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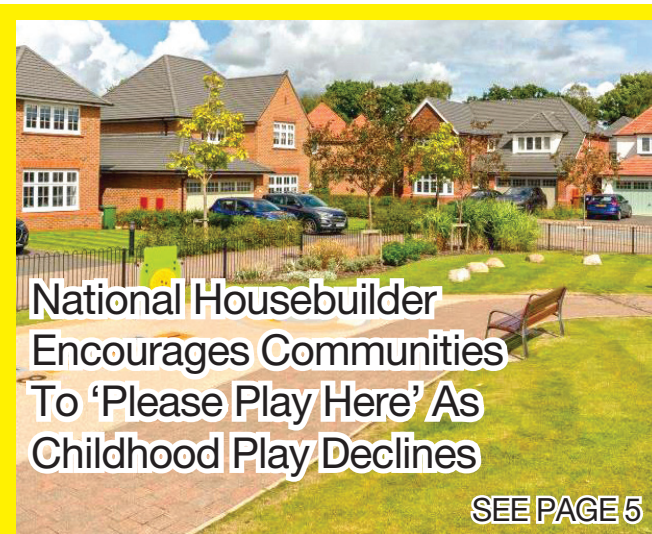
NORTH YORKSHIRE EDITION

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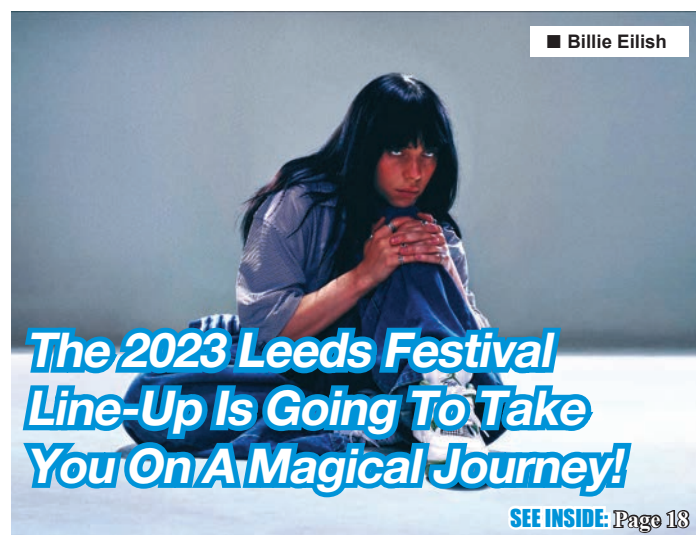
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Linzi, Editor

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York & Harrogate district

Bringing you local news, stories & features
plus much much more





A dedicated team which supports adults living with autism and disabilities to achieve their aims and aspirations around employment has received a national seal of approval.

Members of North Yorkshire Council's supported employment team are celebrating after achieving advanced status through the National Autistic Society's accreditation process.

The award - the first of its kind for the council - was given in recognition of the service's good autism practice and the significant impact staff have on improving the quality of life of adults with a complex range of needs by helping them to secure employment.

Executive member for health and adult services, Cllr Michael Harrison, said: "I am immensely proud of the council's supported employment team for this recognition. Despite significant staffing challenges, they have risen to the challenge to support those in need and worked tirelessly to deliver high quality support services.

"Their hard work and dedication were clearly evident during the Covid-19 pandemic period and I would like to congratulate them on receiving the award."

Selby resident Robert Marcroft is autistic and struggled for years to get a job until December 2021 when he secured paid employment for the first time at his local supermarket, Morrisons, thanks to the help he received from supported employment coordinator, Eamonn Addison.

His mother, Jean Marcroft, and her partner, Phil Mills, said the 26-year-old is now enjoying his new customer assistant role and feels "fortunate" to have received support and guidance from the team, which has enabled him to not only work flexibly, but gain new skills and make friends.

"Robert would have continued to struggle to find a job or even volunteer work if it wasn't for the council's supported employment team, especially Eamonn, who guided him through the application and interview process," said Mr Mills.

"Not all autistic people suffer in the same way as each other so they can adapt accordingly. I am grateful for the management at Morrisons in Selby, for making reasonable adjustments to cater for Robert's needs. He has brought a lot of skills to the job and in return made new friends.

"He is really enjoying working at the supermarket and we cannot thank the council enough for supporting Robert and bedding him into paid employment."

The supported employment team helps adults living with a wide range of disabilities, including autism, to achieve their aims and aspirations around employment. The team gets to know the person, to understand their skills, strengths and talents to help identify the right opportunity, or to work creatively to support the person to gain new skills and experience in order for them to achieve meaningful, paid employment.

They can also help with tasks such as searching for employment, help at interviews, job coaching and supporting employers to identify reasonable adjustments which can make the job role a success. They also work with employers and know the importance of understanding the business' needs and matching the right person to the right role.

Autism accreditation was introduced by the National Autistic Society in 1992 to improve the support available to autistic people in organisations throughout the UK. To gain accreditation, organisations have to meet a standard of excellence and follow a framework for continuous self-examination and development.

The head of autism accreditation at the National Autistic Society, Christine Flintoff-Smith, said: "North Yorkshire Council's commitment to supporting autistic people into employment is really impressive and the team should be exceptionally proud of their achievement.

"We have worked with the employment team for many years and we are pleased to see them progress to this level of accreditation.

"The employment gap for autistic people is still far too wide, with only 29 per cent of autistic people in employment across the country. Autistic people have a huge amount to offer employers, but many still face significant barriers in finding and staying in work. We hope many other councils will follow North Yorkshire Council's lead and play their part in helping to create a society that truly works for autistic people."

The North Yorkshire team support any adult with an eligible care need who is interested and motivated to find employment. Referrals to the team are made by a social worker or occupational therapist or a call can be made to the customer service centre on 0300 131 2 131 to discuss eligibility.

Yorkshire Water Continues Financial Support Commitment

Yorkshire Water remains committed to helping customers through financial support and is reminding customers of the help available.

Extending the financial support available follows Yorkshire Water's 2022 announcement to provide an additional £15m funding to support customers struggling to pay their water bills. This is in addition to the existing funding the company already invests in the financial support schemes and increases the support package to £115m for the current five-year period.

The utility is expecting to help more than 125,000 households with additional support with their bills in the current financial year, providing financial support of over £26million, and urging customers who may be eligible to contact Yorkshire Water if they are struggling with bills in the current cost of living crisis.

There are a number of schemes available, which can see annual charges capped for low income customers or debt reduction support for customers who are in arrears with their bill. Customers with a household income of less than £18,000 (proof of eligibility required) and a bill of more than £350 per year are likely to be able to apply for a bill reduction.

In 2022, Yorkshire Water provided more than 50,000 customers on their WaterSure and WaterSupport tariffs with a cost-of-living payment of up to £71 to help with their water bills. These tariffs support low-income households, and/or those with a medical need for water use, by capping the annual charges regardless of the water required. This year these charges have been reduced to £350, protecting these customers from bill increases and inflation during the current cost-of living pressures.

Angie Markham-Nock, customer support manager at Yorkshire Water, said: "As a utility provider, we are doing what we can to keep our commitment to support our customers during these financially difficult times. Across all our support schemes in 2022-23, over 90,000 customers have been provided financial support and we are expecting this to increase this year.

"Thanks to the support we're offering, some households will not have seen an increase in their water bill this year, however, with the price of so many things rising, your money soon goes, and we want to help take the pressure off where we can and point you in the right direction for support if you're eligible for it.

"We can provide advice about water efficiency and water meters to reduce customer bills, support with access to social tariffs for low-income customers or provide debt schemes to help make bills more affordable to customers struggling with arrears. Yorkshire Water is also here to help provide payment breaks, tailored payment arrangements and has signposted external debt and benefit support to thousands of customers across the region.

"Please don't be afraid to pick up the phone and speak to us. We know financial stresses are a huge concern for many and we have expert teams who are able to quickly signpost and explain the support available. There's also an online application form that you can complete, and we'll do the rest."

Drax Power Station Contributes Over £350m To The Economy Of Yorkshire And The Humber

New research by leading consultancy, Oxford Economics, The Economic Impact of Drax Power Station in the UK, demonstrates the key role the power station plays in the economies of Selby and Ainsty, Yorkshire and the Humber and the UK.

The report, utilising data from 2021, shows that the North Yorkshire site, including its supply chain, contributed £735m to UK GDP. It also supported 7,130 jobs across the country and delivered a total contribution of £154m in taxes to the UK.

The research also found that in the constituency of Selby and Ainsty, 901 people were directly employed by the power station, a further 290 jobs were supported and it contributed £278m to local GDP.

Across Yorkshire and the Humber, the combined impact of Drax Power Station was £358m with 2,580 jobs supported.

The power station is the largest dispatchable renewable power station in the UK and across its four biomass units it can supply enough power for the

equivalent of five million homes. In March this year, almost 50 years of coal generation ended at Drax Power Station.

Between October 2021 and 2022, Drax Group generated 11% of the UK's renewable electricity. In addition, the business produced on average 19% of the UK's renewables at times of peak demand and up to 70% on certain days.

Richard Gwilliam, UK BECCS Programme Director at Drax Group, said: "This research underscores the critical role that Drax Power Station plays regionally and nationally. In Yorkshire and the Humber, our power station has created thousands of jobs and contributed hundreds of millions of pounds to the area's GDP while helping maintain energy security.

"We have been generating power at our North Yorkshire site for nearly 50 years and we hope to do so long into the future through the development of our bioenergy with carbon capture and storage (BECCS) plans."

James Bedford, Senior Economist, Oxford Economics, said:

"Our research demonstrates the significant contribution that Drax Power Station makes to the UK economy and Yorkshire and the Humber.

"In 2021, it supported a £358 million contribution to GDP in the region and over 2,500 jobs. Much of this was within the constituency of Selby and Ainsty, where it supported a £278 million contribution to GDP, equivalent to 12% of the local economy."

BECCS is the only technology that can deliver reliable, secure and renewable power while permanently removing carbon dioxide from the atmosphere.

The company has the ambition to build two BECCS units at Drax Power Station by 2030 which could remove 8Mt of CO2 from the atmosphere per year.

The development of BECCS at the Selby power station could see up to 10,000 jobs created and supported at the project's peak, help maintain energy security and meet the UK's legally binding Net Zero targets.



Two Schools Celebrate Improvements After Being Rated As Good

Staff and pupils at two North Yorkshire primary schools are celebrating after they were rated as good by education inspectors following a concerted effort to improve teaching and ensure students achieve their full potential.

Osmotherley Primary School and Aiskew, Leeming Bar Church of England Primary School, previously received Ofsted ratings for years stating they required improvement.

However, following recent inspections, Ofsted inspectors praised the schools in all categories, which include the quality of education, behaviour and attitudes, personal development, leadership and management as well as early years provision.

One of the major developments at Aiskew, Leeming Bar C of E Primary School has been the introduction of an inspirational scheme to build young people's learning by helping them to succeed and encouraging them to be more adventurous, curious, more imaginative, creative, thoughtful, ready, willing and able to learn with and through others.

Inspectors gave top marks to the school's curriculum where each subject is linked by "golden threads" that connect knowledge.

Meanwhile, at Osmotherley Primary, Ofsted chiefs noted pupils were thriving at the "caring and nurturing" school and that children feel safe, secure and listened to. Inspectors reserved particular praise for all areas of the school's broad and effective curriculum. The report also noted the hard work of the school's dedicated governing board and teaching staff in improving standards.

North Yorkshire Council's executive member for education, learning and skills, Cllr Annabel Wilkinson, said: "I am thrilled with



Record Funding For Schools In England

Schools in England are set to receive their highest ever funding in real terms, totalling almost £60 billion for 2024-25 as the Government announced the extra funding they will receive through the National Funding Formula (NFF).

Mainstream schools in England will receive an average of around £6,000 for each pupil from next year through the NFF, with additional funding for teacher pay coming on top of that. More money than ever before is being invested in schools, ensuring every child gets a world class education.

Overall, funding will be at its highest ever level in real terms per pupil in 2024-25, as measured by the independent Institute for Fiscal Studies (IFS) – underlining the Government's commitment to education.

This money can be spent on staff salaries, school trips and classroom equipment which will help raise school standards and education outcomes. These increases form part of the additional £9.8 billion being invested in the schools core budget by 2024-25, compared to 2021-22.

This follows news that teachers in England have been given the highest pay award for 30 years of 6.5%, following Government accepting in full the recommendations set out by the independent pay review body. In doing so, the Government will be delivering on its manifesto commitment to raise the minimum starting salary for teachers to £30,000 from September.

This will support the Prime Minister's plans to build a better future, where

children are given the highest standard of education no matter where they grow up and have the skills they need for the future.

Education Secretary Gillian Keegan said:

"Providing children with the best education sets them up for a better future, which is why we are funding our schools at record levels and have awarded our fantastic teachers with the highest pay award in 30 years.

"This investment means every pupil in England will receive a world class education and our brilliant teachers will have the resources they need to continue to inspire the next generation."

Nationally, funding for mainstream schools through the schools NFF will increase by 2.7% per pupil in 2024-25 (compared to this year), as schools continue to benefit from the additional funding announced in the Autumn Statement.

For 2024-25, every mainstream school will attract at least £4,655 per pupil for primary schools and at least £6,050 per pupil in secondary schools through the NFF.

The schools NFF funding sits on top of the additional funding for teachers' pay announced last month. The Teachers Pay Additional Grant (TPAG) provides £482.5 million in 2023-24, and £827.5 million in 2024-25 for mainstream schools, special schools and alternative provision schools.

This funding announcement confirms how the vast majority of school

the latest good rating for both schools. We are constantly striving to provide the best education for our pupils.

"I am so proud to see that the staff and governors' relentless hard work to improve standards has resulted in this good Ofsted rating. Their diligence ensures the schools will continue to flourish. Well done and thank you to everyone."

Headteacher of Aiskew, Leeming Bar C of E Primary School, Mrs Bethany Stanley, said the good grading was due to the "relentless" work of staff and pupils over the past five years.

She said: "The building learning power (BPL) programme has enabled our pupils to be engaged and invested in their learning. Through this, they have developed lifelong learning skills which fits with the school motto of 'Rooted in love and growing together to become lifelong learners'. The initiative has had a positive impact on their behaviour, too.

"Governors are delighted and immensely proud that the school has achieved this well-deserved outcome."

The headteacher of Osmotherley Primary School, Mrs Jane Bamber, added: "We were delighted that Ofsted described our lovely school as a happy, caring and nurturing school, where pupils enjoy learning and behave very well.

"Since our last inspection, we have focused on developing our curriculum, so we were also thrilled to read the very positive comments about our curriculum design, and how quickly our pupils learn to read and how well they can recall their learning.

"I am proud and grateful that the tremendous efforts of our whole school family, and everyone who has supported us, have resulted in this good judgment and glowing report."

funding will be allocated next year, supporting headteachers to meet their day-to-day costs. Schools can use an online tool to see their notional allocations through the NFF, to help with their budget planning.

Funding allocations announced are key to this Government's plans to raise school standards across the country and as of December 2022 88% of schools were rated 'good' or 'outstanding', compared to just 68% in 2010.

The Department for Education has also published local authorities' provisional high needs NFF allocations for 2024-25. This funding, to support children and young people with complex special educational needs and disabilities, is increasing by a further £440 million, or 4.3%, in 2024-25 compared to this year. This brings the total high needs budget to £10.54 billion in 2024-25 – an increase of over 60% in just five years. The additional funding for teachers' pay in special schools and alternative provision schools is on top of this.

The high needs NFF will ensure that every local authority receives at least a 3% increase per head of their 2-18 population, with the majority of authorities seeing gains of more than 3%.

The latest data by the OECD shows that the UK invested more than any other G7 nation in schools and colleges as a share of GDP between 2010-11 and 2019-20, showing Government's continued commitment to prioritise funding the education system.

National Housebuilder Encourages Communities To 'Please Play Here' As Childhood Play Declines



Two thirds of parents state their children play outside for less time, than their generation, according to new research from premium housebuilder Redrow.

To coincide with the summer school holidays, the survey of 2,000 parents revealed the decline in outdoor play has raised concerns. Most commonly parents say that their child spends too long on social media (36%), and do not have enough safe spaces near their property to play (27%). Three quarters (73%) of parents also state roads are too dangerous now to consider allowing them outside to play.

Although lack of access to safe spaces is a key barrier to getting outside, parents recognise the benefits of outdoor play. Over half think it is positive for their child's physical health (54%), gets them away from screens (53%) and is positive for their mental health (51%). They also believe it helps them to develop social skills (50%), meet more friends (43%) and teach them about nature (41%) and safety (35%).

The lack of outside play could also see the death of some classic childhood games, with parents reporting a decline in their children playing games like British Bulldog, Kerbie, Conkers and Leapfrog as they did growing up.

Redrow has launched a nationwide campaign encouraging the nation to 'Please Play Here' and spend more time outdoors this summer. Children's psychologist and professor at Exeter University, Dr Helen Dodd is working with Redrow as an expert advisor and 'Head of Playmaking' to help the developer create inspiring play friendly communities for their residents.

Helen comments: "The research shows that fewer children are playing outdoors than in their parent's generation, with a particularly notable decline in street play. Parents recognise that outdoor play is important for children's physical health, mental health and social skills but we still see declines in this type of play. Two notable barriers to children's outdoor play that parents recognise are road safety and lack of open spaces; parents want to see more safe spaces for play in their local neighbourhood. Over half of parents reported that they made friends with neighbours after their children had played outdoors together – outlining how key play is, not only for children, but for social connections and bonds within the wider community."

Kevin Parker, Group Master Planning Director at Redrow, said: "Placemaking and the concept of play has always been a key priority for us at Redrow. We have designated open spaces for play and recreation across our developments, as well as play-on-the-way spaces and multi-functional green corridors including natural play to encourage resident interaction and promote a better way to live.

"We want to go further and fully respond to the needs of our customers, which is why we're working with experts like Professor Helen Dodd and launching this campaign in the summer school holidays."

With parents keenly aware of the benefits, many are willing to make big lifestyle changes to actively encourage outside play for their children. Over half (55%) have considered taking action including moving to a cul-de-sac to allow them to play in the street (21%), moving house due to grumpy neighbours who complained of outdoor play (15%), moving closer to friends to encourage play (15%) and even watching old films showing outdoor play to encourage their children outside (14%). Looking at homes specifically, having a safe space for children to play is within the top three things that would attract parents to a new home (40%), beaten only by nice neighbours (44%) and green spaces (42%).

Redrow has launched a Playmaking report and recommendations in collaboration with Professor Helen Dodd; Tim Gill, author and advocate for children's outdoor play; and commentary from Play Wales, to highlight the endless benefits outside play has for children. It aims to encourage play in new communities to inspire residents, other developers and local councils to join forces, and the recommendations made will help shape the housebuilder's play spaces across its upcoming developments. This includes the prioritisation of doorstep play, play on the way and natural play spaces, as well as involving local children in the design of new play areas.

In addition, the housebuilder will be giving out play kits across a number of its developments to encourage play in the local community and inspire many to bring back nostalgic classic games like British Bulldog and Hopscotch.

To find out more please visit: www.redrow.co.uk/playmaking

Skills Bootcamps To Support More Than 800 Learners In York And North Yorkshire

York & North Yorkshire Local Enterprise Partnership (Y&NY LEP) is delighted to announce an exciting new skills programme being launched across York and North Yorkshire.

Y&NY LEP is partnering with specialist providers and leading employers in the area to deliver a programme of 30 Skills Bootcamps, supporting more than 800 individuals. These Skills Bootcamps are also designed to help businesses develop their own workforce, with up to 90% of all training costs met by Y&NY LEP.

For learners, Skills Bootcamps are free, flexible courses of up to 16 weeks, giving those who take part the opportunity to build up specific skills and – if they are unemployed or seeking to change career – a fast-track to an interview with an employer looking to recruit new talent.

This current programme of Skills Bootcamps offers a range of courses in areas such as cyber security, game design, programming, forestry, rail engineering and care, and reflects the diverse needs of our local economy.

Peter Emery, Chair of York & North Yorkshire Local Enterprise Partnership Skills and Employability Board, said: "Skills Bootcamps offer a great way for learners to progress their careers and for employers to gain additional expertise. This latest menu of courses offers an exciting range of opportunities and can be tailored to a company's actual needs thus making them a very attractive option to many SMEs and micro-businesses."

Partners delivering Skills Bootcamps in collaboration with Y&NY LEP include Learning Curve Group, City of York Council, Calderdale Council, Coders Guild, Corecom Technology Academy, Northern Regeneration CIC, Wakefield College, Hybrid Technical Services, Luminate Education Group and Craven College.

To find out more about Skills Bootcamps, please email: emilie.bjorndal@ynylep.com or visit the Skills Bootcamp website: <https://www.gov.uk/guidance/find-a-skills-bootcamp/yorkshire-and-the-humber>

Last year, Severfield, the UK's market leading steel company, put five employees onto a metal fabrication Skills Bootcamp led by Derwent Training, in Malton.

Luke Malton, a steel fabricator and one of the Severfield employees who took part, said: "I really enjoyed this course. The tasks that we completed over the 12 weeks were very hands on, so it felt like we were thrown in at the deep end at first, but that's exactly what was needed to make sure we got the most out of the time. I already feel like I have a broader skill set that I can continue to build on during my time here and that will allow me to work on a wider range of jobs.

"Some people might be put off by the idea of taking part in something like this, because it feels like you're going back into education. But because we were able to complete the training sessions during work hours, it felt a lot more like professional development than teaching."

Tiddlywinks Private Nurseries Chosen By Parents As One Of The Top Nursery Groups In The UK



Tiddlywinks Private Nurseries has been rated by parents as one of the Top 20 nursery groups in the UK.

It has two nurseries located across York, and its Tiddlywinks Easingwold nursery has also been rated by parents as one of the top 20 in Yorkshire & The Humber region.

The top twenty nursery groups have received an award from the leading nurseries review site, daynurseries.co.uk, with the award based on the nursery group's reviews from the children's families.

Parents rated the group on overall standard, facilities and outside space, learning, resources and equipment and ICT, care, activities, staff, food and nutrition, management, cleanliness, safeguarding as well as value for money.

There are 1,519 nursery groups and over 14,000 nurseries in the UK, with over 400,000 people working in the childcare sector. Around one million children in the UK attend a nursery.

Amanda Hopkins, reviews manager of daynurseries.co.uk, said:

"The vision and ethos of a nursery group can have a huge impact on children, as this creates a stable, nurturing environment where they can grow at their own pace and develop good self-esteem.

"Tiddlywinks Private Nurseries has shown that its nurseries are having a huge impact on the wellbeing and development of children. We would like to congratulate them on being a top nursery group, as rated by parents! We feel it is a real achievement to be recognised for being in the Top 20 nursery groups by children's families and carers."

A spokesperson for Tiddlywinks Private Nurseries said:

"Tiddlywinks day nursery, Easingwold is proud to have received the top 20 day nurseries award for the second year running. With our recent Ofsted outstanding this is another award that reflects the hard work, enthusiasm and dedication of the staff to provide amazing care and continuously inspire the children with innovative activities every day along their Early Year's journey.

"Of course we couldn't achieve such an award without our strong parent partnerships and their support of the Tiddlywinks ethos and vision for their little ones which enables them to individually flourish. So we would like to thank them for their acknowledgement of what we do and their continued support."

To see Tiddlywinks Private Nurseries' reviews, go to:

www.daynurseries.co.uk

For a full list of all regional and national winners;

www.daynurseries.co.uk/awards



Local areas across the UK will be helped to boost their digital connectivity and develop advanced wireless technologies, thanks to a new £40 million fund that could power everything from innovative healthcare solutions to futuristic farming and smart systems to improve transport and cut congestion.

Local and regional authorities can apply for a share of the multi-million-pound fund, designed to accelerate innovation in sectors such as advanced manufacturing, transport, agriculture and public services, helping to create better connected places across the UK.

The cash boost will create 5G Innovation Regions by awarding funding to areas that can demonstrate how they will drive the development and adoption of 5G and other technologies. This will make sure communities in towns, cities and rural areas across the UK take full advantage of the benefits advanced wireless connectivity and digital technologies can provide, as well as attract commercial investment to grow the economy.

Applications of the technology could include connecting sensors that analyse and help to improve air quality by better managing

traffic, and deploying 5G-enabled drones that can scan fields and crops, collecting data on weather and environmental conditions. Research shows widespread adoption of 5G could result in productivity benefits of £159 billion by 2035.

Minister for Data and Digital Infrastructure, Sir John Whittingdale, said:

“Greater adoption of 5G-powered technologies will help deliver more efficient public services, new opportunities for residents and businesses, and a boost for economic growth – and this new fund will give local areas from across the country the opportunity to be at the forefront of Britain’s world-leading 5G revolution.

“5G Innovation Regions will be uniquely positioned to benefit from breaking down barriers which hinder the rollout of such technologies at a local level and this initiative offers every community the chance to gain these opportunities.

“Improving connectivity through a world-class digital infrastructure is one of the core components of the Government’s plans to level up every community in the UK and I encourage local

areas to apply and to be ambitious in their vision for reaping the rewards of 5G.”

Improved connectivity through 5G and advanced wireless technologies could have a transformative effect on local areas, providing faster, more reliable, and more secure connectivity for residents and businesses, boosting local economies and improving the delivery of public services.

The Government’s Wireless Infrastructure Strategy sets out how advanced wireless connectivity will underpin new and emerging innovative technologies, ranging from Artificial Intelligence to self-driving vehicles, and digital twins – virtual environments where real-world objects like buildings or wind turbines can be tested under different conditions and perfected using advanced computer simulations.

Hamish MacLeod, Chief Executive of Mobile UK, said:

“Driving adoption of 5G is key to releasing the full benefits of this technology, and the Government’s new £40 million fund to support Innovation Regions is an important step.

“I look forward to seeing the active participation of local and regional authorities whose communities and businesses will be better positioned to realise the benefits of advanced wireless connectivity.”

Advanced wireless technologies will also be key to driving the Government’s ambitions to harness digital transformation to build a more inclusive, competitive and innovative digital economy, supporting the creation of good jobs in new and emerging sectors, and providing reliable high-speed connectivity for residents and businesses.

To further accelerate the adoption of 5G in key sectors ranging from transport to manufacturing, the UK Telecoms Innovation Network (UKTIN) will also launch a nationwide campaign. Working alongside the 5G Innovation Regions, the campaign will bring together businesses who want to adopt 5G services with telecoms providers and vendors, helping them to understand the benefits 5G-enabled services can bring to their companies and how they can access this alternative technology.

Running until March 2025, the successful 5G Innovation Regions will be supported by Government through the DSIT Future Network Programmes team and UKTIN to develop their own digital ecosystems, take advantage of new and emerging technologies, and amplify local and national activities such as Project Gigabit, Investment Zones, and devolution deals to support local digital growth. Applications will close on 3rd September, and winning bidders will be announced later this year.

BT’s New Home Phone Service, Digital Voice, To Be Rolled Out Across Yorkshire And The Humber

BT recently announced plans to roll out its new home phone service, Digital Voice, on a region-by-region basis. Having started in the East Midlands, BT is now moving on to Yorkshire and the Humber.

An industry-wide shift from analogue to digital landlines will see BT and many other telecoms operators in the UK provide services over a broadband line, similar to work taking place in many other countries around the world.

This once-in-a-generation upgrade to future-proof the UK’s landlines is essential and will replace technology that is fast becoming obsolete. The landline isn’t going away, and for the most of customers, making the switch simply involves plugging your phone into a broadband router instead of into a wall-mounted phone socket, bringing new benefits such as advanced spam call blocking.

Customers in Yorkshire and the Humber will be contacted at least four weeks in advance before making the switch, to ensure they are ready to move to Digital Voice. For almost all customers, Digital Voice will have no impact on how they use their home phone. They’ll still have the same service, and price plan and bills will stay the same. In addition, more than 99% of phone handsets work with Digital Voice and for those that won’t, BT has a range of handsets that customers can order.

Vicky Hicks, Senior Engagement Manager at BT, said: “BT customers in Yorkshire and the Humber will benefit from a tried and tested service, with around two million BT customers already having made the switch and benefitting from the many advantages of digital home phones from advanced scam call filtering capabilities to crystal-clear call audio.

“For almost everyone, moving to Digital Voice will be a simple and free transition with no home installation work required. If you feel you need additional support with the transition or you think you are vulnerable, please do tell us. We will be with you every step of the way.”

BT won’t be proactively switching anyone who falls under the below criteria, where it has this information available:

- Customers with a healthcare pendant

- Customers who are over 70
- Customers who only use landlines
- Customers with no mobile signal
- Customers who have disclosed any additional needs

Engaging With The Yorkshire And The Humber Community

BT’s regional approach will be supported by general awareness communications, and advertising campaigns, delivered across local and regional media to explain to customers the simple steps required to make the move to Digital Voice.

Upcoming engagement activities in Yorkshire and the Humber include:

Townhalls: BT will be present in townhalls across the region in August to address customer questions on the ground. Customers will be able to speak to BT advisors, test Digital Voice products as well as take part in digital skills training.

Pop-up events: BT will be hosting pop-up stands in garden centres and libraries so customers can have one-to-one conversations with BT staff. The first locations that have been confirmed are:

- 4th August: Skipton Library, High St, Skipton, BD23 1JX
- 9th August: Ripon Library, Ripon The Arcade, Ripon, HG4 1AG
- 16th August: Driffield Library, Driffield Cross Hill, Driffield, YO25 6RQ
- 17th August: Pocklington Library, 23 Railway St, Pocklington, York, YO42 2QU
- 23rd August: Malton Library, St Michael St, Malton, YO17 7LJ
- 31st August: The Buttercross Brigg, Brigg, DN20 8ER

Demonstration vehicle: BT will tour 12 towns and cities over the course of August to ensure customers across Yorkshire and the Humber can speak to BT staff about the switch and try out the new technology for themselves. Confirmed dates and locations:

- 4th August: Goole, BGC, HU15 2UJ
- 6th August: Bridlington, Morrisons, YO16 4SY
- 11th August: Rotherham, Morrisons Catcliffe, S60 5TR



- 13th August: Barnsley, Wombwell Retail Park, S70 3NS
- 15th August: Wakefield, Morrison, WF2 9BY
- 19th August: Halifax, Morrisons, Keighley Road, HX2 8HY
- 21st August: Bradford, City Park, BD1 1HY
- 24th August: Harrogate, Crimble, HG3 1EW

Full information of dates and which towns and cities will be hosting BT events is available on the Digital Voice website;

www.bt.com/digital-voice

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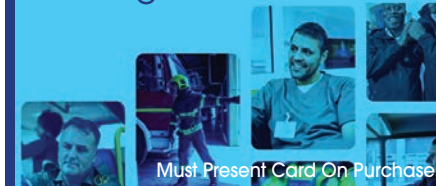
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Extra 10% Off for Blue Light Card Holders



Must Present Card On Purchase

Higher Carbon Tax On Luxury Goods

A carbon tax based on the purpose of using goods and services would be fairer and more likely to deliver climate justice, say ecological economists.

It would mean products to meet basic needs such as fuel for heating or to cook food would attract a lower rate of taxation than the tax rate applied to luxury goods, such as a high-performance car or long-haul holiday.

In a paper published recently in the academic journal *One Earth*, a team of researchers led by Dr Yannick Oswald from the University of Leeds, argue that a differential carbon tax system has the potential to reduce carbon emissions.

The study - a theoretical assessment of a potential carbon tax system - analyses a range of scenarios but concludes that a differentiated tax on carbon use could reduce global carbon emissions by six percent.

Carbon Taxes Are Uniform

Presently most carbon taxes are uniform across all economic sectors - and in the developed nations, their impact disproportionately affects people on lower incomes and they are not extensive enough to have a "profound impact on emissions".

The researchers say a differentiated carbon tax system would be fairer as the tax would set higher rates for users of luxury goods and services, which are predominantly consumed by the better off.

Under the theoretical model described in the paper, the tax revenues generated from the carbon tax could be used to retrofit insulation in the homes of poorer families to reduce domestic energy consumption.

Dr Yannick Oswald, from the Living Well Within Limits Project at the University of Leeds, who led the analysis, said: "Carbon taxation is a vital mechanism to reduce carbon dioxide emissions.

"But a lot of carbon taxation schemes are either applied with the same tax rates across consumption purposes or target only a few energy intensive ones such as fuel use or residential heating. And whatever mechanism is used, in high-income countries it tends to be people on lower incomes who are disproportionately affected.

"The scheme we are proposing will introduce a higher carbon tax for luxury goods, such as flying long-haul or driving a high-performance car, and a lower carbon tax for goods and services that meet basic human needs, such as providing housing, cooking and healthcare."

But the study team warn that if a luxury goods taxation scheme is to work and deliver significant reductions in carbon dioxide emissions, in line with those set out in the Paris Agreement, it needs to be introduced "promptly, universally and with high and rapidly rising carbon prices as compared to any policy currently in place".

The paper differentiates between luxury consumption, undertaken by high-income households and basic consumption, that which takes up the biggest slice of expenditure for lower-income households.

'Not A Sin Tax'

Writing in the paper, the researchers stress the study is not seeking to generally discourage a "materialistic lifestyle" - which means they acknowledge that consumption of modern goods and services has improved the lives of many people.

They add: "Luxury carbon taxes are not sin taxes, they are ecologically motivated and are considerate of distributional implications. They originate from a realist's perspective on global problems."

A fair and luxury-focused carbon taxation system is needed because technological solutions alone will not deliver the reduction in carbon emissions that are needed to keep global warming within 1.5 °C. If those solutions do come along, the researchers say the taxation system could then be suitably amended.

"It cannot remain status quo to continue environmentally damaging luxury activities unabated while awaiting a technology fix," they say.

Snapshot Of Carbon Consumption

The academics used economic and social data from 88 countries, enabling them to get a snapshot of carbon use that covered about 90% of the global population.

It reinforced previous studies that have shown the unequal distribution of carbon use, with:

- The top 1% of individuals based on income responsible for around 10% of carbon emissions
- The top 10% of people based on income for 45% of carbon emissions
- And the bottom 50% produced less than 15% of global emissions

The study - "Luxury-focused carbon taxation improves fairness of climate policy" - is published in the journal *One Earth*.

The authors are:

Yannick Oswald, Joel Millward-Hopkins, Julia K. Steinberger, Anne Owen, Diana Ivanova.



Scope Reveals Shocking Levels Of Online Trolling Experienced By Disabled People

The disability equality charity Scope has released new research conducted through Opinium Ltd that lifts the lid on the scale of online abuse and trolling that disabled people face.

As part of the biggest ever survey of disabled peoples' experience of negative attitudes, 2,912 disabled people told them specifically about their social media and gaming experiences:

- More than half of disabled people (53 per cent) have seen negative comments about disabled people or disability on social media or online gaming over the last five years.
- 1 in 3 disabled people (34 per cent) who use social media or game online have experienced people online making negative comments about them and their conditions or impairments.
- Worryingly, almost half (47 per cent) of disabled 18- to 34-year-olds have experienced negative comments about disabled people and disability.
- 3 in 10 disabled people (29 per cent) have experienced targeted online bullying or trolling because they are disabled or have conditions or impairments.

Scope publishes these new findings as comedian Rosie Jones shares her own experiences of online hate in a Channel 4 documentary.

The charity is calling for social media companies, regulators and authorities step up and come down hard on hate and abusive behaviour.

James Taylor, Director of Strategy at disability equality charity Scope said:

"Social media can be brilliant for disabled people, enabling us to share our stories and connect with others all over the world.

"But too often disabled people receive abuse, experience bullying and are trolled because of who they are. Our research has found it's incredibly common, and easy, for people to post anonymous horrific comments, ableist abuse and hurtful remarks.

"The consequences can be devastating. Making the places where we want to feel safe the complete opposite. It's also devastating for society, reinforcing outdated attitudes and prejudices.

"One in four of us are disabled in the UK and we all deserve to feel safe online. We need to see far greater action from social media companies, regulators and authorities to tackle the hate and abusive behaviour posted on their platforms."

Disabled people told Scope what had affected them most on social media:

"Being told online that I need to buck my ideas up and stop scrounging off the state. Made me feel devalued and rejected."

"A neighbour made a social media post about me saying I've no idea about mental health illness and I'm faking."

"On Twitter people often tweet horrible things about disabled people."

"Being bullied by people online for having depression. Made me feel awful and inferior."

Councils Call For Ban Of Disposable Vapes



Single use vapes, such as Elf bars and Lost Mary should be banned on environmental and health grounds, councils say for the first time.

The Local Government Association, which represents councils in England and Wales, is calling for the Government to ban the sale and manufacture of single use vapes by 2024.

The LGA said it is crucial that that ban comes into effect rapidly, as with the EU proposing a ban in 2026 and France rolling out a ban in Dec 2023, there is a risk that as markets close disposable vapes will flood into the UK.

Disposable vapes are a hazard for waste and litter collection and cause fires in bin lorries.

Single use vapes are designed as one unit so batteries cannot be separated

from the plastic, making them almost impossible to recycle without going through special treatment.

The lithium batteries inside the plastic can sharply increase in temperature if crushed and can become flammable.

This comes at a cost to the council taxpayer through fire damage to equipment and the specialist treatment needed to deal with hazardous waste.

With 1.3 million disposable vapes thrown away every week, they have also become a regular and obvious item of litter on our streets.

Councils are also concerned about the impact vaping is having upon children and young people. It is worrying that more and more children - who have never smoked - are starting vaping.

Councils are especially concerned by the marketing of vapes with designs and flavours that could appeal to children, in particular those with fruity and bubble gum flavours, and colourful child-friendly packaging. Strict new measures to regulate the display and marketing of regular vaping products in the same way as tobacco are needed.

Cllr David Fothergill, Chairman of the LGA's Community Wellbeing Board said:

"Councils are not anti-vapes, which are shown to be less harmful than smoking and have a place as a tool to use in smoking cessation.

"However, disposable vapes are fundamentally flawed in their design and inherently unsustainable products, meaning an outright ban will prove more effective than attempts to recycle more vapes.

"Single use vapes blight our streets as litter, are a hazard in our bin lorries, are expensive and difficult to deal with in our recycling centres. Their colours, flavours and advertising are appealing to children and the penalties for retailers selling them don't go far enough.

"Councils urge the Government to take this action to protect our planet, keep children safe and save taxpayers money."



■ L-R: Tim Cook, Kathy Cox, Guy Phoenix, Philip Allott, Andrew Jones MP and Adele Winkley

New Charity Launched To Support Whistle Blowers And Victims Of Blue Light Abuse

Blue Light Whistle Blowers is a new charity dedicated to providing an anonymous way to whistle blow on wrongdoing within the fire, police or ambulance services.

The charity which is currently progressing with registration met MPs and Peers including Harrogate MP Andrew Jones and Lord Harrogate - Timothy Kirkhope at the House of Commons last month, at an event sponsored by Bob Blackman MP. The charity is an independent organisation that will provide an exclusive bespoke service to support victims of crimes committed by blue light employees involved in policing, ambulance trusts and fire and rescue. The service provided by the charity will make it is easier for victim whistle blowing and, significantly, it will support the victims of these crimes until they are ready to substantiate any allegations.

Victims will be provided where required with counselling, guidance about collecting evidence, if safe to do so and mentoring to encourage

them to formally report a crime, but only when they are ready to make a submission. Blue Light Whistle Blowers will work with other victim charities and organisations, potentially including the 40 Sexual Assault Referral Centres based in England. The charity will also work closely with blue light organisations but not for blue light organisations, to avoid a conflict of interest.

Blue light abuse victims may be prevented from making allegations for fear of reprisal, especially if they work or have a partner employed by one of the three major services, the Police, the Fire Service, and the Ambulance Service. The Blue Light Whistle Blowers charity will support genuine victims of these crimes and help them prepare to report anonymously.

It is not the intention of the charity to investigate these crimes, it is about providing an effective, trusted mechanism, that is truly anonymous. Although most organisations have processes in place these are clearly not delivering,

1 Year On: Commissioner Zoë Shares Progress Made To Address Violence Against Women And Girls In North Yorkshire And York

Police, Fire and Crime Commissioner Zoë Metcalfe has launched a 1-year delivery plan progress report detailing the work that's taken place in North Yorkshire and York over the last 12 months to keep women and girls safe and feeling safe.

This work is being led by the Joint Violence Against Women and Girls (VAWG) Delivery Group, made up of representatives from local statutory partners who set six objectives to tackle violence against women and girls back in June 2022, and who are now responsible for ensuring outcomes are delivered.

In the last 12 months there has been:

- A 154% increase in positive outcomes from those accessing support services
- Additional £905,000 invested in victim services in 2022/23, with a further £931,880 invested in 2023/24
- 12% more total referrals into all commissioned victims' services last year compared to the year before
- Over 1,000 North Yorkshire Police first responders trained to better identify domestic abuse
- Vulnerability training for 189 night-time economy workers
- 116 trained stalking champions and advocates
- 3 times more women offered support when identified as being at risk of exploitation, including sexual exploitation and women affected by County Lines
- 35 Illegal Cultural Harms training sessions for 1,245 frontline workers

Work to deliver the VAWG strategy in North Yorkshire and York remains ongoing and to support this, a VAWG Professionals Sub-Group was established which in December 2022 made up of representatives from local organisations working with women and girls including the Youth Commission.

The group meets twice a year to support and inform delivery of the VAWG strategy's objectives, ensure the voices of women and girls are captured through the services that support them, and to identify

shared barriers and challenges that they have experienced and work collaboratively to find solutions.

Additionally, Commissioner Zoë has established a VAWG Strategic Governance Board to monitor progress against the six objectives to provide transparency and accountability on how police, fire and other local organisations are collectively improving the overall safety of women and girls. The board has come together twice and the highlights from the latest meeting can be viewed on the Commissioner's YouTube Channel:

Commissioner Zoë said:

"One year on, I'm incredibly proud of what we have achieved as a partnership to tackle violence against women and girls, we have already improved outcomes and increased the accessibility of specialist support services for women and girls more the year before we launched the strategy, demonstrating how putting a spotlight on violence against women and girls is making a real difference across our community.

"Our work as a partnership has included research, surveys, focus groups, financial investment, service improvement, awareness campaigns and new ways of working all in the effort to create tangible change and ensure women and girls are safe and feeling safe living in our county. This won't stop, there is still more to be done"

"Protecting and supporting women and girls will always be incredibly important to me and it's something I'm passionate about making a difference in during my time as Commissioner. I will continue to work alongside other Police, fire, and Crime Commissioners from up and down the country, to influence and put pressure on government decisions around how we tackle Violence Against Women and girls on a national scale."

More information on what Commissioner Zoë and local statutory partners are doing to address violence against women and girls in North Yorkshire and York can be found on the Commissioner's website;

www.northyorkshire-pfcc.gov.uk/womenandgirls

as consistently reported by the national media. The charity aims to be the voice of victims and their families and won't hesitate where necessary to challenge the status quo.

A telephone hotline will be set up later this year that will provide a completely confidential channel for the reporting of wrongdoers. From there, an online reporting portal will also follow.

Once a report is made to the Blue Light Whistle Blowers, it will only be submitted to the appropriate emergency service for investigation with the consent of the person that has raised it.

Many of the users of the service could be vulnerable and the whistle blowing line will provide ongoing support as part of its portfolio of services.

The charity aim is to hold Chief Constables, Chief Fire Officers, and Ambulance Trusts to account for these crimes and will produce league tables highlighting the best and worst affected services within the country.

The charity is in the process of being registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission, with the application awaiting final approval. This will allow the charity to employ specially trained staff for the hotline and deliver charitable services under contractual agreements.

A website has been launched, with the other aspects of the service due to go live in the autumn, initially based on a number of areas including London before it is rolled out nationally.

The charity recognises that the vast majority of blue light workers are honest and law-abiding citizens and wishes to convey that it understands that these abuses are perpetrated by a very small minority of staff. However, some victims are disenfranchised by the very services that are supposed to protect them, so they need the utmost support, and that is where the new charity sees its remit.

Philip Allott, who is the Chair of the charity said: "Blue Light Whistle Blowers has been set up to be the voice of the voiceless and the silenced. Whistle Blowers will support the victims and give them a voice, as for too long they have received little if any support. Whilst we recognise that the vast majority of blue light employees are conscientious, committed and hardworking individuals, a very small minority of their colleagues are continuing to put the public at risk."

Sponsor Bob Blackman MP added: "I was delighted to sponsor the launch event last month at the House of Commons. The introduction of a service that will exclusively support victims of blue light crimes means it will be easier to get support and be a whistle blower when things go wrong."

The charity defines blue light services as serving police officers, current serving firefighters, whether wholtime or on call, paramedics, first responders and others employed by ambulance trusts who are involved in attending 999 incidents.

Senseless Crimes That Could Have Been Avoided

Some of the worst crimes that have taken place on Northern services in the past year could have been avoided if people had reported suspicious behaviour, the train operator's chief operating officer, Tricia Williams, has said.

Her comments come as British Transport Police relaunch their 'Railway Guardian' app, an all-in-one safety app that allows users to report crimes or concerns on the rail network, share journeys with trusted contacts and get access to news, guides and support.

Last year, Northern revealed its trains had been the target of almost 70 dangerous attacks – with carriages struck by 42 bricks, stones and rocks thrown from bridges and railway embankments as well as colliding with 27 'substantial items' including shopping trolleys, pushchairs and bikes that were deliberately placed on the track.

One driver was left with shocking injuries when his cab windscreen was hit by a brick whilst travelling at 70mph; and in June Northern offered a £1,000 reward when its trains were targeted by a suspected air gun pellet attacker.

"Whilst they are extremely rare, we've seen some horrendous incidents on the railway these past 12 months" said Tricia Williams.

"We need to look out for one another and the 'Railway Guardian' app helps get information about threats to the railway – or rail users – to the right people quickly and simply."

British Transport Police's 'Railway Guardian' app is available to download from Google Play and the Apple App Store.

Anyone with information about any crime on the railway can contact British Transport Police by texting 61016 or by calling 0800 40 50 40. Alternatively, people can call Crimestoppers, anonymously, on 0800 555 111.

Northern is the second largest train operator in the UK, with 2,500 services a day to more than 500 stations across the North of England.



M&S Stores In Yorkshire Launch First Pre-Loved Back-To-School Uniform Shop In Partnership With Oxfam And Ebay

Marks & Spencer store in Yorkshire have announced the extension of the company's long-standing Shwopping scheme with the roll-out of dedicated school uniform Shwop boxes in 19 of its stores across Yorkshire.

Collaboration For Change

Through the new M&S Back-to-School Shwopping boxes, donated pre-loved school uniform - which passes the hand-me-down quality test - will be given a second life in an Oxfam shop and, for the first time, made available on a dedicated pre-loved school uniform shop on eBay.

By partnering with eBay, M&S and Oxfam hope the pilot shop will mean even more families can access affordable, great quality school uniform – no matter where they live or how they choose to shop.

Every school uniform sale - whether through Oxfam's shops or via the eBay shop - will raise funds to support the vital work the charity does to tackle poverty and inequality around the world, including supporting communities on the front line of climate change. Any school uniform that can't be resold in Oxfam shops or on eBay will be recycled or reused wherever possible.

Hand-Me-Down Quality At Trusted Value

As the market-leader in school uniform – selling nearly seven million pieces of school uniform a year – M&S understands that it is an essential purchase for millions of families every year.

Customers trust M&S to offer true value for money and create products which don't cost the earth. That's why it has protected the price on school uniform for a third year in a row – without compromising on the 'hand-me-down' quality M&S is known for. Made with care - utilising recycled

materials or sustainable alternatives - M&S school uniform features stain resistant materials and adjustable hems and waistbands that grow with the child – to ensure that even when it's outgrown, it's too good to waste – making it ideal for resale or recycling.

As a special thank you for Shwopping school uniform, Sparks customers will receive 20% off selected kids clothing at M&S*.

Driving The Circular Economy

M&S has been sourcing and making products that are too good to waste since its very beginning – and driving the circular economy remains a key pillar of Plan A – M&S' sustainability programme.

Since launching Shwopping in 2008, M&S has collected over 36 million items which has contributed an estimated £23 million to Oxfam's vital work across the world. Today, the latest insight from M&S' Family Matters Index highlights that 60% of families continue to be worried about environmental damage on future generations and 44% are looking to make their clothing last longer. The Back-to-School Shwopping scheme is the latest initiative from M&S as it continues to support its customers to live lower carbon lifestyles.

Alexandra Dimitriu, Kidswear Director at M&S, commented: "At M&S, our clothing is too good to waste. Made with care and with innovative design features, our school uniform is super durable to ensure whatever your kids get up to on the playground, it can last the test of time. We know our customers frequently hand down our school uniform to friends and family and this season, we're encouraging them to drop school uniform which they no longer need into one of our new Shwopping boxes where it will be resold in Oxfam shops and through our exciting pilot shop with eBay. It's one of the many ways we're trying to make our best-in-class school uniform accessible to all families, however and whenever they choose to shop."

Lorna Fallon, Oxfam's Retail Director, commented: "The Back-to-School Shwopping scheme is a win-win initiative and a simple way for shoppers to make a huge difference. Donating pre-loved school uniforms through the scheme is not only better for the environment, since it gives garments a longer lifecycle, it also raises funds for Oxfam's life-saving work, and it helps parents here in the UK who may be struggling with the cost of kitting their children out for school."

Lucy Peacock, Head of Pre-Loved Fashion at eBay UK, commented: "Every parent should be able to have access to a school uniform for their child at any age which is good quality and fit for purpose. The cost-of-living crisis has created greater education poverty and an ever-increasing need for school uniforms. Together with M&S and Oxfam, we are proud to be able to pilot an e-commerce solution to help parents get access to pre-loved school uniforms across all corners of the UK."

The Community Organisations Cost Of Living Fund Is Open For Applications

The Community Organisations Cost of Living Fund is now open for applications via the National Lottery Community Fund. Applicants can apply for between £10,000 and £75,000.

The fund will support charities and community organisations in England which provide critical cost of living services for those struggling with rising costs and increased demand. It is focused on small and medium sized organisations, but national organisations can apply where they can demonstrate local impact.

Organisations can apply that provide at least one of the critical services to low-income households and individuals:

- Food and emergency supplies
- Emergency shelter
- Safe spaces
- Warmth
- Financial or housing advice

The deadline for applications is 16 October 2023

For more information visit www.tnlcommunityfund.org.uk



YORK TRAILBLAZERS

• People Make History •

York-based charities, community groups and VSCE organisations can apply for the 2023 York Trailblazers community grants, with an overall fund of £30,000 available.

In a collaboration between York Civic Trust and Make It York, with funding made available through the National Lottery Community Fund, organisations are being invited to apply for grants up to £3,000. These projects will contribute to the overall aims of the York Trailblazers project, which celebrates York's heritage, and uncovers lesser-known heritage stories of York – through community workshops, a large-scale sculpture trail, community grant funding, partner events and marketing.

Organisations can apply for community grant funding for projects, events or initiatives that celebrate York's history and heritage, uncover lesser-known heritage stories of York, enable community activity, to reduce resident isolation and support wellbeing, and which work with people affected by isolation/loneliness, people from lower socioeconomic backgrounds, minority and protected groups.

The grants programme aligns with the York Culture Strategy, which commits to ensuring that culture is accessible to everyone, and which supports people's health and wellbeing through meaningful engagement with arts and heritage.

Applications are now open and close at 12pm on Friday 11 August. The grants are available for projects running anytime between September 2023 and 27 September 2024.

Helen Apsey, Head of Culture and Wellbeing at Make It York said: "We're delighted to be able to fund community initiatives that celebrate York's history and heritage, while also supporting people's wellbeing, through the Trailblazers Community Grants. We're looking forward to receiving people's applications and seeing how the projects we fund will together help to create a really exciting programme for York Trailblazers throughout 2023 and 2024."

Apply for a grant:

The grants programme closes at 12pm on Friday 11 August 2023. Applications must be submitted by this time to be considered.

The grant information, criteria for applications and the application form (an online form) is available on the Make It York website - www.makeityork.com/events/york-trailblazers/grants. If you are unable to access the online form, and would prefer a printed copy instead, please email culture@makeityork.com and they will ensure you can pick up a printed copy instead.

Applications will be assessed and award decisions made by Friday 25 August 2023.

If you have any queries, please email culture@makeityork.com

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creating comfort for you

Renowned for over 60 years of manufacturing, Shackletons is now as keen as it has always been to bring its upholstery and manufacturing expertise to the retail market.

At Shackletons, we don't just design and manufacture furniture for your home, we create a comfortable experience every time you sit on one of our high back or riser recliner chairs. We design and manufacture all our furniture in our Dewsbury workshop – maintaining quality and the highest standards from start to finish.

We also take our community responsibilities seriously. So, wherever possible we use local suppliers and source materials from the UK. We have a long furniture manufacturing heritage, developing the craftsmanship and skills necessary to produce high back and recliner chairs of the highest quality. (You may recall our TV advert)

What makes a Shackletons chair unique?

To make the best, we use only the best. So, for our frames, we use beech hardwood. Beech is favoured by furniture manufacturers because its highly dense grain gives exceptional strength and stability and guards against twisting or warping. Its even grain also means there are fewer blemishes, giving a more attractive natural finish. Additionally, we offer a range of wood stain finishes or can colour-match a stain finish to your specification.

Quality in everything we do.

With a heritage spanning more than 60 years, we bring the same level of outstanding craftsmanship and manufacturing excellence to our entire product range. This means you can view sofas, tables, beds, and wardrobes safe in the knowledge that every piece will not only do the job you ask of it, but it will also provide long-lasting quality and be fit for purpose. As part of our faultless customer service, we offer a five-year guarantee on all our products and offer home consultations for those not able to comfortably visit our showroom. Just call or email and one of our experienced and committed consultants will help you.



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made to measure
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*Large selection
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3-piece suites*

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Ellers Farm Distillery has announced its latest retail success as its hero product – Dutch Barn Orchard Vodka – is hitting the shelves in selected Morrisons stores in Yorkshire. The listing is part of Morrisons' Nation's Local Foodmaker programme to bring more local food and drink produce to its customers.

Based in the heart of North Yorkshire, Ellers Farm Distillery brings together quality production with its planet-focused ethos, having been carbon neutral since production started in early 2022.

Dutch Barn Orchard Vodka launched in 2022 to offer drinkers

the opportunity to rediscover vodka. Distilling a flawless and exceptionally smooth vodka, Dutch Barn Orchard Vodka's mission is to showcase the quality and versatility of the liquid. The brand is the original Orchard Vodka, proud to offer an innovative vodka that is hand-crafted from British apples and tasted every 20 minutes during the unique distillation process.

What's more, Dutch Barn Orchard Vodka is committed to making planet-friendly choices in every step of the creation of its liquid. In addition to measuring and offsetting carbon emissions by working with ClimatePartner, the team have also planted 2.5 acres of apple

trees at the distillery. These trees not only remove carbon from the atmosphere as they grow, but create a biodiverse habitat that benefit local pollinators, birds, and mammals. Additionally, Dutch Barn Orchard's brown glass bottles were chosen because they use a higher percentage of recycled glass and are made in Yorkshire, cutting down transport emissions and paving the way for a new gold-standard in vodka production.

Joining the hero product's listing is Ellers Farm Distillery's award-winning Small Batch Spirits range. The range is distilled in limited runs of 500 bottles, ensuring that each bottle delivers exceptional flavours, while bringing a modern twist to some classic flavour profiles.

The Small Batch Spirits range includes Cherry Liqueur, Espresso Vodka, Elderflower and Elderberry Liqueur, and Y-Gin.

Steve Hickey, Sales and Marketing Director at Ellers Farm Distillery, commented: "We're proud to have been selected by Morrisons as part of its Nation's Local Foodmaker programme – our Yorkshire heritage is something that we draw upon a lot in the distillation of our products, and with Morrisons being headquartered in Yorkshire, this is a partnership that's close to our heart. To have the support of this supermarket giant is fantastic, and we hope to see the success of Dutch Barn Orchard Vodka and our Small Batch Spirits grow, as we continue to hit shelves across the UK."

Darren Smith, Morrisons Senior Local Ranging Manager said: "Our customers tell us they want to see more food and drink produced locally in our stores and our Nation's Local Foodmaker programme aims to do just that. Sourcing local food and reducing the distance food travels is a priority for Morrisons, so we're delighted that Dutch Barn Orchard Vodka and the Small Batch Spirits range is going to be stocked in a selection of local stores."

Dutch Barn Orchard Vodka and the Small Batch Spirits range are available to buy in selected Yorkshire Morrisons stores.

For more information on Dutch Barn Orchard Vodka, visit: www.dutchbarn.com

For more information on Ellers Farm Distillery, or to browse the full range, visit www.ellersfarmdistillery.com

Saint Catherine's To Open New Retail Store On Site At The Hospice

Saint Catherine's has announced that they are to open a new store at the main site on Throxenby Lane, Scarborough, and is due to open on 11 September.

Available at the new store, which is going to be known as 'The Barn Boutique @ Saint Catherine's', will be high quality clothing, furniture, household items and more.

Jenny Rowan, Retail Operations Team Lead, said: "We are incredibly excited about opening a store on site here at Saint Catherine's. With the help of our wonderful volunteers and support from local businesses, we have converted office and storage areas into a welcoming retail space for our supporters to shop and support their local hospice.

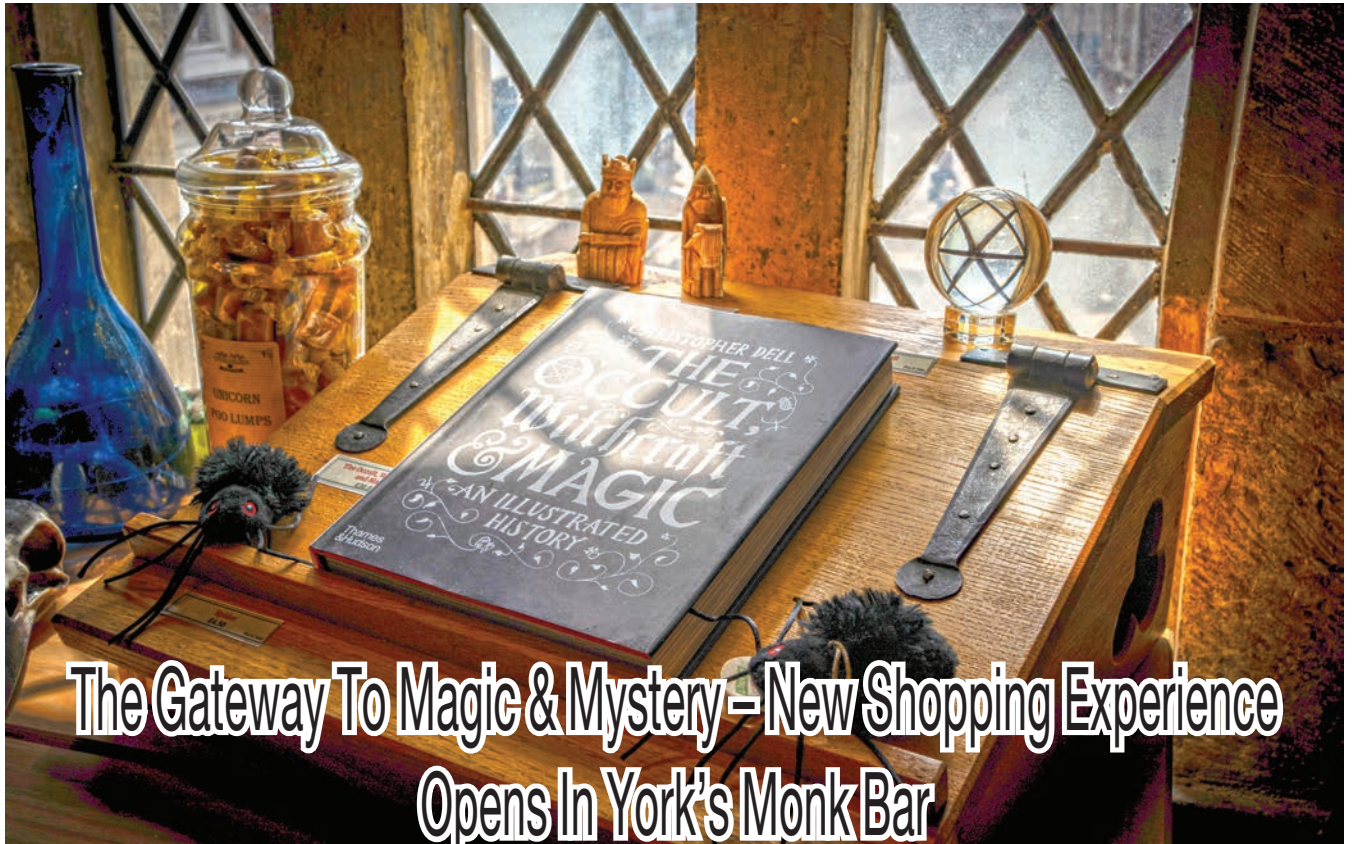
"A charity shop with a difference, inside The Barn Boutique @ Saint Catherine's you will find handpicked quality items, vintage, designer and luxury high street clothing all at fantastic prices. Every penny you spend in our shop will go directly to help fund the services Saint Catherine's offers across North and East Yorkshire.

"The parking facilities on site will also mean that it is easier for supporters to bring their donations in at the same time as they shop. Our shops play a vital role in raising the funds needed to support patient care but we can only run them with the help of our wonderful volunteers."

Anyone interested in volunteering opportunities at the new store is welcome to call into the hospice to chat to Jenny Rowan, email volunteering@saintcatherines.org.uk or call 01723 351421.

The new store at the main hospice site is a relocation of their premises on Victoria Road, which will cease trading on August 19th. There is currently a 'relocation sale' on items at the Victoria Road store, with some great gems to be found.

Keep an eye on Saint Catherine's social media channels over the next few weeks for more teasers and updates on the store before the opening in September.



Visitors arriving in the city and exploring York's city walls are to have a magical welcome with the opening of a new pop-up shopping experience within one of the city's gateways: Magic & Mystery at Monk Bar.

The unique shop, which occupies the walkway-level floor of Monk Bar, is the latest project from York Archaeology Attractions. It is based on the highly successful Magic & Mystery Exhibition which was hosted at Barley Hall.

"Since the pandemic, Monk Bar has played host to our virtual outreach sessions, with sets and miniature green-screen facilities on the upper floors which we use to talk to schools around the world, but the ground floor has remained empty. With the city once again ready to fill with visitors, we've taken elements of the Magic & Mystery Exhibition and some of the most popular giftware items and created a retail experience like no other!" comments York Archaeology's head of operations, Gareth Henry.

Creative use has been made of the modest space to include displays creating a context for the role of magic and mystery in the city of York during its medieval heyday, with QR codes linking to fascinating films exploring the subject further. A selfie station allows visitors to take their own souvenir photos, whilst a range of magical-themed products are available to purchase.

"We know that budgets are much tighter at the moment with the cost-of-living crisis, so we hope that this is a fun, free addition to any visit into the city centre," adds manager, Paul Ruxton. "There was certainly plenty of interest from visitors walking the walls as we were setting the displays and products up, and are excited to have opened the heavy wooden doors."

Magic & Mystery at Monk Bar is currently scheduled to operate throughout the summer as a pop-up pilot for the concept. It is open daily until 1 September from 10am to 5pm.



M.W. Craven has been announced as the winner of the Theakston Old Peculier Crime Novel of the Year 2023, presented by Harrogate International Festivals, for *The Botanist*, the latest thriller featuring D.S. Washington Poe.

The Botanist, an instant Sunday Times bestseller, follows the disgraced detective as he is tasked with catching a poisoner sending the nation’s most reviled people poems and pressed flowers, whilst his close friend, pathologist Estelle Doyle, seeks his help when she is arrested for the murder of her father.

Multi-award-winning author M. W. Craven was born in Carlisle but grew up in Newcastle. He joined the army at sixteen, leaving ten years later to complete a social work degree. Seventeen years after taking up a probation officer role in Cumbria, at the rank of assistant chief officer, he became a full-time author.

He receives a £3,000 prize, as well as an engraved beer cask handcrafted by one of Britain’s last coopers from Theakstons Brewery.

M.W. Craven said on winning Theakston Old Peculier Crime Novel of the Year: “This was genuinely the biggest shock of my life. It was a huge honour to be shortlisted among friends. I’m utterly thrilled, this is the biggest award for crime fiction.”

A record-smashing 14,110 readers voted for their winner this year among the six shortlisted authors: Elly Griffiths (*The Locked Room*), Doug Johnstone (*Black Hearts*), Fiona Cummins (*Into the Dark*), Ruth Ware (*The It Girl*), M.W. Craven (*The Botanist*) and Gillian McAllister (*Wrong Place Wrong Time*). The judges met the day before the Awards Ceremony to decide the winner, with the public vote counting as the seventh judge on the panel.

The judging panel had a difficult choice ahead of them and decided to recognise Elly Griffiths as Highly Commended for the penultimate mystery in her bestselling Dr Ruth Galloway series *The Locked Room*. Set in the early days of the pandemic, Dr Galloway is locked down in her Norfolk cottage, working to uncover why her late mother had a photo of the cottage dated years before she moved in, when DCI Nelson, who is investigating

a series of deaths of women that could be murders or could be suicides, breaks curfew to visit her. Griffiths, who was Festival Programming Chair in 2017, has been nominated for the Award six times, and this is her first Highly Commended.

Craven and Griffiths were not the only writers celebrated at the ceremony, as Ann Cleeves received the Theakston Old Peculier Outstanding Contribution Award in recognition of her impressive writing career.

Cleeves, the author of more than thirty-five critically acclaimed novels, is the creator of popular detectives Vera Stanhope, Jimmy Perez and Matthew Venn, who can be found on television in ITV’s *Vera*, BBC One’s *Shetland* and ITV’s *The Long Call* respectively. The TV series and the books they are based on have become international sensations, capturing the imaginations of millions worldwide.

She served as the first Reader-in-Residence at the Theakston Old Peculier Crime Writing Festival in 2003 and has played a significant role in the crime writing community since then. Her book *The Long Call* was chosen for 2023’s Big Read, the North’s biggest book club, which takes the Theakston Old Peculier Crime Writing Festival on tour to libraries across the north of England to promote literacy and reading for pleasure in local communities. In 2021 she launched the Reading for Wellbeing Project with local authorities in the North East, advocating for reading as a way to improve mental health and well-being and support access to books.

Simon Theakston, Executive Director of Theakston, commented: “The winners truly represent Theakston Old Peculier Crime Writing Awards’ well-earned reputation for showcasing the very best crime writing talent. *The Botanist* is a real encapsulation of masterful crime writing, pushing the boundaries of imagination and crafting narratives that are shaping the future of the genre. Elly Griffiths has kept crime fans alike hooked with Dr Ruth Galloway’s investigations and I’m equally thrilled she is recognised for her ability to keep us holding our breaths until the very last page.

We’re so pleased to raise a glass of Theakston Old Peculier to their wins!”

The Theakston Old Peculier Crime Novel of the Year is run by Harrogate International Festivals and sponsored by T&R Theakston Ltd, in partnership with Waterstones and Daily Express, and was open to full-length crime novels published in paperback between 1 May 2022 to 30 April 2023 by UK and Irish authors.

Applications Are Now Open For Visit York Tourism Awards 2024

Entries are now open for the prestigious Visit York Tourism Awards 2024, sponsored by LNER, which recognises and celebrates outstanding businesses and individuals that deliver world class experiences within the city of York.

The previous Visit York Tourism Awards took place earlier this year in March, where 16 of York’s top tourism businesses celebrated a win at the ceremony at York Racecourse. Winners of eligible categories were put forward to the national VisitEngland Awards for Excellence, which saw The Dovecote Barns winning silver in the Self-Catering Accommodation award category.

Returning on the 14th March 2024 at York Racecourse for a black-tie ceremony and an evening of entertainment, there will be 17 Visit York Tourism Awards up for grabs including:

- B&B and Guest House of the Year
- Business Event Venue of the Year
- Camping, Glamping and Holiday Park of the Year
- Ethical, Responsible & Sustainable Tourism Award
- Experience of the Year
- Large Hotel of the Year
- Large Visitor Attraction of the Year
- New Tourism Business Award
- Pub of the Year
- Self-Catering Accommodation of the Year
- Small Hotel of the Year
- Small Visitor Attraction of the Year
- Taste of England Award
- The Best of York Award*
- Independent Business of the Year*
- Event, Festival or Cultural Experience of the Year*
- Retailer of the Year*

There are two new categories introduced for the 2024 awards – ‘The Best of York Award’ and ‘Independent Business of the Year’.

Businesses large and small, from hotels to restaurants, attractions to retailers; businesses and cultural organisations across the city are being urged to enter, with the deadline of 25th August 2023, 5pm to submit entries. The awards are free to enter for Visit York members and £150 for non-members.

Once all the entries are in, a panel of independent judges will decide on the final shortlist, and then winners. The decisions will be made based on a mix of mystery shopping and rigorous analysis against the entry criteria. Businesses can check the eligibility criteria and enter the Visit York Tourism Awards online at www.visit-york.org/tourismawards.

Sarah Loftus, Managing Director at Make It York, said: “The Visit York Tourism Awards celebrate the very best in tourism, hospitality and culture in our city and surrounding areas. There are so many amazing local businesses and organisations that make York a world-renowned city, and these awards are a great way to be able to celebrate all the hard work that goes into providing exceptional visitor experiences. For many years, winning these awards has had huge benefits for the businesses both regionally and nationally, with many awards being automatically put forward for the VisitEngland Award for Excellence.

With 17 opportunities to take home an award in 2024, as well as the introduction of two new categories, businesses have until 25th August to get their entries in.”

** These categories are local awards and not eligible for the VisitEngland Awards for Excellence*



Made In Whitby Festival Celebrates Town’s Businesses

The first Made in Whitby Festival has showcased the town’s businesses and local produce. Whitby Brewery in East Cliff hosted two days of stalls, talks, demonstrations and live music in a celebration of “Whitby’s creative spirit”.

The event, funded by Anglo American and supported by the York & North Yorkshire Growth Hub, was organised by a collective of Whitby businesses.

Darren Archibald, Director, Whitby Sea Salt, said: “The idea for the Made in Whitby Festival came from conversations with local producers and manufacturers with a view to showcase their skills, ingenuity and entrepreneurship that runs alongside and supplements the already very successful tourism industry.

“The festival has been a great success for all involved, with both stall holders and festival goers happy and smiling. We had interest to be involved from many businesses but could only accommodate a small number within the courtyard of Whitby Brewery. We are looking into the possibility of increasing the numbers of stall holders and festival goers at the next event with the help of very passionate organisations and businesses.

“We were looking at doing the festival at the back end of summer 2023 or early summer 2024 but with the support and energy of Anglo American and York & North Yorkshire Growth Hub we were able to bring it forward to July 2023. We have had amazing help from both these organisations.”

A variety of Whitby businesses took part in the festival, with some using the event to launch new products.

Vicky Bolton, Anglo American’s Social Programmes Manager, said: “Anglo American wants to support local economic growth and connect people to opportunities, supporting the creation of new businesses and supporting existing businesses to expand, develop and innovate.

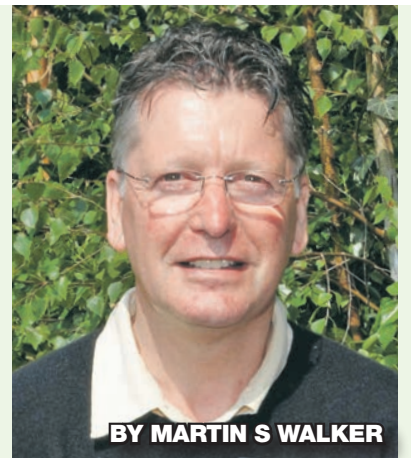
“Made in Whitby is a fantastic opportunity for businesses from the local area to showcase their world class products and increase awareness of their offering, and Anglo American is delighted to be supporting it.”

Harriet Stainton, Business Relationship Manager at York & North Yorkshire Growth Hub, said: “Made in Whitby Festival has been a fantastic showcase of the town’s businesses, local produce and creativity. At the York & North Yorkshire Growth Hub, we connect businesses of all sizes to what they need to drive success and manage growth, so we were pleased to support the festival. It’s brought many businesses together and we look forward to working with them further to build on this success.”

Made in Whitby Festival ran across Wednesday 5th and Thursday 6th July.

GARDENING

Picking Vegetables And Fruit To Eat, Time In The Garden Is Such A Treat



BY MARTIN S WALKER

There is nothing quite like the taste of home grown strawberries, ripened on the plant, they taste so much sweeter than shop bought fruit. Most varieties, with the exception of perpetual fruiting ones will have now finished fruiting and will be sending out lots of runners, long string like stems with a new plant developing at the tip. If you don't need any more plants its a good idea to remove these before they become a tangled mess taking all the energy out of the main plant. Any dead or damaged leaves can be removed at the same time.



I replanted my strawberry bed this spring after potting up runners from my previous strawberry plants, allowing one or two runners to develop. I plunge a plant pot in the soil near the plant, (previously filled with good quality general purpose compost) and peg the developing plant into the middle of the pot with an opened out paper clip. The plant quickly roots and the runner can be cut from the main plant after about four or five weeks. During dry spells it's a good idea to water the sunken pot and soil immediately around the pot. Once severed the pot can be lifted and placed in a sheltered area ready for planting into the new bed in late summer or early autumn.

The first year crop will not be as good as in subsequent years as the plant builds up and establishes. I remove all the runners in the first year giving them a dressing of chicken pellets and the occasional feed of liquid tomato fertiliser, this really boosts the plant ready for next year. They will be quite happy for about four years after which they should be replaced and ideally replanted in a new location.

If you are limited for space then why not try some in a large container or window box, they will however need more attention feeding and watering on a regular basis through the growing season.



Lavender is also one of those plants that needs a little attention if you are to avoid it turning into a straggly woody plant. Planted in a sunny position in soil that drains well, Lavender does not need a rich soil, it originates from the Mediterranean region like many of our garden herbs. Flowering in early to mid summer they produce flower spikes topped with a bundle of mid blue flowers that give of a beautiful scent. The flowers can be harvested and used in many ways, from adding to cakes and biscuits to placing in a cotton bag to scent a room.

Lavender can be planted individually but look best as a low hedge or medium sized group and with care will provide colour and scent for several years after which they should be replaced with new plants raised from cuttings or bought from a local nursery.



It is important to trim the plants around the end of the month as the flowers fade, removing the flower stalk and an inch or so of the leafy shoot. This will encourage the plant to remain bushy and produce more shoots which means more flowers next year. Lavender does not generally need feeding but the occasional light dressing of general fertiliser every couple of years will help keep the plant healthy. There are cultivars that are suitable for growing in pots but these will need some winter protection as the roots can be damaged by frost, ideally place in a frost free place or close to the house wall.



Tomatoes whether grown outdoors or in the greenhouse need a reasonable amount of attention if they are to produce a good crop of fruit. The weather has not been the best for outdoor cultivation this year and the plants in the greenhouse have experienced a very hot late spring followed by a changeable early summer. I use a shade net on my greenhouse but had to take it off at the beginning of July due to the wet cloudy weather. I have been trying some heritage cultivars of the beefsteak type, (Ananis Noire and Big Rainbow), which produce large fruit with a more acidic tomato taste great for cooking and making sauces to freeze for use during the winter months.



We grow the variety Shirley for salads and sandwiches partly because it was my Mum's favourite, and has great flavour and Sungold, a sweet 'cherry' type tomato which rarely makes it to the kitchen, it's like eating sweets straight from the plant. Continue feeding your plants every week, removing side shoots and some of the lower leaves if they are turning yellow.

Next month, (not too late to sow salad leaves, get ready for garlic, boost your container and basket displays.)

Top Tip - Those Pesky Midges



Warm wet summers are heaven for midges and for an insect only 2-3 mm in size they have quite a bite. During the summer months and especially early morning and late evening they are most active and its those long summer evenings when we like to relax and sit outside in the garden.

Believe it or not there are around 35 different species of midge but why do they like humans so much, well, they are attracted to carbon dioxide and lactic acid both of which are given off by people and animals. If you want to avoid them all year round then the only option is to move either to the North or South Pole, or a desert, as they don't like extreme temperatures. More active in the summer months their eggs are laid in damp areas and especially on the surface of undisturbed water. Now the gory bit, apparently midges need blood to complete their life cycle, although given their size the quantity they need is quite small but the result is an irritating, itchy skin condition.

I am a gardener and not a doctor, nor am I an expert on insects but spending most of my waking day in the garden I have come to accept them and try to deter them where I can. To me there are two main issues, one is to reduce the places they are likely to lay eggs, and the other is to stop them biting in the first instance.

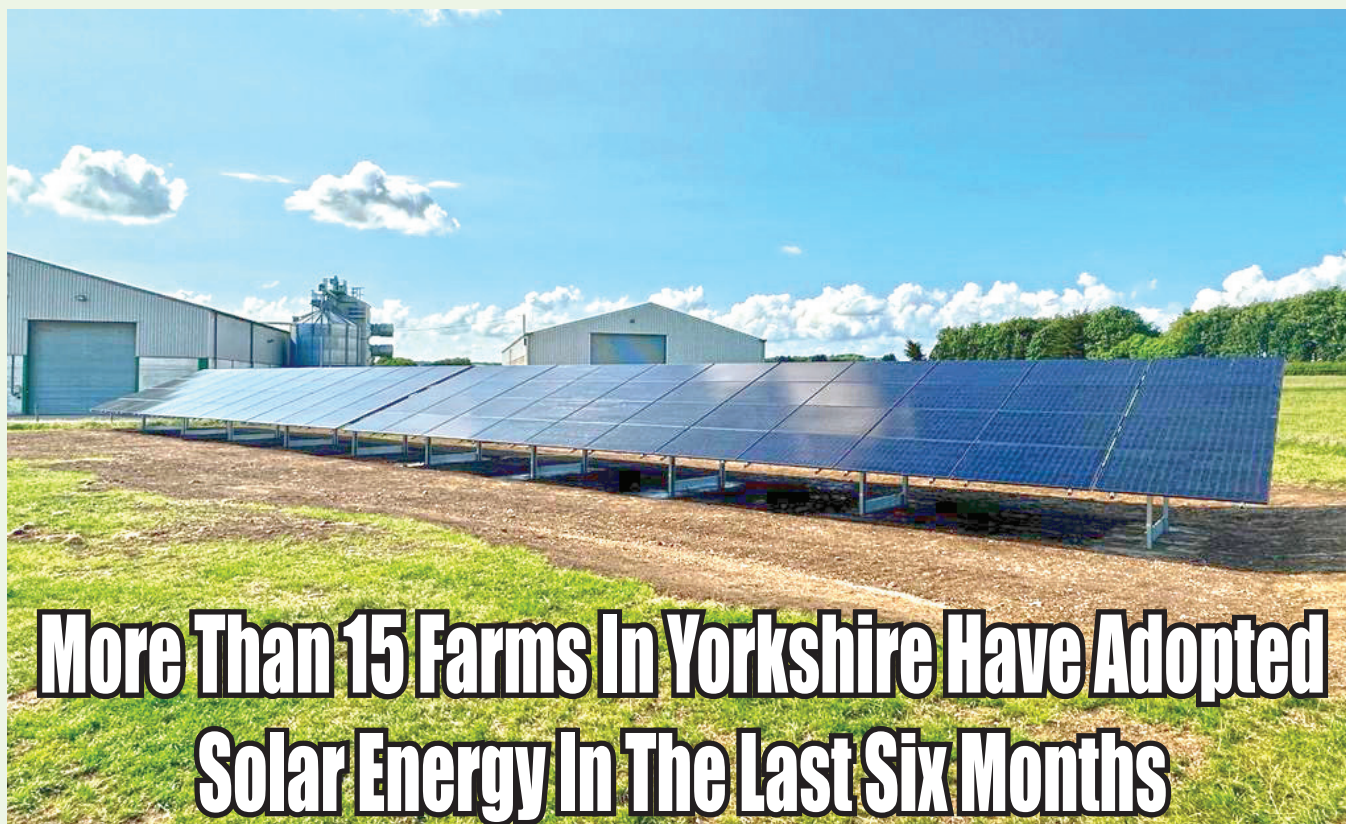
I also accept that we are all concerned for our environment and like most I prefer not to use chemicals in the garden unless of course I have no alternative, and can find an environmentally friendly solution.

Water in the garden provides an ideal place for the midge to breed and each female midge can lay up to 1,000 eggs at one time, so the most obvious areas are ponds, bird baths and open water butts. When you dip the watering can into your water butt you may have seen hundreds of little wiggly lava swimming around, strangely they don't harm your plants so at least thats one plus.

Like most pests they are part of a complex ecosystem so we wouldn't want to eradicate them completely, as they are a food source for spiders and some birds, the lava are food for dragonflies and water beetles, so my thoughts are that if I stop them breeding in my water butt and bird bath then that should help, leaving the pond for the dragonflies etc. Apparently if you place a few drops of vegetable oil in the bird bath and water butt this creates a thin layer of oil on the surface which deters the midge from laying eggs and doesn't harm the birds or plants.

As far as reducing the chances of being bitten by midges there is a wealth of advice on the internet from impregnated wrist bands to insect repellent sprays and citronella candles that help keep them away from your patio table. Many of these remedies work to a large extent, covering your skin with loose clothing can help too.

Not surprisingly many of these remedies originate from plants such as peppermint, lavender, eucalyptus and those containing citrus oils, all of which I grow in the garden. I have used both lavender and lemon balm, simply rubbing the leaves in your hands will result in the scent remaining on your skin. Although if you suffer from allergies it is best to seek medical advice before doing this. You could try placing the flowers and leaves in a small muslin bag and pin it to your clothing.



More Than 15 Farms In Yorkshire Have Adopted Solar Energy In The Last Six Months

Farms across Yorkshire are embracing renewable energy and installing solar PV panel systems to help power their operations. In the last six months alone, Yorkshire-based cleantech company Green Building Renewables has installed over 500kW of solar systems at more than fifteen farms across North Yorkshire and the East Coast out of its Scarborough office.

In a concentrated move towards sustainable agriculture, more than ten working farms, as well as former farms, which have been converted to commercial operations like holiday complexes and manufacturers, have taken a significant step to reduce their energy bills, dependence on the grid, and carbon footprint by installing solar panel and battery storage systems.

Farm buildings, as well as farmland, are ideally suited for solar panel installations with both roof and ground mounted systems possible due to the amount of space often available on farms.

Investing in solar panels can offer substantial financial benefits for farms.

Not only do they reduce energy bills, but they can also generate income through the Smart Export Guarantee (SEG)—an incentive which provides financial rewards for generating renewable electricity and exporting excess power back to the grid. Additionally, solar battery storage systems allow farms to store excess energy during sunny periods and utilise it during high demand, further maximising savings.

Peter Southwell of Southwell and Knapton in Sancton, York, who recently installed solar PV systems on two farms in Sancton and Beverley, said, "We needed to future proof our business from the current and future energy crises. Investing in renewables has allowed us to do this as well reducing our carbon footprint on the farm, which will be increasingly important as we move towards net zero."

"The energy price crisis has dramatically impacted farms over the region and country in the last eighteen months. Installing solar panels allows us to lower our energy bills and be less reliant upon the grid."

June 2023 was the warmest on record in the UK, and hot summers are predicted to be even more frequent. Solar energy, therefore, has the potential to harness even more power for farmers and farms over the summer when their energy usage and costs are high.

The farms, known for their dedication to responsible farming practices, have recognised the urgent need to transition to renewable energy sources. By embracing solar power, they are reducing their reliance on traditional fossil fuels and promoting cleaner air and a healthier ecosystem within the region.

The installation of solar panels marks a significant milestone for the agricultural sector in Yorkshire, demonstrating the industry's commitment to sustainability and a low-carbon future. By adopting renewable energy solutions, these farms are taking proactive steps towards achieving the region's ambitious climate goals and inspiring others to follow.

Manor House Farm, an arable farm in Garton-on-the-Wold, recently had a 30KW ground mount solar PV system fitted with three Tesla Powerwall2 installed by Green Building Renewables. Chris Massey of Massey Farmers LTD said, "The agricultural sector faces many challenges in the future. Energy prices have already been one of them. Installing a solar PV system and battery storage protects us from the volatility of prices around fossil fuels. We want to transition towards more sustainable energy systems, and companies like Green Building Renewables can play a huge role in helping farms to achieve this."

Despite the UK's reputation for cloudy weather, the UK still receives a substantial amount of sunlight throughout the year, making solar energy a very viable option. At the same time, advancements in solar panel technology have significantly improved their efficiency, allowing them to generate electricity even in lower light conditions. Our long summer days are particularly advantageous when generating electricity during the peak summer period.

Managing Director of Green Renewables, Chris Delaney, said "The recent work that our Scarborough Office has done reflects a growing trend that we are seeing across the country of farms, and other commercial buildings, adopting solar energy to power their operations. Energy costs are still very high, having more than doubled in the past five years, and despite a temporary decline over the summer, all evidence suggests that the long-term trend for energy prices is still upwards. For high energy use industries like farming, the payback time on installing a solar PV system is relatively short. When farmers factor in energy storage options and sell surplus energy back to the grid, they can see huge dividends from investing in solar for their farm."

Green Building Renewables is a nationwide network of renewable energy installers. They install both residential and commercial systems and have offices across the country. In Yorkshire, they have offices in York, Scarborough and Doncaster.

Award-Winning Accessibility Work Sees All-Terrain Mobility Scooter Launch In Fifth National Park Beauty Spot



■ Evie with family at Keldy Forest. Image © Hewitt & Walker

Keldy Forest in the North York Moors has become the fifth location in the National Park with its own all-terrain mobility vehicle, known as a Trampler, available for visitors to hire. Forest Holidays at Keldy joins Sutton Bank National Park Centre, Ravenscar Visitor Centre, Dalby Forest Visitor Centre and Forest Holidays at Cropton as landscapes that can now be enjoyed by all.

This year, work to open-up the National Park to more people with accessibility requirements has been recognised with a national award. The North York Moors Accessibility project, led by VisitEngland, saw local businesses and attractions enhance their awareness and facilities

and encourage more people with additional needs to take short breaks in the region. The collaboration, which included 'mystery shopping' by local people with disabilities, partnerships with disabled influencers and an 'inspirational' YouTube video, scooped Digital PR Campaign of the Year at the TravMedia Awards.

In parallel to this achievement, the National Park Authority has continued its work with Outdoor Mobility to introduce Trampers in more locations around the North York Moors, and now Forest Holidays at Keldy has become the latest location to introduce its own bookable vehicle. A second Trampler has also been made available for hire at Sutton Bank National Park Centre.

Users of the Trampler network in the North York Moors include 17-year old Evie Cass from Kirkbymoorside, who takes the opportunity to join her family on routes she wouldn't otherwise be able to manage. Evie said:

"We've always been an outdoorsy family and walking with the dogs in the countryside was something I did daily. The fact that I can still get out on a Trampler and spend time in the woods or see the view from Sutton Bank is so lovely. They're easy to use and I'd definitely recommend it to anyone."

For those visiting from further afield, the North York Moors Accessibility project saw 12 tourism businesses, including accommodation and activity providers, develop their offer for those with additional requirements.

Catriona McLees, Head of Marketing and Communications at the North York Moors National Park Authority, said:

"The work with VisitEngland on the Accessibility Project has been extremely valuable for both ourselves and each of the businesses involved. It has truly galvanised commitments to be ambitious and progressive when it comes to access for all, and we are delighted to see the work recognised with a national award."

Those wanting to use a Trampler can visit outdoormobility.org to become a member and to book a vehicle. Membership starts from £2.50 for a two-week taster, with annual membership costing only £10. This gives access to a growing network of Trampers across England and there is no additional fee at any of the North York Moors sites.

For more information about other accessible days out in the North York Moors, please visit www.northyorkmoors.org.uk/easyaccess

Locality Budget Supports Routes Promoting Access For All

A selection of accessible trails has been launched to enable more people to explore the countryside around the Harrogate, Knaresborough and Ripon areas.

Open Country, a Harrogate-based charity providing countryside activities for a range of abilities, has updated its Breakfree Trails pack for the area, which highlights a dozen accessible routes, from Harrogate's Valley Gardens to Swinsty Reservoir and Staveley Nature Reserve.

Packs also exist for the Nidderdale, Wharfedale, Wakefield and Leeds areas. They have been developed with wheelchair users in mind, but will also appeal to families with young children and pushchairs, cyclists, anyone who might struggle with exercise and older people with limited mobility.

Publication of the new pack has been supported by the North Yorkshire Council member for Knaresborough West, Cllr Matt Walker, who provided a grant of £2,000 from his locality budget to cover the printing costs of the packs. Each of the council's 90 members has an annual locality budget of £10,000 to enable them to support local projects.

Cllr Walker said: "There are many good reasons to get out into the fresh air to enjoy the hugely varied countryside our county has to offer. The benefits to our mental and physical wellbeing are well documented, and it is essential that the opportunity is open to everyone, so I am delighted to have been able to support the creation of these packs, which are readily available and which offer accessible routes to local residents as well as visitors from other parts of North Yorkshire and beyond."

For each of the routes in the Harrogate area, the pack describes the surface, the severity of any inclines, the most difficult parts of the route and whether they are suitable for cyclists. The routes also include Knaresborough waterside, the Harland Way and Fountains Abbey.

For a Breakfree pack, visit www.opencountry.org.uk or contact Open Country's communications officer, Netty Newell, on 01423 507227 or at community@opencountry.org.uk

Seabirds On The Brink As Avian Flu Rips Through Colonies For A Third Year

The RSPB has raised the alarm call for seabirds as Avian Flu continues to put many species at risk across the UK. Thousands of seabirds are reported to have already died this summer, with 21 of the UK's 25 breeding seabird species now having tested positive for the virus since 2021.

Continuing into its third year, Avian Flu has been tearing through seabird colonies around the UK with devastating effects. Having suffered decades of declines, seabirds are now being pushed to the brink as the virus devastates colonies of species that were already recognised as needing urgent help, including red listed Kittiwakes and amber listed Guillemots and Tern species.

Recent outbreaks along the East coast of Scotland, Wales, Northern Ireland, the Midlands and Northern England are all causing grave concern. Across the RSPB's nature reserves alone, so far over 3000 birds have been recorded dead as a result of the virus in 2023, adding to the 17,000 fatalities reported across RSPB sites in 2022. Among them, earlier this year 800 Black-headed Gulls were found dead at RSPB St Aidan's, near Leeds, and 600 were suspected to have died due to Avian Flu at RSPB Saltholme near Middlesbrough. Meanwhile 20% of the breeding Black-headed Gull colony at Belfast Window on Wildlife were also lost.

While the total death toll is unknown, it is estimated that tens of thousands of birds have fallen victim to Avian Flu over the past three years in the UK, with many large outbreaks this year taking place both inland and along our shores.

According to the RSPB, seabirds will struggle to bounce back from the effects of Avian Flu as quickly as other species as they are long-lived and slow breeding. Some species can take up to 5 years to start breeding, and then only produce 1 to 2 chicks a year if they are successful. The impact of this ongoing outbreak on these populations will therefore be felt long into the future.

As Jeff Knott, director of policy and advocacy at the RSPB describes: "As a vital indicator of the health of our seas and marine habitats, seabirds are already feeling the impacts of the nature and climate emergency here in the UK."

The additional pressure of Avian Flu across the UK right now is a cause for great concern, as the cumulative three-year effect of this virus, on top of decades of declines amongst our seabirds, could potentially be catastrophic for some of our much loved, and most at risk, species."

Under immense pressure from other challenges at sea, including sandeel fishing, warming marine temperatures and entanglement with discarded fishing gear, seabirds face a cocktail of threats to their survival, the charity warns.

North York Moors National Park's Gallery Devotes Summer Exhibition And Event Programme To The Lost Spells

This summer the North York Moors National Park's gallery will be hosting a beautiful new exhibition inspired by the acclaimed nature book *The Lost Spells* and running a series of complementary events that deepen people's connections with the natural world.



The Yorkshire Arboretum is delighted to announce the arrival of the first babies from its new breeding group of Red Squirrels.

Four baby Red Squirrels have been born to two mothers, Holly and Hazel, who along with the dad, Erik the Red, arrived at the arboretum in winter. Their purpose-built, 2500 m2 enclosure was opened on 1 April and it seems that the squirrels lost no time in making themselves very much at home.

The first youngster, Hazel's kit, emerged in mid-June, while Holly's trio have recently been undertaking their first excursions from their nest box, enthraling visitors with their antics. Belinda and Kevin, who frequently visit the arboretum to see the squirrels said 'It's been so exciting to see the babies, from the first time they put their noses out of the box, to making their first ventures into the trees. They're incredibly cute!'

'We're really pleased that the squirrels have bred so soon' says Ben Paterson, Red Squirrel Officer at the Yorkshire Arboretum 'We really didn't know if they would, so this is wonderful. The kits will eventually go on to other facilities, ensuring that there's a viable population of captive Red Squirrels to use in reintroduction projects in future. In the meantime, come and enjoy them here.'

The Lost Spells: Listening to a Landscape of Voices exhibition, which includes artwork and a specially-created immersive soundscape featuring wildlife recordings and spell songs, is going on tour after 11 months at The Sill in Northumberland and the first venue will be the Inspired by... gallery at Danby Lodge National Park Centre in the North York Moors.

Running until 10 September, the family-friendly exhibition will bring to life the enchanting spell poems in the book, the sequel to the bestselling *The Lost Words*, written by Robert Macfarlane and illustrated by Jackie Morris.

The exhibition, which is free to enter, will echo *The Lost Spells* intention that each poem, which is dedicated to an animal, bird, tree or flower, should be read aloud. Along with admiring the beautiful illustrations, visitors will be able to hear recordings of wildlife such as owls, curlews and foxes and acoustic music from the *Spell Songs*.

For spellbound youngsters there will be a creative hub with sensory trays and drawing activities in the exhibition, while they will also be able to follow *The Magic of Nature Trail* in the grounds of Danby Lodge listening out for nature's sounds whether it's a robin chanting or an oak tree's leaves rustling.

For adults there is a creative writing workshop 2 September when author Clara Challoner Walker and poet Janet Dean will draw inspiration from the exhibition to encourage would-be writers.

Sally Ann Smith, curator of the Inspired by... gallery comments: "We're delighted to be the first tour venue for the exhibition, particularly as it is so inspiring and a wonderful way to help people feel more connected both with nature and our cherished landscapes."

Red Squirrels Breeding At The Yorkshire Arboretum



The three parent squirrels in the group have come from participants in the British and Irish Association of Zoos and Aquariums (BIAZA) Red Squirrel Studbook network, which aims to ensure a genetically diverse population in captivity.

As part of The Yorkshire Arboretum and Tree Health Centre's mission to promote healthy trees and woodland, one of the main aims of the project is to educate visitors about the challenges Grey Squirrels cause for Red Squirrels, trees and woodlands.

The Yorkshire Arboretum gratefully acknowledges the financial assistance from The Prince of Wales's Charitable Fund, and the abundant help and encouragement received from many individuals and organisations that has made the project possible, including the UK Squirrel Accord, the BIAZA Red Squirrel Studbook, the Animal and Plant Health Agency, the Howardian Hills AONB and Ryedale District Council, Castle Howard Estate, the Castle Howard Arboretum Trust, and artist Mark Hearld who created the Red Squirrel logo.

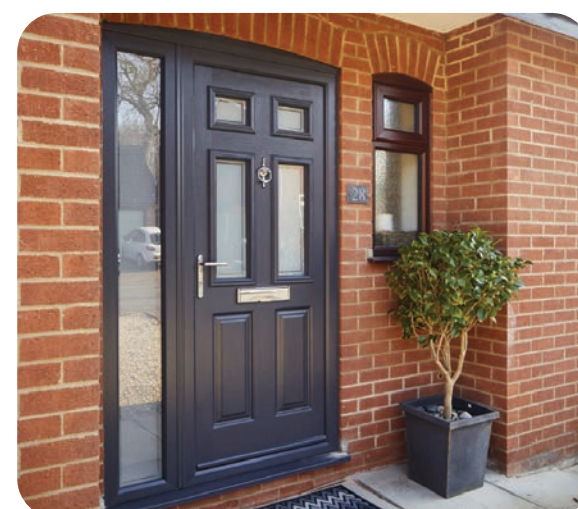
To visit the Red Squirrel Enclosure please book at;
www.yorkshirearboretum.org/red-squirrels

"We've lined up an events programme that will mirror and build upon the messages within the exhibition while providing a fun day out for children and adults alike."

The Lost Spells: Listening to a Landscape of Voices exhibition is in association with Penguin Books, and supported by the Community Foundation Tyne & Wear and Northumberland.

For more details about the exhibition, booking details for *The Magic of Nature Trail* and other events go to www.northyorkmoors.org.uk/inspiredby



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MUSIC

■ Imagine Dragons

The 2023 Leeds Festival Line-Up Is Going To Take You On A Magical Journey!

By Stuart Glossop

Honestly, LEEDS FESTIVAL is going to surpass the gorgeousness of this year's Glastonbury. Of course Billie Eilish and The Killers may be on everybody's lips but there are some outstanding artists that you should also make a point of seeing.

For example, Imagine Dragons. With 40 million albums and 50 million songs sold globally, as well as 60 billion combined streams, Imagine Dragons were the best-selling rock band of the 2010s, even as they were busy reinventing the genre. Billboard's Top 3 rock songs of the decade belonged to the band and "Radioactive" topped Billboard's Hot Rock Songs chart, and won a GRAMMY for Best Rock Performance,

this constant stream of releases has meant that Hot Milk were never away from the spotlight – or the stages they call home. Their rise kept accelerating, taking them to stadium support slots with Foo Fighters, the main stages of some of the best festivals globally, an appearance on Jimmy Kimmel in the US to tours with bands like Pale Waves and their own headline sold-out shows to over 50 million streams of the EPs alone.



■ Becky Hill

The two-time BRIT Award winner Becky Hill who has amassed over 7 billion streams to date and a growing catalogue of classic chart hits, has entered an exciting new chapter in her career with 'Side Effects', her first new release of 2023. Becky's summer schedule calls at the biggest events of the UK summer festival schedule.

Hot Milk have blossomed over the course of three self-produced EPs,



■ Loyle Carner

With Mercury and Brits nominations, and appearances in global brand campaigns, Loyle Carner has undoubtedly had a meteoric rise to the top, culminating with his second album Not Waving, But Drowning charting at number 3 in the UK albums chart in 2019. There's a central question that Loyle Carner keeps coming back to: "I'm young, black, successful and have a platform - but where do I go next?"

For Sam Fender it's been a huge 2023 so far for the North Shields hero, picking up a slew of BRIT awards for his second album, the critically acclaimed number 1 album, Seventeen Going Under.

Sam will triumphantly cap another incredible twelve months on the main stage at Leeds

Mimi Webb projects a voice as magnetic, massive, and magical as her personality. As "the girl next door" with a hell of a vocal range, she's quick to laugh, will let you know precisely what's on her mind, and isn't afraid to be heard. Originally hailing from the UK town of Canterbury, the pop singer and songwriter turns up the volume on every emotion with skyscraping runs and open-heart honesty.



■ The Last Dinner Party

The relatively unknown The Last Dinner Party, have become one of the most exciting new London bands, and are only about to debut their first single. They are a complete breath of fresh air. A band who mean every word they sing and every note they play, but really, they just want to have a lot of fun. And they want you to join them.



■ Holly Humberstone

Holly Humberstone has become renowned for painting a picture of a place so viscerally, being rooted in the walls and also people that makes a city liveable, where you can "get drunk with your mates and just forget about work". From her family home in "Haunted House" to feeling lost and isolated in her London shared flat with The Walls Are Way To Thin, Paint My Bedroom Black is Holly's fragmented and dark love letter to friends and lovers, a hideaway from the world when her fans need one.

And take time to become familiar with those just starting out. For example Inhaler have now racked up over 140 million combined streams globally and their debut was a certified Brit Breakthrough that sold over 120,000 across the world. Caity Baser, hailed as a one to watch by many including Rolling Stone. And, finally, Baby Queen who arrived in the pop sphere and quickly carved her name deep into its fabric with her crooked sceptre, a voice for the underdog generation.

It is going to be a fine festival come rain or shine. Stay safe and have a fabulous time.

Supreme Queen Featuring Scott Maley Come To Doncaster - Dome On Sunday 3rd September 2023!

Now one of the most recognisable tribute bands in the world, SUPREME QUEEN continue to take things to a whole different level, with their homage to the halcyon days of one of the planet's greatest ever rock bands.

Since their formation in the nineties, SUPREME QUEEN have played to hundreds of thousands of Queen fans across the world, headlining at major events including St. Tropez's International Queen Convention, where they played to 10,000 people.

Scott Maley's incredible vocal and visual resemblance to Freddie Mercury, fronting this remarkable band of musicians has seen SUPREME QUEEN become one of the most respected bands of

their genre anywhere on earth.

Closely following the ethos of the original band, they have always strived to create the Original Queen Live Experience.

Now we enter a new era for SUPREME QUEEN. As musically brilliant as ever, the new presentation benefits from stunning production values, plus sound and lighting effects designed to transport the audience to the halcyon days of their heroes.

Simply, a stage show designed to provide the most memorable of evenings for Queen's millions of fans worldwide.

Tickets for the show are available from;

www.supremequeen.co.uk/tour-dates

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competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 23rd August 2023. 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.

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The school summer holidays are finally here and North Yorkshire Water Park is offering fun for all of the family to help everyone celebrate in style throughout the six-week break.

Whether you need to entertain the little ones in the holidays, or an adrenaline chaser looking to try out some new water sports, this leading Scarborough attraction is the place to be this summer. And if one day isn't enough, check out the popular campsite or Lake View Lodges to extend your stay!

The Café @ North Yorkshire Water Park is open every day,

serving delicious food and refreshments to leave you refuelled and recharged after an action-packed session of thrilling adventures.

Showcasing a wide selection of activities for all ages and abilities, adventure awaits for the whole family this summer.

For the thrill seekers:

Make a splash on the two showstopping inflatable waterparks – try the newly refurbished 'Wipeout' course, which has four new exhilarating and challenging obstacles to put you to the test, from an extended lateral-climbing obstacle course to an audacious anvil-

shaped jumping platform. The popular 'Warrior' course will provide endless fun with its giant slides, climbing walls and more, allowing you to race against your friends to conquer the obstacle course in record time.

For those who are interested in trying out new water sports, North Yorkshire Water Park offers kayaking, Stand Up Paddleboarding and wakeboarding, where you can have lessons with instructors. For those who are more experienced, practise your flips and tricks and learn new skills whilst soaking up the sunshine.

If you'd rather stick to dry land, why not fly across the scenic lake on the 250m zipline from its 13m high tower, perfect for adventure lovers. You can even race your friends to the end!

For the water babies:

Enjoy a family day out where parents and little ones alike can have an unforgettable day with Splash Kingdom, an inflatable enclosed water park for children aged 3-7 years which allows younger guests to bounce around in a safe environment. Relax and soak up the sun whilst your little ones enjoy the great outdoors!

North Yorkshire Water Park also offers sailing taster sessions and lessons for little ones who want to learn a new and exciting sport, as well as pedalos to hire so you can explore the scenic lake.

For the fitness fanatics:

If you prefer to keep dry, you can take a bike ride, jog or walk along the 2.5k track and take in the beautiful views of the lakes. There's also a climbing wall where you can challenge yourself and choose from easy, intermediate and difficult routes.

For those looking to ditch the public swimming pools and enjoy the great outdoors, why not explore the lake and try open water swimming? Providing endless benefits for the mind and body, it's the perfect way to release your endorphins.

For those rainy days:

If you're looking to keep the family entertained on a rainy day, why not try the newly launched Puzzle Rooms at North Yorkshire Water Park? Featuring 30 challenging tasks that are designed to test perception, general knowledge and problem-solving abilities, the activities have been designed with all age groups and abilities in mind to ensure no one misses out on the fun!

For further information and to book please visit;

www.northyorkshirewaterpark.co.uk

Malton Food Lovers Festival



Home to artisan producers and award-winning independent businesses, visitors to the Malton Food Lovers Festival, Saturday 26th & Sunday 27th August this year can expect a huge array of unique stalls with tasty treats and gorgeous gifts, celebrity chef talks and demonstrations, live music and fun for all the family in foodie heaven.

The Food Lover's Festival is free to attend, and a Park and Ride is available at each entrance to Malton from the A64, with a free shuttle bus service to the event. Malton is also accessible via public transport with frequent train services to the town from York and Scarborough and Malton is on the award winning Coastliner bus route.

Children can get in on the action too with cooking lessons of their own, as well as fun activities and rides for them to enjoy. With live music, entertainment and a festival bar, Malton Food Lovers Festival will have a real party atmosphere.

For more information visit www.visitmalton.com

Leeds West Indian Carnival



Leeds West Indian Carnival takes place on bank holiday Monday 28th August. A showcase of the best of Caribbean culture for people to celebrate and enjoy.

The main parade will be setting off from Potternewton Park at 2pm to go around the streets of Harehills, Roundhay and Chapeltown.

For more information visit www.leedscarnival.co.uk

Summer Activities Announced For York's Chocolate Story



In a nutshell: York's Chocolate Story is unleashing the most unusual chocolate flavours to celebrate their Summer of activity. The 6 chocolate flavours have been created by YCS's chocolatiers to revive visitor's favourite tastes of the season. The selection includes wine, smoked barbecue and cheese, watermelon, flower and seaside.

York's Chocolate Story's 'choc-tastic' experiences for Summer. Visitors can immerse themselves in the world of chocolate with interactive tours, Summer Masterclasses, captivating walking tours, Truffle Rolling, cooling milkshakes, and the finest Belgian Chocolate.

Pricing: Tickets to the attraction start from £15.75 per adult and £13.50 per child. Boxes of the six unusual flavours are available for £6.50.

www.yorkschocolatestory.com

Have You Booked In For The Summer Challenge?



The summer of sport has made its way into the county's libraries, because this year's Summer Reading Challenge takes sports and games as its theme under the title Ready, Set, Read!

The challenge is open to children aged four to 11, and the task is to read six library books during the summer holidays, collecting prizes along the way, and a medal and certificate when they complete the challenge.

But that's just the start. Libraries across the county are helping families to keep their children entertained during the summer break with dozens of events linked to the challenge, in addition to their regular activities.

We highlight a few of them here, but pop into your local library to find out what's on and get involved.

Events are free unless stated, but places are limited, so make sure you book a place with your library in advance.

The Summer Reading Challenge

At Malton, free activities include Tom Palmer's football reading game at

11am on Friday, 11 August; and illustrator Liz Million showing how to draw Human Beans at 2pm on Tuesday, 22 August.

At Pickering there is a chance to meet author Tom Palmer on Friday, August 11, at 2pm. That event costs £1.

Events will also take place at Helmsley and Kirkbymoorside during the holidays, so contact the libraries for details.

Activities at Filey library drawing "human beans" with Liz Million, at 10.30am on Tuesday, August 22, as well as other events during the month.

Have a ball at Harrogate library on Tuesday, 8 August, at 2pm. Choose a ball to take home after you have given it a full workout on a range of fun challenges. This costs £2. On Friday, 11 August, at 10am and 2pm there will be a Pop-Up Cinema screening of a family film.

Knaresborough library offers a Lego session on Thursday, 9 August, at 10am, games on Thursday, 24 August, at 2.30pm and more.

Among the events at Richmond library are a puppet show at 2.30pm on

Tuesday, August 15, and a detective mystery event with author Gabriella Gordon on Saturday, August 19, at 2pm.

Summer Reading Challenge With A Theme Of Sport

Catterick library explores a day in the life of an astronaut with author Mike Barfield on Thursday, 24 August, at 2pm.

Among other events, Selby library offers the Summer Reading Pop-up Book Club at 10.30am on Tuesday 15 and 29 August.

Skipton library will host a drawing and storytelling workshop with Summer Reading Challenge artist Loretta Schauer, August 8, from 4pm to 5pm. Tickets cost £3.



At Whitby library, children aged four to 11 can take part in the six-week programme. The scheme encourages children to read six library books over the summer holidays, and the library is supporting the challenge with numerous events.

On Thursday, 10 August, from 10am to noon, children can help to build a sports stadium from Lego. On Thursday, 17 August, from 10am to noon, there will be sporty crafts, offering the opportunity to decorate a sports bag, trophy and mascot keyring for £2 per child. On Thursday, 24 August, 10am to 11am, Colebrooke Productions will offer a Ready-Set-Read! cheerleading and dance session. On Thursday, August 31, 10am to noon, Yorkshire Rotters will host their Smoothie Bike and Love Food, Hate Waste activity.

There are many more events than those included here, so pop to your library soon to find out what is on offer.

Learn more about the Summer Reading Challenge at;

www.summerreadingchallenge.org.uk

Immerse Yourself In Culture At First Ever Skipton Now Festival



A month-long celebration of a North Yorkshire town's heritage and culture is under way this month with a packed catalogue of entertainment.

The first ever Skipton Now festival promises fun for families, visitors and residents, with everything from historical guided walks to pop-up cinema screenings.

People of all ages can immerse themselves in the activities taking place in areas of Skipton which have benefitted from the Skipton High Streets Heritage Action Zone (HSHAZ) project.

The festival got off to a lively start with Yorkshire Day on Tuesday, August 1, celebrating God's Own Country with various Yorkshire-themed activities.

North Yorkshire Council's HSHAZ team will have a stall in the High Street where visitors can pick up a free Skipton Now programme outlining what is to come.

North Yorkshire Council's executive member for culture, housing and leisure, Cllr Simon Myers, said: "Skipton Now will be a unique celebration of the town and I am sure it will be extremely popular with people of all ages.

"A lot of hard work has gone into the festival and it is a credit to all those involved, including Skipton BID and the town council, as well as the team here at North Yorkshire Council.

"It will be an unforgettable month kicking off on Yorkshire Day."

There will be plenty for people to try their hand at, including being a curator for the day at Craven Museum, learning knitting and crochet techniques with Yarnale, painting in the Roses and Castles canal boat style, writing and producing a song, or becoming a photographer using just your mobile phone.

Other highlights include an Anthony Horowitz play at Skipton Little Theatre and a Mad Scientist Silent Disco at Skipton Town Hall.

The HSHAZ scheme is funded by the Ministry of Housing, Communities and Local Government and administered by Historic England and seeks to use the historic fabric of the town to regenerate the High Street.

Many of the events are running throughout the month, such as Fresh Perspective's interactive paint by numbers trail around Skipton, highlighting the heritage of the town's buildings.

There is also the chance to entertain children for free every Wednesday until August 23 at recreational areas in Skipton, featuring bouncy castles and giant games.

View the complete programme of Skipton Now events online at;

www.welcometoskipton.com/skipton-now-festival

Pirates & Mermaids – Summer At Mother Shipton's



This summer it's time to SHELL-abrate at Mother Shipton's Pirates & Mermaids event.

Take a trip under the sea to meet their very own magnificent mermaid and swashbuckling pirate!

Explore the Little Mermaid's enchanted cavern filled with gadgets and gizmos aplenty, whozits and whatzits galore!

Will you get lost in her magical world of dinglehoppers and thingamabobs?

SCUTTLE along the ARRR-mazing adventure trail to discover FIN-tastic nautical scenes and countless MER-mazing photo opportunities - you're guaranteed to have a WHALE of a time.

Runs until 3rd September, 10am to 5.30pm

Booking is essential via;

<https://mothershipton.digitickets.co.uk/tickets>

ENTERTAINMENT

WHAT'S ON TV & STREAMING



08 August - Only Murders In The Building, Season 3 - Disney+

Three strangers (played by Steve Martin, Martin Short and Selena Gomez) who share an obsession with true crime and suddenly find themselves wrapped up in one;

09 August - Strange Planet, Season 1 - Apple TV+

Adult animated series co-created by Emmy Award-winner Dan Harmon and New York Times bestselling author Nathan W. Pyle.

09 August - Annika, Season 2 - Alibi

Scottish-set crime drama starring Nicola Walker ('The Split', 'Unforgotten').

09 August - High School Musical: The Musical: The Series, Season 4 (Final) - Disney+

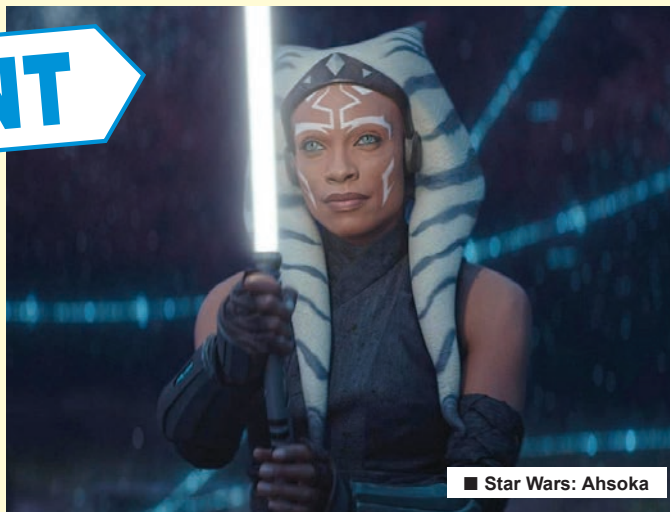
Drama following a group of students at East High who stage a performance of 'High School Musical' for their winter theatre production, only to realize that as much drama happens offstage as onstage.

11 August - Cruel Summer, Season 2 - Prime Video

A small Texas town when a beautiful popular teen, Kate (Olivia Holt), is abducted and, seemingly unrelated, a girl, Jeanette, goes from being a sweet, awkward outlier to the most popular girl in town and, by '95, the most despised person in America.

11 August - Billions, Season 7 (Final) - Sky Atlantic

Machiavellian politics & finance drama starring Paul Giamatti, Corey Stoll and Maggie Siff.



■ Star Wars: Ahsoka

16 August - The Chosen One, Season 1 - Netflix

A series based on the comicbook series 'American Jesus' created by writer Mark Millar and artist Peter Gross.

17 August - FBI: International, Season 2 - Sky Witness

New spin-off from the popular franchise which sees the FBI go international.

17 August - Sanditon, Season 3 (Final) - ITVX

Inspired by Jane Austen's unfinished final novel, Sanditon is a compelling depiction of a developing Regency seaside town at the forefront of the great social and economic changes of the age.

17 August - FBI (F.B.I.), Season 5 - Sky Witness

A show from Dick Wolf chronicling the inner workings of the New York office of the Federal Bureau of Investigation.

18 August - FBI: Most Wanted, Season 4 - Sky Witness

A spin-off from 'FBI' which centres on the Fugitive Task Force.

18 August - Shelter, Season 1 - Prime Video

New series, based on the New York Times best-selling series by acclaimed author Harlan Coben.

20 August - All American, Season 5 - ITVX

A rising high school football player from South Central L.A. is recruited to play for Beverly Hills High.

20 August - Joe Pickett, Season 2 - Paramount+

Based on the best-selling book series from CJ Box, Joe Pickett is the new game warden of Saddlestring, WY, a town as beautiful and charming as it is corrupt and dangerous.

21 August - Dark Winds, Season 2 - AMC Global

In 1971, two Navajo police officers are forced to challenge their own spiritual beliefs as they search for clues in a double murder case.

23 August - Invasion, Season 2 - Apple TV+

Invasion is set across multiple continents and follows an alien invasion through multiple perspectives around the world.

23 August - Star Wars: Ahsoka, Season 1 - Disney+

Rosario Dawson returns to the role of Ahsoka Tano, former Jedi Padawan to Anakin Skywalker, in her own series.

24 August - Quantum Leap, Season 1b - Paramount+

A part-reboot, part-continuation of the beloved sci-fi series, with Raymond Lee in the lead role.

30 August - Mayans MC, Season 5 (Final) - Disney+

Spin-off series from 'Sons Of Anarchy', this time following their Mexican counterparts, the Mayans MC.

MOVIES



■ Gran Turismo

09 August - Gran Turismo - PG-13

Based on the unbelievable, inspiring true story of a team of underdogs - a struggling, working-class gamer, a failed former race car driver, and an idealistic motorsport exec - who risk it all to take on the most elite sport in the world.

Stars: David Harbour, Archie Madekwe & Orlando Bloom

18 August - Blue Beetle - PG-12A

An alien relic chooses Jaime Reyes to be its symbiotic host, bestowing the teenager with a suit of armor that's capable of extraordinary and unpredictable powers, forever changing his destiny as he becomes the superhero Blue Beetle.

Stars: Susan Sarandon, Xolo Maridueña & Harvey Guillén

DVD, Blu-Ray & 4K DVD



7 August - 1923: A Yellowstone Origin Story - Season One - DVD



14 August - Book Club: The Next Chapter - DVD



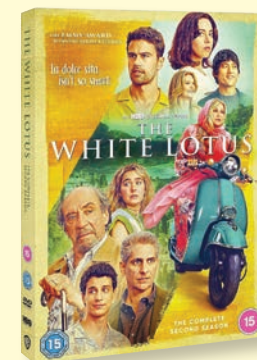
21 August - Weird Science - Limited Edition - 4K DVD



14 August - The Three Musketeers: D'Artagnan - DVD & Blu-Ray



21 August - Resident Evil: Death Island - DVD & Blu-Ray



21 August - The White Lotus: Season 2 - DVD

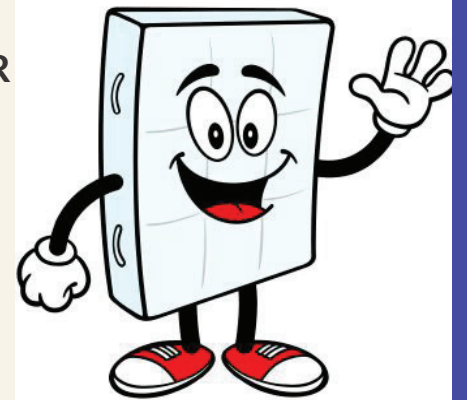
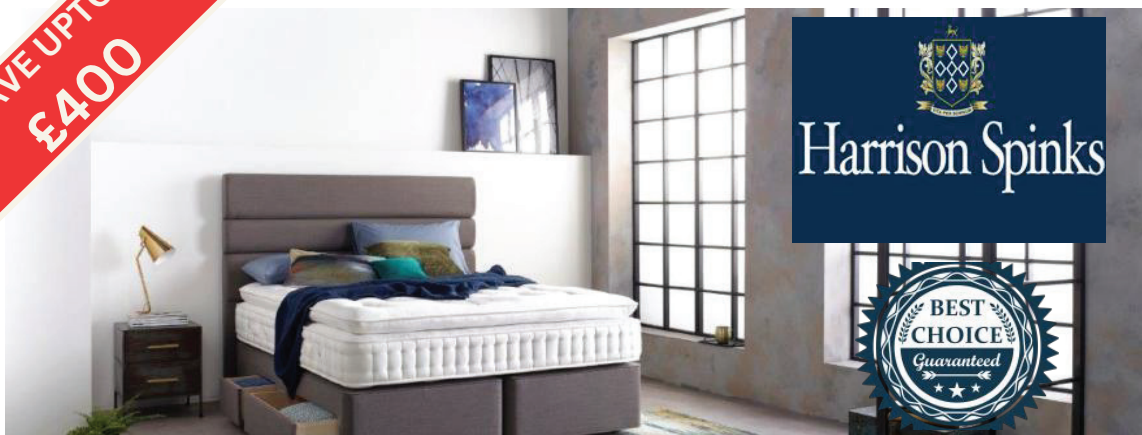
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Antiques And Collectables

With David Oddy

British manufacture was once the best in the world, now these days are gone. Household names such as Hornby and Corgi toys are now made in China, this is sad when you think of how those manufacturing skills were learnt by 5 year apprenticeships. Now everything is made with the press of a button on complicated electronic robots - those machines did not have an apprenticeship! I may be a dinosaur but I appreciate great workmanship carried out with pride and skill by artisan craftsmen and women.



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During the war when men were off fighting, our wonderful women folk filled all the jobs the men had done – quite often to a better standard! I lived as a child next to a munitions factory and a lot of the skilled work was done by the women, including working large metal machines, lathes and drills. Quite a few of the women came from Woolwich Arsenal in London, I had never heard a cockney accent before and couldn't understand a word they said other than the swear words which counted for a large percent of their conversations! They wore oil covered blue overalls and had more oil on their hands and faces than you would have thought possible. These women and girls did a great service to the country and should never be forgotten. The land and forestry lasses took over the agriculture, buses and trams were driven by women, the list is endless and was never fully appreciated and recognised.



Going back to my original moan about our manufacturing heritage, we once provided the world with clothing – tailoring in Leeds was a massive industry. My own mum who was the eldest of thirteen children worked at Burton's with six of her siblings. I may be wrong but I think you will struggle to find much English made clothing in our big chain stores today. I suppose it is all down to cost in a global market. I still think that old fashioned quality is important. I recently saw at auction what purported to be a Mouseman ashtray.



As it happens, I collect Mouseman furniture and items and on close inspection you could see it was a fake, probably made in China. This has an effect on genuine items because it makes people suspicious of genuine articles and therefore the market drops.



■ David Oddy inside his shop

Getting back to our shop, we have recently been buying and selling quite a lot of vintage toys and models including cars, planes, buses and some nice 60's clockwork toys. It seems quite a few people are now buying items from their childhood which bring back happy memories of days before computers took over our children. Sporting memorabilia is also very popular. I have in stock a cricket bat from 1885 with a small plaque denoting it was won for the best batting average that season, old football programmes before the 60's can be quite valuable, sporting medals in gold or silver have good values too.

If you have any of these items gathering dust please give me a call, I will call on you with pleasure without any obligation (although a cup of tea is welcome!) I am always looking for stock and pay fair and honest prices.

Thank you,
David.

Please see advert below for contact details and opening times.



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Diary Of A Pawnbroker The World Of Rolex

Rolex have always been a world leader in the luxury watch market. Luxury watches are built to last and designed to be passed on from generation to generation or in many cases, part exchanged or resold as an investment piece like a quality vintage car.

The pre-owned luxury watch market has received some correction since 2021 when lack of spending during lockdown and low interest rates triggered the fastest rise in the pre-owned prices of watches we have seen in the last 10 years.

The prices now seem to have normalised again and it has left the preowned market in a very strong position as nearly three quarters of currently made Rolex watches are worth more second hand than new.

Patek Philippe still commands the highest resale premium, though only half its models beat their retail price, along with Audemars Piguet and of course Rolex, these three brands drive the luxury watch resale market.

Speculation is one of the biggest drivers of pre-owned prices. Which model will be discontinued next and will it become collectable? When Rolex discontinued their steel bezel Daytona in 2016, their pre-owned price rocketed.

I remember being offered any number of pre-owned Stainless Steel Daytona watches when I opened my first Brown & Gold branch back in 2012. Back then they would have cost me £5500 each trade price with a view to selling them for £6250 if I was lucky. Just over 10 years later and you would be fortunate to find the same watch for less than £20,000 with most models selling for around £25,000 each. I wish I had filled my safe!

If you owned a pre-2000 Daytona with the Zenith movement you could be looking at double that price. Why? Basically because of supply and demand. Many customers tell us they are on the Rolex waiting list, but very few, if any ever receive the call to tell them their watch is ready for them to collect!

It is likely to be at least 5 years wait if you're able to buy a new Rolex Daytona. During that time we've seen Covid pass through, World Cups come

and go, markets rise and fall and four different prime ministers all within the time it takes to get your hands on a new Rolex Daytona. The pre-owned price is high for good reason.

We sell a vast range of Rolex at Christopher Brown Jewellers our prices are matched to those of the online market. The beauty of buying a watch from a recognised 'bricks and mortar' jewellers such as ours is that you get a full 2 year warranty, you know the watch has been fully serviced and authenticated by qualified Rolex technicians and if ever there was a problem, you can come back to us and rely on our excellent customer service to put things right.

What Are The Top Tipped Rolex To Invest In For 2023?

I have to be honest and admit that my personal guess is as good as yours (otherwise I would probably be sat in a nice big yacht sailing around the Maldives). However, when you research the view from experts, the general opinion seems to be as follows:



- Rolex GMT-Master II (Ref. 16710) This long production run means a lot of different versions of the watch were produced that include models with Pepsi and Coke bezels, as well as a fully black bezel version. All highly desirable and with lots of potential for being discontinued.



- Rolex Submariner Ref. (16610) If you consider what you get for your money it has remarkable potential to appreciate in value: the brilliant 16610 is a steal, especially when compared to the modern Submariners with ceramic bezels.



- Rolex Datejust (Ref. 16234) If you want a more affordable watch then look no further than the Rolex Datejust. For many, the Datejust is both a great way to enter the world of Rolex in terms of price, and a great watch for almost any occasion. You can wear the Datejust in casual situations and at formal events and the 16234 which features a 36-mm stainless steel case with a fluted 18ct white gold bezel is a true timeless classic.



- Rolex Explorer II (Ref. 16570) Rolex produced the Explorer II ref. 16570 for a total of 22 years before it was replaced by the new, bigger ref. 216570 in 2011. This watch was available with a black dial or a white "polar" dial and is an elegant slimline sports watch with a 40mm case.

There are so many more models available and small variations can have a huge impact in the value to the collectors eye. One thing is for sure, if you are prepared to give it time you can have many years of pleasure owning a luxury watch such as a Rolex and not be out of pocket in years to come should you ever need to sell it.

To view our latest range of Rolex and luxury watches visit www.christopherbrownjewellers.co.uk and arrange an appointment to view and try the watch you have always dreamed of in your nearest branch including, York, Seacroft, Shipley, Goole, Pontefract, Batley, Stockport, Prescott and Toxteth.

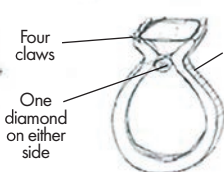
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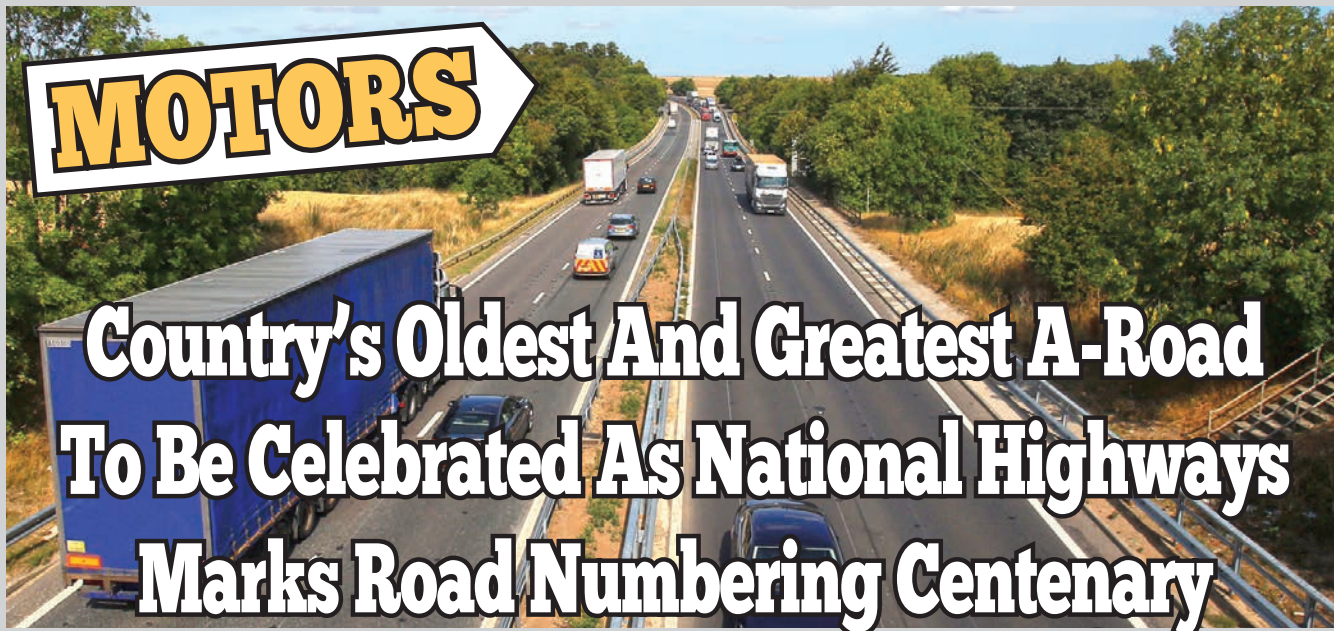
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There are many of us who need a bit of extra cash right now and our pawnbroking lending service could be just the thing you need to get through your short term cash requirements while your finances settle down. A pawnbroking loan is a secured loan against your jewellery, luxury watch or gold. We value your goods and use it as collateral, holding it in our vaults while you borrow the money against it.

Or Cash In Your Gold.....

The price of scrap gold remains at near record highs and we are paying top prices for resalable jewellery and even scrap or broken gold. You would be surprised how much even the smallest amount could be worth. Bring your gold to your nearest branch for an instant valuation and sell your unwanted gold or jewellery while the price remains high.



A new survey by National Highways has revealed that 4 in 10 people intend to holiday in the United Kingdom this year with many due to swap the hustle and bustle of city living for a quieter time elsewhere.

The survey showed that 3 in 10 people will be heading to coastal areas and the seaside for a summer getaway – including Whitby and Scarborough in Yorkshire.

This year, holidaymakers heading off on their travels this summer are being invited to celebrate the 100th anniversary of England's road numbering system.

National Highways has teamed up with the National Trust to celebrate the 'staycation' which coincides with a year-long celebration of the road numbering system.

National Highways manages around 2,600 miles of major A-roads in England with many tourist destinations relying on them to help bring visitors to some of the most iconic locations in the country.

Among some of the most popular A-roads likely to be busy this summer include the A30, known as the "gateway to the South West", while the A66 meanders its way through the rolling hills of Yorkshire Dales National Park on one side and the North Pennines Area of Outstanding Natural Beauty on the other.

To be in with a chance of winning one of six prizes from the National Trust, those heading off on their travels simply need to reply or comment on one of our competition social media posts on Facebook or Twitter writing about their favourite holiday moment, including a video or photo.

DISCOVER YORK'S TOP 5 MOST GOOGLED USED CARS

A recent study has revealed the UK's most searched-for used cars, with the Kia Sportage taking the crown.

Here are the top five most searched-for used cars in York:

- Kia Sportage
- Mini Countryman
- Volvo XC40
- Volvo XC60
- Nissan Qashqai

The study by car finance refund experts Undisclosed.co.uk evaluated the number of yearly searches for 145 models of used cars across 29 brands, to find which is searched for the most. This analysis reveals insights into the most coveted used cars in each UK city.

The study found that the Kia Sportage is the most searched-for used car in the UK, with an average of 33,970 searches each year for 'used kia sportage,' underlining the high demand for this South Korean SUV among UK used car buyers.

The Sportage, which celebrates its 30th anniversary this year, was also the most Googled used car in 38 out of 58 UK cities analysed, including Birmingham, Glasgow, and Liverpool.

Ben Snape, Director at Undisclosed.co.uk, commented:

"Taking a look at these figures, it's quite fascinating to see that the Kia Sportage is the used car model grabbing the attention of most York buyers, despite being more pricey than some of the hatchbacks on the list.

"This peek into consumer search trends offers a great insight for those looking to sell their own vehicle, and whether there is likely to be a demand for it."

UNDISCLOSED
.CO.UK

Alternatively, entrants can send a direct message on Instagram about their favourite holiday moment including a video or photo.

The competition officially closes on Sunday 10 September 2023.

More information about the competition can be found via:

www.nationalhighways.co.uk/about-us/a-roads-to-summer-competition

With more than 500 places of historic and natural beauty around England, Wales and Northern Ireland, 'staycationers' will never be far away from a National Trust site.

National Highways Customer Services Director, Andrew Butterfield said:

"To mark the 100th anniversary, we're delighted to be launching this special social media campaign and we look forward to seeing how people enjoy themselves this summer."

National Highways looks after a 670-mile network of motorways and A roads within the Yorkshire and North East region with the A1 –the Great North Road.

The 397-mile route linking London to Edinburgh was given top billing when the roads were first numbered by the then Ministry of Transport in 1921.

The stretch of the A1 in England has seen multiple improvements in the past 100 years, with four sections being categorised as motorways and given the name A1(M).

During the last two years, more than £270 million has been invested in maintaining and renewing the roads in the region with the planning and

launching of various projects with an aim to make improvements to the A1, A19, A63 and A64.

The Birtley to Coal House scheme will see four miles of the A1 improved – increasing the number of lanes from two to three on the northbound carriageway and three lanes to four on the southbound carriageway.

The A1 Scotswood to North Brunton scheme was completed and opened for traffic in November 2022 while work has also been carried out to make improvements to the A19 – a major A-road stretching from Thirsk in North Yorkshire to Northumberland.

Kate Wood, National Highways' Head of Service Delivery for Yorkshire and the North East, said:

"The A1 is historically the biggest and longest road in our network's history with hundreds of miles running through our region.

"We work tirelessly to keep people moving on this road all the way from Blyth to Berwick-upon-Tweed and hundreds of millions of pounds have been spent making sure the road is as safe and as well maintained as possible.

"Our traffic officers are also on hand to help with any incidents that may take place on the A-roads and look after drivers who may experience difficulties on the network.

"The centenary of the road numbering system is the perfect opportunity to reflect on how well the A-roads have stood the test of time and take pride in the way they connect communities across the country."

Rachel Johnston, Head of Holidays at the National Trust, said:

"As we head into summer holiday season, we're looking forward to welcoming people to the historic houses, beautiful gardens and wonderful coast and countryside in our care.

"A National Trust holiday home is the perfect base from which to explore the delights on your doorsteps and as such, we're pleased to be able to offer the six winners of National Highways' competition a complementary stay in one of our cottages."

Those heading off on their travels are being urged to have a safe T.R.I.P by using the new National Highways journey planning checklist before setting off.

National Highways says its important people carry out basic vehicle checks, and plan regular rest breaks every two hours to help reduce the number of collisions caused by fatigue.

The T.R.I.P checklist is based on four key principles which are:

- Top-up. Fuel, oil and screen wash.
- Rest. Take a rest break every two hours.
- Inspect. Check tyre pressure and tread.
- Prepare. Have a plan for all weather conditions.

National Highways also advises to make sure you check the Met Office weather forecast for your route and destination.



The team at a local Rotary Club has organised a Classic Car Show to raise funds for a York cancer charity.

Weighton Wolds Rotary Club will hold its ninth annual Classic Car Show at Langlands Garden Centre, Shiptonthorpe on Sunday 27th and Monday 28th August in aid of York Against Cancer.

Organisers are expecting between 80 and 100 classic cars to be on display daily over the two-day event, including a prewar Wolsey Hornet, a 1925 Austin 20 Open Tourer, an Austin London Taxi and some modern-day classics: a 2000 Ferrari, a Ford Capri and Morris Minors.

Classic car enthusiast and Weighton Wolds Rotary Club member, John Ducker is looking forward to the event: "We're very pleased with the calibre of classic cars that we attract to our shows. We are looking forward to this year's event and to welcoming classic cars from East, West and South Yorkshire.

"Over the years, our classic car shows have raised over £20,000 for various charities including Alzheimer's Society and Yorkshire Air Ambulance, so we're hopeful that this event will raise a significant amount of money to help York Against Cancer to fund their vital work. Last year we had over 200 over the two days and raised £5619.56 for the charity.

"We've always got room to display more cars, so if you're a classic car owner and would like to join us on either or both days, please email me at jcdandemd@btinternet.com."

Two cups will be awarded at the show: The Ian Peak Memorial Cup for the best pre-war car and a new for this year; the Weighton Wolds Presidents Cup for the car the President would most like to take home. These are sponsored by Drakes Garage, Shiptonthorpe and Langlands Garden Centre respectively.

The Classic Car Show takes place between 10am and 4pm on 27th and 28th August at Langlands, Shiptonthorpe. All are welcome and entry is by donation, with all proceeds going to York Against Cancer.

Weighton Wolds Rotary Club became a chartered Rotary Club in 2014 and its 48 members have raised over £100,000 since the club's inception. The club raises funds for both specific charities and for the Club's own charity account from which local bequests are made.

For more information about Wolds Weighton Rotary Club, please contact Secretary, Chris Stephenson via cstephenson2475@gmail.com.



200MPH 'ULTIMATE SUPERCAR' SHOW COMES TO YORK THIS SUMMER!

Get ready for one of the North's most action-packed car shows on 20th August as over 60 elite sports & supercars take to Elvington runway to showcase their top speeds this summer.

With 2 miles of runway available and expected speeds in excess of 200mph from the world's most sought-after supercars, this event offers one of the only places in the UK to watch supercars hit their top speeds.

On top of the runway action there will be a variety of special cars on show, car club displays, a supercar paddock, delicious food and drink from a range of vendors and a retail village full of automotive accessories, clothing, and memorabilia.

"We're delighted to have been given the opportunity to put on such a unique show. Our event is one of the few places in the UK that the public can

see performance cars reaching speeds above 200mph, and the combination of live runway action alongside static displays means there will be something for everyone." said an event spokesperson.

For those who want to catch every second of the action, the event will be broadcasted on large screens throughout the venue.

This family-friendly event promises something for everyone. Advanced Entry tickets are available now via the Ultimate Supercar website. Grab your tickets now to ensure you don't miss out on an unforgettable day of automotive entertainment.

For more information and to purchase tickets, visit:

www.ultimatesupercar.co.uk

GEM Junction Advice: Look - Then Look Again



ROAD SAFETY and breakdown organisation GEM Motoring Assist is encouraging drivers to take extra care at junctions, in an attempt to reduce collisions with motorcyclists.

GEM warns that summertime sees many roads becoming busier with weekend riders. But making that extra check for riders at every junction, on every journey, we will be greatly reducing the risk, and doing our bit for road safety.

In 2021, 310 motorcyclists were killed in Great Britain, 5,264 were reported to be seriously injured and more than 10,000 slightly injured. Many of these incidents took place at or near junctions, where drivers failed to see an approaching motorcyclist before starting a manoeuvre.

GEM chief executive Neil Worth said: "Around 30 motorcyclists are killed or injured every day at junctions, usually because of a driver observation error which some years ago picked up the nickname 'SMIDSY' – sorry mate, I didn't see you.

"As human beings we're not very good at identifying motorcyclists because they occupy such a small part of our field of vision. What's more, if we're not expecting to see one, then the chance of spotting one coming towards us is further reduced, and the risk of a collision is greatly increased.

"So that crucial second glance before pulling out may well reveal other hazards we missed when we looked first time and saw nothing – either because of naturally-occurring blind spot issues or because we were not expecting to see anything.

"So before pulling out of junctions, look carefully all around. Make a specific check for motorcyclists coming towards you. They're not always easy to spot – but if you're expecting them to be there, then you're far more likely to see them in good time... and prevent a potentially serious collision."

AVOID SMIDSY: THREE TIPS FOR DRIVERS

- Before pulling out at any junction, expect a motorcyclist – maybe more than one – to be coming towards you.
- Have a really good look, and don't pull out unless you are 100% sure there's nothing coming.
- Keep both hands on the wheel and look directly at an approaching rider. This can help show that you're not putting the car in gear to move off.

Squires Cafe

What's on @ Squires, AUGUST 2023;

Fri - Sun 4th - 6th - TBPI Group meeting

The annual meeting for the TBPI Group at Squires

Thurs - Sat 10th - 12th - Yorkshire Rock & Bike Show

Featuring 3 days of music and bikes. This year the show is in the top field in a massive marquee and not in the car park. Therefore the cafe will be open as normal. Tickets for the show are available from the cafe counter. Tickets are also available online at www.yorkshirerocknbikeshow.co.uk Tickets will remain valid for the 2022 show from the previous year

Sat 12th - Yorkshire Blacksmith Meeting

The Yorkshire Blacksmith group meet at Squires on the 2nd Saturday of each month between 11am and 3pm. If you are interested please come down and join in

Fri - Sat 18th - 19th - Polish Rock Festival

Lots of great Polish rock bands are performing in the function room over this weekend as part of the Polish Rock Festival

Sat 26th (AM) - Autojumble

Our monthly autojumble. Pitches are £5 each for sellers

Sat 26th - Victory Owners Club weekend

The Victory owners club will be on site for their annual meeting and rideout. Live band in the function room in the evening

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



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WAGGING TALES!

Pet Advertising Advisory Group Has Launched New Advertising Standards For Animal Welfare & Buyer Security

Following over 800,000 adverts for dogs, cats and rabbits being posted online in 2022, the Pet Advertising Advisory Group (PAAG), has launched its new Advertising Standards for classified advertising websites to reduce the number of poorly bred pets bought by unsuspecting buyers from low-quality online pet adverts.

Each year, many new owners become victims of unscrupulous online sellers, thinking they are buying from reputable breeders. With online pet advertising increasing year on year across popular classified selling websites, the new Advertising Standards have launched at a pertinent time.

The 2023 PDSA Animal Wellbeing (PAW) Report revealed 65% of pet owners found their pet online, equating to 15 million pets, a significantly higher proportion than in 2022 when it was 53%.

PAAG, which is made up of leading animal welfare organisations, trade associations and veterinary bodies, has revealed the new voluntary Advertising Standards, which are an updated version of the Minimum Standards launched in 2012.

They reflect the fast-paced development in this sector, and the aspirations of the popular advertising sites who engage with the group, to meet the highest standards possible for the sake of animal welfare and buyer security.

PAAG is pleased that six of the Advertising Standards have been

adopted into law, which is an encouraging step forward in online buyer safety. In England, Scotland and Wales, licensed sellers must now, by law:

- Include the number of the licence holder's licence.
- specify the local authority that issued the licence.
- Include a recognisable photograph of the animal being advertised (for cats and dogs only in Scotland).
- Display the age of the animal being advertised (except in the case of fish)
- state the country of residence of the animal from which it is being sold.
- state the country of origin of the animal.

Paula Boyden, Chair of PAAG and Veterinary Director for Dogs Trust, says:

"From underage animals, banned breeds, illegally imported or endangered species to animals offered in exchange for inanimate objects such as phones - the online marketplace for pets in 2012, prior to the launch of PAAG's original Minimum Standards, was a very different one to what we see today. It's hard to believe now, but before PAAG began engaging with the websites, it was common for online adverts not to include basic information like an animal's age or a photograph. Since then, we have seen increasing co-operation

and collaboration with our engaged websites, who are all focused on providing as safe an environment as they can for the advertisement of pets. This is an encouraging step; however, we know that there is still more to be done to ensure best practice in the sale of pets online.

"Our new PAAG Advertising Standards clearly set out the legal requirements for pets advertised online, the minimum standards we would expect a classified website to adhere to in its pet advert section. Additionally, they provide further steps that websites can take to keep buyers safe and appropriately informed, and ensure pet adverts are of the highest quality. PAAG is not a regulatory body, so we are hugely grateful to our engaged websites for their hard work and commitment in this area, and we are delighted that they have all agreed to making an annual declaration committing to the Advertising Standards."

Lord Benyon, Minister of State at the Department for Environment, Food and Rural Affairs, says:

"I am delighted to support the updated advertising standards announced by the Pet Advertising Advisory Group, which are backed by several of the country's largest pet-selling platforms.

"These standards will help enhance existing protections and make it easier for inappropriate or illegal advertisements to be removed as soon as possible - assisting future pet owners to make informed decisions in the process."

PAAG's Advertising Standards are an important step on the road to improving how pets are advertised online. PAAG works closely with the websites to provide support and advice on the moderation of adverts and issues of animal welfare. In recent work, the group has been looking at the language of adverts and offering advice on how to reduce the use of undesirable features from a welfare point of view - such as dogs with excessive skin wrinkles - being used as positive selling points.

The websites currently engaging with PAAG and who have committed to meet the Advertising Standards are:

- Freeads
- Friday Media Group
- Forever Puppy
- Gumtree
- Preloved
- Pets4Homes
- Puppy Choices
- Wightbay

Paula added: "We look forward to continuing to work with popular classified selling websites in order to help clean up the online marketplace and ensure online sales can be safe for both the animals involved and the buyers."

To read more about the Advertising Standards, visit;
www.paag.org.uk/about-paag

Close Supervision Of Children And Dogs Essential To Reduce The Number Of Dog Bites Says Dogs Trust

Leading dog welfare charity issues new guidance in time for the school holidays

New stats from the UK's leading dog welfare charity, Dogs Trust, reveal that 84% of parents leave their children unsupervised with dogs in their home, despite research showing the majority of bite injuries to children are caused by a dog known to the child.

The charity says many incidents could be prevented with close supervision and, with children and dogs set to spend more time together over the summer holidays, Dogs Trust has issued updated guidance to parents and carers in a bid to reduce the number of dog bites.

Last year, 8,000 people were admitted to hospital with a dog bite injury. 91% of dog bites to children under 14 years are from dogs known to the children in the home. Further research shows that dog bites in the home are often preceded by what can be seen as harmless interactions, such as children cuddling, hugging, brushing or kissing the dog.

Despite this, 85% of parents told Dogs Trust that they leave their children and dogs together unsupervised - 55% doing so very often or fairly often.

A quarter (23%) of parents questioned in the YouGov survey told the charity that their dog had acted in a way around their children that had caused them concerns, including accidentally injuring children through boisterous play or acting aggressively.

However, the most popular method used by parents for keeping children safe around dogs is not to separate but simply to rely on basic obedience training - 52%. Just 25% would put children and dogs in separate rooms, with 29% of parents using a stairgate to separate dogs and children.

Dogs Trust's new "Three S's" guidance has been put together with busy parents and caregivers in mind and is designed to help them to take action to prevent dog bites from occurring, by supervising and intervening (if needed) when their children and dogs are interacting.

Dogs Trust advice is to follow the Three S's whenever you have dogs and children together:

1. Stay close - Watch, listen, and remain close during child-dog interactions.
2. Step in - Intervene when either the child or dog looks uncomfortable or acts in an unsafe way.
3. Separate - Separate the child and dog if you are likely to be preoccupied or distracted, like using a physical barrier such as a baby gate.

More information, including a short video guide, can be found at www.dogstrust.org.uk/childsafety

Not only is this guidance designed to prevent injury to children, it's also there to protect dogs too as the outcome of bites sometimes results

in punishment to the dog and otherwise preventable relinquishment and/or euthanasia of the dog.

Owen Sharp, Chief Executive at Dogs Trust, says

"Around a third of all UK households now own a dog, and most dogs live harmoniously with children without incident. But with the majority of bites happening within the home, it's important that parents and caregivers take steps to make sure children are always supervised around dogs, even those dogs that they know very well.

"Basic training of dogs is not enough; close supervision of children and dogs while interacting is the most effective way of preventing incidents.

"Unfortunately, when the worst does happen, not only are children injured, but it can also have a devastating impact on the family pet, with some dogs handed over to organisations like ours for rehoming, or in some cases, euthanised."

Dogs Trust is also offering parents and caregivers a new FREE virtual masterclass. Run by dog and education experts, it has been created to provide top tips on implementing the 'The Three S's', including how to recognise subtle signs of worry in a dog that can often be missed.

To secure your place, please visit;
www.dogstrust.org.uk/childsafety

Oh We Do Like To Be Beside The Seaside.... Dogs Trust Leeds And RNLI Team Up To Keep The Nation's Dogs Safe At The Beach This Summer



As millions of families flock to the seaside to make the most of the warm weather, two of the UK's leading charities – Dogs Trust Leeds and the Royal National Lifeboat Institution (RNLI) – have teamed up to ensure our canine friends and their owners stay safe on the coast this summer.

It's thought that a third of all UK households now own a dog, and last year the RNLI rescued 164 of these dogs around the UK's coastlines. So far this year the charity that saves lives at sea has plucked dogs from the waves, rescued stricken puppies trapped on coastal ledges, and canines cut off by the tide.

To reduce the number of incidents involving dogs on the UK's coast, Dogs Trust and the RNLI have published some guidance to help dogs and their owners to enjoy the seaside safely together this summer.

Before you head out to the beach or on a coastal walk, it's essential that you always check the weather and tide times, and avoid taking your dog out in high temperatures. While most dog lovers will be aware that extreme weather and heatwaves can be dangerous – sometimes even deadly – for dogs, many will be unaware that exercising dogs in early summer temperatures as low as 21 degrees can cause heatstroke in dogs.

Dogs can't regulate their body heat in the same way as humans, so extra care needs to be taken in hot weather. If dogs are too hot and can't reduce their body temperature enough, they may develop heatstroke which can be fatal.

Dogs Trust And The RNLI's Top Tips For Seaside Success

If you are happy that the weather is suitable for your dog, Dogs Trust and RNLI offer the following advice to help you enjoy a trip to the seaside with your four-legged friend:

- Check that the beach you are visiting allows dogs. Some beaches have a dog-free policy at times of the year, and others have dog-free areas. But don't worry; there are plenty of dog-friendly beaches all around the UK so you can enjoy the joy of the beach with your canine friends.
- Make sure you keep your dog on a lead if you are close to cliff edges or fast-flowing water. If you are on the beach and your dog has not yet mastered the art of recall, make sure you keep them on a lead. Long training leads will give your dog the freedom to explore while helping to keep them safe.
- Before you head out for a walk with your dog on the coast, always check the tide times and plan your trip accordingly to ensure you don't get stranded. Tide times and heights fluctuate throughout the month so an area that was accessible throughout the day last week may get completely cut off today.
- Dogs love spending time in the sand, digging and exploring. But before you take your dog on the beach, check that the sand isn't too hot. If you can stand on it comfortably barefoot then it should be ok for them too.
- Provide shade and fresh drinking water for your dog all day, and pack some tasty treats so you can swap any unsuitable items your pup picks up on the beach for a dog-friendly snack!

- Don't let them get burnt. Keep your dog out of direct sunlight where you can. Use pet-safe sun cream on exposed parts of your dog's skin, like the tips of their ears and nose. Ask your vet for more advice if needed.
- Dogs shouldn't drink sea water as it can cause sickness and saltwater poisoning. Also keep a close eye on them to make sure they're not eating anything they shouldn't such as seaweed or plastic. Call the local vet if they do.

After being on the beach, rinse any sand and seawater off your dog's coat and paws with tap water to stop it from accumulating and causing irritation.

If your dog goes into the water, over a cliff edge or gets stuck in mud, don't go after them. Move to a place your dog can reach safely and call them. If you're worried about your dog, call 999 or 112 and ask for the Coastguard. The RNLI treats stricken pets the same as it does humans, and will always launch to assist if they can.

Dogs should never be left alone in cars as even just a few minutes in a hot car can prove fatal. On a 22-degree Celsius day, the temperature inside a car could rise by eleven degrees in just ten minutes and as dogs can't cool down the same way as humans, the heat can quickly become dangerous for them. If you see a dog in a car in distress, the charity advises that members of the public call 999.

Hannah Duerden, part of the Community Engagement Team at Dogs Trust, says:

"Many dogs love to visit the beach, with the sea and the sand providing lots of enrichment and fun for them. However, as RNLI stats show, dogs can get into trouble on trips to the coast, so it's important to take some basic steps to keep them safe, including keeping them on their leads near cliff tops, ensuring they have access to shade and fresh water and making sure the sand is not too hot for them to walk on.

"But keeping our dogs safe at the coast starts before you even leave home. Always check the weather forecast, and if it's too warm, stay at home. Heat stroke makes dogs very poorly, and in some cases can prove fatal."

Lewis Arnold, Lifeboat Coxswain at RNLI Newhaven Lifeboat Station said:

"As a dog owner, I know how much people's pets mean to them, so I understand what's at stake when we are being called out to rescue a dog.

"We will always launch the lifeboat if there is an animal in trouble on the coast, but there are a few things you can do to make sure it's not yours that we are going to save.

"Keep your dog on a lead when near cliff edges, harbour sides, or fast-flowing water, and if they do fall or enter the water unexpectedly don't go in yourself. If you move to somewhere safe and call them, they will probably get out by themselves.

"If you are worried about your dog, call 999 and ask for the coastguard – don't go after them and put yourself in danger."

Pioneering Multidisciplinary Approach Saves Beloved Puppy



A Wakefield animal hospital has performed a pioneering cardiology operation, a cardiovascular stent, for the first time to save a much-loved puppy born with a heart defect.

The complex surgery took place at Linnaeus-owned Paragon Veterinary Referrals and utilised the skills of the hospital's cardiology team, anaesthesia team and nursing team in a true multidisciplinary approach.

Ten-month old Maisie, a French bulldog, was suffering with pulmonic stenosis, which is a severe narrowing of blood flow exiting the heart, putting immense strain on her heart and placing her in real danger.

At a routine vaccination, her local vets had picked up a heart murmur and recommended she be referred to Paragon for a heart scan.

To save Maisie, Paragon undertook its first cardiovascular stent, which was implanted via a minimally invasive keyhole technique into the pulmonary artery.

The operation immediately improved the blood flow out of the heart and reduced the severity of Maisie's condition.

Chris Linney, head of cardiology at Paragon, said: "Maisie is Paragon's first patient to undergo a stenting procedure.

"Her condition was incredibly serious and required a multidisciplinary approach to give her back a good quality of life. I'm happy to say Maisie is now back home, she is doing well and recovered."

Maisie's grateful owner Anthony Cairns from Gateshead said: "We were shocked when we heard the diagnosis, as we had only had Maisie for just over a month.

"Heart surgery is obviously a big concern and we understood it would be a major operation but the team at Paragon talked through all the risks involved so we were able to make an informed decision.

"Now she's had the operation she is on the road to recovery. Her last scan showed her operation had taken around 50 per cent strain off her heart and she now has more energy and is more playful."

Chris added: "Maisie's condition called upon the expertise of the hospital's specialised nurses in anaesthesia and cardiology, four veterinary surgeons comprising three cardiologists and one anaesthetist, along with the full multidisciplinary team."

Paragon provides expert care in anaesthesia and analgesia, cardiology, dermatology, diagnostic imaging, internal medicine, neurology, oncology, ophthalmology, orthopaedics and soft tissue surgery.

For more information on Paragon Veterinary Referrals, visit www.paragonreferrals.co.uk



Could New Drug Really Be The 'Beginning Of The End' For Dementia?

Alzheimer's Society Answers Your Questions

Recent news marked a major turning point in the fight against dementia with a new drug shown to slow down the progress of Alzheimer's disease – the most common form of dementia.

Dr Richard Oakley, Associate Director of Research and Innovation at Alzheimer's Society, said donanemab could signal the 'beginning of the end' for the diseases that cause dementia.

The full results of trials, announced recently, revealed the drug is able to slow down the progression of Alzheimer's disease by over 20% for everyone who received donanemab on the trial. A slowing of 35% was seen in those in the earlier stages of the condition.

Alzheimer's Society estimates there could be up to 720,000 people in the UK who could benefit from new treatments like donanemab should they become available.

It is hoped this marks the first step towards a future where Alzheimer's disease could be considered a long-term condition, such as diabetes or asthma.

And while those diagnosed may have to live with the disease, they could have treatments that allow them to effectively manage their symptoms and continue to lead fulfilled lives for longer.

Donanemab works with the body's immune system to clear amyloid – a sticky protein that builds up in the brains of people living with early-stage Alzheimer's disease and is thought to be involved in the causes of the disease.

Alzheimer's Society was at the forefront of funding research into the role of amyloid in Alzheimer's disease over 30 years ago – and continues to fund research that will be pivotal to unlocking yet more breakthroughs.

Here, the charity answers questions about the new drug, the

importance of a timely and accurate diagnosis, and how to get support.

How Does Donanemab Work?

It works with the body's immune system to clear amyloid protein build up from the brains of people living with early-stage Alzheimer's disease. These amyloid protein build ups are thought to be toxic to brain cells, causing them to get sick and eventually die, leading to the symptoms of Alzheimer's disease.

What Tangible Difference Could Donanemab Make For People With Alzheimer's Disease And Their Loved Ones?

Based on the latest results, donanemab showed evidence of slowing down the progression of Alzheimer's disease by over 20%. A slowing of 35% was seen in those in the earlier stages of the disease. This represents a delay in symptoms getting worse of between 4.4 and 7.5 months.

How Far Off Are We From Treatments Like These Being Readily Available To The Patients?

Realistically, 2025 is the earliest this drug might be made available via the NHS. We need decisions as quickly as possible from the regulators MHRA and NICE.

A drug will not become available in the UK or Europe without having strong evidence to show that it is both safe and effective as a treatment. As well as this, we need our NHS to be ready. We can't be in a position where these drugs are available but people can't get them early when they work best.

What Is Available For Me If I Have A Different Form Of Dementia?

Unfortunately donanemab, if approved, would only be available for people living with the early stages of Alzheimer's disease. There are no treatments available which stop or slow down the progression of other diseases that cause dementia. This is why continued and increased investment into dementia research is absolutely crucial.

What Is The Difference Between Dementia And Alzheimer's Disease?

Dementia is a condition where problems with memory or other types of thinking make it hard for a person to do everyday activities by themselves. It can be caused by many different diseases that affect the brain. Alzheimer's disease is the most common cause of dementia, accounting for around 60% of those with the condition. Other types include vascular dementia, Lewy body dementia and frontotemporal dementia.

Why Is Getting A Diagnosis Important?



A diagnosis can be daunting but nine in 10 people told us they benefitted from getting a diagnosis. Getting a timely and accurate diagnosis of dementia can give you a better understanding of the condition and what to expect. It can also help you unlock access to treatments, support and care. Alzheimer's Society is a vital source of support for everyone affected by dementia. If you need help, visit alzheimers.org.uk or call 0333 150 3456 to speak to one of our expert Dementia Advisers. To get a free Alzheimer's Society symptoms checklist which you can use to discuss your symptoms with your GP, visit alzheimers.org.uk/checklist

Can I Get Involved In Dementia Research?

Yes, you can. In fact, we will only see progress in clinical trials for new treatments if people from all backgrounds have the opportunity to join them. It's not all about taking new drugs or having invasive tests, some trials are as simple as answering surveys and anyone over 18 in the UK can sign up. If you would like to know more, search 'Join Dementia Research' or visit www.alzheimers.org.uk.

2.5 Million More People In England Projected To Be Living With Major Illness By 2040

9.1 million people will be living with major illness by 2040, 2.5 million more than in 2019, according to a new report published by the Health Foundation.

The ground-breaking new analysis is part of a four-year project led by the Health Foundation's Real Centre in partnership with the University of Liverpool, focusing on levels of ill health in the adult population in England up to 2040. It lays out the scale and impact of the growth in the number of people living with major illness as the population ages.

The analysis finds that 19 of the 20 health conditions studied are projected to increase in prevalence, including a rise of more than 30% in the number of people living with conditions such as cancer, diabetes and kidney disease. Overall, the number of people living with major disease is set to increase from almost 1 in 6 of the adult population in 2019, to nearly 1 in 5 by 2040, with significant implications for the NHS, other public services and the public finances.

The challenges of improving care for an ageing population and enabling people to live independent lives for longer are not unique to England, with countries across the globe facing similar pressures on their health services. However, with the NHS already under unprecedented strain, the findings point to big changes in how care should be delivered in future.

Much of the projected growth in illness relates to conditions such

as anxiety and depression, chronic pain and diabetes, which are predominantly managed outside hospitals in primary care and the community. This reinforces the need for investment in general practice and community-based services, focusing on prevention and early intervention to reduce the impact of illness and improve the quality of people's lives.

The analysis finds that 80% of the projected increase in major illness (2 million people) will be among people aged 70 and over, with the remaining 20 per cent (500,000 people) among the working-age population (20-69 years old). It also projects that improvements in some of the main causes of poor health, such as fewer people smoking and lower cholesterol rates, will be offset by the impact of obesity as many people who have been obese for long periods of their lives reach old age.

The report warns that there is no silver bullet to reduce the growth in people living with major illness and that supporting people to live well with illness will increasingly be an essential function of health care and other services in the future. Its findings underline the need for a long-term plan to reform, modernise and invest in the NHS alongside a bold, new approach that invests in the nation's health and wellbeing.

Toby Watt, Lead Economist: Demand, REAL Centre, said,

'The findings from this report give us new insight into the future demand for health care in England. It is crucial to emphasise that

these are projections, not forecasts, which are designed to support policymakers in preparing for the future.

'The rise in people living with major illness will not occur overnight. Managing these pressures is achievable with careful planning, investment and changes in how care is delivered.'

Anita Charlesworth, Director of the REAL Centre, said,

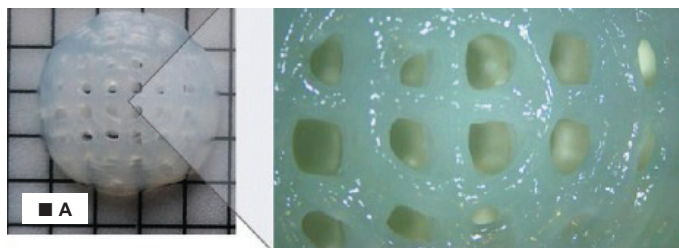
'The challenge of an ageing population with rising levels of major illness is not unique to the NHS. Countries across the globe face the same pressures. How well prepared we are to meet the challenge is what will set us apart.

'Over the next two decades, the growth in major illness will place additional demand on all parts of the NHS, particularly primary care, where services are already under extreme pressure. But with 1 in 5 people projected to be living with major illness in less than two decades' time, the impact will extend well beyond the health service and has significant implications for other public services, the labour market and the public finances.'

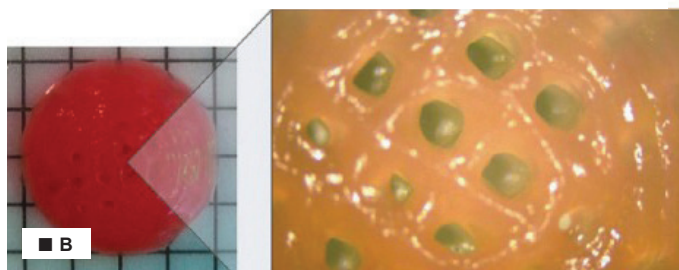
The report is the first in a new programme of research from the Health Foundation's REAL Centre, which aims to support policymakers by looking at patterns of illness over the next two decades. Following in the autumn, a second report will focus on the implications for health inequalities.

Queen's Researchers Create New 4D Printed Implants For Efficient Breast Cancer Management

Researchers from Queen's University Belfast have created personalised 4D printed "smart" implants for breast cancer management. This is the first time that 4D printing has been used for the manufacturing of breast cancer implants.



■ A) On the left side, the top view and on the right side the close-up view of A) Blank implant; B) DOX-loaded implant



These multipurpose new implants are programmed to change size to better fit within the breast cavity, resulting in personalisation to an individual's body, therefore, improving aesthetic and confidence outcomes for those who have or have had breast cancer.

The implants also have the ability to release chemotherapy drugs. The chemotherapeutic molecule will protect the patients from the return of the cancer cells in the area.

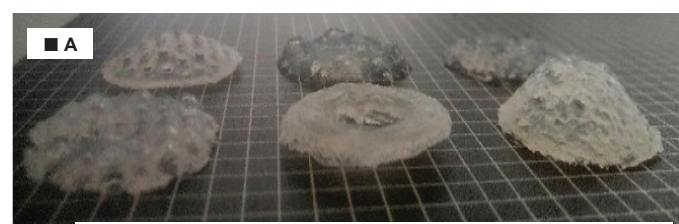
The innovative research has been published in the journal Science Direct.

The study was conducted by a team from the School of Pharmacy at Queen's University Belfast led by Professor Dimitrios Lamprou, Chair of Biofabrication and Advanced Manufacturing, and includes Dr Niamh Buckley, Reader from the School of Pharmacy; Sofia Moroni, PhD student from the School of Pharmacy at Queen's and the University of Urbino Carlo Bo in Italy; and Rachel Bingham, a PhD students from the School of Pharmacy at Queen's. The research team collaborated with Professor Luca Casettari from the University of Urbino Carlo Bo in Italy.

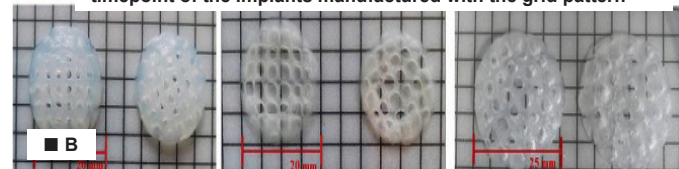
Breast cancer is the second most common cancer worldwide, especially among the female population. According to the World Health Organisation (WHO), more than 2.3 million cases occur each year and around 30% of cases die from the disease; making it the most common cancer among adults. Around 1,400 women in Northern Ireland are diagnosed with breast cancer every year.

Emerging technologies, such as 4D printing, present an opportunity to improve management of breast cancer through the development of smart implants. 4D printing is the manufacturing of dynamic 3D printed objects that are able to change their morphology and/or characteristics. These changes are predictable and programmable, and are enabled by one or more external stimuli, such as the variation in the pH, temperature, humidity, light, or the presence of a magnetic field.

Common transformations are related to shape-shifting abilities, such as folding, bending, twisting, expansion, and shrinkage, while property changes include the colour, the stiffness, and the swelling ratio. This is achieved by using stimuli-responsive materials, also called "smart materials".



■ A) Lateral view of the swelled implants. Top from left to right: honeycomb, followed by the linear and rectilinear patterns. Bottom left: grid, circular, and gyroid infill patterns. B) top view of i) printed designs ii) dry designs iii) swelled designs at 1 h timepoint of the implants manufactured with the grid pattern



The research team manufactured implants via a 4D bioprinter which contains doxorubicin that enables the implants to change size to better fit within the breast cavity. Due to the small size of these new breast implants they are also more affordable and easier to manufacture, meaning they can be prepared in hospitals for direct and personalised treatment, which reduces costs and provides better options for patients.

Commenting on the importance of this innovative research, Professor Dimitrios Lamprou, lead on the project and Chair of Biofabrication and Advanced Manufacturing from the School of Pharmacy at Queen's University Belfast, said: "This innovative idea started after discussions with doctors and patients, explaining us the challenges in operation, management and everyday life. By making, for first time, these 4D printed implants, the breast cavity after surgery can be covered with an implant that mimics the elasticity of the breast and provide better management of the breast cancer by releasing a chemotherapeutic drug that will "keep away" the return of the tumour."

Dr Niamh Buckley, Reader from the School of Pharmacy and responsible for the in vitro evaluation of these novel implants, said: "Chemotherapy plays a crucial role in the treatment of breast cancer, but it is associated with harsh side effects. The use of technology such as this, which allows a concentrated delivery of the drug just to where it is needed, can help make treatment more effective and kinder."

Organ Donation And Transplant Rates Continue To Recover, But Thousands Are Still Waiting

Latest annual figures published by NHS Blood and Transplant show that last year (2022/23), there was a 5% increase in the number of patients whose lives were saved or improved through an organ transplant in the UK.

The annual Organ and Tissue Donation and Transplantation Activity Report shows that 4,532 patients received donated organs from 2,386 donors – living and deceased – in the UK last year (2022/23). A five per cent increase on figures in 2021/22.

In the North East and Yorkshire, 525 patients received a living or deceased transplant, compared to 468 in 2021/22. There are currently over 7,000 people on the active transplant waiting list in the UK, including 911 patients from the North East and Yorkshire.

Clinicians warn that opportunities for transplant are still being missed due to families declining to support donation. People in the North East and Yorkshire are being urged to confirm their organ donation decision on the NHS Organ Donor Register, families are more likely to support donation when they already know it was what their relative wanted. 9 out of 10 families honour their family member when the donor had confirmed their decision to donate on the NHS Organ Donor Register.

Last year (2022/23) there were 324 organ donors in the North East and Yorkshire – living and deceased – compared with 311 donors the year before.

Anthony Clarkson, Director of Organ Donation and Transplantation at NHS Blood and Transplant, said:

"Over 50,000 people are alive in the UK today thanks to the life-saving gift of organ donation, and 525 people had a transplant in the North East and Yorkshire last year. But this wouldn't be possible without the generosity of

our incredible donors and their families who have given their support for donation at what is often the most difficult of times.

"We know that most people support organ donation in principle, and we have seen a steady increase in the number of people confirming their support for organ donation via the NHS Organ Donor Register, including 3.5 million in the North East and Yorkshire.

"However, we still need families to support their loved one's decision and agree to donation when approached, which we know is most likely when they know that's what they wanted. With only one per cent of people dying in circumstances where organ donation is possible, every donor is precious and has the potential to save up to nine lives.

"We urge everyone who supports organ donation to confirm their decision on the NHS Organ Donor Register. It is a simple action which only takes two minutes; but can ultimately save lives."

To find out more, and confirm your support for organ donation, visit: www.organdonation.nhs.uk, call 0300 123 23 23 or use the NHS app.

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Hundreds Of Patients Quit Smoking With The Help Of New Hospital Service

Health leaders in Humber and North Yorkshire have hailed the impact of a new service to help hospital patients quit smoking.

Since the start of the rollout of the tobacco dependency treatment service from the region's hospitals a year ago, more than 2,000 patients have been seen, with a third of those going on to become "completely smokefree" 28 days after leaving hospital.

The service is offered to patients – as well as staff – to support them to be smokefree on a hospital site, moving towards a truly Smokefree NHS. It's part of the NHS Long Term Plan, which says all hospitals should offer tobacco dependency treatment services to inpatients, maternity service users and mental health patients by 2024.

The Humber and North Yorkshire Health and Care Partnership began working on the design and logistics of the service in late 2021, with the first patients treated in August 2022.

Peter Roderick, Consultant in Public Health for Humber and North Yorkshire Integrated Care Board (ICB), and Senior Responsible Officer for the tobacco programme, said: "Smoking remains the single leading cause of preventable death in the Humber and North Yorkshire area and has a huge negative impact on health – cigarettes kill two out of every three users.

"Rather than simply telling people not to smoke when they come to hospital, offering effective tobacco dependency treatment is the most important thing we can do to free people from addiction, reduce their chances of having to come back to hospital and help them live longer, healthier and happier lives."

Barbara Lucas, a Tobacco Dependency Treatment Advisor at Hull University Teaching Hospitals NHS Foundation Trust added: "It has been brilliant to see the amount of people who have managed to quit for good with the help of the Tobacco Dependency Treatment Team after years of smoking.

"People tend to worry about cravings and withdrawal symptoms, but once they find the right level of nicotine replacement therapy, most really don't need to smoke at all.

"The bit that I love, is talking to the patients and working together to address habits and triggers around smoking and suggesting small changes which can ease that person's journey to becoming Smokefree."

A working group of representatives from NHS Humber and North Yorkshire ICB, hospital trusts, local government, community stop smoking services, pharmacy and public health teams worked together to develop and connect all providers of tobacco dependency treatment services with the new hospital delivered service, which in turn offers a more seamless service user experience.

Smoking is recognised as a chronic, relapsing, and treatable condition, rather than a lifestyle choice. Fortunately, there are very effective treatments available through Tobacco Dependency Treatment Teams in hospitals and community stop smoking services. People who get support are up to three times more likely to quit for good, than those who don't.

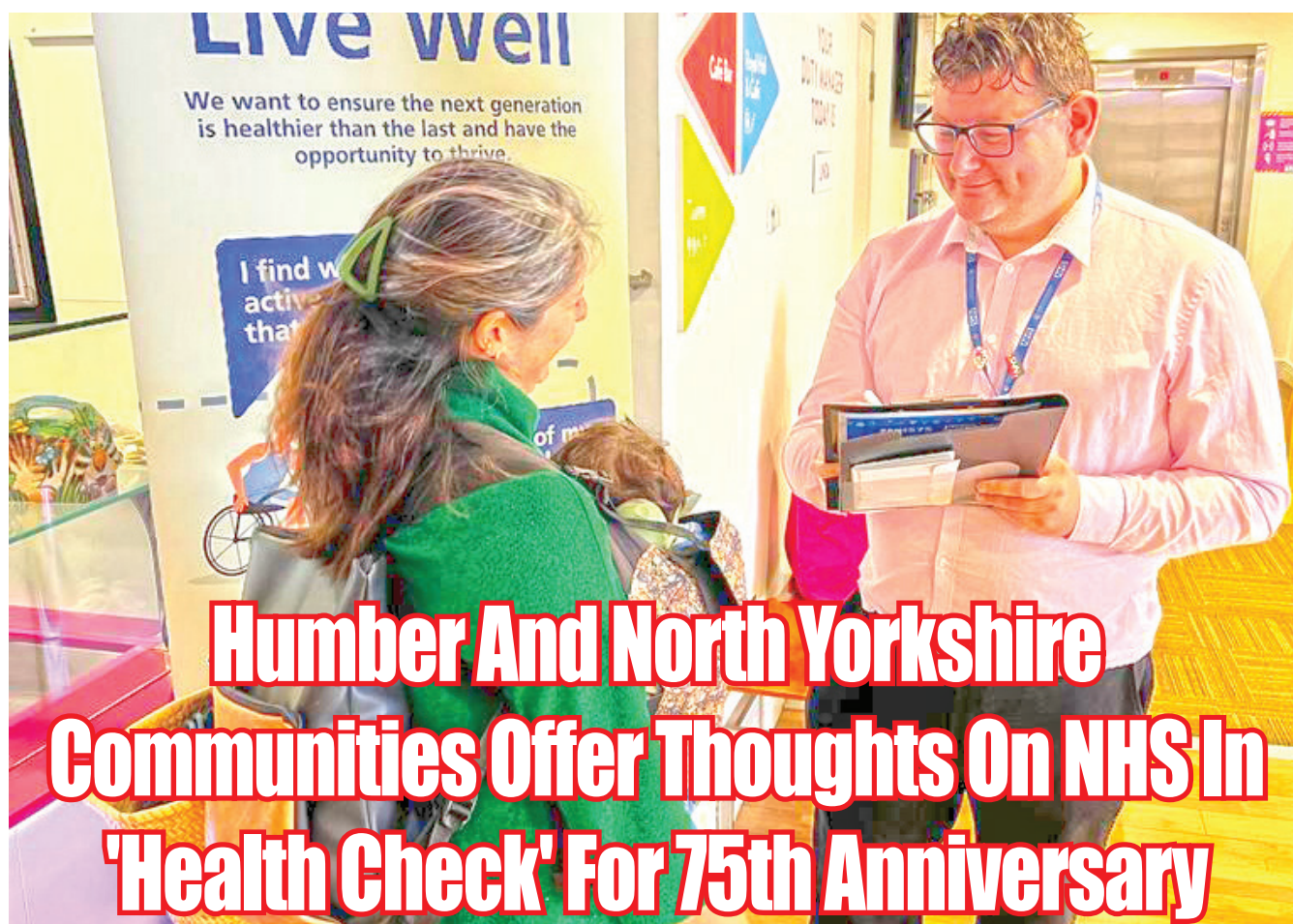
Of the patients seen to date in hospital, more than 60 per cent went on to make a plan to quit.

In addition to the hospital-based services, the ICB also rolled-out an enhanced stop smoking support offer for staff and contractors on NHS sites, helping them to be Smokefree at work.

Research Nurse, Paul Brittain decided give quitting another try in summer 2022. He explained: "What really helped me during my early days was the positive language that I heard: the team were non-judgemental, supportive, and acknowledging of the challenge and potential difficulties quitting smoking can pose.

"Nearly a year on and I feel amazing – breathing, moving, and smelling better than ever! More importantly, I am still smoke free, which I never envisaged hearing myself say and it's all thanks to the 'Swap and Stop Team' at York and Scarborough Teaching Hospitals NHS Foundation Trust."

SWAP&STOP
— Let's Treat Tobacco Dependency —



Humber And North Yorkshire Communities Offer Thoughts On NHS In 'Health Check' For 75th Anniversary

Communities across Humber and North Yorkshire have been providing feedback about local NHS services and how they can be improved for future generations.

The 'health check' is one of the ways NHS Humber and North Yorkshire Integrated Care Board (ICB) marked the 75th anniversary of the service, solidifying its commitment to ensuring patient voices are heard and integrated into the decision-making process.

Throughout recent weeks, over 400 responses were gathered in face-to-face feedback sessions at 19 locations, spanning the length and breadth of the region. Communities were encouraged to share their perspectives, provide constructive criticism and offer insights that contribute to improving services.

In addition to being out and about in the local communities, the ICB asked people to complete a short online survey. All responses will be analysed to identify key themes and topics, with a report being produced to inform the future work of the local NHS.

Anja Hazebroek, Executive Director of Communications, Marketing and Media Relations at NHS Humber and North Yorkshire ICB, said: "We

are immensely grateful to everyone who has taken the time to share their thoughts and experiences with us.

"Public engagement is at the heart of our mission, and the insights we gathered through these face-to-face sessions will be invaluable in driving positive change within our health and care system.

"Our team has worked hard to include a diverse range of voices and ensure that all of our communities are heard. We are committed to listening, learning and continually improving the services we provide."

By embracing a patient-centric approach, NHS Humber and North Yorkshire ICB has underscored its commitment to transparency, collaboration and accountability.

The collected feedback will play an instrumental role in shaping future strategies, policies, and service improvements, ensuring that the local health service aligns with the needs and preferences of the community it serves.

NHS Humber and North Yorkshire ICB reaffirms its dedication to cultivating a health and care system which values patient input as a vital driver in the pursuit of meeting the needs of the population now and in the future.

Humber And North Yorkshire Patients Are Positive About Their GP Practices

Results from the latest national GP Patient Survey published by NHS England, show that patients in Humber and North Yorkshire are positive about the care they receive from their local GP practice.

Despite the growing demand on services, GP practices in the region continue to provide a service resulting in almost three-quarters (74 per cent) of patients rating their overall experience as good.

The survey also found that confidence and trust in GPs and healthcare professionals remains extremely high at 94 per cent. In addition, 92 per cent of patients felt involved in decisions about their care and treatment, and 92 per cent felt that healthcare professionals met their needs.

GP practices in Humber and North Yorkshire scored above the national average in every area of the survey, with the key findings being:

- 74% described the overall experience of their GP practice as good.
- 92% felt involved in decisions about their care and treatment.
- 87% said their healthcare professional was good at treating them.
- 87% thought their healthcare professional was good at listening to them.
- 85% found GP practice receptionists helpful.
- 83% said that their mental health needs were recognised and understood.

Stephen Eames, Chief Executive of NHS Humber and North Yorkshire Integrated Care Board (ICB), said: "We are very pleased that primary care in our region continues to be rated highly by patients. These results reflect the hard work that all practice staff put in to provide patient-centred services.

"For many people, their first contact with the NHS is through their GP practice, so it is important that we provide a positive experience for them. In our region, where we know there are pockets of deprivation, it is encouraging that the experience our patients have is above the national average.

"I would also like to thank colleagues who work for the ICB and support GP practices in our effort to continually drive improvements within primary care. We are committed to creating a health and care system which meets the needs of the population."

Amanda Bloor, Chief Operating Officer at Humber and North Yorkshire ICB, said: "These results have been made possible thanks to the unwavering dedication and tireless efforts of our exceptional primary care staff across Humber and North Yorkshire.

"We are immensely proud that their commitment to patients has placed us above the national average in this survey. As we move forwards, we will look to build on these results to ensure everyone in our region can start well, live well and age well."

In Humber and North Yorkshire, there were an additional 270,593 appointments in general practice between January and March 2023, compared with the same period in 2022.

The ICB is continuing recruitment into primary care to expand the range of professionals working in general practice. Work is also underway to create a modern general practice which improves patient access and experience.

The GP Patient Survey is an independent survey run by Ipsos on behalf of NHS England. In Humber and North Yorkshire, 59,893 people aged 16 or over and registered with a local GP practice were invited to take part in the survey.

Between January and March this year, patients of GP practices in Humber and North Yorkshire were asked to rate the service in areas including making appointments, the care they received and how their health conditions were managed.

Results from the 2023 GP Patient Survey can be found online at gp-patient.co.uk



Passing Of Harrogate Hospital & Community Charity Supporter Inspires Fundraising

Following the sad passing of Andrew Lupton, Sales Director at Econ Engineering, local businesses, friends and family have raised over £15,000 in his memory for Harrogate Hospital & Community Charity (HHCC).

After talks with HHCC, Andrew's Family alongside Econ Engineering have decided all funds raised will help to purchase an MRI compatible ventilator monitor for use in Harrogate District Hospital's Intensive Care Unit (ICU).

Andrew was looked after with great care in his final hours by the ICU department and the donation of this equipment will aid in the care of future patients who spend time in the unit.

The ventilator monitor will allow clinical staff to accurately assess patients during transfer and ensure they can receive MRI scans while they remain ventilated.

Loved ones and local businesses paid tribute to Andrew by donating to HHCC through a JustGiving page set up by Andrew's Family. HHCC are aiming to reach the additional fundraising goal of £80,000 needed to purchase the ventilator through their own donations page.

Sammy Lambert, Business Development, Charity and Volunteer Manager

for HHCC, said, "We are incredibly grateful for everyone's kind and generous fundraising in memory of Andrew.

"This piece of equipment will enhance the experience of patients when they are transferred, benefit the work of our incredible staff at Harrogate District Hospital and leave a lasting legacy for many years to come.

"Our Director of Strategy, myself, some of the Charity and ICU Team and members of the public will take on National Three Peaks Challenge to raise vital funds for this equipment.

"Please donate, if you can. HHCC could not go above and beyond the provision of the NHS to fund equipment such as this ventilator without the generosity of our supporters who we are so grateful to have."

A spokesperson for Econ Engineering said "Econ are fully supportive of this project and would encourage as many people to support this fundraising effort where possible, which will help aid as many patients as possible in the future."

Visit Harrogate Hospital and Community Charity's donation page today to raise money for this lifesaving piece of equipment;

www.hhcc.co.uk/hhcc-post/national-three-peaks-team-icu

Call For 25,000 Volunteers As NHS Celebrates 75th Milestone

As the NHS turned 75, Royal Voluntary Service is calling 25,000 more people to step forward and support the health service now, and as we move towards next winter, by volunteering in hospitals and in the community.

The charity is currently recruiting volunteers for a range of rewarding roles in hospital settings and in the community, to meet the needs of those most vulnerable.

Royal Voluntary Service also delivers the NHS and Care Volunteers Responders programme with GoodSAM, which provides short-term support to people in need. Newcomers to volunteering are welcome to apply for the many flexible opportunities available with volunteers needed to deliver shopping and prescriptions to vulnerable community members, make friendly phone calls and pick up and deliver medical supplies.

In addition, volunteers are needed at the charity's shops, cafes, and trolley services to offer refreshments and companionship to patients, hospital staff, and visitors. They also offer lifts to hospital appointments, help out at dementia groups, and give practical and emotional support to more vulnerable patients following a hospital stay.

In total, 25,000 new volunteers are needed to bolster existing efforts and to be on standby ready for the anticipated demand in winter.

Since the NHS's inception on the 5th of July 1948, Royal Voluntary Service, one of the largest volunteering organisations in Britain has been providing vital, responsive services that support the NHS.

Elaine Paige, Royal Voluntary Service Ambassador, said: "Through my experience as an ambassador I've had the joy of volunteering with Royal

Voluntary Service's hospital trolleys. I witnessed the tremendous impact that a volunteer's friendly presence can have on patients. By simply offering a listening ear, volunteers provide patients with a sense of comfort and companionship during their hospital stay, which can often be a difficult time. If you can, please sign up to volunteer and make a difference in your community."

Catherine Johnstone CBE, Chief Executive of Royal Voluntary Service said: "As we mark 75 years of the NHS, we want to thank all the extraordinary volunteers who have supported the NHS since it began. Many of them have volunteered with Royal Voluntary Service and they have made a huge difference.

"And what better way to celebrate the NHS's 75th Birthday than by becoming part of its incredible volunteer team. Volunteering is a wonderful two-way experience that brings so much joy."

Since the very beginning, Royal Voluntary Service volunteers have worked alongside the NHS, from the Second World War to the pandemic, and into the present. 75 years on, the charity's volunteers can be found in communities and at NHS sites across the UK.

There are so many ways to get involved and support the NHS, volunteering with Royal Voluntary Service and Volunteer Responders allows volunteers to choose the role and style of volunteering that fits in with their life and lifestyle.

Those ready to sign up to support the health and wellbeing of individuals across England can find flexible volunteering opportunities at;

www.royalvoluntaryservice.org.uk

Ambulance Apprenticeship Scheme Success

Yorkshire Ambulance Service has been named as the top-rated NHS organisation in the national Top 100 Apprenticeship Employers 2023.

With a placing at 36, the Trust has been recognised for its commitment to creating new apprenticeships, the diversity of its apprentices, and the number of apprentices who successfully achieve their apprenticeships.

More than 500 of the service's 7,200 staff are apprentices, including ambulance support workers, associate ambulance practitioners and paramedic degree apprentices, as well as roles in corporate services like finance, operational support, learning and development.

Peter Elcock joined Yorkshire Ambulance Service as an Emergency Care Assistant in 2016, has completed the Associate Ambulance Practitioner scheme and is about to start on the degree apprenticeship with Huddersfield University to become a paramedic.

He was interviewed as part of a programme to launch the Top 100 Apprenticeship Employers which celebrates England's outstanding apprenticeship employers in 2023. The rankings are produced annually by the Department for Education, in partnership with High Fliers Research, which independently assesses and ranks the nation's top apprenticeship employers.

Kim Walsh, Apprenticeships Manager for Yorkshire Ambulance Service, said: "We are delighted to have ranked so highly; this establishes Yorkshire Ambulance Service as one of the leading apprenticeship employers in the country.

"We are proud of the opportunities that our apprenticeship scheme provides, particularly the frontline ambulance career development pathway with colleagues joining us on a Level 3 apprenticeship, moving to the Level 4 and then progressing to a degree apprenticeship to become a fully-fledged paramedic. This enables those, who may not have thought it possible to go to university, to get a fully funded degree."

Details of Yorkshire Ambulance Service's latest apprenticeship opportunities are available at;

www.yas.nhs.uk/join-our-team/apprenticeships

Friendly Donation To Life-Saving Cause

A friendly society has provided a potentially life-saving donation to Knaresborough Rotary's defibrillator team.

The Nelson Branch of Leeds Oddfellows has raised £200 for the cause, which will go towards the upkeep of defibrillators that the Rotary Club has installed in Knaresborough.

The money has been raised through raffles at the friendship group's monthly social events, which they hold at Gracious Street Methodist Church in Knaresborough.

Due to their fundraising efforts, Knaresborough Rotary has been able to install three defibrillators throughout the town.

The Rotary Club has also set up a fund to ensure the equipment is maintained and remains operational long after installation.

The Oddfellows' Nelson Branch is one of around 100 branches nationwide. It is part of one of the largest and oldest friendly societies in the UK and aims to help improve the quality of people's lives through friendship, care and charity.

To find out more about Leeds Oddfellows contact Helen on 07709 295317 or helen.bullock@oddfellows.co.uk or visit www.oddfellows.co.uk.

More information about the Rotary Club can be found by visiting; www.rotary-ribi.org

The Yellow Card Scheme You Can Report;

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- Defective Medicines

- Adverse Incidents With Medical Devices
- Counterfeit Medicines
- Side Effects Or Safety Concerns For E-Cigarettes

Reports can be made on the Yellow Card scheme website www.yellowcard.mhra.gov.uk, via the app available from Google Play Store or Apple App Store, via freephone (0800 731 6789, 9am to 5pm Monday to Friday)

Adverse incidents involving medical devices cannot be reported by telephone. Please report online or by email to aic@mhra.gov.uk

 **Yellow Card**

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

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

- AUGUST
- BARBECUE
- BEACH
- CAMPING
- FAMILY
- FUN
- GARDEN
- HOLIDAY
- ICE CREAM
- OUTSIDE
- PADDLING POOL
- PICNIC
- SAND CASTLE
- SUNGLASSES
- SUNNY

HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?



- 1 - How many dangerous attacks have Northern revealed its trains had been the target of last year?
- 2 - When is the deadline for the 'Community Organisations Cost of Living Fund' applications?
- 3 - Who have sold 40 million albums and 50 million songs globally, as well as 60 billion combined streams?
- 4 - When is the Malton Food Lovers Festival?
- 5 - Last year, how many dogs did the RNLI rescue around the UK's coastlines?
- 5 - Who needs 25,000 new volunteers to bolster existing efforts?



WIN A YORKSHIRE TIN OF TREATS & YORKSHIRE MIXTURE 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!

July edition answers

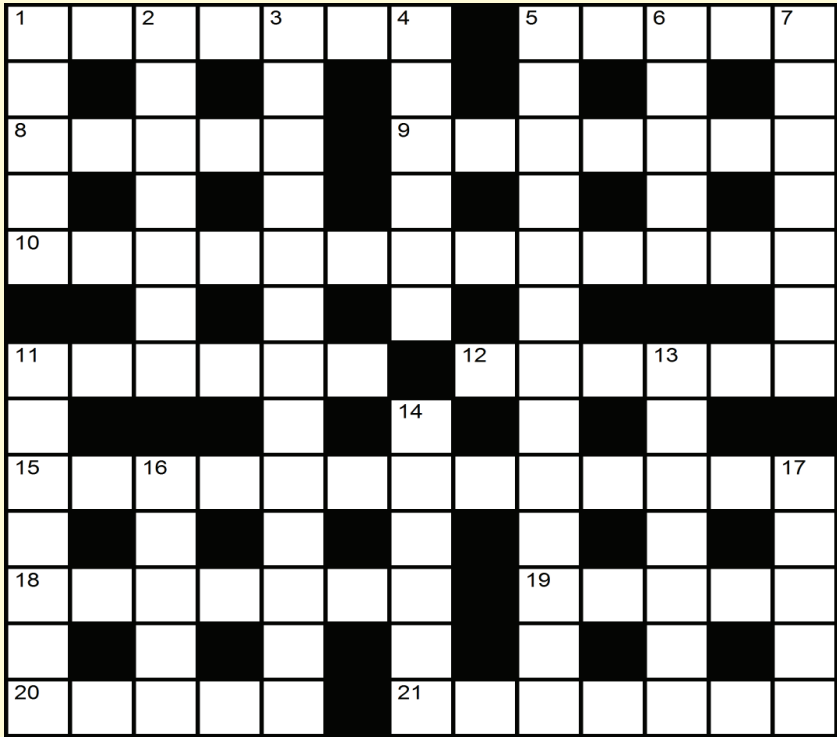
L	H	K	I	B	E	D	F	A	J	C	G
I	E	G	F	D	A	C	L	J	K	B	H
J	D	C	K	G	L	I	B	H	E	A	F
B	A	F	H	C	J	K	E	G	L	D	I
F	C	H	J	I	D	B	A	K	G	L	E
G	K	E	C	A	H	F	I	L	B	J	D
D	I	B	L	E	G	H	J	C	A	F	K
A	J	L	B	K	F	G	D	E	H	I	C
K	F	A	D	H	C	J	G	B	I	E	L
H	B	I	E	L	K	A	C	D	F	G	J
C	L	J	G	F	B	E	K	I	D	H	A
E	G	D	A	J	I	L	H	F	C	K	B

How Much Info Have You Retained answers;

- 1. 2,500 2. Living Streets
- 3. Busted 4. 1801
- 5. Christopher Brown Jewellers
- 6. English Bulldog

Drop Quote Answer;
The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community

Crossword



Clues:

Across

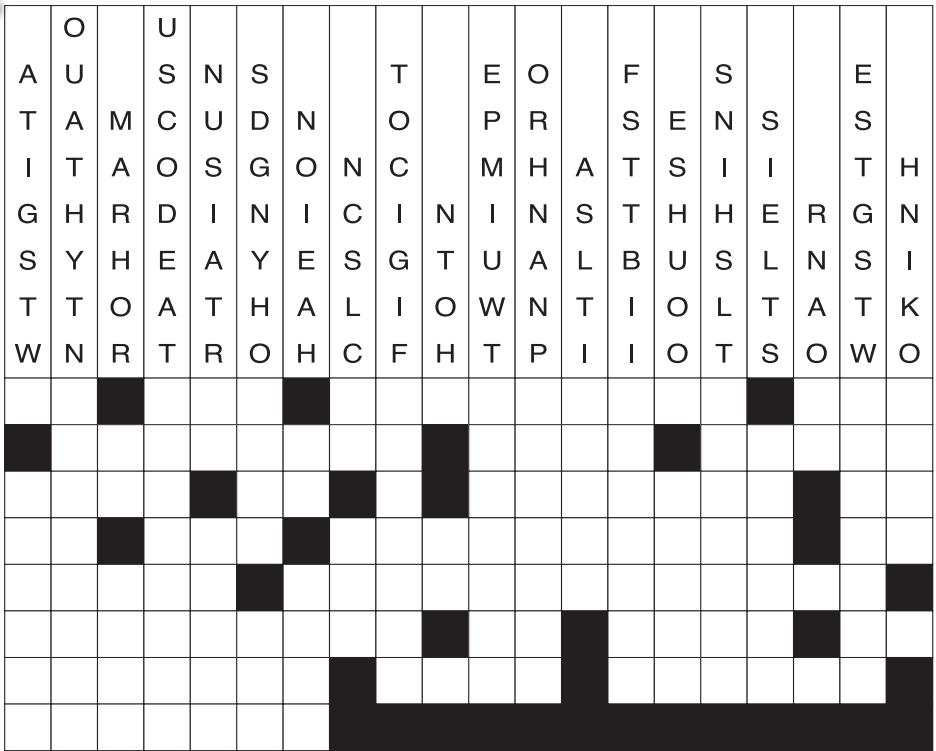
- 1 Overwhelmed by
- 5 Hunger for
- 8 DVD remote button
- 9 Healthy cooking vessel
- 10 Fanatical society members (7,6)
- 11 Cold dessert
- 12 Join the army
- 15 Sausages in a batter
- 18 Generally speaking (2,1,4)
- 19 Quartz variety
- 20 Loyal
- 21 View

Down

- 1 Hunky-dory
- 2 Janitor
- 3 Latest (2,2,3,6)
- 4 Cut in half
- 5 Like 50% off? (9,4)
- 6 Paperwork
- 7 Heartfelt
- 11 Begin a voyage (3,4)
- 13 Cut off
- 14 Anxiety
- 16 Proverb
- 17 Hostile force

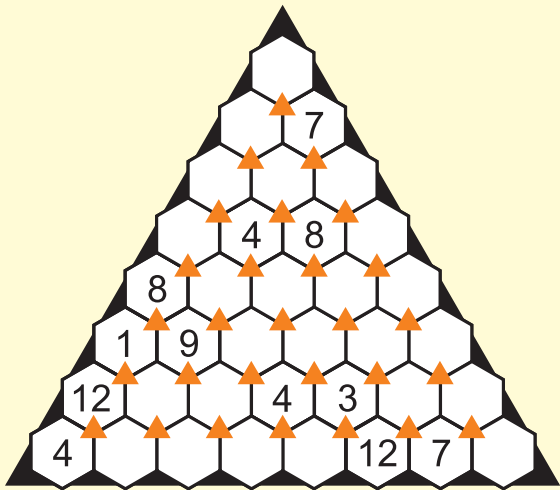
Drop Quotes

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!



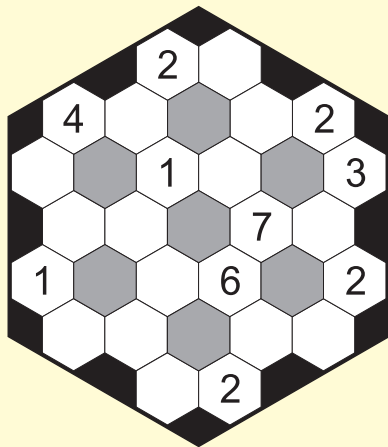
Subaddo 3D

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.



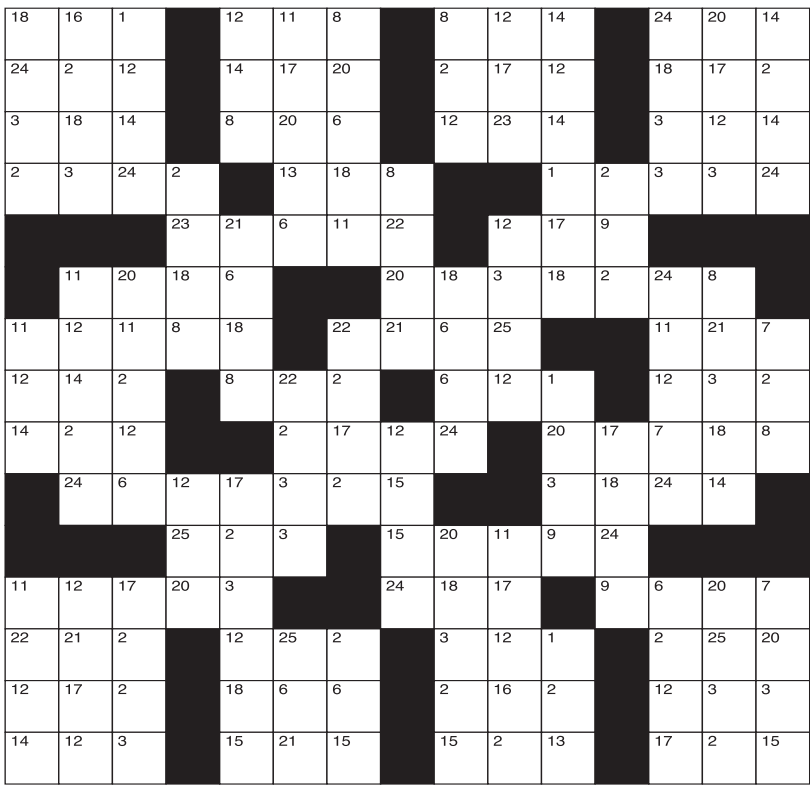
Rosetta

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



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	N/A	N/A	13	14
15	16	17	18	19	20	21
22	23	24	25	N/A	26	

GIVEAWAYS

#3 = L
#2 = E
#11 = C

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 - TSRIHPI PARTOTRSN PEICOL

2 - STOC OF GLNVII UFND

3 - PYESK EIDGMS

4 - LOEXR ERSIANBURM

5 - OUMENSAM
- 6 - LHYOL NUMREBETSOH

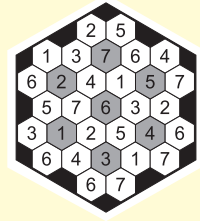
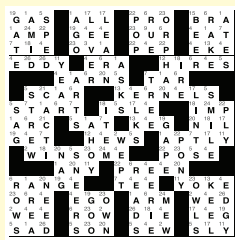
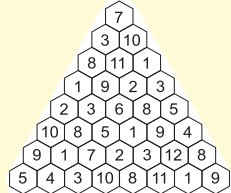
7 - DIEAMNTE HRRSCEEA

8 - DITEUN RPCTESA

9 - OSSA OESURTSRPE

10 - KSHOTANSLCE

July edition answers



- Word Scramble:
1. Data Hoovers

2. Charles Maher

3. Billie Eilish

4. Ocean Colour Scene

5. Osmotherley

6. Scampston Hall

7. Border Terrier

8. Russell Grant

9. Games Temple

10. Wizard of Oz

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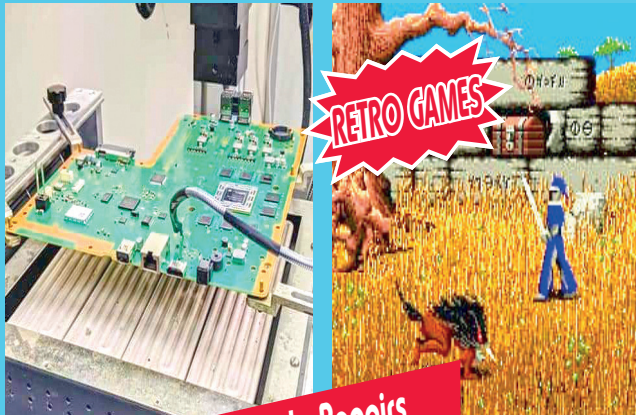
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Monthly Horoscopes

By Russell Grant

ARIES March 21st - April 20th

Neither a lender nor a borrower be on the 1st; the Full Moon makes mixing friendship with finance disastrous. It is a good day, however, to finish a demanding work project. On the 16th, the New Moon warns against taking an emotional or financial risk. It's better to take a conservative approach. It will be necessary to revise a work project on the 23rd, but don't let that get you down. Your diligence will result in a pay rise, promotion, or exciting job offer on the 25th. Shift your attention from work to relationships on the 27th; you're overdue for some cosy companionship. A second Full Moon on the 31st brings an end to a period of rest.

TAURUS April 21st - May 21st

A professional project wraps up on the 1st, causing you to question your career path due to a disruptive Full Moon. An egotistical family member resents your star power on the 7th; make it clear that you're not trying to compete. On the 16th, the New Moon makes you restless. A loved one's selfish behaviour could take your breath away on the 22nd; it's time to reassess this relationship. A past love reconnects with you on the 23rd, giving your self-esteem a much-needed boost. Your restless energy eases on the 29th, helping you to commit to a plan of personal improvement. The second Full Moon on the 31st helps you graduate from a demanding course of study.

GEMINI May 22nd - June 21st

The Full Moon on the 1st brings an end to an adventure that has brought you great joy. Try not to be sad. An imposing authority figure will criticise your priorities on the 2nd, but stand firm. On the 16th, the New Moon warns against only talking about yourself with a creative person. You'll learn something important by listening more than you speak. Nostalgic thoughts prompt you to frame some favourite photos or look at beautiful mementoes on the 23rd. Go after the object of your desire on the 27th, even if it means being more aggressive than usual. On the 31st, the second Full Moon finds you resolving a serious professional matter that has been demanding your attention.

CANCER June 22nd - July 23rd

On the 1st, the Full Moon cautions you to rein in your spending. You can always generate the abundance you want, but you must develop a prosperity consciousness before that can happen. Don't lend or borrow money on the 7th, or a close friendship could be seriously damaged. You'll receive a lavish gift on the 13th, making you sigh with happiness. On the 16th, the New Moon attracts a moneymaking opportunity. Hold out for working with a well-established company that delivers on its promises. It may be impossible to resist the allure of a magnetic admirer on the 25th. A second Full Moon on the 31st is perfect for claiming your power as a respected expert.

LEO July 24th - August 23rd

The Full Moon on the 1st brings significant changes to a close relationship. Striking a healthier life-work balance is critical on the 7th. It's a good time to take a relaxing vacation. Your allure will be especially powerful on the 13th; use it to attract someone into your web of intrigue. Ignore a powerful urge to radically change your appearance on the 16th; the New Moon is tempting you to assume a look that won't suit you. The 23rd brings an opportunity to increase your fees. Cultivate a feeling of prosperity on the 27th. Unexpected changes in your professional world on the 29th work to your advantage. The second Full Moon on the 31st brings an end to a difficult situation.

VIRGO August 24th - Sept 23rd

On the 1st, the Full Moon warns against overdoing it with an exercise routine. An opportunity to study with a gifted teacher will arrive on the 10th; waste no time signing up for this course, as places will fill fast. The New Moon on the 16th makes you yearn for privacy, but an annoying pest keeps disturbing your peace. Sneak off to a quiet place where nobody can find you. Don't pressure a dreamer into making a decision before they are ready on the 22nd, or they'll resent your interference. Your sensual side comes out in all its glory on the 23rd. A romantic or business alliance will take a serious turn on the 31st, thanks to the Full Moon.

LIBRA Sept 24th - Oct 23rd

On the 1st, the Full Moon will motivate you to move away from a romantic relationship that no longer serves you. A friend asks for a loan on the 7th, but you shouldn't feel guilty about turning down this request. You could find love at a party on the 13th; wear something special and look your best. The New Moon on the 16th warns against scattering your energies far and wide. It's better to concentrate on one relationship that makes you feel loved and supported. The 22nd isn't good for going on a shopping spree. A boost of energy on the 27th helps you realise a big dream. You'll turn the corner with a demanding health issue on the 31st, courtesy of the second Full Moon.

SCORPIO Oct 24th - Nov 22nd

A tense domestic situation ends on the 1st, thanks to the Full Moon. Your best friend or business partner's erratic behaviour affects your work performance on the 9th; it's time to set some firm boundaries. Use the 13th for going to an interview or audition; you'll make a fantastic impression on everyone you meet. On the 16th, the New Moon warns against going public with information that could affect your career. An intense connection on the 25th will prompt you to pursue a lifelong dream. A partnership will become more secure starting on the 29th. A second Full Moon on the 31st urges you to wrap up a creative project.

SAGITTARIUS Nov 23rd - Dec 21st

The Full Moon on the 1st makes you reconsider the way you talk to a wild-eyed optimist. Don't accept a work assignment that keeps you from travelling on the 7th. The 10th is perfect for signing a contract that draws on your expert knowledge. On the 16th, the New Moon tempts you to venture into unfamiliar territory, but be careful. Returning to a former employer on the 23rd is a great way to dust off skills you acquired long ago. Don't second-guess your instincts on the 27th. A second Full Moon on the 31st is ideal for wrapping up a real estate deal. Buying or selling a property will create long-term financial security.

CAPRICORN Dec 22nd - Jan 20th

On the 1st, the Full Moon brings a paycheck that is less than expected. Don't hesitate to stick to your guns during financial negotiations on the 2nd. Acquiring a valuable skill on the 10th allows you to travel widely. The New Moon on the 16th warns against letting down your guard with someone you don't know very well. The 23rd brings an opportunity to work with a respected expert you've always admired. Limiting thinking keeps you from spiritual growth on the 27th. An old love interest comes back into your life on the 29th. On the 31st, a second Full Moon prompts you to wrap up a work project that has kept you anchored to your desk.

AQUARIUS Jan 21st - Feb 19th

The Full Moon on the 1st marks the end of a role you've held for a long time. On the 9th, your family disapproves of choices you make in your personal life. Instead of getting defensive, ignore their warnings and complaints. Setting a healthy boundary is best for everyone involved. The New Moon on the 16th tempts you to embark on a romance, but be careful. Rushing into a relationship will be cause for regret. Be realistic about your budget on the 22nd. Getting this luxury item for a great price is worth the delay. Home life becomes less stressful on the 29th, helping you to rest and relax after work. On the 31st, the second Full Moon attracts a financial windfall.

PISCES Feb 20th - March 20th

A period of isolation will end on the 1st, thanks to the Full Moon. Beware of discouraging your business or romantic partner from developing a bright idea on the 2nd; the more outrageous the notion, the more promising it will be. The New Moon on the 16th warns against launching an extreme fitness regimen. You don't want to get injured. Your best friend will deliver some harsh truths on the 22nd; prepare for a shock. An admirer pours all their energy into winning your heart on the 25th. It will be very difficult to resist their powerful charisma. On the 31st, the second Full Moon helps you move away from a restrictive role, giving you more time for fun.



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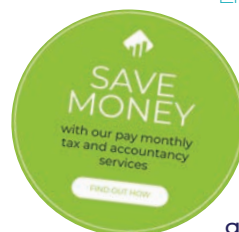
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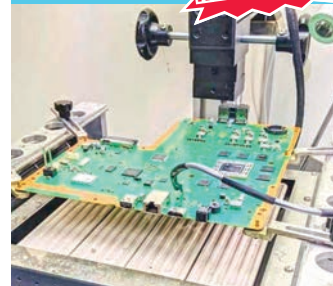
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