the day off with a cup of tea. This walk is ideal for those who are just beginning distance walking, as it is really enjoyable without being too taxing.



■ Robin Hoods Bay



■ Valley Gardens



■ Harlow Carr



■ Temple Newsam

WONDERFUL TO EXPLORE



■ Yorkshire Museum Gardens



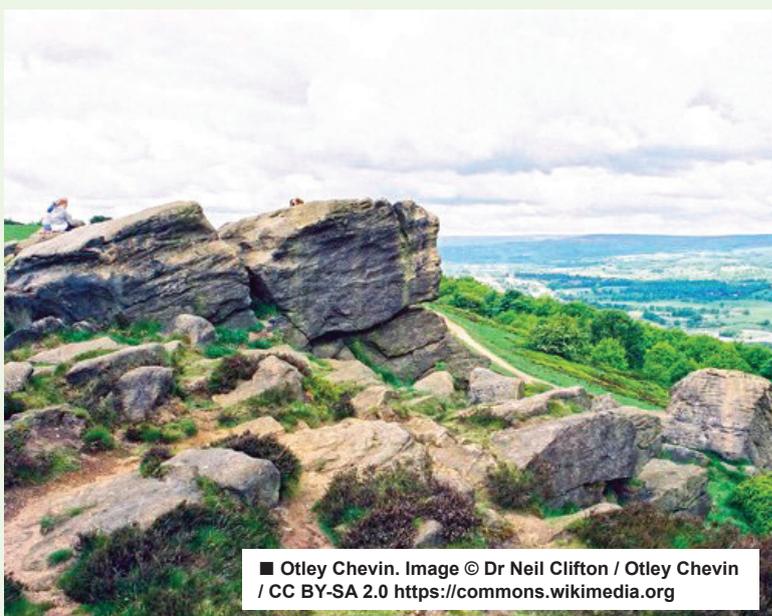
■ Farndale Walk

UL WALKS

PLORE



■ Bingley Five Rise Locks



■ Otley Chevin. Image © Dr Neil Clifton / Otley Chevin / CC BY-SA 2.0 <https://commons.wikimedia.org>



■ Almscliffe Crag

PARKS AND GARDENS

YORKSHIRE MUSEUM GARDENS – YORK – ACCESSIBLE

The ten-acre botanical Museum Gardens, around the Yorkshire Museum, stretch from the River Ouse up to the back of York Art Gallery, and from Marygate on one side to Museum Street on the other. The gardens are a popular picnic spot.

They were planted in the 1830s, when the Yorkshire Philosophical Society opened the museum.

The gardens are a listed Botanical Garden and contain many varieties of trees, deciduous and evergreen, native and exotic and were laid out to show off the buildings and plant specimens as they were introduced.

There is also plenty of historical buildings to see in the park, including the ruins of St Mary's Abbey, St Leonard's Hospital, and a Roman Fortress, as well as York Observatories – the oldest working observatory in Yorkshire!

There is easy access with mostly level paths for you to amble around. The gardens are open daily, but times vary throughout the year, so please check York City Council website before visiting.

VALLEY GARDENS – HARROGATE – ACCESSIBLE

The Valley Gardens, Harrogate, is a 17-acre English Heritage Grade II Listed Garden in regal Low Harrogate, next to the Pinewoods woodlands.

It includes beautiful historic buildings, including the Magnesia Well Pump Rooms, the Sun Pavilion, and the Sun Colonnade, which sit alongside a wide variety of shrub, flower, and herbaceous beds.

Take a leisurely stroll around the paths to see the beautiful borders, many of which have been re-designed by award winning gardener Paul Hervey-Brookes to improve biodiversity and natural habitats for wildlife. To keep the kids entertained, there is also a children's playground, skatepark and a seasonal paddling pool.

OTLEY CHEVIN FOREST PARK – LEEDS – PARTIALLY ACCESSIBLE

The forest park overlooks the market town of Otley and is a designated nature reserve

The park's north-facing cliff, or escarpment, rises steeply to a height of 280m above sea level and offers magnificent views of the Wharfe Valley. In recognition of its wealth of wildlife, including the Green Hairstreak Butterfly and the Woodcock, the whole park was designated as a Local Nature Reserve in 1989.

A walk around Otley Chevin Forest Park will take you through woodland, heathland, and meadowland, with rocky outcrops and amazing views, and wildlife in abundance. Orienteering routes are available via www.chevinforest.co.uk

There are several car parks available, and for disabled access, park at Surprise View which is wheelchair accessible and offers stunning views across miles of Yorkshire! There is also the White House Café for refreshments which has an accessible toilet and changing place.

TEMPLE NEWSAM – LEEDS – ACCESSIBLE

A visit to the Temple Newsam estate set around the Tudor-Jacobean house with grounds landscaped by Capability Brown, offers 1500 acres of land to walk around including three beautiful lakes, a walled garden, woodland and farmland. A mixture of paved and gravel paths, with gentle slopes or steeper inclines combined with less travelled woodland trails mean you can choose a peaceful stroll or a more challenging expedition.

In the middle to the end of this month the vast amount of rhododendrons in bloom produce a stunning array of colours that are truly wonderful to see. There is also a working farm housing rare breeds, children's playground, Go Ape and courtyard cafe.

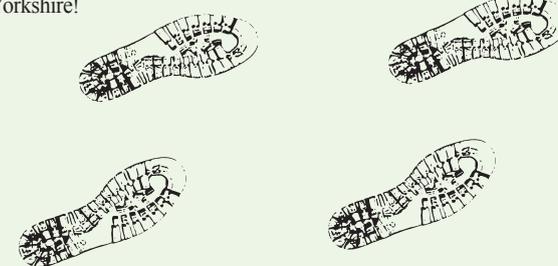
RIVERS AND CANALS

Riverside and canal towpaths also offer some of the best walks in our county. Traditionally a way to get from A-B, they are now the perfect place to stroll along and see nature at its best, including water life from ducks to vole and even river otters if you are lucky! River and canal walks often provide a natural haven in the middle of urban living. Try The Five Rise Locks in Bingley - a 2.1 mile easygoing route which takes in the incredible engineering of five locks, The Aire and Calder Navigation between Leeds and Wakefield – up to 10 miles for the circular walk starting at Thwaite Mills which heads past St Aiden's RSPB reserve, York riverside walk stretching from Ouse Bridge to Lendal Bridge which offers an alternative way to view the city architecture, and plenty of pubs to enjoy en-route, or Boroughbridge Canal Walk – an easy 6 mile walk along the River Ure and Ripon Canal which passes by Newby Hall.

WALKING GROUPS

As Mark has discovered, there are plenty of walking groups to join who regularly organise walks around Yorkshire, long and short, challenging and easy. These groups are very welcoming, and you can book on any walk which suits you. They are a great way to socialise and meet new people, and often offer a wealth of knowledge on the area in which you are exploring. Many of these are to be found on the website www.meetup.com which is a platform to expand your social life by joining groups which align with your leisure interests from walking to crafting, cinema, meals out and much more.

Whether you walk with a group, your family and friends or alone, get out into the great outdoors, breathe in the fresh air and enjoy some of the most stunning scenery and landscapes in the world. What a lucky bunch we are to live in such a beautiful and diverse county – there is certainly nowhere like Yorkshire!



MUSIC

Music In The Sunshine!

By Stuart Glossop



■ Darwin Deez

Darwin Deez is coming to Leeds' Belgrave Music Hall on 15th May to celebrate his 2010 debut album. The NYC kingpin and original bedroom indie artist will be celebrating his eponymous breakthrough by performing the album, including hits "Constellations", "Up In The Clouds" and "Radar Detector", in full at these special shows. Upon its release in April 2010, Darwin Deez's debut album was met with universal praise from international media. Now the album will be performed in its entirety at a number of live shows across the UK. Renowned for the most entertaining performances, with added choreographed dance routines, don't miss your chance to witness a rare insight into everything a pop star should be, and yet so rarely is.

Twin Atlantic celebrate the 10-year anniversary of their seminal BRIT Certified Gold album 'Free' with a limited-edition deluxe vinyl and their '10 Years Of Free' tour which sees them coming to Leeds' Stylus on May 15th. Spawning singles such as 'Make A Beast Of Myself', 'Yes I Was Drunk', and the soundtrack to the astonishing Red Bull Stratos jump, 'Free', the album catapulted the Glasgow natives from local clubs to headlining theatres across the world.

On 25th May the sun will shine. This has been guaranteed by the people at Live At Leeds who will have their inaugural summer In The Park event at Temple Newsam on that date. The Bombay Bicycle Club headline but the five stages in the park also feature Holly Humberstone, The Vaccines, Dream Wife and a host of the very best indie bands. There are a few tickets left so hurry up and bring the sun screen!



■ Brooke Combe

New soulful signing for Island Records, Brooke Combe, who has already been attracting some major fans will be supporting Miles Kane on his UK tour in May including a show at Leeds' O2 Academy on the 29th May. Edinburgh-born Combe has recently unveiled her brand new single 'Miss Me Now' on Island Records which harks back to her heroes of soul music - icons like Diana Ross, Gladys Knight & Whitney Houston who were introduced to her by her mother and grandmother when she was a child. A perfect way to end the month after Live At Leeds!

Sophie Powers recently announced that her debut EP 'Red In Revenge' will be released via Set Records. The collection will include 'U Love It' and last year's singles 'Clearview' and 'Greed'. The EP is brimming with the spellbinding energy of Sophie Powers' unique hyperpop-punk hybrid and unique artistic vision. With her new take on a myriad of genres, Sophie is pioneering her own "hyperpunk" lane which you can jump in to on September 11th at The Key Club in Leeds

Nina Nesbitt returns with her new single this month, 'Dinner Table.' On the track, Nina's instantly appealing voice leads a

production that's both sophisticated, understated and growing in splendour as she reflects upon the lives of the women in her family. Speaking about the track, Nina told me, "I wrote 'Dinner Table' about the three generations of women in my family. It tells the story of the parallels and differences in our lives, growing up in different decades, but the magic of gathering round a table and talking for hours still hasn't changed." Expect a UK tour in November.



■ Crawlers

CRAWLERS have been putting the work in, gigging across Merseyside, working on their song writing and steadily building an impressive following on social media. Their debut EP has clocked up over 40 million combined streams and spawned their first hit with 'Come Over (Again)' Expect fireworks on 5th November at Brudenell Social Club



■ The Reytons

The Reytons have quickly risen from home-town heroes in South Yorkshire to one of the hottest new indie-rock bands in the UK. A word of mouth sensation, they continue to hit the country with sold out show after sold out show, and with an almost football-like tribalism amongst their fanbase the live shows are quickly becoming legend. They have announced a show on 26th Nov Leeds O2 Academy as part of their autumn The Uninvited Tour.

Dave Hemingway's New Band Sunbirds Play York – Crescent

To coincide with their Summer 2022 shows, Sunbirds have just released their 2nd single 'GENE KELLY'. The song paints a picture of a rainy, wintery night in a working class town, but our hero doesn't care, he's just positively enjoying the scene.

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 playing Doncaster – Leopard on Friday 17th June, Hull – New Adelphi Club on Saturday 18th June and York – Crescent on Friday 24th June 2022.

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 out now available on Spotify, Apple Music, Deezer, Amazon UK & Music and all HMV stores and via the website - www.sunbirds.co.uk.

Tour & Ticket information;

Website – <https://thecrescentyork.seetickets.com/event/sunbirds/the-crescent/1715370> and <http://thecrescentyork.com/events/sunbirds/>

Doors open – 7.30pm

Age restriction – 16+

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Harold Pinter's *The Homecoming* At York Theatre Royal

A new production of Harold Pinter's Tony Award-winning drama *The Homecoming* starring Mathew Horne, Keith Allen and Ian Bartholomew comes to York Theatre Royal from 16-21 May.

Teddy, a professor in an American university, returns to his childhood home accompanied by his wife Ruth to find his father, uncle and brothers still living there. In the subsequent series of encounters, life becomes a barely camouflaged battle for power and sexual supremacy fought out with taut verbal brutality. Who will emerge victorious – the poised and elegant Ruth or her husband's dysfunctional family?

Widely regarded as his finest work, Harold Pinter's bleakly funny exploration of family and relationships has become a modern classic since receiving its West End premiere in 1965. *The Homecoming* won four Tony Awards on Broadway in 1967, including Best Play.

Mathew Horne plays Lenny, Teddy's enigmatic brother. Mathew's many screen credits include the roles of Gavin in BBC's *Gavin & Stacey*, Roy Silver in Sky One's *Agatha Raisin*, Headmaster Fraser in BBC's *Bad Education* and Ben Birkett in Channel 4's *Teachers*. Mathew can currently be seen in the sitcom series *Newark*, on Gold and in cinemas in *The Nan Movie* with Catherine Tate.

Keith Allen plays the role of brutal patriarch, Max. On television, his many credits include the series *Marcella*; *Bodies*; *My Mad Fat Diary*; *Roger Roger*; *The Body Farm*; *Making Out*; *Robin Hood* (as the Sheriff of Nottingham); and the 2021 mini-series *The Pembrokeshire Murders*. His film credits include *The Others*, *Gaslight*, *Kingsman: The Golden Circle*, *Eddie the Eagle*, *24 Hour Party People* and *Shallow Grave*.

Keith has starred in two previous productions of *The Homecoming*, playing Teddy at the National Theatre in 1997 and appearing as Sam at London's Trafalgar Studios in 2015. His theatre credits also include Pinter 3: *Landscape/A Kind of Alaska* in the West End; David Hare's *Murmuring Judges* at the National Theatre, and *The Celebration* and *The Room* directed by Harold Pinter at the Almeida Theatre and in New York.

Four-time Olivier Award nominee Ian Bartholomew plays Sam. In a career spanning 40 years, his many television credits include the role of Geoff Metcalfe in over 200 episodes of *Coronation Street*, for which he won both Best Actor and Best Villain awards. He has also appeared in the series *Perfect Scoundrels* and *Harry*, and played guest roles in numerous primetime dramas including *Foyle's War*, *Heartbeat*, *DCI Banks*, *South Riding*, *The Accused*, *New Tricks*, *Spooks*, *Midsomer Murders*, *William*

and *Mary*, *Wycliffe*, *Minder*, *The Darling Buds Of May* and *Rumpole Of the Bailey*. His theatre work includes the West End productions of *Into The Woods*, *Radio Times*, *Mrs Henderson Presents* and *Half A Sixpence*, receiving Olivier Award nominations for all four shows. He has performed at the National Theatre extensively, most recently in *The Power of Yes*. His West End credits also include *Shakespeare in Love* and *Tommy*.

Teddy is played by Sam Alexander whose recent television credits include the role of Rhys in *Emmerdale*. His stage performances include *The Watsons* at Chichester Festival Theatre and *The Lady in the Van* and *Racing Demon* in the Theatre Royal Bath's 2017 Summer Season. Royal Shakespeare Company regular Geoffrey Lumb appears as Joey, recently seen in the West End in Hilary Mantel's *The Mirror and The Light*.

Harold Pinter (1930 – 2008) wrote 29 plays including *The Homecoming*, *The Birthday Party*, *The Caretaker* and *Betrayal*, and 21 screenplays including *The Servant*, *The Go-Between*, *The French Lieutenant's Woman* and *Sleuth*. He also directed 27 theatre productions, including James Joyce's *Exiles*; David Mamet's *Oleanna*; seven plays by Simon Gray; and many of his own plays including his last, *Celebration*, paired with his first, *The Room*, at the Almeida Theatre, London in 2000 with a cast including Keith Allen, Lindsay Duncan, Lia Williams, Indira Varma and Danny Dyer. In 2005 he received the Nobel Prize for Literature. Other awards he received include the Companion of Honour for services to literature, the Légion d'honneur, the Olivier Award and the Molière d'honneur for lifetime achievement. In 1999 he was made a Companion of Literature by the Royal Society of Literature. He received honorary degrees from eighteen universities.

As a director, Jamie Glover's credits include *Measure for Measure* on national tour; *The Dumb Waiter* and *Five Finger Exercise* at London's Coronet Theatre; *Miss Julie* and *Black Comedy* at the Minerva Theatre, Chichester; *Educating Rita* and *Single Spies* at Newbury's Watermill Theatre, and *A Voyage Round My Father* at Salisbury Playhouse. As an actor, Jamie has starred in the West End productions of *Harry Potter* and *The Cursed Child* and *Noises Off*, and at theatres nationwide. He has also performed extensively on screen and radio, including BBC's *Waterloo Road* and Sky's *Agatha Raisin* alongside Mathew Horne.

For ticket information visit;

Box office 01904 623568

www.yorktheatreroyal.co.uk

A Weekend Of 60'S Music Returns To Whitby Pavilion This June

Whitby Pavilion is getting set for a sixties transformation, as the much loved Whitby 60's Festival is almost upon them.

It's time to dig out your finest miniskirts, tunics or capes, as wearing your favourite 60's fashion is more than encouraged as the festival returns over the Platinum Jubilee weekend.

Organised by Whitby Live, the festival will begin on Friday 3 June bringing three days of some of the biggest names of 1960's music.

The team are excited to host performances from Dozy Beaky Mick & Tich, Steve Ellis (Love Affair), Little Miss 60's, Fourmost, Vanity Fare and Buddy Holly Memories.

The weekend will also be filled with top tribute acts including Union Gap, The Roy Orbison Experience and more!

A full weekend line-up is available on the Whitby Pavilion Facebook page and website listing.

Tickets for 'Whitby 60's Festival' are priced from £14 to £90, and available directly from Whitby Pavilion Box Office on 01947 824770 or Whitby Live on 01757 700042

www.whitbypavilion.co.uk/event/whitby-60s-weekend-june-2022

George Michael Freedom Uncut To Be Released Globally In Cinemas



Sony Music Entertainment and Trafalgar Releasing announced the premiere of **GEORGE MICHAEL FREEDOM UNCUT**, a deeply autobiographical feature documentary narrated by the late Grammy® Award winner. **GEORGE MICHAEL FREEDOM UNCUT** will be released as a global cinema event on Wednesday, June 22nd. Details of participating countries and cinemas are listed on www.georgemichaelfreedomuncut.com

Throughout the film, Michael reveals openly and honestly the two distinct sides of his life: his very public music career and his private personal life that cameras never truly saw. Michael was heavily involved in and dedicated to the making of this documentary before his tragic passing in 2016, making **GEORGE MICHAEL FREEDOM UNCUT** an incredibly special posthumous release and a poignant and moving tribute to his legacy.

The film delves into the turbulent period after "Faith" leading up to, during and after the making of his "Listen Without Prejudice: Vol 1" album in 1990. At this pivotal period of his life, Michael is able to fight for his artistic freedom and lead the way for others. He meets his first real love, Anselmo Feleppa and navigates both the heartbreak of Anselmo's early tragic passing from an AIDS related illness and the devastating loss of his mother. **GEORGE MICHAEL FREEDOM UNCUT** is also a brilliant reminder of Michael's outstanding musical genius during the Wham! years and throughout his solo career. The film features timeless duets with George's favourite artists and explores how he influenced the cultural landscape of his generation as one of the world's best-selling artists of all time.

Interwoven with exclusive, personal archival footage, this year's theatrical release includes never-seen-before footage from one of the most iconic videos in music history, "Freedom! '90," directed by Oscar® nominated David Fincher. The music video has been recently remastered in 4K and will screen in full ahead of the main feature in cinemas worldwide.

Produced by Big Geoff Overseas Limited in conjunction with Sony Music Entertainment and distributed theatrically worldwide by Trafalgar Releasing.

David Austin says, "The film is George's final work. Narrated by George himself, it is the complete story."

"George Michael was an inspiring artist whose story deserves to be shared on the big screen globally." Tom Mackay, President, Premium Content, Sony Music Entertainment says, "In honor of George's birthday this June, we are thrilled to be working with David Austin and our partners at Trafalgar Releasing to bring fans unprecedented access to his extraordinary life both on and off stage."

Marc Allenby, CEO - Trafalgar Releasing says, "We are proud to be bringing George Michael's final work to the big screen in this global cinema event. As an artist whose music continues to resonate across generations, this event will be a fitting tribute to George's life and career, giving fans the opportunity to celebrate communally in cinemas worldwide."

BOOKS

Useful History Book For Local And Family Historians - Identifying Cap Badges

Identifying Cap Badges is the book that has been missing from the bookshelves of family historians, military enthusiasts, and badge collectors alike.

It is quite easy to find an erudite book on military cap badges, but you could spend hours, if not days, plodding through hundreds of pictures to find a match for the one you hold. Sometimes you may not find it at all!

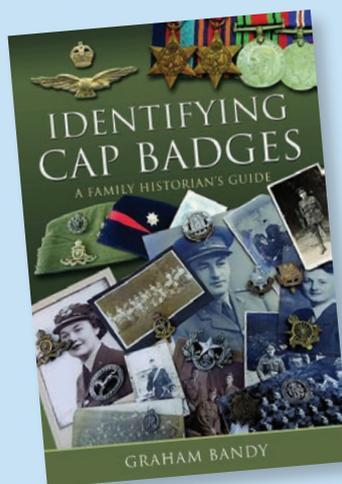
These learned badge collector's books have one major flaw; they are pictured and discussed in 'order of precedence', that is to say, from the earliest formed regiments to the latest, with separate sections on medical, engineers, cavalry, infantry, etc. This can be most confusing to those uninitiated into the 'dark arts' of military badges. Thus, if you do not know the name or 'original number' of your regiment in this order of precedence, you can be flummoxed! This, combined with all the different crowns, laurels, animals, mythological beasts and castles, can prove more than a little daunting, even to ex soldiers themselves!

In this book you will find badges ordered by what is on the badge itself; be it a dragon, sphinx or castle, horse, lion or tiger. This is

badge identification in minutes, rather than hours, with added information on dating badges and many comparison photographs alongside all the pictures of the badges. Added to these pictures are short histories of the regiments and 'family trees' plotting the antecedents of today's units.

About the Author

Graham Bandy has spent most of his life in the army, nursing, or both. He has been identifying military badges since he was at school, and is now a much sought after asset at both county and national family history fairs, such as WDYTIA Live and Family Tree Live and has also appeared on BBC's WDYTIA. Graham also gives many talks and lectures on the subject of badge and photographic identification and sits on the Heritage Committee of the QARANC Association. He is married and lives in Sussex with his wife and an ever growing collection of militaria and military photographs, under which they are both slowly drowning.



Identifying Cap Badges

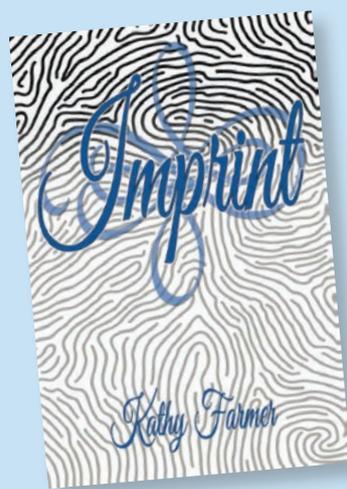
Author: Graham Bandy.

Publisher: Pen and Sword.

Available from Amazon and www.pen-and-sword.co.uk.

Priced £25.

One Woman's Search For Her Husband's Previous Relationships Made Her Realise The Significant Imprint He Left In Their Lives



Imprint tells the story of Mary O'Farrell who married Daniel but was not aware that he had traveled the world. He had been in many relationships including marriages before he and Mary knew one another. She did know something of the secrets from his past, but during their marriage, she became intrigued and sought to find much more about his previous life.

This fascinating story revolves around Mary's search for these women who had affairs with Daniel — a man who was an adventurer, and a larger than life character. In time, she came to realise that her husband's previous relationships had left a very significant imprint on the lives of these women.

"Today's society abounds in multiple broken and new relationships. This book is a refreshingly honest account of relationships between men and women," Farmer says. When asked what she wants readers to take away from the book, she answered, "The importance and value of a relationship of love and mutual trust."

About the Author

Kathy Farmer lived for many years on the borders of the Welsh Marches, when, as an active countrywoman, she would regularly ride her Arab mare over the hills of Offa's Dyke. She now resides with her husband in Pembrokeshire in the beautiful seaside resort of Tenby. She has published five books to date. She is also an artist, and when she is not writing, she loves to paint in all mediums. She is a member of Tenby Arts Club.

Imprint

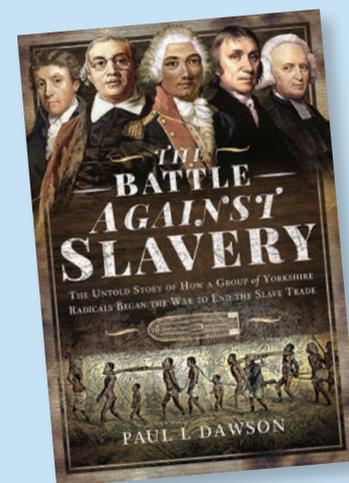
Author: Kathy Farmer.

Publisher: AuthorHouse UK.

Available from Amazon and Barnes & Noble.

Priced £9.95.

The Untold Story Of How A Group Of Yorkshire Radicals Began The War To End The Slave Trade



On 13 December 1776, the Rev. William Turner preached the first avowedly anti-slavery sermon in the North of England. Copies of his sermon were distributed far and wide – in so doing, he had fired the first shot in the battle to end slavery.

Four years later, Rev. Turner, members of his congregation and the Rev. Christopher Wyvill founded 'The Yorkshire Association' to agitate for political and social reform. The Association sought universal suffrage, annual parliaments and the abolition of slavery. In the West Riding, despite furious opposition, by 1783 nearly 10,000 signatures were collected in support of the aims of the Association. Slavery, or rather its abolition, was now on the political agenda.

The Battle Against Slavery charts the story of a group of West Riding radicals in their bid to abolish slavery both in the United Kingdom and abroad. Such became the influence of this group, whose Unitarian beliefs were illegal in Britain, that the general election of 1806 in Yorkshire was fought on an abolitionist platform. At a time when the rest of the world engaged in slavery, this small body was fighting almost single-handedly to end such practices. Gradually, their beliefs began to spread across the country and across the Channel to France, the principles of which found resonance during the French Revolution and even across the Atlantic to America.

At a time, today, when the history of slavery is the subject of considerable debate worldwide, this revealing insight into the abolitionist movement, which demonstrates how ordinary men and women battled against governments and the establishment, needs to be told.

About the Author

PAUL L. DAWSON BSc Hons, MRes, MIFA, FINS, is a professional historian, researcher and author who specialises in European history 1780 to 1832. He has written over 40 books on a wide array of subjects, from equitation to theology, but is best known for his decades of research carried out at the French Army Archives in Paris, primarily about the Waterloo Campaign, as well as the uniforms and equipment of the French Army.

The Battle Against Slavery

Author: Paul L Dawson.

Publisher: Pen and Sword.

Available from Amazon and www.pen-and-sword.co.uk.

Priced £25.

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Elaine Tottie

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MOTORS



New Range Rover Velar HST Edition

Land Rover introduces a new HST model to the Range Rover Velar family. The HST was first introduced on the high-performance Range Rover Sport and Evoque models and its dynamic character is now available on the Velar for the first time.

A distinctive combination of design enhancements and chassis features bring a new dimension of sporting luxury to the line-up, all based around the R-Dynamic design. Its stealthy character is supported by a Black contrast roof and full exterior Black Pack. Available in the full colour palette and exclusively in new Arroios Grey, privacy glass and unique Gloss Black 21-inch 5 split-spoke alloy wheels complete the exterior.

The dynamic theme continues inside, with Black Suedecloth headlining and steering wheel. A sliding panoramic roof ensures a light and airy cabin while a combination of chassis technologies ensure the perfect balance of ride comfort and handling.



The new HST features Electronic Air Suspension with Adaptive Dynamics for optimum comfort and control, with Adaptive Dynamics constantly monitoring the road conditions and adjusting the suspension responses accordingly. Configurable Dynamics also ensures drivers are able to tailor the driving experience to suit their preferences.

In keeping with its dynamic personality, the HST is available with a choice of powerful six-cylinder Ingenium engines. Customers can choose from the P400 (400PS) and D300 (300PS) Mild Hybrid Electric Vehicle (MHEV) petrol and diesel powertrains for effortless performance and refinement.

The Range Rover Velar's elegant design and connected technologies have seen the mid-size luxury SUV win a succession of international awards, including the World Car Design of the Year title at the 2018 World Car Awards.

Range Rover Velar is priced from £46,565 in the UK while the Range Rover HST Edition is priced from £71,315. Specify yours at www.landrover.co.uk



Hyundai IONIQ 5 – Triple Win – World Car Of The Year, Electric Vehicle And Design

The Hyundai IONIQ 5 was declared the 2022 World Car of the Year, as well as the 2022 World Electric Vehicle of the Year and the 2022 World Car Design of the Year award winner.

In addition, the 2022 World Car Person of the Year, Luc Donckerwolke, Executive Vice President, Chief Creative Officer, Hyundai Motor Group was on hand to participate in a Q&A with media and receive his award in person.

A jury of 102 distinguished international automotive journalists from 33 countries selected the winners by secret ballot based on their evaluation of each eligible vehicle as part of their professional work. The votes were tabulated by KPMG.

"We are truly honored to receive these prestigious awards, which recognise the talent and hard work of all our people and business partners at Hyundai Motor Company. Our vision is to enable Progress for Humanity, and this endorsement of our approach will serve to embolden our commitment to make this vision a reality," said Jaehoon Chang, President & CEO of Hyundai Motor Company.

For World Car of the Year, the jury selected IONIQ 5 from an initial entry list of 28 vehicles, then from three finalists. To be eligible for the category, vehicles must be produced in at least 10,000 units per year, priced below the luxury level in their primary markets, and on sale in at least two major markets on at least two continents at some time between Jan. 1, 2021 – Mar. 30, 2022.

For World Electric Vehicle of the Year, the jury selected IONIQ 5 from an initial entry list of 11 vehicles, then from three finalists. To be eligible for the category, vehicles must be powered solely by one or more electric motors,

produced in volumes of at least 5,000 units per year and on sale in at least two major markets on at least two continents at some time between Jan. 1, 2021 – Mar. 30, 2022.

For World Car Design of the Year, a design panel consisting of six highly respected world design experts was asked to first review each candidate, and then establish a short-list of recommendations for the jurors' final vote in February. The design experts: Gernot Bracht (Germany – Pforzheim Design School), Ian Callum (United Kingdom – Director of Design, CALLUM), Patrick le Quément (France - Designer and President of the Strategy Committee - The Sustainable Design School), Tom Matano (USA – Academy of Art University, Former Head of Design – Mazda), Victor Nacif (USA - Chief Creative Officer, Brojure.com and Design instructor, NewSchool of Architecture and Design) and Shiro Nakamura (Japan - CEO, Shiro Nakamura Design Associates Inc.).

"It has been an honour to partner the World Car Finals for the fourth year in a row. Much like Brembo, the selected cars in each category not only represent automotive excellence, but also leadership and innovation. We extend our congratulations to each of this year's worthy winners," said Daniele Schillaci, CEO of Brembo.

The Road to the World Car Awards is an annual journey that follows more than 100+ of international jurors as they test-drive, and vote on, the eligible vehicles for the 2022 awards. The jurors' road-test journey is captured virtually on World Car TV. The jurors provide viewers with reviews and commentary on the awards' eligible vehicles in six award categories (World Urban Car, World Luxury Car, World Performance Car, World Electric Vehicle of the Year, World Car Design of the Year as well as the overall World Car of the Year.

2022 GOODWOOD REVIVAL RACES CONFIRMED



Goodwood is delighted to announce the full race list for the 2022 Goodwood Revival, taking place Friday 16 – Sunday 18 September. With 13 different contests split into 15 races for everything from motorcycles to Austin A40s, it is set to be an extraordinary weekend of historic racing.

- Freddie March Memorial Trophy – for sportscars from the late-1940s and early-1950s
- Madgwick Cup – for sportscars under 2.0-litres from 1948-'55
- Barry Sheene Memorial Trophy – for 1950s motorcycles
- Goodwood Trophy – for Grand Prix and Voiturette cars from either side of WWII
- Glover Trophy – for 1.5-litre Grand Prix cars from 1961-1965

- Stirling Moss Memorial Trophy – for pre-1963 GT cars
- St Mary's Trophy – for production-based saloons from 1960-1966
- Whitsun Trophy – for sports prototypes from 1960-1966
- Lavant Cup – one-make MG B race
- Richmond & Gordon Trophies – 2.5-litre front- and rear-engined Grand Prix cars from 1952 to 1960
- RAC TT Celebration – closed-cockpit GT and prototypes from 1960-1964
- Sussex Trophy – World Championship sportscars from 1955 to 1960

Tickets are from £64 and can be purchased at www.goodwood.com or by calling the Ticket Office on 01243 75 50 55.



Classic Car Auctions Open For Summer Sale

Summer is on the way and Classic Car Auctions are now busy accepting entries for their next auction at The Warwickshire Event Centre on the 18th June.

Early entries include a lovely and very desirable Audi Quattro MB Turbo 10v which has been treated to a comprehensive recommissioning. These cars have become very popular in recent years and this one has had lots of attention lavished on it. In the last six months the chassis, suspension and steering have all been overhauled along with a fresh coat of Diamond Silver paint on the bodywork. With a guide price of £25,000 to £30,000, this is a good-looking car from the 80s for your garage.

Getting ready for the summer? Also being offered is a freshly restored 4.2 Jaguar E-Type Series 1 Roadster in Signal Red. A stunning looking car with a black leather interior and restored to a high standard. Originally from the USA, the car returned to the UK in 1988 and with 80,602 miles on the clock is being offered with a guide price of £60,000 to £70,000.

Something a little more unusual are two Mercedes Benz G240 Jeeps. Both were registered in Singapore in 1990 and equipped with 2 and 4 wheel drive powered by a 2.4 litre 4 cylinder engine. They were used as military checkpoint vehicles and have low mileage but are suitable for a variety of applications. Offered with a guide price of £18,000 to £22,000 and £20,000 to £25,000.



Also consigned is a wonderful garage find MGB Roadster which has been in long term ownership since 2002 and is now being offered by the family from the deceased estate. Having been restored some years ago, by the owner's grandfather and sat stationary for the last seven years, this could be a wonderful project. Offered at No Reserve it will be great to see the Iris Blue MGB back on the road again.

The entry fee for consigning is £150, with early entries being offered a half-price rate for the first 50 cars submitted. If you wish to promote your car further, for £300 including the entry fee you could have professional photography. The closing date for consigning is the 27th May.

The Classic Car Auction Summer sale takes place on the 18th June with viewing days on the Thursday and Friday. The Warwickshire Event Centre has plenty of free parking and easily accessed from the M40, M42.

If you are buying or selling, the premium is 12.5% for buyers and 5% for sellers plus Vat.

Forthcoming Auctions

18th June - Summer Sale at Warwickshire Event Centre

24th September - Autumn Sale at Warwickshire Event Centre

10th December - Christmas Sale at Warwickshire Event Centre

www.classiccarauctions.co.uk/auction/upcoming-auctions



Hagerty Revs Up Motorcycle Insurance Product

Hagerty International, an established insurer of classic motorcycles, launches a brand-new product for bikers. Perfectly timed for the start of the riding season.

Hagerty's motorcycle product has an agreed insured value as standard, along with roadside assistance and recovery. Insure classic cars and bikes on the same policy and the policyholder may be entitled to a multi-vehicle discount, members of owners clubs may be able to claim additional savings. Motorcycles registered up to 1990 to be insured as a classic vehicle with Hagerty.

Hagerty has long been a supporter of classic motorcycling with regular bike-related content, and a number of classic motorcycle values monitored as a part of the global Hagerty Price Guide. Hagerty also names legendary motorcycle racers Maria Costello and Steve Parrish amongst its Brand Ambassadors.

Interested motorcyclists should take a look at www.hagerty.co.uk for more information or call 0333 323 1138 to speak to a Hagerty expert.

Squires Cafe

What's on @ Squires, May 2022;

Tues 3rd - Japanese Car Meet

The monthly Japanese car meet (evening) £2 entry per car

Fri 6th & Sat 7th - Northern Rockers Rumble

Northern rockers event featuring rock n roll disco and live band. Rockers ride to Scarborough on the Saturday

Sat 7th - Yorkshire Blacksmith meeting.

The Yorkshire Blacksmith group meet at Squires between 11 am and 3pm. If you are interested please come down and join in

Sat 28th AM - Autojumble

Our monthly autojumble. Pitches are £5 each for sellers

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



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Happy Pet, Happy Moving Day Expert Advice And Top Tips For Moving With Pets

The pet population of the UK is at a peak with 17.4 million households (62%) currently owning a pet. The national lockdowns led to a surge in pet ownership thanks to many having ample time and energy to invest in settling an animal into their home. Similar levels of care and consideration should be shown with moving house with pets. Tilia Homes has teamed up with pet behaviourist and expert Nick Jones MA of Alpha Dog Behaviour to provide some helpful advice on giving pets a happy experience when moving home.

“There is plenty to think about when moving home and you don’t want to get caught out by overlooking the needs of the animals within your household,” says Nick. “But there is no need worry; common sense measures apply when moving home with pets. The aim is to make their transition as smooth as possible.

“With smaller pets such as rodents, birds or reptiles, it’s more a practical task of carefully transporting all the equipment and then setting it up in an appropriate place. But for the likes of dogs, cats and rabbits, there are more emotional considerations at play. Make sure that you take some time well ahead of the move to reflect carefully about your pet’s needs and identify all the opportunities throughout the moving process where you can provide reassurance and maintain their routine to the best of your ability.”

Nick explains that pet owners need to start planning for their moving day far in advance of the actual date. Below are his five points to consider before the move:

- Explore any services you may be needing well in advance of the move. This will certainly include a new vet if moving to a different area, but



potentially also grooming, day care or dog walking services – all of which are becoming increasingly popular and may have a waiting list.

- It may be that you are moving in with someone and your pet will need to adjust to a new household. Work will need to be done on introductions before the move, especially where children or other animals are concerned. With dogs, my recommendation would be to start with short, positive sessions in a neutral, open space.
- Take your dog for an introductory walk around what will be their new environment ahead of moving day. This could be the road or estate itself, or the nearby parks and likely dog walking routes. You can even do this on several occasions if your new home isn’t too far from your current property. This will give your dog the opportunity to start picking up all the local scents and start establishing some familiarity with their future locale.
- In some cases, particularly with new build homes, it may be possible to take your dog into the new home itself for a short visit. This would be a good ice breaker to help reduce the sense of newness when the move ultimately takes place.
- Consider where in your new home will be an appropriate environment for your pet and whether you will need to sensibly control access to any areas. You may need to buy a stair gate for example to prevent a dog from going upstairs initially.

Nick continues: “When it comes to the big day, make sure that you have a ‘pet moving kit’ containing all the essentials you anticipate you’ll need to help them settle in for that first night, before all the boxes have been

unpacked. Have bedding to hand but make sure it’s their existing bedding (unwashed preferably) so that familiar scent is maintained for them.”

Post-move, Nick has seven tips to help the pet settle happily within its new home:

- Once you have moved, maintain your pet’s usual routine as best as you can in respect of feeding, cleaning/grooming and exercising times.
- For any animals which typically have free rein of your home, start them in one room initially. You can guide them around the rest of the property a few days later. Judge how you introduce your pet to the wider home based on their age and temperament. The goal is for them to have a controlled discovery experience – piquing their curiosity to mooch around happily – rather than having them run around in a frenzy.
- They say that an exercised dog is a good dog. Whilst this may not always be true, it’s certainly helpful for them to have an outlet for all their doggy energy. By keeping them well exercised, this will help them to perceive the new home as a comfortable place to rest and sleep.
- If you have a pet which has a particularly nervous disposition (whether a dog, cat, rabbit or rodent), there are numerous natural anti-anxiety products available (such as herbal plug-ins) which can help them ease into their new home by calming their nerves.
- If your pet goes outdoors and is prone to wander, it might be worth investing in a GPS device so you can monitor its whereabouts. For cats, keep them indoors for at least two weeks and allow a couple of litter trays per cat around the home.
- In the early stages, stay closer to home where possible. If you can, limit your time away initially and then gradually extend the periods that your pet is home alone. This is particularly pertinent to dogs. Hollow toys filled with paste or biscuits can be used for cats and dogs to help distract them while you’re away, reinforcing being alone as an equally positive experience.
- Finally, if your pet is microchipped, don’t delay in getting the data updated with your new address.

Nick’s overall advice is to avoid setting too high expectations when moving house with a pet. “How your pet manages with the house move will depend on its age, character and adaptability. But stick with it, have patience and be sensitive to their needs – and in no time your pet should embrace their new surroundings.”

Tilia Homes is offering customers a £50 Pets at Home voucher when making a reservation by 31 May 2022, in order to help their pets have an even smoother moving experience. For further information about this incentive and the homes available from Tilia Homes, visit tiliahomes.co.uk.

‘Man’s Best Friend’ – But Is The Feeling Mutual?

When the UK’s largest canine charity Dogs Trust carried out a series of interviews with different types of dog owner to explore this bond, it found that current methods used to measure it focus on the human side and all too often fail to capture the dog’s perspective.

Understanding the bond between owners and their dogs, and the reasons why it sometimes breaks down, is an important aspect of the charity’s work in trying to reduce the number of people who give up their dogs because they are no longer able to cope, or no longer want them.

Through a series of interviews conducted with different kinds of dog guardian, including owners of a single dog, multiple dogs, and assistance dogs, the charity’s research team discovered several seemingly common themes in establishing a bond between dog and owner – particularly understanding the dog’s perspective.

These included adaptation; respecting boundaries (set by both human and dog); understanding (and being empathetic to) a dog’s preferences, likes and dislikes in order to support them emotionally and increase the “quality time” spent together.

Some of the best ways owners can establish a special bond with their dog include:

- Establishing trust and carrying out activities that generate a positive association can promote an increased closeness and a unique bond, which may well be closer than the dog’s bonds with other members of the household
- Positive reinforcement during dog training and other aspects of management are great ways to establish a bond
- Games and dog friendly activities, to enjoy fun time together
- Sticking up for your dog - supporting your dog appropriately when they find situations challenging



Dogs Trust Head of Research, Dr Melissa Upjohn, and Dr Lauren Samet who lead the research said:

“It’s easy to assume that dogs feel the same way as we do about our special bond - but we’ll never really know unless we start asking the right questions and start to really look at it from the dog’s perspective.

“The more we understand the dog’s point of view, the better equipped we are to support both dogs and owners in building and maintaining healthy bonds in their lives together.”

To find out more about using positive reinforcement-based training methods visit Dogs Trust’s Dog School pages;

www.dogstrust.org.uk/help-advice/dog-school

Dog School is Dogs Trust’s affordable in-person and virtual training course that offers small group classes, reward-based training to encourage positive behaviour and help you to understand your dog and prevent future problems.



NSA Pleas With Dog Owners To Take Responsibility For Sheep Worrying By Dog Attacks

Findings of a recent survey completed by the National Sheep Association (NSA) have revealed that less than 5% of sheep farmers receive direct contact from the owners of dogs that have been involved in a sheep worrying attack on their livestock.

With almost 60% of survey respondents finding evidence of an attack having taken place rather than being alerted by the owner or another witness of an incident the result suggests animals are often likely to be left suffering and injured for a period of time causing extreme distress to the sheep and also the farmer on discovering the upsetting scenes.

NSA is therefore calling on dog owners to take responsibility for the attacks should their dog be involved in chasing and/or attacking sheep. As the Government's new draft Kept Animals Bill is proposing greater powers for police to trace and gain access to dogs involved in attacks this could create an improved situation for those involved.

NSA Chief Executive Phil Stocker comments: "It may feel daunting as a dog owner to come forward to a farmer to admit

responsibility, but NSA believes that farmers would rather be informed by the dog owners themselves rather than finding injured, or even worse, dead sheep in their fields.

"Sheep worrying by dogs is a crime but openness from the dog owner can mean a more amicable resolution can hopefully be achieved and it is better than having to explain a failure to report if the dog is able to be traced. Often dog owners simply do not realise their pet is capable of doing so much damage, and while we appreciate this crime is not one that any animal lover would set out to commit, taking responsibility is crucial and could help reduce cases for the future."

The sheep worrying by dogs survey completed by sheep farmers across the UK and coordinated by NSA is run annually to gain an up to date insight on the issue of sheep worrying by dogs' continued severity and impact on the UK sheep industry.

In line with previous years' survey results respondents once again reported an increase in the incidence of attacks. 76% believed cases had increased over the past three years with many identifying

the increase in dog ownership during the covid-19 pandemic as a perceived cause of the rise of cases.

NSA has worked tirelessly to raise awareness of the issue of sheep worrying by dogs encouraging sheep farmers to ensure they report each case to their local police force, and it appears this message is working. 81% of survey respondents said they now report some, most or all of the attacks they experience. This increased reporting could be driving an improved response from rural police forces with survey contributors rating police response to reports as 6/10, this figure increasing significantly from ratings of 4/10 in 2021 and 3/10 in 2020.

Losses incurred from dog attacks can be a substantial burden on sheep farmers, with the survey results revealing losses of an average of £1232 per farmer per year yet despite this and the increase in reporting of cases of sheep worrying many farmers do not pursue compensation for their losses.

Mr Stocker continues: "The greatest impact felt for many farmers as a result of sheep worrying by dogs is the stress, anger and anxiety that is experienced as a result of attacks and the fear they will happen again. A full year's hard work by farmers and shepherds can simply be undone in a matter of minutes.

"Of course, the financial impact must not be ignored though. At this time of spiralling costs in all areas continued losses due to sheep worrying are not acceptable and could easily be prevented by dog owners simply taking responsibility and keeping their dogs on a lead when walking nearby sheep."

The survey results have been shared as NSA launched its sheep worrying by dogs campaign for 2022 aiming to increase awareness of the issue amongst the general dog owning public. The sheep farming charity hopes the alarming survey results will help demonstrate the extent of the issue to the general public.

It is hoped the campaign hashtag #LeadOn will be recognised as encouragement to dog owners to be responsible and act as an example to others by keeping their pets on leads in the presence of livestock.

General information on the topic of sheep worrying by dogs can be found at www.sheepworrying.org.uk. In addition, NSA has also produced a range of graphics for farmers and other supporters to display and share demonstrating support for the NSA campaign. To receive a copy of these graphics please email enquiries@nationalsheep.org.uk

A full summary of NSA's survey results can be found on the NSA website at <https://go.nationalsheep.org.uk/surveyresults2022>.

Rescue Dog Has His Bags Packed But Nowhere To Go...



A sweet little dog who has had a difficult start in life is desperate for a home of his own after spending more than 10 months patiently waiting to be adopted - with only one application.

Two-year-old crossbreed Dude has packed his bags ready to go off to his new family - but he sadly has nowhere to go.

He was rescued from the streets of Romania and lived with his owner until her tragic death. Sadly, her family couldn't cope with his challenging behaviours around strangers and asked the RSPCA for help.

The RSPCA's York, Harrogate & District Branch took in the little dog and their behaviourists spent months working with him to boost his confidence and get him used to a new setting and new people.

Mandy Broadhead, from the centre, said: "Dude is such a sweet little chap but he can be complex. He needs really understanding owners who are experienced with dogs and can give him the time - and space - he needs to get used to a change in circumstances.

"He's such a friendly, affectionate and loving lad once he knows you but he's incredibly anxious around strangers. We're really hoping to find him a home with a single person who he can spend one-on-one time with and build a strong bond.

"His new home will need to have few visitors as Dude finds it really difficult when new people come into the home. He finds it hard to trust new people and it takes him a long time to build a relationship with someone so any new adopter will need to be willing to put in the time to gain his trust.

"We understand this can be a challenge but Dude is certainly worth it and we really hope there's someone out there who can give him the chance he deserves. We're certainly not ready to give up on him!"

Sadly, in the 10 months Dude has been waiting for a new home, he's only had one application and that didn't work out as Dude found it

difficult to bond with the wider family. Now staff are pulling out all the stops to find him his perfect match.

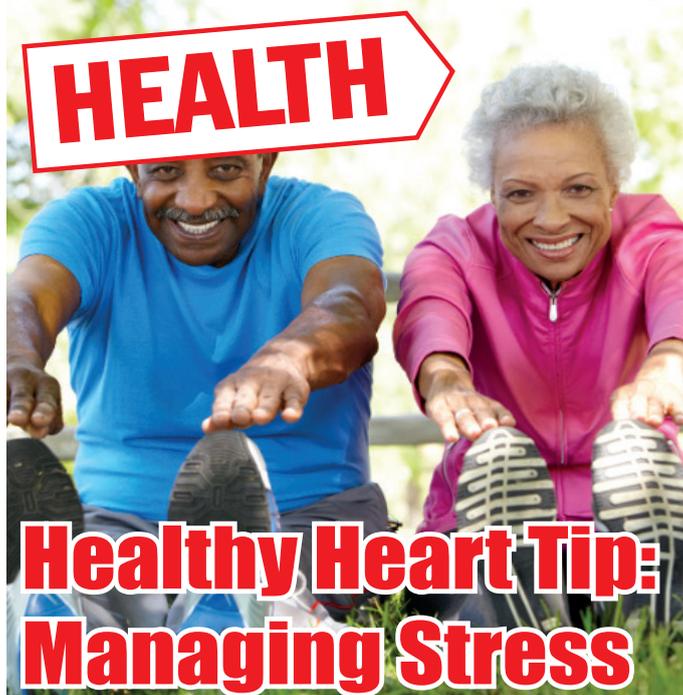
"Dude is ready for a fresh start and he's got his bags packed to go off to his new home but sadly he has nowhere to go," Mandy added. "It's heartbreaking that nobody seems to want him."



Dude walks with a limp due to a historic injury so this may need medical attention if it causes him problems later in life. He'll need an adult-only home without other pets.

He walks nicely on the lead and is very bright and intelligent so would thrive with training. He can be left for short periods of time.

Find out more about Dude online or contact the team at RSPCA York Animal Home on reception@rspca-yorkhome.org.uk or 01904 654949.



Healthy Heart Tip: Managing Stress

— BY THE HEALTH PROMOTION AND EDUCATION TEAM
AT HEART RESEARCH UK —

Stress can indirectly affect our heart by reducing motivation to eat well and exercise. Feeling stressed can also increase the likelihood that we will use negative coping strategies such as increasing the amount of alcohol we drink.

Stress occurs when we feel that we are unable to cope with the demands placed on us. We can address stress by assessing and changing our demands, and by changing our relationship to the things that cause us stress. Here are some top tips for helping to manage your stress:

In The Poorest Parts Of England, Life Expectancy For Women Is Lower Than In Colombia, Latvia And Hungary

Analysis by the Health Foundation has revealed that life expectancy for women living in the poorest 10% of areas in England is lower than overall life expectancy in any OECD country, except for Mexico.

Women in the poorest 10% of areas in England can expect to live on average 78.7 years – significantly below the average of 83.2 years for the whole of England and less than the overall life expectancy for women in countries including Colombia (79.8 years), Latvia (79.7 years) and Hungary (79.6 years), as well as others. In Mexico, which has the lowest life expectancy at birth of any OECD country, women live on average 77.9 years.

In contrast, women living in the richest 10% of areas in England can expect to live on average 86.4 years – higher than overall life expectancy for women in any OECD country, except Japan which has the highest female life expectancy for all OECD countries (87.3 years).

The Health Foundation says the figures illustrate the extent of health inequalities in England, where the poorest can expect to live significantly shorter and less healthy lives than their richer counterparts. The gap in life expectancy between women in the richest and poorest areas of the country is 7.7 years. Analysis of OECD data by IPPR has previously shown that the UK has some of the most severe regional health inequalities of developed countries.

The Health Foundation's analysis comes as the government is due to publish a white paper on 'health disparities', currently expected in early Summer. A pledge to increase 'healthy life expectancy' by five years and reduce the gap between the healthiest and least healthy local authorities was announced in February as part of the 'levelling up' agenda. However, the independent charity warns that the government's strategy for improving health has so far failed to grasp the scale of the challenge and that – based on pre-pandemic trends – it will take almost two centuries (192 years) to achieve that increase.

The Health Foundation also highlights that the rising cost of living threatens to further widen the health gap between rich and poor. It notes that the pandemic has hit the finances of many poorer families and that rising prices will force increasing numbers to choose between going without essentials that are vital to living healthy lives – such as heating and food – or being driven into problem debt.

Keep Moving

Regular exercise has been shown to positively influence our ability to manage stress and reduce symptoms of some mental health conditions.

Take Time To Re-Charge



Managing our energy levels throughout the day by taking moments to re-charge can help us to better deal with the demands placed on us. This could be taking regular breaks from work, relaxing through meditation, or even a short power nap!

Challenge Your Thoughts

The way we think about our demands will influence how stressed we feel. You can ask yourself questions such as "how would I advise a friend in my situation?" to help re-frame what is going on in your life.

Break It Down



When we have lots to do, it can be easy to feel overwhelmed. When this happens, it can be useful to break down your tasks and plan how you will tackle a situation.

Seek Support

It is okay to ask for help. It can help to share stressors with a friend or contact a mental health professional via your GP or another service such as Samaritans.

For more tips on how to stay healthy, sign up for our weekly healthy tips at www.heartresearch.org.uk/healthy-tips.

To help keep your heart healthy, why not try out some Healthy Heart recipes from www.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:

www.heartresearch.org.uk/heart-research-uk-cookbook

Over 700 People A Year Could Benefit From A New Potentially Life-Extending Lung Cancer Drug Which Targets A Specific Genetic Mutation

An innovative and potentially life-extending drug for treating people with a specific gene mutation of advanced non-small-cell lung cancer (NSCLC) has been recommended by NICE and is now available to patients.

The drug has been recommended for routine use across the NHS in England through Project Orbis, a programme to review and approve promising cancer drugs helping patients access treatments faster.

NICE has published its final appraisal document recommending tepotinib (also known as Tepmetko and produced by company Merck Serono Ltd) as an option for treating advanced NSCLC with METex14 skipping gene alterations in adults.

People with METex14 skipping alterations of NSCLC make up between 1-2% of all adults with lung cancer in England.

Those with METex14 skipping NSCLC are currently offered the same standard care as people with NSCLC without this specific biomarker, with treatments including chemotherapy, immunotherapy, and combinations of the two, known as chemo-immunotherapy. People with METex14 skipping NSCLC currently have a poorer prognosis than people without the biomarker.

Tepotinib, which requires people to take two tablets once daily, provides a new targeted treatment for adults with METex14 skipping gene alterations. Just over 700 people in England would be eligible to receive tepotinib as either a first or second-line treatment.

Clinical trial evidence, which included examining previous trial data and analysing real-world data, shows that although there is limited data, tepotinib may extend life.

Tepotinib is likely to be offered as a first-line treatment for people with METex14 skipping NSCLC, once it has been confirmed by genomic testing. Medical practitioners would continue to use other first-line treatment options until the mutation had been confirmed.

Helen Knight, interim director for medicines evaluation at NICE, said:

"For the first time, people with advanced stage non-small-cell lung cancer (NSCLC) are able to access a treatment which specifically targets the METex14 skipping mutation.

"This treatment has the potential to extend people's lives and allows patients to take tablets rather than undergoing chemotherapy and chemo-immunotherapy, which requires them to spend a day in a hospital or other medical practice.

"The option to use genetic testing to help diagnose whether a person has the METex14 skipping mutation, and then tailoring their treatment accordingly, is a significant development and we will continue to work with our partners to ensure innovative treatments which benefit people are made available as soon as possible."

A confidential price discount has been agreed between NHS England and NHS Improvement and the company, through a commercial agreement ensuring the treatment is available to patients.

Professor Dame Sue Hill, Chief Scientific Officer and Senior Responsible Officer for Genomics in the NHS, says:

"The approval of this new treatment is fantastic news and to ensure patients receive it, the genomic test for this particular type of lung cancer has been added to the National Genomic Test Directory.

"This means patients carrying the gene mutation can benefit from the most effective treatments and it's a great example of how the NHS Genomic Medicine Service is harnessing the power of genomics to deliver precision medicine straight to patients."

Further details on the final appraisal document on tepotinib for treating advanced non-small-cell lung cancer with MET gene alterations can be found at:

www.nice.org.uk/guidance/indevelopment/gid-ta10630/documents

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New Campaign Helps Parents Identify Signs Of Autoimmune Disease

According to the latest Coeliac UK survey one in four children (25 per cent) with coeliac disease took two years or more to receive a diagnosis. And a further one in four took between seven months and two years; meaning a large portion of their childhood was spent with unnecessary suffering and discomfort. In response, Coeliac UK has launched a new symptom awareness campaign.

Coeliac disease is a common autoimmune condition which can have a debilitating impact and symptoms may be easily mis-interpreted for other day-to-day childhood illnesses. For example, if a child vomits, has severe stomach pain or extreme tiredness, it can be difficult to know if it's a bug, something they've eaten or if in fact it's coeliac disease. To help, the new 'Is it coeliac disease?' campaign will enable parents and carers to spot the signs earlier, support them to get a diagnosis and provide vital ongoing advice.

Once diagnosed, coeliac disease can be treated and, in most cases, symptoms cleared, by maintaining a strict gluten free diet for life. So Coeliac UK's expert advisers are urging parents and carers to look out for the following in their children:

- Tiredness
- Sickness
- Bloating
- Stomach pain
- Slow growth

When one, some or all of these are spotted persistently, parents can complete an easy self-assessment form which will signpost if the child should go to their GP for testing. It also provides a print-out for parents to share with their GP to advocate for them and help to get the answers they need.

If testing is recommended, parents should not remove gluten from their child's diet during the diagnosis process as the test for coeliac disease measures the antibodies produced in response to eating gluten. Even reducing the amount of gluten in the diet can potentially give a false negative result.

Heidi Urwin, Director of Evidence and Policy at Coeliac UK, said: "Families have faced a multitude of issues due to the coronavirus pandemic, combined with a general lack of awareness of the key symptoms of coeliac disease – which can differ in children and adults and be easily missed. This has led to a significant fall in diagnosis rates. It's time to get back on track and work towards no more childhoods being lost to undiagnosed coeliac disease.

"We have launched this campaign to raise awareness of symptoms and to support families on this journey. We hope our self-assessment test can be the first step on the road to recovery. By completing it, concerned parents will have the information to know exactly what to do next."

One in 100 people in the UK population have coeliac disease, a serious autoimmune condition. It is caused by a reaction to gluten, a protein found

in wheat, barley and rye, which is included in many everyday foods. When someone with coeliac disease eats gluten, their immune system reacts and causes damage to the gut resulting in a range of symptoms, some of which can be very severe, significantly affecting daily life.

Dr Peter Gillett is Consultant Paediatric Gastroenterologist at the Royal Hospital for Children and Young People in Edinburgh, and a member of Coeliac UK's Health Advisory Council. He urges parents not to delay: "I have seen time and time again how coeliac disease has a daily impact on those who suffer and truly can destroy childhoods.

"But, there is good news - it can be managed by a carefully controlled, gluten free diet and as soon as gluten is removed from the diet, the body begins to repair the gut lining and so symptoms reduce and for most will stop fairly quickly.

"I find it astounding, every day, how transformational moving to a gluten free diet can be for a child with coeliac disease and their family."

Daisy was diagnosed with coeliac disease when four years old. From just 18 months she was very tired a lot of the time and suffered constipation, bloating, an uncomfortable tummy - all classic symptoms.

Her mum Helen captures the family's journey: "As a very young girl, Daisy only had the energy to play for half an hour, then would need to sleep. I remember one day after months of illness her being on all fours in the living room being sick and having tummy troubles at the same time. She was just three at the time and said to me 'Mummy, I am so poorly'. This broke my heart as I just wanted my little girl to be happy and healthy.

"We were so relieved to finally have a diagnosis and know it was treatable. It took some time for her gut lining to heal, but she is so much better now."

Daisy, now 13 and symptom-free, says: "Before I was diagnosed, I felt that I was stuck forever being sick. That I would never get better. It was horrible. But now, I feel so much better and I'm not tired at all. I can play with all my friends because I am not poorly anymore."

MasterChef winner and Coeliac UK ambassador, Jane Devonshire, whose youngest son has coeliac disease, says: "Ben was diagnosed when he was just two years old. He would cry constantly and was obviously very distressed. He had a terribly upset stomach. He looked grey and had dark circles under his eyes. He was just not healthy, not thriving.

"As a parent it is so distressing to see your child have to cope with these symptoms - but also such a relief to then have a diagnosis and know that diet changes is all it takes to improve their quality of life.

"We are now 18 years on, and I have seen the difference a diagnosis can make. Of course it takes some time to adapt to a gluten free diet, but there is so much support available and the transformation to his childhood and our whole family's quality of life, has been astounding."

To access the self-assessment which only takes three minutes to complete please visit: www.isitcoeliacdisease.org.uk.

Parentkind Calls For Covid-19 Inquiry To Include The Pandemic's Devastating Impact On Family Life And Mental Health

The coronavirus pandemic has had a deep and harrowing impact on family life, children's education and potentially their life chances, according to parent voice charity Parentkind. It is asking the official UK Covid-19 Inquiry to widen its scope to examine a worsening mental health crisis among young people and significant parental concern about their children's lost learning.

Parentkind's call to action echoes that of Education Select Committee chair Robert Halfon MP, who co-signed a letter to the Times calling on the Inquiry to take a broader view. It also draws on findings from Ofsted's recently-published spring 2022 education recovery report which acknowledges the profound damage long periods out of the classroom have had on children's learning and wellbeing.

Parentkind's coronavirus parent surveys tracked parental opinion throughout the pandemic from the moment schools were closed to most children, right up to their universal re-opening.

A poll taken in February 2021 found that the top three challenges for parents were:

- motivating their child to do their schoolwork (36%)
- managing their child's mental health and well-being (32%) and,
- juggling work and schooling (30%).

As many as 44% of the same respondents reported a negative impact

to their own mental health caused by the remote learning arrangements.

Parentkind CEO John Jolly said:

"Parents becoming more deeply involved in their child's education was a natural and obvious response to partial school closures and remote learning. While many parents now say that they want to stay more involved in their child's education, they may need more support from government and schools to help them fulfil that role.

"Consultation with parents to find out how they are managing is essential. Issues such as the digital divide, where more disadvantaged families don't have the same level of access to digital devices, have deepened the disadvantage gap. By announcing the "Parent Pledge", the government has signalled that it understands the vital role parental participation will have to play in education recovery, but parents' influence can only be maximised by truly understanding their pandemic experience. Government also needs to understand the resources and support parents need to help their children learn at home, and their ideas for the future of education and assessment.

"Parentkind would like this Inquiry to widen its area of interest to a holistic view of the effect of the pandemic on education and family life, and to consult with parents. Their voices must be heard on education recovery and how we manage any future national crisis that threatens to keep children from their classrooms."

Keep The Size Of Your Waist To Less Than Half Of Your Height, Updated NICE Draft Guideline Recommends

People are being encouraged to keep their waist measurement to less than half their height to reduce the risk of potential health problems, according to recommendations in an updated NICE draft guideline.

For the first time, this update encourages adults with a body mass index (BMI) below 35 kg/m² (obesity class 2) to measure their own waist-to-height ratio.

Using the waist-to-height ratio, in conjunction with BMI, can help to provide a practical estimate of central adiposity, which is the accumulation of fat around the abdomen, to help to assess and predict health risks, such as type 2 diabetes, hypertension or cardiovascular disease.

NICE added the waist-to-height ratio to its draft guideline after looking at evidence from several studies which showed that, alongside BMI, it could be used to assess and predict weight-related conditions in all ethnicities and sexes.

The 2019 Health Survey for England estimated the prevalence of obesity in adults in England to be 28%, with overweight affecting a further 36%. Government estimates indicate that the current costs of obesity in the UK are £6.1 billion to the NHS and £27 billion to wider society.

The guideline also recommends, in line with international guidance, using lower BMI thresholds for overweight and obesity for people from South Asian, Chinese, other Asian, Middle Eastern, Black African, or African-Caribbean family compared to the general population.

This approach is already widely used because research shows people from some Black, Asian and minority ethnic groups are more prone to central adiposity and have an increased cardiometabolic health risk at lower BMI thresholds.

The guideline highlights the importance of healthcare professionals asking permission before any discussions with people that are linked to being overweight, obese or central adiposity, and to ensure they do so in a sensitive and positive manner.

Dr Paul Chrisp, director for centre for guidelines at NICE, said: "Our updated draft guideline offers people a simple and effective way of measuring their weight so they can understand the factors that could impact on their health and take action to address them.

"Our committee found that a clear benefit of using the waist-to-height ratio is that people can easily measure it themselves, interpret the results, and seek medical advice if they are at increased health risk.

"The evidence shows that people from some Black, Asian and minority ethnic groups have a greater propensity to develop central adiposity and have an increased cardiometabolic health risk so we have lowered the BMI thresholds for those communities, in line with international guidance, to ensure people from those family backgrounds can get support from weight management services if required.

"We are now looking for views from the healthcare professionals and the public on the proposed recommendations in the guideline before final publication."

Guideline committee member Professor Rachel Batterham, consultant in obesity, diabetes and endocrinology, said: "Increased fat in the abdomen increases a person's risk of developing several life-limiting diseases including type 2 diabetes and heart disease. Waist-to-height ratio is a simple, easy to use measure that identifies people who are at increased health risk and would benefit from weight management support to improve their health."

The guideline has a number of further recommendations for research, including gathering additional information to assess health risks in adults and children and young people.

A consultation on the proposed recommendations is now taking place until Wednesday, 11 May 2022. People can have their say via www.nice.org.uk.

North Yorkshire Firefighter Returns To Work A Year After Being Diagnosed With Bowel Cancer, With Support From The Fire Fighters Charity



A North Yorkshire firefighter returned to work for the first time in a year recently, after being diagnosed with Stage 3 bowel cancer last March.

Calum Balding, 38, a wholetime firefighter with North Yorkshire Fire and Rescue Service, was unable to do any exercise or work for more than a year as he underwent an intense course of treatment.

As a beneficiary of The Fire Fighters Charity, he received support at one of its residential centres, Jubilee House in Cumbria, at the start of this year and says it helped him build up his fitness and confidence, to make his return to work possible.

Calum, who is stationed at Huntington, is now awaiting the results of his one-year scan, but says he remains hopeful the treatment has been a success and feels more confident in himself, thanks to the support of the Charity.

The Fire Fighters Charity supports the health and wellbeing needs of all serving and retired members of the UK's fire services community – offering specialist, lifelong support to thousands of serving and retired personnel every year, as well as their families.

Calum said: "This Charity is the whole package; it helps you with everything from the mental wellbeing and sleep to stress and anything that might be affecting your physical health. It's not just your recovery... you're coming out in a better position to what you came in."

Calum wants to encourage others to reach out for support if they're going through something similar – while encouraging people to continue supporting The Fire Fighters Charity.

He added: "I've done a bit of fundraising in the past for this Charity. I know it's thanks to supporters' donations that I've been able to get help myself."

"For me now, going forward, it's also making sure people aren't ashamed to reach out. Accepting help from people is not something to be scared or embarrassed about. I've learned that a lot this last year myself. When people offer you care and support, it's there for a reason and you should really take it if you need it."

Kath Savage, The Fire Fighters Charity's Nursing Services Lead, said: "I'm so pleased we were able to help Calum with his recovery and aided him in building up both his physical and mental fitness at Jubilee House. Our rehabilitation programme helps beneficiaries just like Calum to improve their overall wellbeing, whether it's amid a long-term health condition, following an injury or any number of other circumstances."

"The donations from our generous supporters make all of this possible and ensure we can continue to be there for fire and rescue service personnel and their families for years to come."

You can read Calum's full story, and watch his video interview, at: www.firefighterscharity.org.uk/calum-balding



York GP Practice Recognised For Top Environmental Credentials

A GP practice in York has been recognised as one of the top twenty in England for its commitment to environmental sustainability by achieving silver standard in the Green Impact for Health project.

Old School Medical Practice received the award, issued by the Royal College of General Practitioners and the National Union of Students, by starting initiatives that make progress towards a greener and better primary care.

In a typical GP practice, clinical work is the greatest contributor to its carbon footprint, with prescribing accounting for 60%, along with staff and patient transport. The steps taken by Old School Medical Practice has lowered its carbon footprint by reducing medicines waste, improving recycling and switching to eco-friendly cleaning products.

The impact of a sustainable general practice benefits the environment and is also a positive change for patients. Practices that are committed to sustainability are more likely to save money, which can then be used to retain staff, and can create a sense of community through combatting climate change.

Dr Rumina Önaç, a GP at Old School Medical Practice and lead for the Green Impact for Health project, said: "We are really proud to have achieved the silver standard. There are about 7,000 GP practices in England, but just 13 have been awarded silver and only 7 have achieved gold in the past 18 months, so it's a big accomplishment."

"Our green initiatives have allowed us to work with the community in so many ways. In the past year we have recycled unused medical equipment to give it a second life, the practice registered as a water refill station that patients and passers-by can access, and we have worked hard to cut down on the plastic-based products we use."

By taking proactive steps towards becoming a greener surgery, Old School Medical Practice is one of eighteen local surgeries that have committed to reducing their carbon footprint, with work currently underway to create a green plan for local primary care services across the Vale of York.

The NHS was the first health care system in the world to commit to delivering a net zero national health system. To achieve this, the NHS has set the target of reducing its carbon footprint to net zero by 2040, with an ambition to reach an 80% reduction in the next decade.

The Green Impact for Health project started in 2014 as a collaboration between the Royal College of General Practitioners, Health Education England, the University of Bristol, and the National Union of Students.

Over 900 GP practices from across England currently take part in the project, supporting and collaborating with one another to learn what projects have worked well nationally and locally. The most successful practices are recognised with gold, silver or bronze awards.

New Sexual Health Services For North Yorkshire

A more efficient and targeted approach to sexual health services begins tomorrow (Friday April 1) across North Yorkshire.

The arrangement – which enhances the county's existing, high-quality YorSexualHealth service – will include more developed online help for people to improve access to services as well as a more bespoke and targeted approach for people with the greatest need.

The service involves a new partnership agreement between North Yorkshire County Council and the York and Scarborough Teaching Hospitals NHS Foundation Trust under Section 75 of the National Health Service Act for a period of up to ten years.

The aim is to build on a sexual health service that is already highly ranked nationally by the Chartered Institute of Public Finance and Accountancy for its high-quality, free, confidential and friendly sexual health provision across the county, accessed via face-to-face clinics, online and telephone.

The development of the service is based on public consultation in which respondents called for greater online access to help as well as more targeted support.

The new arrangement includes:

- Further development of the existing online offer, with more services available remotely dependent on risk including:
- An online system where people can book appointments, get test results and find out what treatment they need;
- Continuation of a telephone triage system manned by highly skilled clinical staff – which will ensure that people get to the right part of the service (a mobile number will still be available to young people, which they can use to access the service);
- More information and advice on the website, including self-referral for counselling and ordering of STI tests.

- Continuation of face-to-face community clinics in some locations, five days a week, with the main hubs in Harrogate, Northallerton, Scarborough and Selby remaining as they are.
- A full contraception service, where appropriate those aged over 19 directed to their GP for longer-term continuation.
- An improved training offer for frontline sexual health professionals.
- Integration between counselling and HIV support services to provide a more co-ordinated service for people living with HIV and their carers.
- Professionals with different roles will work more closely to improve access for those in high-risk groups, such as drug and alcohol users and sex workers.

Louise Wallace, North Yorkshire's Director of Public Health, said: "This partnership to deliver YorSexualHealth services removes the need to re-tender every two to three years and provides consistency and a fully collaborative approach."

"The existing service, which has been delivered on the council's behalf by the trust for the last seven years, has an excellent track record. It is well respected and delivered to the highest standards. The new arrangements take into account how people have adapted their use of the service during the Covid-19 pandemic, and will help to meet the needs of the community in North Yorkshire."

Dr Jo Mannion, Consultant and Care Group Director for Family Health at York and Scarborough Teaching Hospitals NHS Foundation Trust, said: "We have successfully provided a range of high-quality, easily accessible sexual health services over the last few years, while co-existing with Covid, and we welcome the opportunity to continue to build on this success, working in strong partnership with the County Council and our local population."

To contact the free and confidential North Yorkshire YorSexualHealth service, call 01904 721111 or visit the website, www.yorsexualhealth.org.uk



Care Home Praises GPs As Pandemic Lifeline

Staff at a York care home have sung the praises of their GP practice, calling their local surgery a 'lifeline'.

The care team at Ebor Court, which is operated by Ideal Care Homes, said they never felt on their own throughout the pandemic and knew that support was only a phone call away.

Susie Carman, lifestyle manager at the Nether Poppleton Home was proud to be amongst the first in the country to receive Covid vaccinations, again thanks to their local GP practice.

Susie and Ebor Court care manager Sharon Conarty presented the team at The Old Forge Surgery, which is based in Upper Poppleton, with a hamper to say thank you.

Sharon said: "We want to say a big thank you to Dr James, Dr Jennings, Dr Anderton, nurse Kirsty McArdle and all of the surgery staff for their help and hard work over the last couple of years. The surgery has been a huge life line for Ebor Court care home during the pandemic.

"The dedication and professionalism of the team at The Old Forge helped to lighten our workload, at a time when we knew they were also very stretched."

Angela Mueller, deputy manager, Ebor Court, said: "During the first lockdown when there was a lot of uncertainty around the pandemic, our residents always felt that there was someone there to help with any questions and to provide reassurance, even though they

could not see a doctor or nurse in person.

"The surgery has been fantastic. During the height of the pandemic when the home was closed, they made themselves completely available to us.

"We would normally have had a weekly face-to-face surgery with a doctor here at Ebor Court. But we soon found that video call consultations also worked very well for residents

"If there were any other issues we had at any other time all we had to do was call.

"This has continued throughout. We know how very busy they have been and their hard work has been very much appreciated. We are now back to regular face-to-face visits from the surgery."

Andrea Lonsdale, receptionist, The Old Forge, said: "The past couple of years have been challenging for us, and for so many other practices, so it was lovely to be appreciated in this way.

"I thought the hamper was a wonderful gesture. It was beautifully presented and we all enjoyed it very much."

Ebor Court is a purpose built luxury residential and dementia care home operated by Ideal Carehomes. With 64 ensuite bedrooms, it has landscaped gardens and a full and varied activities programme. It is rated good by the Care Quality Commission.

For more information, call 01904 606 242, email ebor.court@idealcarehomes.co.uk or visit: www.idealcarehomes.co.uk

Eligible Residents In North Yorkshire And York Encouraged To Take Up Their Spring Booster Vaccination Offer

NHS leaders in North Yorkshire and York are encouraging eligible patients to take up the offer of a spring booster vaccine when they receive it.

As throughout the vaccination programme those whose clinical need is greatest will be prioritised.

Current eligibility for the spring booster vaccination programme includes:

- Spring boosters for people aged 75 years old and over, plus people aged 12 years old and over with a weakened immune system.
- 1st and 2nd doses for people aged 5 years old and over.
- Boosters for people aged 16 years old and over, plus at-risk children aged 12 to 15 years old.
- Additional primary doses for people with a severely weakened immune system aged 12 years old and over.
- Care home residents and housebound are included in the spring booster vaccination programme.

Everyone who is eligible will be contacted by the NHS and offered a top up six months after their first booster over the spring and early summer.

NHS North Yorkshire CCG Clinical Chair, Dr Charles Parker, said: "I would encourage anyone who's eligible

to get their spring booster jab when they are offered it to give themselves and their families the best possible protection against coronavirus.

"I would also encourage anyone who has not received their first, second or third doses to also come forward and it's never too late. You can access these jabs at local walk in vaccination clinics which continue to be available across North Yorkshire and York.

"People will be contacted by the NHS when they become eligible for a vaccination and we are encouraging people to wait until they receive this notification rather than contact their GP practice."

If six months has elapsed since the previous booster, eligible patients can either visit a walk in clinic or book themselves a convenient appointment via the National Booking Service;

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination

Information for North Yorkshire clinics can be found at;

<https://northyorkshireccg.nhs.uk/covid-19/getting-your-covid-boosters-jab-in-north-yorkshire/>.

York clinic information is available at;

www.valeofyorkccg.nhs.uk/campaigns/book-your-covid-19-vaccine-and-boosters-appointment

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QUIZTIME

WELCOME TO OUR QUIZ PAGE

Every month we give you new and hopefully challenging puzzles for your enjoyment.

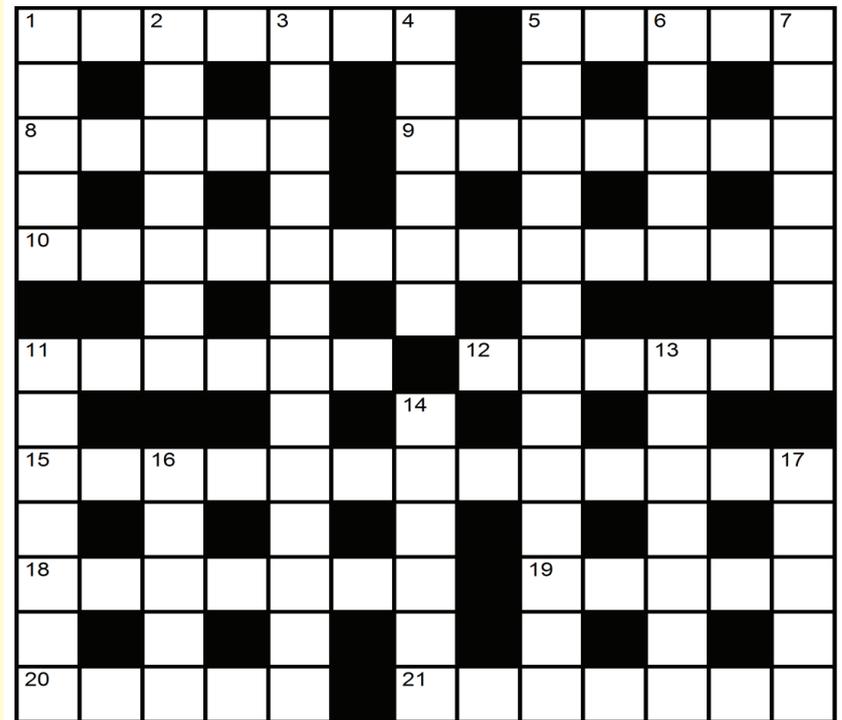
Make sure to pick up next month's issue for all this month's answers & solutions.

Wordsearch

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

- BRIVIDI
- BROOKE
- CHANEL
- DISKO
- EMMA MUSCAT
- HALO
- OCHMAN
- REDDI
- ROCKSTARS
- SAM RYDER
- SEKRET
- SHELDON RILEY
- SPACEMAN
- TURIN
- UNITED KINGDOM

Crossword



Clues:

Across

- 1 Cigarette producing plant
- 5 Things on a list
- 8 Kind of bear
- 9 Authorize
- 10 Circle measurement
- 11 Charge
- 12 Not quite
- 15 Relative
- 18 Otagia
- 19 Inquisitive
- 20 Duties
- 21 Books with maps

Down

- 1 Issue
- 2 Silk sash sword carrier
- 3 Conditions
- 4 Happening once (3,3)
- 5 Worldwide
- 6 Consumed
- 7 View
- 11 Extremely old
- 13 Ladies garments
- 14 Photography device
- 16 Blemishes
- 17 Goes up and down (2,3)

Drop Quotes

Drop Quotes are similar to cryptograms, in that the goal is for the solver to uncover a hidden quote. A black-and-white crossword-style grid is set up for each quote, with a number of letters "hovering" above each column. Your task is to "drop" each of those letters into the appropriate square in each column, until the entire quote is revealed. All punctuation (commas, periods, dashes, etc.) has been removed. Good luck!



HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?



- 1 - What is taking place at Leeds Kirkgate Market on Sunday 12th June?
- 2 - How much did a 1962 Rolex bought for £70 recently sell for to a collector in Japan?
- 3 - Who will be supporting Miles Kane on his UK tour in May including a show at Leeds' O2 Academy on the 29th May?
- 4 - When were the ten-acre botanical Museum Gardens, around the Yorkshire Museum planted?
- 5 - Who wrote 'Identifying Cap Badges' in Japan?
- 6 - When is the Goodwood Revival?



WIN A YORKSHIRE DIALECT MUG & STEM GINGER BISCUITS FROM THE GREAT YORKSHIRE SHOP - P37

Sudoku

Just like a regular 1-9 puzzle, only this time using the letters A-L in a 12x12 grid. Good luck!

April edition answers

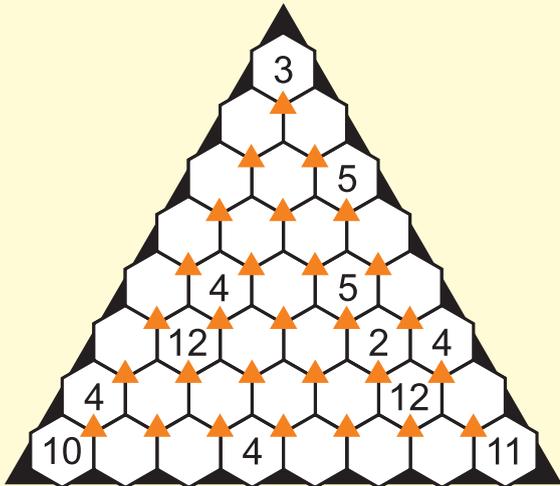
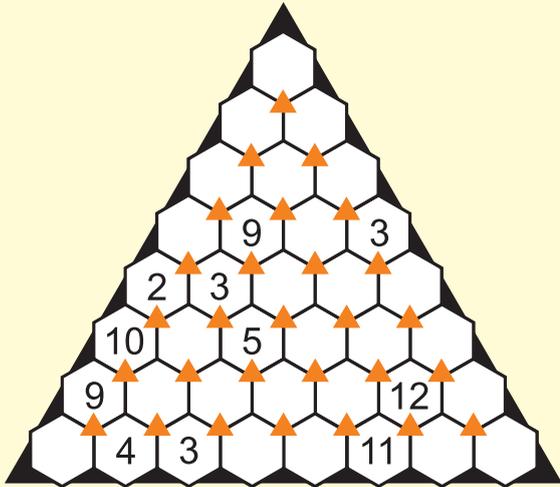
I	L	H	E	C	F	G	A	D	B	K	J
K	D	G	L	B	I	E	F	J	H	C	A
A	J	E	K	H	G	C	B	I	L	F	D
F	C	B	D	A	J	K	H	L	E	I	G
E	H	J	G	D	A	L	K	C	I	B	F
D	G	K	J	I	H	B	E	F	A	L	C
C	F	I	B	L	E	A	D	G	K	J	H
L	B	A	F	K	C	I	J	H	D	G	E
J	A	D	I	G	L	H	C	B	F	E	K
H	E	L	C	J	K	F	I	A	G	D	B
B	I	F	H	E	D	J	G	K	C	A	L
G	K	C	A	F	B	D	L	E	J	H	I

I	F	J		G	K	B	H	E	D		
	B	H	J			L	D	A			
L	A		D		E	G	J		I	H	B
	G	D	H	L			C		F		
K	J	F			D	E	I	H	A		
G				H	A		C				F
A	D			E	G			B	H		I
	I	B		F	A		L	G	C		E
	H	G	E	A				D			C
B	K	A	G	H	I					F	
	C		F	K			G		E		A
J	L	E		D					K	G	H

- How Much Info Have You Retained answers:
 1. A tree 2. Catherine Curzon
 3. 12 million 4. £5
 5. Florence + the Machine
 6. Miss Pickles
- Drop Quote Answer:
 The winners in life treat their body as if it were a magnificent spacecraft that gives them the finest transportation and endurance for their lives

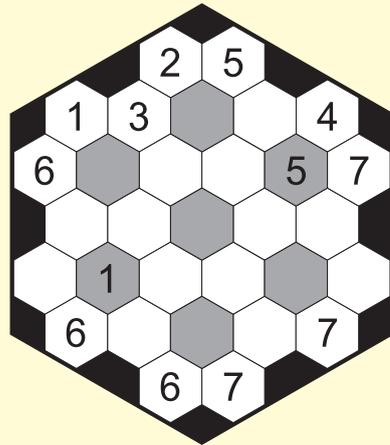
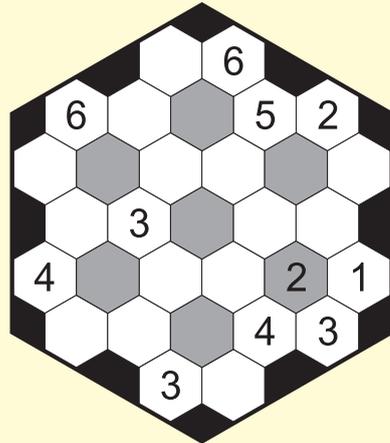
Subaddo 3D

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.



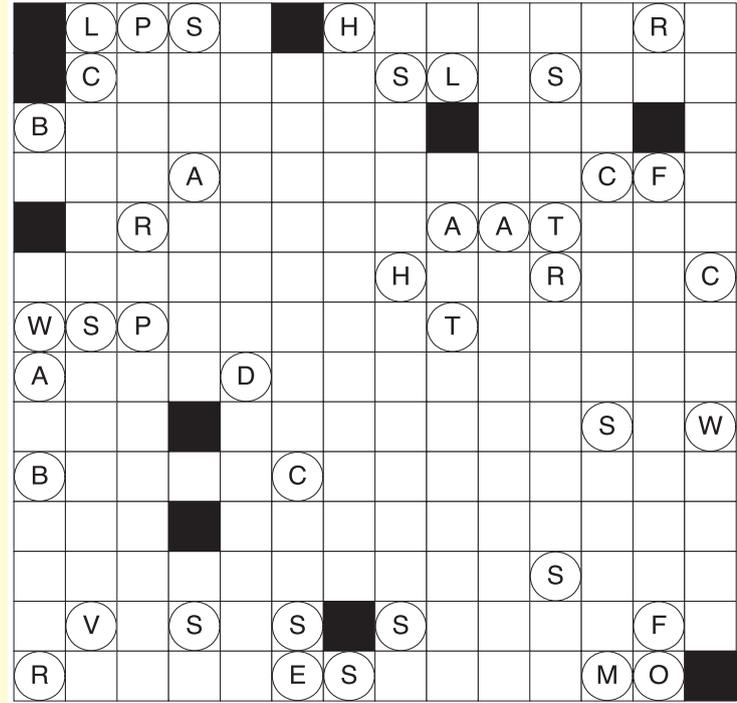
Rosetta

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

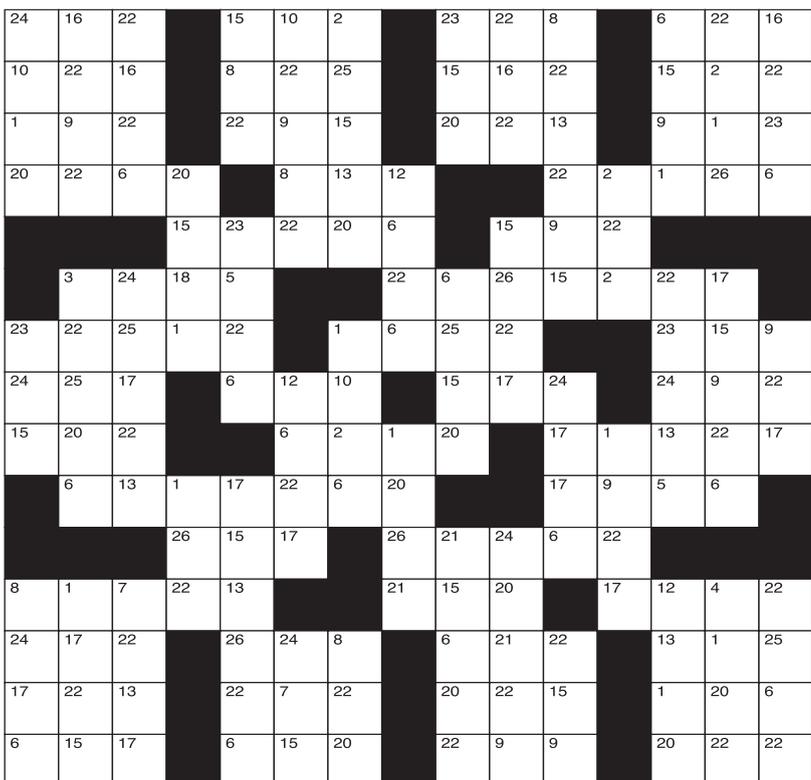
A bit more challenging than a regular word search puzzle. Build the grid up until every single empty square is filled, and all words are placed. The first letter of every word is given and circled to get you started. Note that more than one word might start on the same exact letter! Good luck!



- | | | | |
|----------|----------|----------|----------|
| Adrift | Drips | Polar | Snore |
| Again | Elite | Prattles | Spleen |
| Amble | Forgo | Radio | Stage |
| Arbiter | Freshmen | Range | Steak |
| Argued | Hacker | Resumes | Totes |
| Azure | Heather | Riskiest | Trenches |
| Bolds | Lemon | Sedan | Vines |
| Brawl | Lodge | Seeking | Weans |
| Cease | Merges | Seize | Whims |
| Comae | Omega | Sense | Wreckage |
| Composes | Pitching | Sheds | |
| Cuckoo | Pizzas | Singled | |

Clueless Crossword

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



SOLUTION GRID

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

GIVEAWAYS

#24 = O

#15 = A

#17 = D

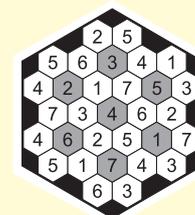
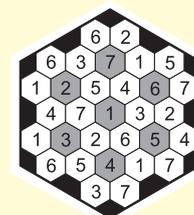
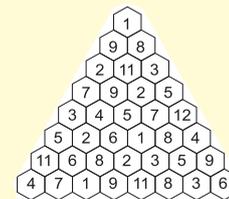
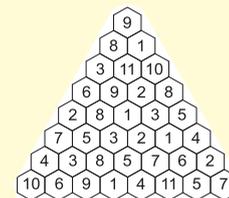
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Word Scramble

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

- | | |
|----------------------|------------------------|
| 1 - AWRNDE YRLAOCML | 6 - NCELO VALELY |
| 2 - ICRANFA TIVOLE | 7 - RNWADI ZEDE |
| 3 - LIDNA ENSJKNOI | 8 - HYKTA MAFERR |
| 4 - HESUO FO BHSAAHE | 9 - RHEGYAT |
| 5 - NBPAOGRKINW | 10 - ATREH ECASRRHE KU |

April edition answers



- Word Scramble;
- Christopher Brown
 - Hydrangea
 - Jane Ainsworth
 - Bishoujo Battle
 - Erasure
 - Fully Charged
 - Space Eggsplorer
 - Lindt Gold Bunny
 - Bake for dementia
 - Harrison Spinks



Monthly Horoscopes

By Russell Grant

ARIES

March 21st - April 20th

Be patient. You'll never be able to master all aspects of your life. The best way to deal with what isn't possible is to change while trying to make the most of the areas in your life that are comfortable and comfortable with. Patience will yield good results. On the 12th of May, you might be thinking about various areas of your existence, including your relationships. Are there equal amounts of giving and taking at home as well as at work? Are all parties contributing equally? Are you content with the level of effort certain friendships and relationships demand of you? Or is one of them becoming demanding?

TAURUS

April 21st - May 21st

You will feel as if you're growing spiritually, daily and in many different ways. It's time to accept the person who you know inside your heart that you are supposed to be. It's time to accept yourself for who you truly are. This is the right time to make a plan for your relationships and life. If your life isn't going in the direction you want, regardless of whether it's your career, your love life and family activities, take action. Do whatever you think is necessary to change direction. Remind yourself that you're the master of your personal destiny and that is true for your relationships. If you've been doing things to please people it's time to rethink whether this is the right thing for you.

GEMINI

May 22nd - June 21st

In the midst of your ruler, Mercury being retrograde throughout the month, you will need to collect additional information prior to making a decision on what you want to accomplish. You've taken a detour off the path you've chosen but it could be needed to acquire experience in different areas. Now you are contemplating whether you're in the right direction. Every path will lead you to an identical point. If you find the path to be difficult, it's because there are essential lessons to learn throughout the journey. Changes are likely to occur for you in the near future and it will be worth celebrating. Friends will gather for more than just celebrating but to just have fun with each other.

CANCER

June 22nd - July 23rd

The changes that are taking place right today aren't just random events. These are all part of an overall plan which will get you to where you're supposed to be. Are you transferring your power to others, giving them the ability to manage any situation? Have you fallen into the habit of following with a friend or partner's plans to make the lives of everyone involved easier? Do you really desire? It is best to agree on arrangements jointly. You've fallen out of touch with your personal thoughts and feelings when you put the needs of others before your own. Balance is essential throughout your life, not just your relationships.

LEO

July 24th - August 23rd

You're at the edge of making a breakthrough. Keep your eyes on the prize and don't lose the possibility of success. Believe in yourself and you will be able to attract positive opportunities. Friends trust you to give them good guidance and you'll be able to offer any person a listening ear if they need one, but when May is about to begin it's important to include 'you' as well as your own needs to the priority list. It isn't possible to be everything to everyone, and you're starting to realise this. The events of the 14th will keep you on the lookout for the happenings in the world around you. Don't be surprised when you discover a shady secret that you hoped not to discover.

VIRGO

August 24th - Sept 23rd

An increase in desire to take care of yourself and alternative therapies could motivate you to bring more colour to your lifestyle or enrol in a class in aromatherapy, acupuncture, massage or meditation. Herbal remedies are sure to be an attraction for you right now. You're not just conscious of the importance of maintaining close relationships, but you're also keen to improve how you relate to yourself. It requires perseverance, patience and understanding to create an effective relationship. Be sure to give the friendships and relationships that you have in your life the time they require to develop.

LIBRA

Sept 24th - Oct 23rd

What you're experiencing will teach you how looking within yourself to find happiness can result in more happiness rather than relying on others or the world as a whole. An optimistic state of mind will allow you to maintain good health, and household projects will be successful. It is not advisable to look too deeply into conversations that occur early in the month, however, it could provide an indication of how the mood is around you as well as what's coming up in the coming weeks. A relationship that is new can be elevated to a higher stage that can bring greater satisfaction and a sense of security.

SCORPIO

Oct 24th - Nov 22nd

There will be a reason when the month gets underway to reflect on the many benefits of the friendships and relationships you've got throughout your day. This will motivate you to think of ways to let others know that you cherish and value them. Are you dating? Like flowers in the flowering stage, a relationship is at a point of possibility. A new partnership can bring you happiness in the future provided it's given the love and attention to allow it to grow and flourish. A flower is a follower of the Sun due to its brightness and warmth there are many who will follow you due to the fact that they admire your talents in leadership and your ability to lead and the direction you provide.

SAGITTARIUS

Nov 23rd - Dec 21st

Your keen sense of smell will help you identify opportunities that are heading in your direction. It's amazing that a surprising travel opportunity has come up for you. Simply make use of your luck while you have the chance. There are lots of exciting things happening right this moment that will draw your attention. The importance of relationships, is that you're also important and taking the time to care for yourself will make you feel better physically as well as emotionally. Be who you are and don't attempt to be someone that you're not just to please other people. Spend a few minutes every day to connect to your higher self.

CAPRICORN

Dec 22nd - Jan 20th

After having to face several annoyances earlier during the month on the 8th, you'll begin adopting a calmer approach to life. This is the time when you discover that things aren't quite so bad as you thought. Changes that occur around 14th will provide a sense of positive outlook for the coming days. It's not a good idea to spend time with your friends when a romantic relationship has just begun. If someone within your circle is trying to tell you a person you've just begun dating isn't worth the effort, you'd prefer to follow your gut instincts. Don't listen to any biased suggestions.

AQUARIUS

Jan 21st - Feb 19th

You shouldn't let anything go to chance. There's a temptation to immerse your mind in fun activities, however, despite the relaxed mood your eyes are at the future. The flames of love could be fading when May starts, however a surprising change about the 7th day of the month will shift the scales in the other direction. The romantic aspirations of yours are increased, and you are closer to achieving your most cherished wish. The joy of sharing special moments with your loved ones can remind you of the joys of life. Are you dating? The possibility of a holiday romance is possible. It will create a bonded feeling of a new relationship.

PISCES

Feb 20th - March 20th

A love for friendships and a romantic relationship will boost your confidence and strength. This is the perfect time to explore your heart's desires. If you are in a calm state of mind, the month of May is the perfect time to let out your most intimate thoughts. Offer compliments whenever you feel you are due. Family and friends will be able to sense your sincerity. The kind gestures and offer of assistance will be sincerely accepted. Spending time with your partner will be the top priority. Are you dating? Being romantically involved might be the last thing you thought of, however, as the month draws to a close there may be someone unique by your side.



COMPETITIONS

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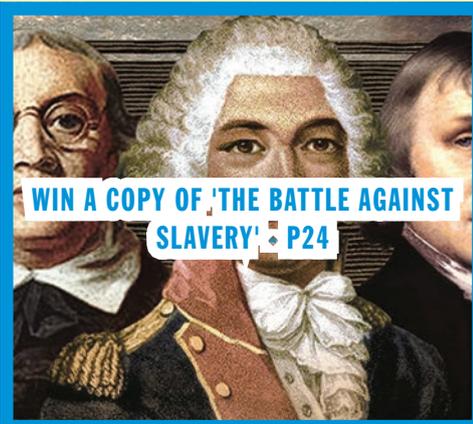


To enter go to page 34 and answer the 'How much info have you retained' questions then; **Simply send your answers, along with your contact details including tel number to competitions@yorkshirereporter.co.uk**

THE WINNER TO COLLECT IN PERSON

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Tel 0113 243 4305

Terms & Conditions – Entries must be in by the 23rd May 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.



APRIL EDITION COMPETITION WINNERS

The Great Yorkshire Shop competition - Pat Wood Red Hot Chilli Pipers Tickets - Glen Cracknell Steve Harley Tickets - Jimmy Fegan
The Wives Of George IV - Beverley Fitton-Wardle Nile Wilson - My Story - Peter Marsh Victims Of The oaks Colliery Disaster 1847 - Susan Broadhurst

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