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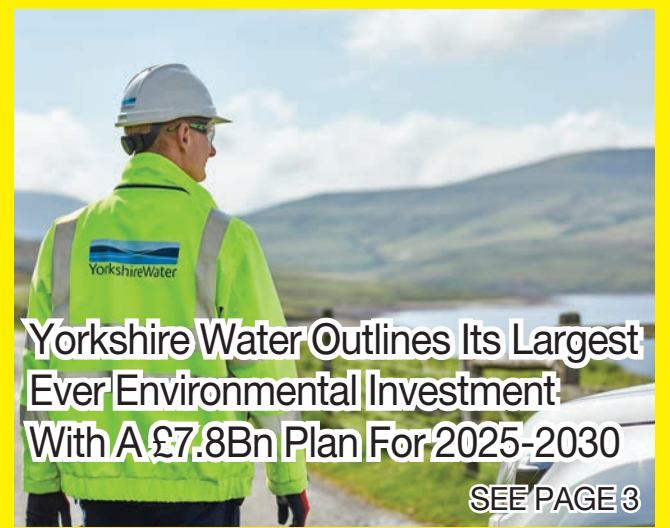
*Your Local Monthly Newspaper*

■ Sand Lizard, RSPB Arne, Dorset, England.  
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# Welcome to the Yorkshire Reporter

Welcome to the Yorkshire Reporter in your area!

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

As a family-owned business, we pride ourselves on supporting local community groups and businesses. With our team, you can be certain of a personal and professional service, so if you have something going on in your community that you want to shout about, or are thinking of advertising with us, please get in touch via email [newsdesk.north@yorkshirereporter.co.uk](mailto:newsdesk.north@yorkshirereporter.co.uk)

*Linzi, Editor*

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# State-Of-The-Art Leisure And Wellness Centre Opens



■ The chairman of North Yorkshire Council, Cllr David Ireton, with colleagues from North Yorkshire Council, Brimhams Active and partners, officially opens Harrogate Leisure and Wellness Centre

**A multi-million-pound investment into a state-of-the-art swimming pool and leisure facility in Harrogate has been completed.**

The Harrogate Leisure and Wellness Centre reopened following the £13.5 million refurbishment. Work includes providing a 400sqm fitness centre, a new sauna and steam suite and improved reception and café, along with an overhaul of the existing gym, leisure and swimming facilities.

A new addition to the centre is a Les Mills group cycling studio, known as The Trip, which combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds.

As part of the £13.5 million scheme, the diving structure has also been replaced so that the facility can continue to create and nurture future

Olympians like Jack Laugher and Oliver Dingley, who began their diving careers at what was previously known as The Hydro in Harrogate.

North Yorkshire Council's executive member for culture, arts and housing, Cllr Simon Myers, said: "We are committed to ensuring that North Yorkshire has a healthy and more active population that is living longer and more independently.

"The re-opening of the new and improved Harrogate Leisure and Wellness Centre will ensure that continues to be the case.

"I am delighted that the centre is now available to be enjoyed by the local community for many years to come. It is also pleasing that energy-efficiency has been at the heart of the project, in line with our climate pledges, and this

will serve as an example for other facilities across the county."

The existing gas boilers have been replaced with air-source heat pumps and 250 solar panels, as well as new metering and energy monitoring and control systems.

These were made possible by a £1.8 million grant from the Government's Department for Business, Energy and Industrial Strategy (BEIS) public sector decarbonisation scheme and will halve the carbon footprint of the leisure centre.

The centre will be run and operated by the council-owned health and wellbeing company, Brimhams Active.

Mark Tweedie, managing director of Brimhams Active, said: "North Yorkshire Council's unprecedented investment means Brimhams Active can attract many more residents and help them to achieve their health and wellbeing goals.

"We know if physical activity was a drug, it would be a miracle cure because it's the most effective way for people to live a healthier life into older age.

"At Brimhams Active we are focussed on providing an exceptional universal offer for all people, while also providing a range of targeted services to support people with their first step towards an active healthy lifestyle, particularly people who need support to resolve or manage their ongoing health conditions."

As with any large-scale renovation of an older building, a number of urgent improvements that needed to be made were discovered during the work.

The fire protection of the existing steel frame required an upgrade, as well as the addition of new wall restraints, the replacement of corroded steelwork and fixing an issue that was causing an air leak and heat loss between the roof and the external walls.

Outside, the building has been remodelled to provide a reconfigured car park and bicycle storage.

North Yorkshire Council's executive member for health and adult services, Cllr Michael Harrison, said: "I am sure that residents will be very excited to get into the new leisure centre and start using the facilities.

"The health benefits of keeping fit are clear for everyone – it can improve brain health, manage weight, reduce the risk of disease, strengthen bone and muscles and improve our ability to do everyday activities.

"The centre is also an important part of this community and one that a lot of people use every day."

## Yorkshire Water Outlines Its Largest Ever Environmental Investment With A £7.8Bn Plan For 2025-2030

**Yorkshire Water has submitted plans to Ofwat as part of the Price Review 24 (PR24) process, outlining a £7.8bn investment across the region between 2025 and 2030. The plan marks the start of the utility's largest environmental investment in the region.**

The plan, which is subject to approval by Ofwat, has been driven by Yorkshire Water's focus on delivering the best value and service for customers, using insight gained from engagement with more than 45,000 customers and stakeholders from around the region on their priorities to help shape the final submission.

Nicola Shaw, Chief Executive of Yorkshire Water, said: "My focus since joining Yorkshire Water has been improving our performance and delivering the best value and service for customers. Stakeholders and customers have made it clear they want more from us, and we've listened to what they've had to say. We want to play our part in making sure our wonderful county thrives by focusing our investment in the areas that matter most to our customers.

"This submission marks our largest ever environmental investment and illustrates our commitment to deliver what our customers expect. The programme will protect and improve the quality of water in rivers and at coasts, leading to cleaner, safer water environments that support recreation and biodiversity across the region.

"While this is what we hope to do in the next five years in terms of investment, it does not stand alone. We are working internally to ensure all our colleagues are engaged and pulling in the right direction to deliver this ambitious plan.

"The next steps in this process are for Ofwat to provide us with draft determinations in the early summer 2024 and then final determinations before the end of 2024 before we start the new period in April 2025."

Delivering these plans will come at a cost but the company has sought to balance investment in water systems with ensuring bills are affordable for our customers.

If approved, plans would see average customer bills rise from £438.12 in 2024/25 (£36.51 per month) to £518.76 in 2025/26 (£43.23 per month) with small increases each year thereafter. Yorkshire Water is enhancing its support for customers who may be struggling financially and will be increasing its contributions to help those most in need. All low-income households will be able to access financial support from Yorkshire Water and the utility is committed to increasing its support for customers by 25%.

Shareholders have committed to supporting the aims of the business through further funding to deliver plans to help Yorkshire thrive. This includes £100m before end of March 2025 and £440m before end of June 2027.



As well as meeting customer expectations, the submission includes investment to meet the regulatory requirements of the Water Industry National Environment Programme priorities, including delivering the Storm Overflow Discharge Reduction Plan, as well as improving and protecting river water quality and the Water Resource Management Plan.

The submission outlines £3.1bn investment to deliver secure, safe clean water supplies including:

- £2.4bn investment to improve supply resilience through increased mains replacement and refurbishment of critical storage and treatment assets
- £461m to secure future water resources and upgrade water meters to smart meters to give greater and more timely information on usage
- £95m to maintain safe, clean water supplies
- £83m to enhance collaboration with landowners and stakeholders to improve land management including sites of special scientific interest (SSSI) for the benefit of the environment and improve raw water quality

Yorkshire Water's also submitted to Ofwat its largest ever environmental investment plans, with a £4.3bn investment in a healthy, natural environment, including:

- £1.9bn to reduce the use of storm overflows and to protect the environment

- £1.8bn to maintain and improve wastewater collection and treatment, including monitoring systems to improve Yorkshire Water's impact on the natural environment, including reducing Phosphorus, microplastics and unwanted chemicals entering watercourses, and investigating where environmental investments will be required in the future.

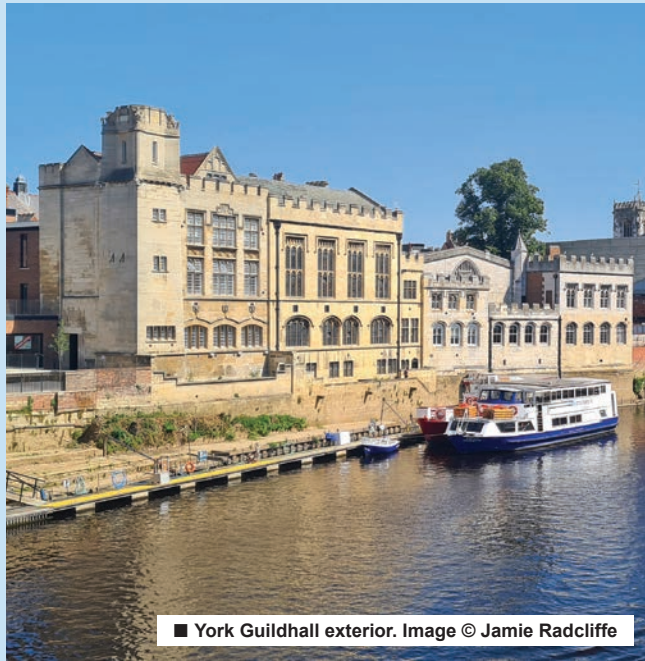
- £347m to ensure Yorkshire Water's bioresources facilities continue to deliver and have sufficient capacity for the future

- £155m to reduce air emissions and ensuring Yorkshire Water's infrastructure meets the need of a growing population and new developments

- £51m will be invested in measures to reduce greenhouse gas emissions
- £26m allocated to continue work in Hull and the East Riding to tackle flooding issues in the area through Living With Water – a partnership with the Environment Agency, Hull City Council, East Riding of Yorkshire Council and the University of Hull.

Finally, £446m has been outlined in the plans to deliver first-class customer service, focusing on improving and enhancing the service received by customers, increasing support available and ensuring new developments in the region can quickly and easily connect to the network.

## 2023 Structural Awards: Honouring Excellence In Global Structural Engineering



■ York Guildhall exterior. Image © Jamie Radcliffe

The Institution of Structural Engineers (IStructE) has revealed the 2023 Structural Awards shortlist, featuring 35 of the world's most outstanding building projects.

Arup's York Guildhall Refurbishments has been shortlisted. The project encompassed the restoration and redesign of York Guildhall, a complex comprising Grade I, II, and II listed buildings. To realise the client's vision for this refurbishment, extensive yet sensitive alterations and structural repairs were undertaken on the existing structures, making them suitable for use as an inclusive and versatile venue.

Following the successful introduction of a new judging process in 2022, shifting away from project-based categories, 2023 has seen an even greater focus on work which reflects and embraces contemporary social, ethical and sustainable standards.



■ York Guildhall interior. Image © Jamie Radcliffe

All entries have been judged by a panel of experts led by a new chair - Professor John Orr, Professor of Structural Engineering at Cambridge University and a Chartered member of IStructE. The panel used four key judging attributes that exemplify excellent structural engineering achievements. These are: Planet (environmental impact), People (social value and impact on end-users), Process (technical innovation) and Profession (collaboration and advocacy).

Importantly, these four attributes recognise the growing societal expectations of the need for a transformative, circular approach to material use, and how the structural engineering profession is leading the way.

This forward-thinking approach has encouraged yet another diverse array of entries from all corners of the globe, ranging from fully demountable concert arenas and ingenious retrofit projects to cutting-edge university campuses and national park infrastructure.

# New Consultations New Neighbourhood Plan For Towns Launched



■ Residents of Malton and Norton are invited to comment on a neighbourhood plan

A six-week consultation on a neighbourhood plan which will guide all future developments in Malton and Norton-on-Derwent has been launched.

It is the last chance for local people to comment on the plan and have their say on how the area around the two towns will be shaped up to 2027.

The Malton and Norton-on-Derwent Neighbourhood Plan has been drawn up by the two town councils but has been sent out for consultation by North Yorkshire Council before it goes for examination. If approved, it will be considered alongside a planning blueprint called the Local Plan in all future planning applications.

The neighbourhood plan includes a detailed vision statement on how the community wants to see the area develop over the years to 2027, with a set of objectives on how that can be achieved. That includes plans to:

- Protect and improve the environment, particularly the River Derwent.
- Cut congestion and improve air quality.
- Improve connectivity between Malton and Norton.
- Improve community access to the River Derwent.

- Enhance the visual quality of the towns.
- Protect heritage assets.
- Encourage regeneration and development of vacant plots of land.
- Capitalise on history and culture to develop tourism.
- Build on the town's economic strengths.
- Protect and improve community services and facilities.
- Encourage housing provision that meets local needs.

North Yorkshire Council's executive member for open to business, Cllr Derek Bastiman, said: "Malton and Norton boast a rich heritage and culture, and these are the bedrocks on which the plan is based.

"Neighbourhood plans are an important part of the planning process, allowing communities to help shape their area and therefore guide future developments. We hope people will express their views on it."

The consultation runs until Friday, October 20. The documents and comment forms are available at [www.northyorks.gov.uk/MaltonNortonPlan](http://www.northyorks.gov.uk/MaltonNortonPlan) and representations can be submitted via the portal.

## Improve Privately Rented Homes Standards



■ Selective licensing consultation has started in Scarborough

A consultation about the proposed selective licensing of privately rented properties in parts of Scarborough has started as North Yorkshire Council looks to protect tenants by improving the standard of accommodation on offer.

The proposals cover parts of the Castle, Northstead and the Falsgrave and Stepany divisions in the town and the consultation will last until November.

Selective licensing allows councils to designate areas where there is a high concentration of private rented housing, and where there may be issues of poor property conditions and management within those properties, plus associated issues such as high levels of anti-social behaviour.

Under the proposed Scarborough scheme, which would come into effect on June 1, 2024, all privately rented properties within the designated area would have to be licensed by North Yorkshire Council.

The period of designation would last for five years and include conditions aimed at ensuring licensed properties are safe, meet basic standards and are managed in a satisfactory way.

North Yorkshire Council's executive member for culture, arts and housing, Cllr Simon Myers, said: "Selective licensing is one of the key tools available to us to tackle the problems of poor quality and poorly managed accommodation in the private rented sector and address anti-social behaviour in those communities.

"Through the consultation we are looking to obtain the views of all those who could be affected by the proposed scheme.

"If adopted, it will be important in helping to uplift and regenerate the inner urban area of Scarborough and stimulate future investment."

A questionnaire and information about the scheme, including the proposed list of streets that would be included, will be sent to all residents and businesses within the area as well as landlords and managing agents of privately rented properties.

The documents are also available online at: [www.northyorks.gov.uk/slrssurvey](http://www.northyorks.gov.uk/slrssurvey)

The consultation will close on Friday, November 10.

The landlord licence fee being proposed is in the region of £700 per single-household property to cover the five-year period of the designation. This will be used for the running cost of the scheme. Extra charges will apply for multiple-household properties.

Discounts may be available for landlords applying early or if they are a member of a recognised landlord association.

Some parts of the proposed area are already subject to a selective licensing scheme under the previous Scarborough North and Scarborough Central designations.

The council is therefore proposing a reduced fee for properties that were previously licensed under these schemes and were fully compliant with the licensing conditions.



## Two Yorkshire Schools Plan For The Future With Solar Installations

Two Yorkshire primary schools are setting an inspiring example by embracing sustainability and renewable energy solutions. Crayke C of E Primary School, York and Kirkstall Valley Primary School, Leeds, both recognised for their commitment to education excellence, have taken a significant step towards a greener future by installing state-of-the-art solar panels on their premises.

The solar installations completed over the summer holiday by York-based company Green Building Renewables, will help transform the energy landscape at both schools, reducing their carbon footprint and setting a positive example for the students and communities they serve.

The key benefits of these solar installations include:

**Reduced Carbon Emissions:** By harnessing the power of the sun, both schools will significantly decrease their reliance on fossil fuels, leading to a substantial reduction in carbon emissions.

**Educational Opportunities:** These installations provide invaluable educational opportunities for students, as they can learn about renewable energy, environmental sustainability, and the importance of adopting green technologies in the 21st century.

**Financial Savings:** Over time, the schools will experience cost savings on their energy bills, allowing them to allocate more resources towards enhancing the quality of education and extracurricular activities for their students.

**Community Impact:** These initiatives set a positive example for the wider community, encouraging others to consider renewable energy options for their own homes and businesses.

Headteachers from both schools expressed their enthusiasm for the solar installations and their commitment to sustainability.

Mrs. Judi Jackson, Headteacher of Crayke C of E Primary School stated, "We believe it is our responsibility to equip our students with not only knowledge but also values that will serve them well in the future. These solar installations demonstrate our dedication to sustainability

and offer a real-world example of how we can reduce our environmental impact."

Likewise, Mr. Phil Robertson, Headteacher of Kirkstall Valley Primary School added, "We are excited about the positive impact this solar installation will have on our school and community. Our students will learn firsthand about renewable energy, and we hope this inspires them to become responsible stewards of our planet."

The installation projects were made possible through collaboration with Green Building Renewables, which has a growing nationwide network of renewable energy experts across England. The company worked closely with both schools to design and implement the solar panel systems, ensuring they met the unique needs of each institution.

Green Building Renewables Managing Director Chris Delaney said, "The government, local educational authorities, and governing bodies of schools all have a responsibility to make school buildings suitable for the future. The installation of renewable technologies and making schools more energy efficient are just two of the ways that schools can be transformed into better learning environments for pupils. It is always a privilege to help a school become a greener, cleaner and more sustainable learning environment. Our work at both schools reflects the commitment we have to all our customers to make buildings in the UK better."

Schools in England were sent a supplementary capital grant at the start of the year by the Department of Education. It was based on the number of pupils in the school. With school leaders encouraged to spend it on energy efficiency where possible. Crayke School, for example, have used its grant to contribute towards the cost of the panels and for converting all its lights to LEDs. Guidance on the school capital funding is available on the gov.uk website.

Both Yorkshire schools are proving that by harnessing the power of the sun, they can educate our youth, reduce their carbon footprint, and save their schools money which can be spent in other ways for their pupils.

## Drax Foundation Funds New £150k Grant To Help Schools Become More Energy Efficient

The Drax Foundation, which is the corporate foundation of the renewable energy company Drax Group, has announced a new grant of £150,000 for Energy Sparks, an energy education charity that works with schools.

The new funding will enable Bath-based Energy Sparks to ensure that up to 240 schools across the UK have free access to its online energy management tool, education programme and support services. This includes schools in the areas of the country where Drax Group operates: Yorkshire and the Humber, East Midlands, East of England and Scotland.

The charity currently works with more than 1,000 UK schools to help them reduce their energy use and carbon footprint.

Shona King, Head of Community at Drax Group, said:

"We are proud that this new grant will help Energy Sparks engage many more schools and pupils across the UK in reducing their energy use and costs as well as fighting climate change. Alongside our existing grant funding for LED lighting and solar panels, we are excited to bring Energy Sparks' energy analysis tool and education programme to more schools in and around the communities where we operate.

"It's important to us to help children start thinking about saving energy and reducing their carbon footprint from a young age as these issues are going to be increasingly important for them in the future."

Dr Claudia Towner, CEO and Programme Director at Energy Sparks, said:

"We are delighted to receive this funding from the Drax Foundation, it

means we can reach even more schools and pupils, and remove financial barriers to ongoing engagement for some of the existing schools using our services.

"Our work equips children and young people with the knowledge, skills, and tools to take measurable action in their school and wider community to reduce carbon emissions. We also enable school leaders, staff and communities to better understand and reduce their school's energy consumption, save money and introduce wider measures to reduce their carbon footprint."

Energy Sparks was founded in 2020 and, in the last year, through Energy Sparks' tools, the average primary school it works with has saved at least £3,000 in energy costs and 12.8 tonnes of CO<sub>2</sub>, additionally, the average secondary school has saved at least £12,000 and 48 tonnes of CO<sub>2</sub>.

Energy Sparks' education activities encourage pupils to learn about climate change and why reducing carbon emissions is important, investigating energy use around the school site, taking action to reduce energy use and spreading the energy saving and carbon reduction message across their wider school community.

Energy Sparks' online tool presents bespoke analysis of the energy data with suggestions of actions the school community could take to save energy and reduce the school's carbon emissions.

This new funding is drawn from a pot of £1.5m that Drax Foundation unveiled earlier this year for UK schools to install energy-efficient LED lights and solar panels, and deliver energy saving monitoring and education.

## Bright, Funny Teenager In Scarborough In Need Of Foster Carers

A 15-year-old boy in Scarborough described as "bright, funny and kind" is in need of a safe and supportive home to help meet his needs.

To meet Nathan's\* needs well requires patience, understanding and skills to manage. He would thrive in a home that is in Scarborough or the surrounding areas so that he can keep in touch with friends and continue to learn in the environment he knows and feels secure in.

Fostering North Yorkshire is looking for foster carers who can provide Nathan with a loving family, who can offer lots of support and consistent care. They really want Nathan to achieve all he can in life, and are confident that with the right care he will.

Full training and support will be given to anyone who is interested in becoming a foster carer. The opportunity to become Nathan's foster carer would especially suit someone looking to take on fostering as a career, or someone who has lots of time to spare.

Nathan has a social worker, as well as an advocate, clinician and other key members who all work as a part of a team to support Nathan and those that care for him. Fostering North Yorkshire will ensure that the right support and help is offered to you.

Nathan's new foster carers will be paid at specialist level, which means they would receive more than £840 a week. Until December 31, 2023, there is also a £500 'golden hello' payment for each newly approved foster carer.

North Yorkshire Council's executive member for children and families, Cllr Janet Sanderson, said: "This is a unique opportunity for anyone in Scarborough or surrounding areas, who thinks they can go above and beyond to make a positive impact on a teenage boy's life.



■ North Yorkshire Council's executive member for children and families, Cllr Janet Sanderson

"Nathan would thrive with foster carers who can be there for him, day in, day out. Support will be there for you and Nathan to manage his needs and help develop his future life chances, the rewards will be immeasurable."

The council's assistant director for children and families, Mel Hutchinson, said: "We are putting out the call for specialist foster carers to support Nathan. He is a lovely teenage boy who needs lots of love, care and attention. We know caring for children who have specific needs can be hard. However, you won't be alone. We will ensure that you will have a team of professionals supporting you and Nathan all the way. We ensure our carers receive the best support and training that is needed for such an important role in a child's life.

"Nathan loves his hobbies, which include building Lego, playing frame football and indoor go-karting. He also loves music and playing the guitar."

You may already have experience of caring for children, being a parent or work supporting children. You may have been a foster carer in the past or present with an independent fostering agency. If you are interested, we want to hear from you, please get in touch.

Anyone aged over 21 can foster, they just need space to care. Fostering North Yorkshire encourages people who have a real passion to care for children to get in touch. The children in care are unique, so there are no set criteria for foster carers, people from all walks of life and different backgrounds make great foster carers. They can be single, have a disability and it does not matter what their sexual orientation or religious background is. Caring for local children gives them a better chance of success in their foster home as they will stay in local communities, keeping in touch with their friends.

Anyone who thinks they can dedicate time and effort to helping and supporting Nathan can find out more about fostering by visiting [www.northyorks.gov.uk/fostering](http://www.northyorks.gov.uk/fostering) or call 01609 534654 to speak to a member of the Fostering North Yorkshire team.

Fostering North Yorkshire holds face-to-face events for anyone who would like to chat in person about fostering. Details can be found at Fostering information sessions | North Yorkshire County Council online.

\*Nathan is a real child but for confidentiality his name has been changed

## Digital Transformation Days Set To Empower Yorkshire Coast Businesses



Business owners and marketing managers in the Yorkshire Coast region are gearing up to take their digital offer to the next level as the York & North Yorkshire Growth Hub prepares to host two Digital Transformation Days, in collaboration with Google Digital Garage. These events promise to provide valuable insights, networking opportunities, and actionable strategies to help businesses thrive in the digital age.

On October 16th, the event kicks off at Scarborough TEC, followed by a second session on October 17th at Pickering Memorial Hall. Limited spaces are available, so businesses are urged to register promptly to secure their spots.

Jessica Waggitt, Director of Scarborough-based provider of emergency accommodation, Homemore, is excited about her participation in the Scarborough event. She said, "I'm really thrilled to be a part of the event in Scarborough and meet other local businesses to see what they are doing to improve their businesses. A better understanding of Google Analytics and Google Search would be really useful for our business going forward."

These events will provide attendees with invaluable benefits, including expert insights from Google professionals and industry leaders, offering the latest tailored digital marketing trends and tools for businesses in the region. Networking opportunities will abound, allowing participants to connect with local entrepreneurs, fostering idea exchange and fuelling business growth. Additionally, actionable strategies will be unveiled, equipping attendees with practical tips and tricks to bolster online visibility and engage effectively with their target customers.

Harriet Stainton, Business Relationship Manager for York & North Yorkshire Growth Hub, emphasises the significance of these events: "E-commerce and digital represent tremendous opportunities to take a business to the next level. This event is going to be a gamechanger for Yorkshire coast businesses, helping them attract more customers and make money online."

Carey Bilton, Senior Business Advisor for North Yorkshire Council, underscores the value of bringing Google Digital Garage back to Pickering: "It's fantastic to bring Google Digital Garage back to Ryedale. These events are always a great success, and we encourage any business interested in improving their digital marketing to sign up."

## York & North Yorkshire GROWTH HUB

The Digital Transformation Days are a collaborative effort between the York & North Yorkshire Growth Hub, North Yorkshire Council, North Yorkshire Cyber Security Network, Google, and Discover Yorkshire Coast. Secure your spot by heading to [www.ynygrowthhub.com/events](http://www.ynygrowthhub.com/events)

# Innovators Urged To Shape A Vision For Region's Future At 2023 Business Summit

ACHIEVING economic growth through the region's innovative business heroes will top the agenda at the York & North Yorkshire Business Summit this month.

With 2024 set to bring major changes to the way the region is governed, including an elected Mayor for York and North Yorkshire, business leaders with an interest in the region's prosperity are urged to sign up to the event. The summit is the second organised by York & North Yorkshire Local Enterprise Partnership (LEP).

Helen Simpson OBE, LEP Chair, said delegates would be asked to 'contribute to the business vision for the region' to hand to the new mayor.

"The summit is an excellent chance for anyone with an interest in growth and investment in our region to help shape prosperity under devolution," she said. "One of our key aims is to bring the business community's voice to a vision for York and North Yorkshire, which can help guide our elected mayor's policy on investment and growth.

"We have some really exciting and innovative businesses emerging right here in York and North Yorkshire, as well as seeing exciting new ways of doing things in our established sectors such as food and farming. Together they're not only driving the economies of our city and towns, but also boosting the post-Covid growth of our coastal and rural areas.

"It's exactly those voices we want to hear at the summit, whether they're a leader in a thriving business or an entrepreneur setting out on the path to growth. We need to hear from a wide range of businesses from across the region at this exciting time for the York and North Yorkshire."

In August last year a £540million devolution deal was agreed, proposing the creation of a combined authority (CA) for York and North Yorkshire, later this year, with mayoral elections set for May 2024.

As well as providing a chance for the business community to discuss devolution, the summit will also feature sessions on a range of issues at the heart of growth in the region. Keynote speakers will include



■ Helen Simpson OBE, chair of York & North Yorkshire Local Enterprise Partnership

former BBC Dragons' Den dragon, and growth expert, Piers Linney, MP and Business Minister Kevin Hollinrake and Lou Cordwell OBE, Chief Creative Officer at Magnetic, and Chair of Manchester Combined Authority Business Committee.

The Summit is organised in partnership with The Federation of Small Businesses (FSB), West & North Yorkshire Chamber of Commerce and the Confederation of British Industry (CBI).

Sarah Czarnecki, president of York & North Yorkshire Chamber of Commerce, said: "York & North Yorkshire is a world-class place to do business. As we grow nearer to becoming a devolved region it is right that we shout about and showcase about our strengths and successes.

"We are in one of the most exciting chapters in North Yorkshire's illustrious history and we need to tell the world about all we can do in this region."

Carolyn Frank, FSB Development manager said: "The Summit is a chance to have your voice heard and get involved in the regional conversation at an exciting time for York & North Yorkshire.

"Any future mayoral administration can only be successful and effective with the business community behind them, and this is an opportunity for business owners to contribute and shape direction."

Beckie Hart, CBI Regional Director, said: "There are some exciting times ahead for York and North Yorkshire as we look forward to what devolution could bring. At the CBI we're keen to hear from the region's diverse business voices during the summit and explore how we collaborate to drive sustainable growth."

The York & North Yorkshire Business Summit takes place from 1pm to 5pm on Friday October 27th at Radisson Hotel York.

The event includes an informal Super Networking session from 5pm, in partnership with the Federation of Small Businesses (FSB), Crombie Wilkinson Solicitors and Ian Walker & Co Chartered Accountants.

For more information, including how to register, go to [www.ynylep.com](http://www.ynylep.com)

## Age UK North Yorkshire And Darlington Urges Action To Help Older People Get Online

Age UK North Yorkshire and Darlington, the leading charity for older people in the region, has called for more support and guidance for older people who are either not online at all or unable to use the internet safely and successfully.

The charity's appeal comes after a new analysis by Age UK revealed that almost 6 million people (5.8 million) aged 65 and over in the UK are in this situation, which puts them at a disadvantage in many areas of life, including accessing public services, staying in touch with family and friends, shopping, banking, and learning.

According to the just released report, 2.6 million older people (10 percent of the over-65 population) are not online at all, while 3.2 million (12 per cent) are online but have low digital skills, meaning they struggle with tasks such as filling in online forms, creating passwords, or spotting scams.

The analysis also found that older people who are offline or have low digital skills are more likely to be living in poverty, have a long-term health condition or disability, or be aged 80 and over.

Helen Hunter, CEO of Age UK North Yorkshire and Darlington, said: "The Internet can be a lifeline for older people, but too many are missing out on the benefits and opportunities it offers. We need to ensure that older people who want to get online can do so safely

and confidently, and that those who prefer not to or can't are not left behind or excluded."

She added: "We have a drop-in facility where anyone over the age of 50 can access our digital training. There are also a limited number of iPads and other tablets to loan to the most digitally excluded.

"At a wider level, the Government, local authorities, businesses, and voluntary organisations need to work together to provide more support and guidance for older, and other digitally excluded, people who are offline or have low digital skills. This could include providing affordable devices and internet access, offering tailored training and advice, and ensuring that alternative ways of accessing services and information are always available."

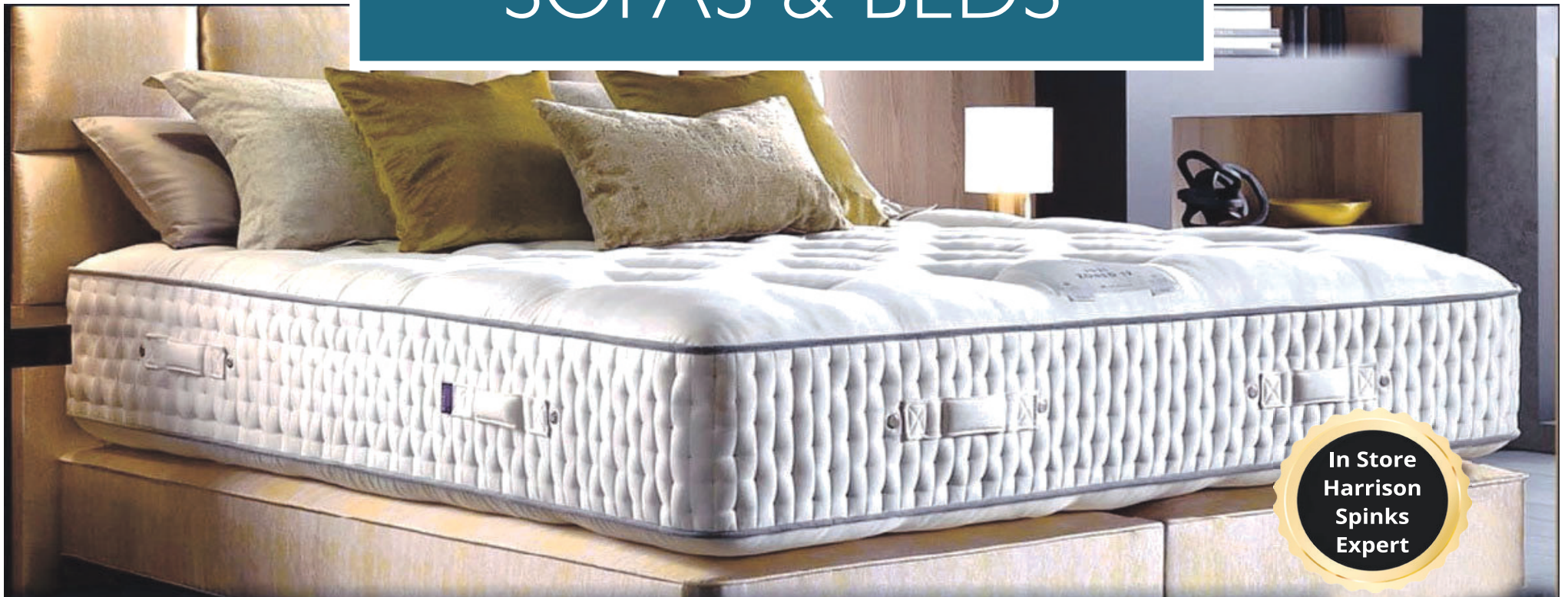
Age UK North Yorkshire and Darlington provides a range of services and activities to help older people in the region stay connected, informed, and independent. These include digital inclusion sessions, telephone befriending, information and advice, home support, and social groups.

For more information, please visit:

[www.ageuk.org.uk/northyorkshiredarlington](http://www.ageuk.org.uk/northyorkshiredarlington) or call 01325 362832.



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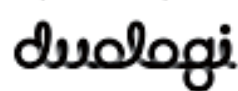
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# Tourism Worth £1.7 Billion To York In 2022



Make It York are pleased to announce that data from the recent STEAM report, which measures the annual volume and value of tourism activity in the UK, has recorded that the tourism industry has had a total economic impact\* of £1.7 billion within York in 2022, with visitors spending £1.2 billion in the city.

As a result of being a world-class tourism destination, 17,000 full time jobs in York have been supported across accommodation, visitor attractions, food and drink, and retail sectors throughout 2022.

With so much to see and do across the city, 1 in 5 visitors to York stayed overnight in 2022, generating more than half of the total economic

impact, with £249 million of direct spend from visitors going towards accommodation.

The data also shows how the city welcomed 8.9 million visitors in 2022, with 1.2 million of these coming from overseas as we witness the return of international travel. This increase, whilst not yet at pre-covid levels, showcases a visitor economy growth of 54% when compared to 2021.

Sarah Loftus, Managing Director of Make It York, says: "We're extremely proud to see that the figures highlight the hard work coming from local businesses and organisations - tourism has a significant impact on York and our economy, not only be creating thousands of jobs for local people but

also by fostering understanding and relationships amongst communities and propelling us towards a brighter, more connected future. York is such a dynamic city, drawing people in from all walks of life, from all over the world, with its unparalleled charm. As visitor numbers continue to rise, so will the city's reputation as a must-visit location for anyone seeking an unforgettable city break."

Councillor Pete Kilbane, Deputy Leader of the Council and Executive Member for Economy and Transport says: "York's visitor economy has long been one of our city's strengths and it's great to see that reflected in these figures. We're very proud to be a city that welcomes visitors from across the globe, who return time and again to enjoy York's iconic attractions. We continue to work hard to ensure that our city remains a wonderful place for residents and visitors alike."



It's not difficult to see why York is such a leading tourism destination, having recently been named as the one of the Top 10 Most Welcoming Cities on Earth by Booking.com

\*\* This STEAM report shows data throughout the whole of 2022, a year that saw the city host several world class events such as the Rugby League World Cup and Kyiv Ballet.

## Visit York Tourism Awards 2024 Finalists Revealed

Finalists in the Visit York Tourism Awards, sponsored by LNER, have been revealed. Celebrating the best in tourism, hospitality and culture, finalists will go head-to-head to win one of 16 trophies in a glitzy ceremony on Thursday 14th March 2024 at York Racecourse.

Eligible winners across a number of categories will be automatically put forward to the national Visit England Awards for Excellence 2024 to compete for the crown of the country's best. York has a strong record of national glory, with Middletons Hotel's General Manager, Adam Wardale, taking the national Unsung Hero Award in the Visit England Awards for Excellence 2022, and The Dovecote Barns a silver runner-up in the Self-Catering Accommodation of the Year in the Visit England Awards for Excellence 2023.

New categories for 2024 include The Best of York Award, and Independent Business of the Year.

Sarah Loftus, Managing Director of Make It York, said: "We've had some really strong applications this year, across the board. A huge congratulations to our finalists who have been announced, and who have demonstrated excellence in their sectors. The Visit York Tourism Awards celebrate the countless organisations who work tirelessly year-round to deliver the best experiences for visitors and residents, we look forward to celebrating their successes and achievements at the ceremony in March."

David Horne, Managing Director at LNER, said: "We are proud to support the Visit York Tourism Awards, helping to celebrate the individuals and businesses that continue to work hard to make York such a great place to visit. From historic sites to wonderful places to eat and stay, the city has so much to offer and is one of the most popular destinations on the LNER route. Congratulations to all those who have been selected as a finalist."

Tickets for the glittering awards ceremony event on Thursday 14th March 2024 are available via [www.eventbrite.co.uk](http://www.eventbrite.co.uk). (Tickets cost £75 plus VAT for Visit York members, or £70 plus VAT when booking a table of 10. Tickets cost £95 plus VAT for non-members).

More information about the Visit York Tourism Awards can be found at [www.visit-york.org/awards](http://www.visit-york.org/awards)

### Visit York Tourism Awards Finalists 2024:

#### B&B and Guest House of the Year

- MonkBridge House
- The Bar Convent Guest House
- The Fat Badger, York

#### Business Event Venue of the Year (sponsored by Business Enterprise Fund)

- The Guild Hall
- City Cruises

#### Camping, Glamping and Holiday Park of the Year

- Flaxton Meadows
- Wigwam Holidays
- High Oaks Grange

#### Experience of the Year (sponsored by LNER)

- Sharmimi's Inspirational Indian Cuisine
- The Bloody Tour of York
- The Deathly Dark Tours
- The Wizard Walk of York

#### Large Hotel of the Year (sponsored by Streamline Taxis)

- Middletons Hotel
- Moxy York
- The Grand

#### Large Visitor Attraction of the Year (sponsored by Ward Hadaway)

- The York Dungeon
- National Railway Museum
- The Web Adventure Park
- Yorkshire Air Museum

#### New Tourism Business Award (sponsored by PPS Essentials)

- Hart Lake Escapes
- The Wizard Walk of York
- Hocus Pocus Tiny Hotel

#### Pub of the Year (sponsored by Hunter Gee Holroyd)

- The Lime Tree Inn
- The Fat Badger, York
- Social 8 Lounge
- The Drovers Arms Restaurant and Country Pub

#### Self-Catering Accommodation of the Year

- 101 House At The End
- Roomzzz Aparthotel York

#### Small Hotel of the Year (sponsored by booking.com)

- The Pheasant Hotel
- Clementines Town House
- Hocus Pocus Tiny Hotel

#### Small Visitor Attraction of the Year (sponsored by VisiSoft)

- The Bar Convent Heritage Centre
- World of James Herriot
- The Hole in Wand
- York Army Museum

#### Taste of England Award (sponsored by Fowlers of York)

- Legacy at The Grand
- Fish & Forest
- Ate O'Clock

#### The Best of York Award\* (sponsored by York St John University)

- The Wizard Walk of York
- Millers Fish & Chips
- The Bloody Tour of York

#### Independent Business of the Year\* (sponsored by Clarion Housing Group)

- Avorium
- The Deathly Dark Tours
- The Wizard Walk of York
- Breezy Knees Gardens

#### Event, Festival or Cultural Experience of the Year\* (sponsored by North York Moors)

- Castle Howard
- Hallow Scream at York Maze
- York Pride
- York Mansion House

#### Retailer of the Year\* (sponsored by York BID)

- York Gin
- Love Cheese
- The Potions Cauldron

\* These categories are local awards and not eligible for the Visit England Awards for Excellence

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# First Look At New Designs For National Railway Museum's Station Hall Exhibition



Details of the new permanent exhibition planned for the National Railway Museum's Station Hall, including concept designs for York's former goods station have been released.

Created by exhibition designers Drinkall Dean, the images provide an early view of how Station Hall's new exhibition will look once it opens to the public in 2024.

The new exhibition will transform and enhance the visitor experience with new stories, objects and interpretation while also retaining many of the hall's much-loved features and atmosphere.

The exhibition has four main themes which guide visitors through the space. 'The Station is a World In Itself' will explore the unique landscape, rules and experiences of the station. In this theme the museum's Waterloo Station WHSmith bookstall kiosk will be displayed for the first time, following an extensive restoration process.

The second theme 'Innovation, Influence and Inspiration' will display the museum's collection of six royal carriages alongside new interpretation and imagery to tell the stories of the impact of royals travelling by rail.

'Work and Play' will show visitors how stations became the starting point for journeys that transformed the way people work, play and live today as rail travel became widespread and more affordable. This will include the museum's LMS sleeper carriage, Midland Railway dining carriage and reproductions from the museum's collection of railway travel posters.

The final theme 'The Goods Life' will reference Station Hall's past working life as a busy freight station and will focus on the often-hidden elements of the railways that helped shape modern life. Objects in this section will include a fish van, a banana van, and a prosthetic leg issued by the Great Western Railway to Harold

Jarvis - a member of staff who was injured in a shunting accident.

Joe Randall, Interpretation Developer at the National Railway Museum, said:

"Station Hall will immerse visitors in an historic railway landscape, surrounded by the diverse, inspiring and powerful stories of real people and the tangible assets that illustrate them. The space will feel alive and encourage people to relate their own experiences to those of people from the past to create meaningful connections.

"We want to keep the atmosphere of the station that people love but enhance the experience with more stories and collection items. The new themes and stories will give context to the space and help visitors to explore our unique collection for themselves."

The exhibition will feature archive films with projection and shorter clips appearing throughout the gallery interpretation to help illustrate themes and stories. On display will also be new large-scale reproductions of photographs from the museum's collection to capture the feel of each section and the hall will receive a new and improved lighting scheme.

It will also include oral histories from real people who tell their stories in their own words whether it is memories of lost property, life working on the railways or the experience of working on the royal train.

The exhibition has received significant funding from the Friends of the National Railway Museum.

Alongside Station Hall's exhibition, the Grade II-listed building is also receiving a £10.5m programme of conservation and repair works which includes replacing the roof. Funded by DCMS (Department for Culture Media and Sport) from the Public Bodies Infrastructure Fund, the National Railway Museum has recently appointed John Graham Construction Ltd as principal contractor to work with conservation architects Buttress to deliver the programme of works.

Before roof work could begin, the museum's conservation team worked with scaffolding contractors 3D Scaffolding to create bespoke wrapping and protective platforms for many of the museum's royal carriages. This is enabling work to take place above them without endangering the carriages below.

As part of the plans, Station Hall's café will also reopen following the modernisation and expansion of the kitchen, venue hire will resume and the award-winning afternoon tea venue 'Countess of York' will reopen in an authentic railway carriage inside the hall.

## JORVIK Embraces A Feast For The Senses, With Take-Away Smells In A Candle!



Viking celebrations are legendary – in fact, Viking heaven is a hall where warriors feast day and night, and the Feast at JORVIK Viking Festival sells out every year! Now, the retail team at JORVIK Viking Centre has teamed up with a York-based olfactory artist to offer a way to bring the smell into your own home – Room Spell's Jorvik Feast candle.

JORVIK is well-known for offering the sights, sounds and smells of Viking-age York to visitors from every corner of the globe, but this is the first aroma of a Viking feast that people can take home with them. Newly added to the swords, axes, jewellery and freshly-minted coins in the gift shop, it is expected to be a popular souvenir for Norse-enthusiasts.

The candle was created by York resident Dan Oliver Gott, who has produced a series of unusual scented candles with a distinctly off-beat theme. JORVIK Viking Centre will be the only place in the city where you can purchase the Jorvik Feast candle, whilst the Magic & Mystery Shop at Monk Bar will stock three magical-themed candles: The Hex, York 1349 and Deadly Sins.

"If you think of Willy Wonka's Everlasting Gobstoppers, which could give you the taste of a full meal in a single confection, I've done the same with a candle – an aroma that changes as the candle burns down to create a full feast of scent, ranging from smoked meats to fresh bread, rolled oats and orchard fruits," explains Dan. "And no Viking feast is complete without lashings of beer, so there is a hoppy aroma that runs throughout."

Paul Ruxton, JORVIK's retail buyer, "The recreated smells of Viking-age York have been part of JORVIK's story since it opened in 1984, including a heady mixture of pleasant and unpleasant aromas, from apples and damp forest to rotting meat and cesspit. This candle definitely captures the delicious smells of a feast – you can almost imagine that this is the aroma that greets fallen warriors as they are welcomed into Valhalla."

The Jorvik Feast candles come in a stylish tin and have a burn time of around 42 hours, priced at £18.50. The JORVIK Viking Centre gift shop is open to everyone (no admission required) during JORVIK's normal opening hours.

## York's Premier Live Entertainment Venue Is Listed In Leading Industry Rankings From Pollstar Magazine



York Barbican has achieved further industry recognition. In the latest venue listings from leading global outlet Pollstar magazine, York's premier live entertainment venue has been listed #1 theatre in England and #3 in the United Kingdom.

Rankings are collated based on up-to-date industry data, including ticket sales and revenue from 17/11/22 to 16/8/23. Following this news, York Barbican continues to put York on the map, competing with major and longstanding venues all over the UK.

Sam Ryder, General Manager of York Barbican said, "I'm elated to see we have ranked so highly with Pollstar. Our success is a result of listening to our customers who have been telling us they want to see the big names in York, and we have gone a long way in achieving that along with bringing new, fresh events such as Bongo's Bingo, Jo Whiley and World Seniors Darts. '2024 is already a packed year, and we can't wait to continue the success of the venue and deliver our most exciting programme so far."

York Barbican will see a jam-packed end to 2023 with major shows coming to the venue including The Waterboys, Sarah Millican, Jools Holland, Gabrielle, Jimmy Carr, James Martin, Beverley Knight, Scouting For Girls, UK Snooker Championships, Sophie Ellis-Bexter and more.

## York Archaeology Becomes The New Name For Treasured Charity

One of York's best-known charities is set to change its name; York Archaeology is the new trading name for York Archaeological Trust, the charity responsible for major archaeological excavations across the city, including the Coppergate Dig, which gave rise to its world-renowned attraction, JORVIK Viking Centre.

The change will happen as York Archaeological Trust's 50th anniversary year comes to a close at the end of September, and is set to launch the charity into its next 50 years.

The name York Archaeology has been used for the last two years for the organisation's commercial archaeology work, but will now be adopted as the umbrella brand spanning the whole of the charity's work, from visitor attractions to learning and community engagement.

Chief Executive David Jennings explains the reason for the change: "50 years ago, we were established as an archaeological exploration unit, and it wasn't until the Coppergate Dig that we started to fully appreciate the public interest in our work. We pioneered new ways of engaging with our new audience with the creation of JORVIK Viking Centre – an attraction that interpreted the archaeology we uncovered. In the last 40 years, both divisions have grown in their own rights, as we increased the number of attractions we run, and acquired archaeological organisations like Trent & Peak Archaeology in Nottingham and ArcHeritage in Sheffield.

"However, now we've come back full circle, with a vision to pioneer new ways for people to enjoy and benefit from archaeology, whether that is through Archaeology on Prescription which uses real excavations to support mental health and combat social isolation, or in new archaeology-based attractions.

"We want our clients to understand the breadth of the work that we do, so that they start to share our enthusiasm for getting the most out of every hole that we dig – physically and metaphorically – to help the wider population to discover, explore and experience their local archaeology."

A brand new website has been created to help visitors easily navigate their way through the different strands of York Archaeology's work: commercial archaeology, attractions, learning, community, research and touring exhibitions.

York Archaeology operates from offices in Nottingham, Sheffield, York and Glasgow.

For more information, please visit [yorkarchaeology.co.uk](http://yorkarchaeology.co.uk)

## Community Grant Scheme Opens For Second Round Of Applications

The second round of funding for a North Yorkshire community grant scheme is open.

The first round in June saw 25 applications for funding ranging from bowling club equipment, playing field upgrades and wellbeing projects to village hall upgrades.

Over the two rounds, there will be a total of £87,000 to award.

Any community-based organisation or group in the former Ryedale district can apply for up to £5,000 to help schemes that make a positive impact on community-owned or managed facilities and activities such as village halls, play areas, sports facilities, village-owned shops and activities that support the local community.

North Yorkshire Council's executive member for corporate services, Cllr David Chance, said: "We are looking to help organisations locally to the former Ryedale district area through this scheme. That could be through new play equipment or sports facilities or fitting out village halls, but I urge local groups to apply."

Applications will be considered for projects requiring capital funding, such as for buildings or equipment, or revenue funding projects, which include paying for training or staff. Funding cannot be used for expenditure that takes place prior to grant approval, including planning fees and professional fees; existing running costs and salary costs; fundraising costs; previously funded projects; recoverable VAT; and political or religious activities.

Last year £212,000 was allocated to local schemes including youth groups, bowls clubs, and several village hall committees that requested funding for play equipment and internal fittings.

Groups can apply for up to £5,000 although the grant is capped at 25 per cent of the total project cost, so match funding must be in place. Schemes under £1,000 can apply for 100 per cent funding.

Applications for the second round of funding must be submitted by October 27 with decisions in December.

To apply log on to [www.northyorks.gov.uk/rye-grants](http://www.northyorks.gov.uk/rye-grants)

Completed application forms should be submitted to: [grants.rye@northyorks.gov.uk](mailto:grants.rye@northyorks.gov.uk)



Couples are being challenged to showcase their best moves as Martin House Children's Hospice launches the search for its next Strictly Get Dancing champions.

Just as BBC1's Strictly Come Dancing is on our screens, Martin House is launching its own search for couples to learn to dance for its popular fundraiser.

Dancers will learn a Latin or ballroom dance, before performing in front of friends and family – and a panel of judges – in the grand show night next spring.

Maddie Bentley, events manager at Martin House, said: "Strictly Get Dancing is one of the most rewarding experiences to take part in.

"Our dancers always have an amazing time as they learn a new skill and make new friends as they train for the competition."

After enjoying all the thrills and entertainment of the TV show, competitors will be taught the dances in the five weeks leading up to the event.

They will also be raising sponsorship to support Martin House, which cares for babies, children and young people with life-limiting conditions.

The hospice provides respite, emergency, symptom control and end of life care to children and their families from across West, North and East Yorkshire, along with bereavement support.

Maddie added: "Our last Strictly Get Dancing raised nearly £40,000, and we're hoping to raise even more this time, so we can continue to provide the specialist support children and their families need.

"We're looking for couples who want to take on a new challenge and have fun while they raise money for this vital service."

As well as couples, colleagues and friends can team up to take part in Strictly Get Dancing.

It costs £50 per person to sign up, and each pair of dancers is asked to raise a minimum of £900 in sponsorship. To find out more and sign up, visit [www.martinhouse.org.uk/StrictlyGetDancing](http://www.martinhouse.org.uk/StrictlyGetDancing).

## Lottery Supporting Local Good Causes Marks Fifth Anniversary



A local lottery that has raised more than £260,000 for good causes in the Harrogate area has celebrated its fifth anniversary.

The Local Lotto was launched to raise additional funds for voluntary and community groups across the area.

Sixty pence from every £1 ticket goes to Harrogate area charities, voluntary organisations and community groups, with recipients ranging from Age UK to Woodfield Millennium Green to Harrogate Hospital Radio and Samaritans.

Players, who must be aged over 18, have the chance of winning a £25,000 jackpot plus smaller cash prizes each week. To date, more than 900 players have supported 118 good causes and have collectively won £63,000.

North Yorkshire Council's executive member for corporate services, Cllr David Chance, said: "Money raised from the Local Lotto, which was launched by the former Harrogate Borough Council, makes an important

contribution towards keeping the voluntary and community sector in Harrogate and surrounding towns and villages thriving. It enables players to support the local good causes they care about most."

Carol Chapman, volunteer fundraising coordinator for Harrogate Samaritans, said: "One hundred per cent of the funds raised from our collaboration with the Local Lotto go towards the running of our branch in Harrogate.

"This includes any of the local work we do with outreach, including our Rural Initiative, which helps us to get the message out to a hard-to-reach and isolated community that it's OK to talk. We have recently visited the Young Farmers Rally in Thirsk and will be present at the Nidderdale Show. We couldn't do all this work without the funding we receive."

To find out more about the Local Lotto or to sign-up, visit [www.thelocalotto.co.uk](http://www.thelocalotto.co.uk)

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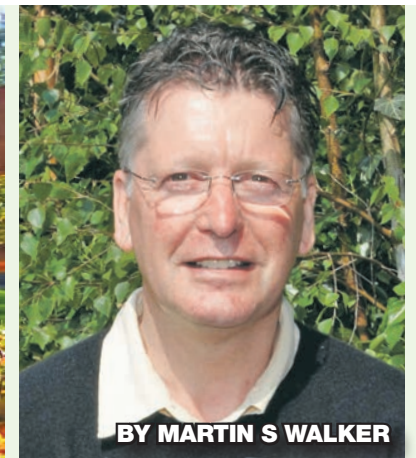
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# GARDENING

## As Autumn Puts On Its Fiery Cloak, Keep An Eye On That Cloud We're In For A Soak



BY MARTIN S WALKER



Reminder, Daylight Saving  
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Clocks go back 1 hour at 2.00 am on Sunday 29th October

We are well into harvesting produce from the vegetable garden, preparing and storing to keep us going throughout the coming months. The nights are definitely getting cooler, and some mornings there is a distinct nip in the air. Regular showers make planning work in the garden a little challenging but the changing colour and glints of sunshine remind me that autumn can be a beautiful time of year.



Don't be in a rush to cut plants back although flowers and stems have turned varying shades of strawy brown and golden. Providing they are still stout and standing upright they have a quality that will maintain structural interest contrasting with the ripening berries of shrubs and trees. I only cut back those perennials that have collapsed or bent in an unsightly manner, as many provide seed for the birds and a place for insects such as ladybirds to overwinter.

As the pace of growth slows in the garden my attention moves towards training and pruning unruly plants, completing repairs to failing fences and continuing outstanding jobs such as laying paths and building garden features.

We are right in the middle of bulb planting season with nurseries and garden centres bulging at the seams with bulbs, corms and tubers that promise a floral extravaganza next spring and early summer. Take your time to prepare the planting area adding horticultural grit if your soil is a little heavy and wet. I like to add a little bone meal to the planting area which helps encourage a good root system. Most bulbs available at this time of year can be planted straight away but I would leave tulips until the end of the month and into next month as the cooler soil temperatures discourage fungal attack and encourage root growth rather than soft shoots.

We plant up quite a few containers with selections of tulips which will flower over a longer period next spring and can be moved around taking advantage of more sheltered areas of the garden closer to the house.

I am often asked about pruning and training fruit and one that many shy away from is the blackberry and its relatives. Many of which grow at an alarming rate producing incredibly long new shoots every year and can quickly develop into a thick impenetrable

tangle of thorny stems. Understanding the growth habit is the first lesson, The long arching shoots produced this summer will provide the framework for fruiting next year, and the shoots that have flowered and fruited this year can be cut down to 5cm (2 inches).



Whilst there are some thornless cultivars, most blackberries are very thorny so ideally you should wear gauntlet type gardening gloves when pruning. Take your time and carefully remove the old fruiting stems by cutting short sections off until you have reached 5cm (2 inches) as trying to remove the flowering stem in one go risks damaging the new ones you want to keep. Once the old stems are removed then look at the remaining new stems and select the strongest removing short or spindly ones down to 5cm (2 inches). The remaining stems should be tied onto the support frame (fence or wire) in an arching pattern allowing at least 30cm (12 inches) between each stem to allow fruit development next year. An established plant should be able to produce up to 16 good fruiting canes each year and can take up a 4 - 5m (4-5 yard) length of fence. Next spring as growth commences apply a handful of general fertiliser around the base of the plant and keep the soil moist. Watering particularly in dry weather and as the fruit develops will improve the quality and taste of the fruit.



Looking after your lawn can be as time consuming as the rest of the garden especially if you like a weed free, manicured effect like the fine sports turf seen on golf courses, but if you just want an area of green fairly durable space where you can allow people to relax or play then maybe it doesn't need to be quite so pristine. We allow low growing native species of plant to mingle through our lawn, a little speedwell, the odd buttercup, small colony of clover and patch of daisies adds durability to the lawn and a little diversity for insects, so long as you don't cut too close accepting a height of about 35cm (1.5 inches) these will flower and add interest too. If you have space to leave an area uncut then that's great but bear in mind that at some point you will have to cut and tidy it up. A light raking with a wire rake removing dead grass is good allowing the air to circulate and discourages fungal attack. Lawn feeds for autumn contain more potash and potassium which encourage root growth and strengthens the grass to survive through the colder months. Don't be tempted to use up summer lawn feed as it will encourage soft growth which is more susceptible to disease attack.

*Next month, (it's 'bare root' planting season, growing garlic and protecting tender perennials.)*

## Top Tip - Cool With Your Cucumbers!



Cucumbers are a great addition to salads and sandwiches but can be a little temperamental if not treated carefully. They are best grown in a greenhouse or in a very sheltered sunny part of the garden. They don't like to be wet around the neck of the plant as it can cause them to rot and collapse so I grow them in old tubs about 45 - 50cm (18 - 20 inches) in diameter and about the same deep. (An old dustbin would be fine too so long as it has holes in the base).

I use a general purpose peat free compost mixing in a little general fertiliser and about half a bucketful of horticultural grit before filling the container to about 5cm (2 inches) from the top. Cucumbers need a climbing support and I use garden canes secured to the inside frame of the polytunnel (or greenhouse).



I do grow them from seed but to save time and especially if you only want one plant then nip to your local nursery or garden centre and buy a plant (early May). When the plant is about 15 - 20cm (6 to 8 inches) it is time to plant them into their final pot. Plant them close to the edge of the pot rather than in the centre as this will ensure that the roots of the developing plant are not surrounded by wet compost and will feel the warmth through the side of the container. When watering use a watering-can with a rose and water at the opposite side of the container to where you planted it as this will reduce the risk of the neck of the plant getting over wet. Feed every week with a liquid fertiliser either shop bought or home made.

Finally, when harvesting don't remove the whole fruit simply cut the length of cucumber you will use and leave the rest on the plant. The remaining part will stay fresh on the plant rather than going soggy in the fridge. The cut end on the plant will dry and you can harvest another section or the rest of the cucumber next time you want some.

# North York Moors National Park Secures Funding To Re-Wet And Restore Peat Habitats

The North York Moors National Park Authority has been awarded a grant of more than £1.25 million to restore peat habitats within its borders. The Moor to Restore project will see areas of blanket bog re-established across nine sites, totalling more than 1,100 hectares. This includes three locations that have previously been used for commercial forestry.



■ Sphagnum moss. Image © Charlie Fox

Peatlands are incredibly special habitats, characterised by wet, waterlogged soils where vegetation is not able to fully decay and so builds up over time, eventually forming a layer of peat. Aside from supporting significant biodiversity, undamaged peatlands can lock away more carbon than the equivalent area of rainforest. However, if they are drained or otherwise damaged, peatlands become a major source of greenhouse gas emissions. Any loss of peat habitats is therefore extremely detrimental to the environment.

Edward March-Shawcross, Project Officer for Moor to Restore, said:

“The last 200 years has seen significant peat loss from the North York Moors. The digging of peat for fuel, agricultural improvement, drainage and wildfires have all contributed to this.



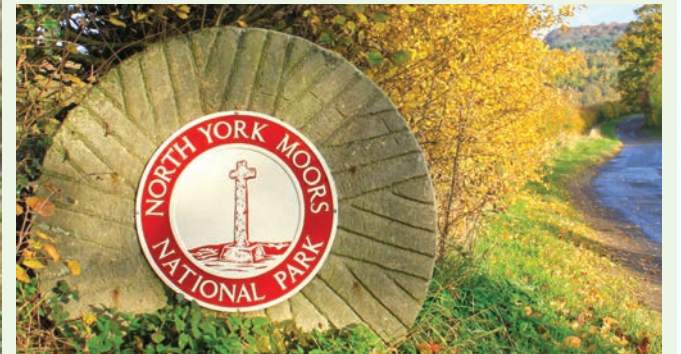
■ Edward March Shawcross records peat depth in the North York Moors. Image © Charlie Fox

“We want to see the return of boggy, species-rich habitats where sphagnum moss, heathers and cotton grass thrive. In turn this will help our populations of Golden Plover and Merlin - two species for

which the North York Moors is designated as a Special Protection Area - as well as threatened species of wading birds such as Curlew. Restoring peatlands will also make a huge contribution to enhancing our resilience to climate change, preventing further carbon loss and providing food and water for wildlife in periods of drought.”

In restoring bog habitats, the first task is to raise the water table so that the ground is suitably wet and waterlogged to support the right community of plants. This will be achieved by blocking erosion gullies and building ‘leaky dams’ that use natural materials to slow water drainage and help the formation of small pools. Large numbers of cotton grass plugs will then be planted, along with sphagnum moss and other peat-building species.

“For the three sites that were, until recently, commercial conifer plantations, this represents a complete transformation and a return to a native habitat that was lost more than 70 years ago,” said Edward.



The long-term aim for the National Park is that all areas of degraded deep peat habitat (approximately 4,500 hectares) will be actively undergoing restoration by 2032. To achieve this ambition the National Park is working closely with landowners and land managers to identify how healthy peatlands can provide sustainable incomes alongside carbon storage, improved water quality and benefits to biodiversity.

The funding has been awarded as part of Natural England’s Nature for Climate Peatland Grant Scheme, which has seen twelve projects share £16 million.

For more information about climate change and nature recovery projects in the North York Moors, please visit:

[www.northyorkmoors.org.uk/caring](http://www.northyorkmoors.org.uk/caring)

## Cast A Spell With Dobbies’ York Store This Halloween



Dobbies, the UK’s leading garden centre, is embracing the spirit of Halloween with its Little Seedlings Holiday Club workshop in its York store, with a look at mystical plants and their extraordinary powers.

Tailored for Dobbies’ Little Seedlings Club members aged 4-10, this interactive workshop is filled with fun activities to help children appreciate their natural environment.

Under the guidance of Dobbies’ horticultural experts, young gardening witches and wizards-in-training will embark on a journey through time. They will uncover ways in which ancient cultures used plants for their mystical properties. For example, the ancient Greeks and Romans believed that Rosemary could enhance memory retention and the ancient Egyptians thought Verbena could ward off evil spells.

Children in York will explore the fascinating world of medicinal plants, such as the Evening Primrose and Dandelion, uncover the secrets of their potent healing qualities, and dare to venture into the realm of the most poisonous plants, like the Deadly Nightshade and White Snakeroot.

Games and activities will spark the imagination of the children, where they will get a chance to brew a magical potion, cast a spell of their own, and craft magical plant charms to proudly take home as cherished mementos.

Dobbies’ Community and CSR Communications Executive, Chloë Bell, said: “We are very excited to welcome children to this workshop in our York store during the October break. Our Little Seedlings Holiday Club gives attendees a chance to make friends and learn something new, and we hope to nurture the next generation of gardening enthusiasts in a playful and informative setting.

“We believe that learning should be fun, and that’s why we’ve incorporated engaging games and activities that will ignite children’s imagination. From potion-brewing to crafting magical plant charms, this workshop will encourage creativity and a hands-on connection with the natural world.”

For more information about how to take part, visit:

[www.dobbies.com](http://www.dobbies.com)



## Farming Minister Announces Over Half A Million Awarded To Skipton And Ripon Farmers

The Farming Minister has confirmed that farmers in Skipton and Ripon have been awarded £566,251 in the first round of the Animal Health and Welfare Equipment and Technology fund.

In total, £19 million has been awarded to over 3,300 pig, poultry, sheep and cattle farmers, with grants ranging from £1,000 to £25,000. This will support investment in items ranging from livestock handling equipment to reduce lameness in sheep and cattle, to automated monitoring systems which free-up farmers’ time and limit environmental stress in poultry housing.

They form part of the Government’s Animal Health and Welfare Pathway, which supports farmers to transition to higher welfare practices and systems, whilst improving animal health, boosting productivity and encouraging sustainable food production.

Over the course of this year, the Government will make over £168 million available to farmers to drive innovation, support food production, improve animal health and welfare, and protect the environment. There will be further rounds of equipment and technology grants, as well as larger schemes for bespoke infrastructure projects, which farmers can continue to apply for.

Julian Smith said, “This is fantastic news for farmers across Skipton and Ripon.

“It was a pleasure to host the Farming Minister on a visit earlier this summer and discuss what the Government can continue to do to support local farmers.

“Grants like this will help them to invest sustainably, improve welfare practices and boost productivity.”

# New State Of Nature Report Uses Local Data To Highlight The Devastating Loss Of UK Nature



■ Water Vole, Hertfordshire, England. Image © Ben Andrew (rspb-images.com)

**While Starlings or Hedgehogs may still be a familiar sight in some gardens in Yorkshire, the new State of Nature 2023 report, reveals the devastating scale of nature loss across England.**

The 2023 report, which has been compiled by leading professionals from over 60 research and conservation organisations contains the best available data on the UK's biodiversity. This includes data from scientists and volunteers monitoring nature in Yorkshire. It provides a detailed picture of how nature is faring across the UK's towns, cities, countryside and seas.

Now conservationists, scientists and experts are sounding the alarm for nature once again.

The new report shows that the abundance of land and freshwater species has on average fallen by almost a third (32%) across England since 1970. Overall, the UK is one of the most nature-depleted countries globally due to human activity, with less than half of its biodiversity remaining



■ Natterjack toad, RSPB The Lodge, Bedfordshire, England. Image © Andy Hay (rspb-images.com)

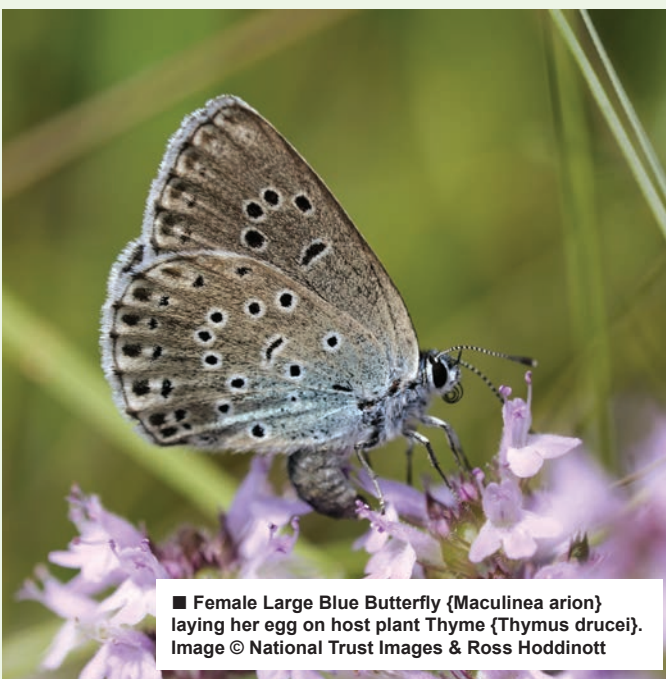
The report looks at evidence going back more than 50 years, monitoring populations, pressures and threats and identifying large-scale patterns. Conservationists are concerned that all the groups studied show worrying declines in numbers.

Some of the species groups suffering the biggest population losses are insects, plants and some fish, including those found in the North Sea. European Eel, Lady's Slipper Orchid, Turtle Dove and Hazel Dormouse are all now threatened with extinction in the UK.

While people may be less familiar with these species, which are disappearing from farmlands, uplands, woodlands, wetlands or seas, these at-risk species are often vital parts of the food chain.

Some also provide vital ecosystem services such as pollination. Their losses can ripple through our environment, making it harder for other species to survive.

The report shows that almost 1,500 species are at risk of UK extinction and there are multiple challenges that need to be addressed to help them. These include a lack of available food, lack of habitat, the impacts of the climate crisis or pollution.



■ Female Large Blue Butterfly {*Maculinea arion*} laying her egg on host plant Thyme {*Thymus drucei*}. Image © National Trust Images & Ross Hoddinott

It also highlights the complex relationships between species, as the loss of a food source may affect the survival of multiple other species.

Conservationists are also warning that the challenges facing nature have a negative impact on human health and the natural resources we rely on, such as food and water. Air pollution and flooding, both of which threaten wildlife, can also pose human health risks. Agriculture produces 11% of UK greenhouse gas emissions and 87% of the UK's ammonia emissions, which impacts both public health and wildlife.

In many cases, the solutions to the challenges nature faces are known. Projects to restore habitats such as peatlands, wetlands and woodlands are now underway to help capture carbon and save species. The report celebrates the successes of communities, conservation organisations and agencies in restoring nature for wildlife and people.

While local conservation efforts and community action have a vital and positive impact on saving nature, urgent, widespread action is needed to halt and reverse biodiversity loss to put nature on a path to recovery for the benefit of people and planet.



■ Starling, Portland Bill, Dorset, England. Image © Verity Hill (rspb-images.com)

The State of Nature report 2023 identifies practices associated with industrial-scale farming as one of the most significant threats to species and habitats in England, with climate change also highlighted as a key threat.

Over 69% of England is agricultural land, including parts of Yorkshire. Successful long-term trials of Nature-Friendly farming methods show that with the right support and funding in place, English farmland could be managed to reverse biodiversity loss while still providing high-quality food and produce for consumers.

Michael Copleston, Director of RSPB England, said: "For anyone who cares deeply about future generations and the state of nature, now is the time to urgently get to grips with the scale of our collective challenge.

The state of nature report draws on our very best science over decades, and spells out the magnitude of ecological loss and scale of effort that is so urgently needed.

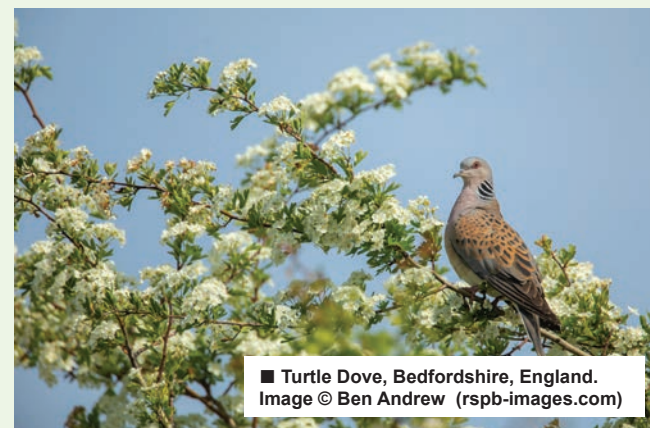
We simply cannot be complacent with words such as extinctions, ecological tipping points, and nature and climate emergencies.



■ Eurasian Curlew, North York Moors, Yorkshire, England. Image © Ben Andrew (rspb-images.com)

The difference we can make to help reverse the fortune of special wildlife or precious habitats is now urgently a matter of scale. Scale of effort. Scale of investment. Scale of action.

Some of the brilliant and awe-inspiring stories of hope, like restoring populations of Red Kite and Bittern, shows we have many of the tools needed. But we cannot shy away from the fact that once-common wildlife like hedgehogs and swifts are rapidly disappearing. We should be alarmed and we do need to act. Nature needs it and so do we."



■ Turtle Dove, Bedfordshire, England. Image © Ben Andrew (rspb-images.com)

Dr David Noble, BTO Principal Ecologist - Monitoring, said: "We are approaching a crossroads in tackling the climate and biodiversity crises. Research and monitoring have identified many solutions, and moreover, provide evidence that these can work when effectively deployed; the challenge is to massively scale up, and, given multiple threats, to incorporate nature friendly practices and policy into all sectors of society. But it isn't just about tracking continuing declines – seeing the success of conservation efforts is a key motivator for the huge numbers of dedicated volunteers engaged in monitoring in the UK."

To download a full copy of the State of Nature 2023 report, visit [www.stateofnature.org.uk](http://www.stateofnature.org.uk)

# Record High For Hen Harrier Population In England



Figures released by Natural England show another rise in the population of Hen Harriers in England, with 141 chicks fledging successfully this year. This increase is nearly a further fifth from last year's 119 chicks which was the highest number for a century.

The data marks a decade of population growth for this very rare bird. As recently as 2013, there were no successful Hen Harrier nests in England.

Amanda Anderson, director of the Moorland Association, said: "We are delighted to have played a key part in this remarkable success story. It is practical action that has made the difference for this charismatic species. Our members undertake a range of actions including nest monitoring, supplementary feeding and, crucially, providing protected habitat which offers these ground-nesting birds the best chance of successfully fledging chicks."

The government's Hen Harrier Joint Action Plan was established in 2016 and the Hen Harrier Brood Management Trial began in 2018 under a licence to help restore Hen Harriers to suitable habitat in the north of England. The Game and Wildlife Conservation Trust, the Hawk and Owl Trust, the International Centre for Birds of Prey and Natural England work in partnership with the Moorland Association on the scheme.

Since the first licence for brood management was available in 2018, a clear and impressive 1,300% improvement has been witnessed, with 485 chicks successfully taking to the wing in England, nine times the number in the six-year period before the trial.

The recent expansion of the Hen Harriers' geographic range to nest in County Durham, Cumbria, Lancashire, Northumberland and Yorkshire in recent years is also very positive, boosting resilience of this successfully recovering population.

## National Park Seeks Individuals Passionate About Making The North York Moors Welcoming To All

A unique volunteering opportunity is available for anyone interested in improving public access to the North York Moors National Park.

The Local Access Forum (LAF) meets twice a year to address issues such as rights-of-way improvements, signage, public transport and new cycle routes.

Members of the forum represent three different groups. The first of these is people who use the National Park for recreation, including horse-riders, cyclists and users of personal mobility vehicles such as scooters and trampers. The second is those who represent owners or managers of land in the North York Moors, while a third group have interests including history and heritage, or are business-owners or community members.

The aim is to ensure that the National Park is as welcoming and accessible as possible, while remaining mindful that it is a living, working landscape and a home to endangered plants and wildlife.

Amanda Anderson continued: "These outstanding results get us a long way toward the goal to achieve a Hen Harrier population that is sustainable, well-dispersed and coexists alongside economically viable driven grouse shooting. Land managers and gamekeepers in the north have invested considerable time and money to boost Hen Harrier numbers, working closely with our partners, and we are very pleased that their efforts have proven to be remarkably successful. The birds are reaching their targets in a number of areas in the north of England's uplands, and will be further bolstered by a Defra plan to reintroduce the Hen Harrier to the south of England too. If that is half as successful, favourable condition in England could well be restored, ending decades of concern for the species."

Conservation actions undertaken as part of the Joint Action Plan include nest and winter roost protection, monitoring of populations, supplementary feeding, reintroduction of the species to Southern England and the Brood Management Scheme trial.

The Hen Harrier is unusual as a species in that it tends to nest close to other Hen Harriers' nests. The trial involves taking eggs and chicks from some nests, raising the chicks in a specialist bird of prey rearing facility for a few weeks and then releasing the juveniles into suitable habitat in the same general area that they came from. The trial is conducted under strict licence conditions overseen by Natural England, a Project Board and Scientific Advisory Group. The trial has been part funded by the Wildlife Habitat Charitable Trust, through a conservation grant to support the Hen Harrier recovery plan.

The Brood Management trial is one of the elements that has made the most difference for the Hen Harrier, and has added a total of 58 chicks to the wild population to date, some of which have gone on to breed in the wild themselves.

Two vacancies are available on the forum, one to represent users of rights of way and recreational access, and a second to speak for 'other interests' in the North York Moors, be that, health, tourism, education, culture or an alternative area.

The National Park Authority is keen to include voices from as many different communities and backgrounds as possible, to make sure that it is delivering for everybody.

For more information or to download an application form, please visit [northyorkmoors.org.uk/jobs](http://northyorkmoors.org.uk/jobs) or contact Judith Seaton on 01439 772586.

The deadline for applications is Friday 13 October (midday). Brief informal meetings with shortlisted candidates will take place on Friday 20 October in Helmsley.

## Endangered River Mussels Receive Major Funding Boost



■ Freshwater pearl mussel. Image © Sue Scott

Natural England has announced that a project designed to improve the habitat for Atlantic salmon in the River Esk has been successful in securing a share of a £14.5 million grant scheme to support species recovery across England.

The REStore project aims to address obstacles that hinder fish migration and improve gravel spawning sites for salmon to lay their eggs. By improving conditions for salmon, the project will also directly benefit the freshwater pearl mussel, a species which relies on the salmon family for the early stages of its lifecycle.

The North York Moors National Park Authority is one of 45 organisations (representing 63 projects) that have been successful in applying for a share of the £14.5 million Species Recovery Programme Capital Grants Scheme. In total it will receive more than £498,000.

The scheme is designed to fund targeted action to recover the most threatened species. It will support efforts to fine-tune habitat conditions for some of England's rarest species and help find the best approaches to enable endangered wildlife to survive and thrive.

Mike Hawtin, Head of Nature Recovery Projects at the North York Moors National Park Authority, said:

"The River Esk is home to Yorkshire's last surviving population of the freshwater pearl mussel, so we really are at a critical moment when it comes to securing the future of this fascinating species.

"The mussel spends its larval stage attached to the gills of salmon, hitching a lift upstream to the gravel beds where the fish spawn. The pearl mussel larvae then drop off and fall to the bottom of the river, where they will eventually develop into filter-feeding juvenile mussels.

"Conservation of this endangered species is therefore critically dependent on reducing obstacles such as weirs, culverts and road fords that can prevent successful migration of salmon upstream to their gravel bed spawning sites."

The project will address two concrete road fords currently acting as major barriers to fish migration and re-instate natural gravel beds. Each ford will be replaced with a single span bridge, opening-up and enhancing more than 18km of river, enabling improved passage to spawning sites.

In a triple triumph for the rivers of North Yorkshire, funding from the Species Recovery Programme has also been awarded to Yorkshire Wildlife Trust; to help local populations of native, white-clawed crayfish, and to York St John University; to provide habitat for water voles, tansy beetles and great crested newts along a stretch of the Foss River.

David Amuzu, of Natural England in Yorkshire, said:

"Our wildlife is facing extreme pressures and it is important we work together to take action to prevent further decline of some of the most rare and endangered species in our region.

"We are delighted to support these projects across Yorkshire to address some of the challenges and boost the long-term prospects of our rare species in our internationally important environments across the region."

Tony Juniper, Chair of Natural England, said:

"The money has been awarded following a competitive application round, and will be used by environmental charities, wildlife organisations, local authorities and charities in projects across the country.

"The projects will help deliver the Nature Recovery Network, creating, improving and connecting more wildlife-rich areas benefitting people and helping species to thrive."



## Pyromusical 2023 Tickets On Sale Now!

The North East's biggest fireworks spectacular, Pyromusical, will mark its fifth year of shows on Saturday 4th November with a celebration that will light up the night sky.

The magical, multi-sensory event, will include highlights from the last five decades of UK music with an original soundtrack including samples of tracks from musical powerhouses of today and yesteryear.

Set in a 7.5-acre stage and lighting up the night skies above Bishop Auckland, visitors can look forward to a heart-pounding performance that will illuminate the November night and create lasting memories for all who attend.

Hurry to book your tickets as these sell fast and the event is sold out every year.

Do not forget to book your shuttle tickets if you do not wish to walk from the town.

For more information and booking office visit;

[www.11arches.com](http://www.11arches.com)

## Slipknot's Corey Taylor To Tour Across The UK This November



GRAMMY® Award-winning, multi-platinum singer-songwriter, actor, and New York Times best-selling author Corey Taylor (Slipknot, Stone Sour) will hit the road across the UK in November. UK tour dates include London's Eventim Apollo, Manchester Academy and Leeds O2 Academy.

Earlier this summer, Corey Taylor revealed the details for his new solo studio album, CMF2, alongside the release of his first single 'BEYOND' which UK crowds can expect to hear live later this year.

CMF2 follows up Taylor's 2020 solo debut CMFT, which featured the #1 Billboard mainstream rock single 'Black Eyes Blue' and streaming sensation 'CMFT Must Be Stopped' (feat. Tech N9ne and Kid Bookie). The LP hit #6 on Billboard's US Top Rock Albums charts.

Tickets now on sale via [www.LiveNation.co.uk](http://www.LiveNation.co.uk)



## Live In York By Stuart Glossop

Following their incredible main stage performances at Reading & Leeds Festivals DON BROCO hit the road again in the UK this autumn. Having blown audiences away in March when they headlined huge venues including the likes of Alexandra Palace and Cardiff Motorpoint Arena, DON BROCO will be taking to the stages of some of the smallest venues they've played in years. Vocalist Rob Damiani told us, "We're buzzing to be heading out on The Birthday Party Tour in November and December, hitting up some of our favourite spots in the UK that we haven't been to in a little while and some future faves we've never been to before! Broco at The Barbican the first time around was a huge night for us and can't wait to be back for round 2!" The 15-date Birthday Party Tour will be a much more celebratory affair, with DON BROCO playing a hits-packed set and getting up, close and personal with their exuberant fan-base. Making the shows even more special will be the fact that anyone with a ticket who is celebrating their birthday on the day of each gig will be treated to their own mini-birthday party by being invited to an exclusive meet-and-greet with the band before the show. Full details will be revealed on the band's website in due course. They headline at The Barbican on December 11th



Off the back of a string of summer festivals and supporting Muse, TWIN ATLANTIC, Sam McTrusty, Ross McNae, Barry McKenna & Joe Lazarus, mark a return to their roots with raucous new single 'Stuck In A Car With You'. The first taste of new music on their own label Staple Diet and currently in the studio working on new music, the band are back; bigger, bolder and with a confident swagger back in their stride. 'Stuck In A Car With You' is infectious, raw, guitar driven pop rock at its very best. "It's a song about the little things in life that can pass you by," Sam says of the track. "It's easy to get wrapped up in life without acknowledging how important they are

to you until you're forced to imagine living without them." Speaking of the new era of the band, Sam comments, "Stuck In A Car with You" marks the beginning of a new chapter for Twin Atlantic. Having our friend Romesh Dodangoda (Bring Me The Horizon, Nova Twins) involved from the inception has been a full circle, satisfying moment. We worked together on our first EP and always knew we'd do another project. He's been a mentor to our band on all things audio production and studio building for years so to have him besides us on this song and be a part of the Twin Atlantic story is so special to us. The band will also head out on a run of very intimate shows this winter. Included is a York date on Saturday 25th November at The Crescent



New York City's pop-jazz sensation, POSTMODERN JUKEBOX are set to return to the UK. Bringing their innovative twist on classic sounds, performing 'today's hits yesterday', on an unforgettable 18-date run throughout April and May 2024. Famed "Pop music in a Time Machine" concert act Postmodern Jukebox has announced a new World Tour to celebrate the dual milestone of their 10th anniversary of touring and their 1,000th show in 2024. Dubbed The '10' Tour, the show will come to the UK to 18 venues across the country including York, They are The Barbican on 29th April 2024. Concertgoers can expect a dazzling, inspiring trip through the PMJ Universe — where modern-day earworms and iconic pop hits alike are reimagined in classic genres like 1920s jazz, Swing, Doo-wop and Motown, and brought to life by a cast of some of the world's best singers, dancers, and instrumentalists. Think "The Great Gatsby" meets "Sinatra at the Sands" meets "Back! ... To The Future". Ten years and two billion views on their YouTube channel later, a Postmodern Jukebox show has become something of an annual musical tradition for hundreds of thousands of dedicated fans all over the world — fans that often show up dressed to the nines in their vintage best, eager to immerse themselves in the experience.





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# ENTERTAINMENT

## WHAT'S ON TV & STREAMING



### 06 October - Godfather of Harlem, Season 3 - LIONSGATE+

Crime drama which tells the true story of infamous crime boss Bumpy Johnson, starring Forest Whitaker.

### 06 October - Have I Got News For You, Season 66 - BBC One

Paul and Ian are back with ten more episodes of the popular comedy panel show.

### 06 October - Ghosts, Season 5 (Final) - BBC One

A cash-strapped young couple inherit a rickety country mansion, only to find it teeming with needy ghosts.

### 11 October - Das Boot, Season 4 - Sky Atlantic

A TV sequel to the classic war movie, one of the most acclaimed German films of all time.

### 12 October - COBRA: Rebellion, Season 3 - Sky Max

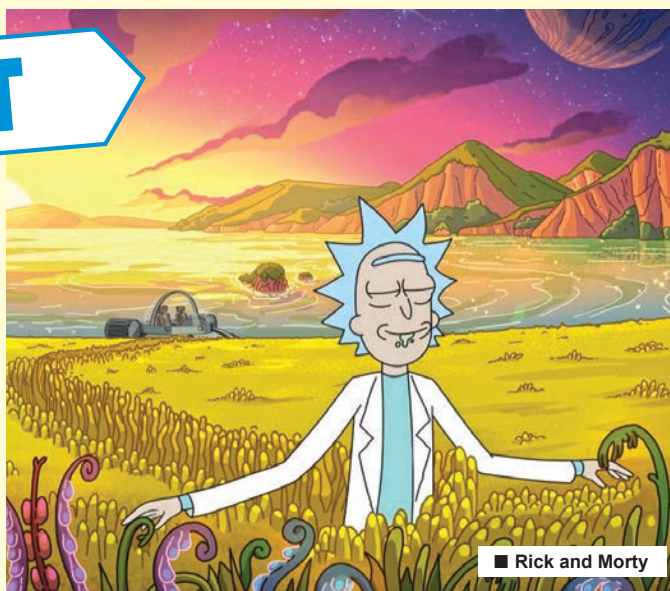
Robert Carlyle and Victoria Hamilton star in a drama that asks the question "what happens in the corridors of power during a time of national emergency?"

### 12 October - The Fall of the House of Usher, Season Limited - Netflix

'The Haunting of...' creator Mike Flanagan takes on Edgar Allan Poe.

### 12 October - C\*A\*U\*G\*H\*T, Season 1 - ITVX

An Australian satirical comedy following four Australian soldiers sent on a secret mission to a war-torn country.



■ Rick and Morty

### 12 October - Interview With The Vampire, Season 1 - BBC Two

A TV series based on the bestselling Anne Rice novels.

### 13 October - Creepshow, Season 4 - Shudder

Based on the 1982 horror-comedy classic, from 'The Walking Dead's Greg Nicotero.

### 13 October - Shining Vale, Season 2 - LIONSGATE+

A horror-comedy series starring Courteney Cox and Greg Kinnear.

### 13 October - Goosebumps, Season 1 - Disney+

TV series based on the popular R. L. Stine novels.

### 13 October - Frasier, Season 12 - Paramount+

Sitcom starring Kelsey Grammer as Dr. Frasier Crane returns in a revival.

### 16 October - Rick and Morty, Season 7 - E4

A mad scientist takes his grandson on wacky adventures in this hugely popular cartoon.

### 18 October - The Wonder Years, Season 2 - Disney+

Based on the classic series, this new iteration focuses on the Williamses, a Black middle-class family in the late 1960s Alabama, made sure it was the Wonder Years for them too.

### 18 October - Dark Winds, Season 1 - Alibi

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

## AT THE MOVIES

### 13 October - PAW Patrol: The Mighty Movie - U

A magical meteor crash lands in Adventure City and gives the PAW Patrol pups superpowers, transforming them into The Mighty Pups.

Stars: Mckenna Grace, Taraji P. Henson & Marsai Martin



■ BlackBerry

### 06 October - BlackBerry - 15

The story of the meteoric rise and catastrophic demise of the world's first smartphone.

Stars: Jay Baruchel, Glenn Howerton & Matt Johnson

### 09 October - Fyre Rises - 15

Debt-ridden pacifist Richard Fyre is propositioned to return to his abandoned mercenary ways by flamboyant zealot, Priest, to eliminate his international competition in exchange for a clean slate.

Stars: Eric Roberts, Cynthia Rothrock & Joseph Millson



■ Daliland

### 13 October - Daliland - 15

In 1973, a young gallery assistant goes on a wild adventure behind the scenes as he helps the aging genius Salvador Dali prepare for a big show in New York.

Stars: Ben Kingsley, Barbara Sukowa & Ezra Miller

### 19 October - Bodies, Season Limited - Netflix

Four detectives, living in four different eras, find the body of the same murder victim in London's Whitechapel. They soon come to realise their investigations have them central to a mysterious conspiracy spanning over a 150 years.

### 20 October - My Adventures With Superman, Season 1 - E4

Clark Kent, Jimmy Olsen and Lois Lane in animated form.

### 20 October - Upload, Season 3 - Prime Video

Robbie Amell stars in new sci-fi comedy from Greg Daniels ('The Office', 'Parks and Recreation') where humans can choose to be "uploaded" into a virtual afterlife when they find themselves near-death.

### 20 October - Bosch: Legacy, Season 2 - Amazon Freevee

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

### 20 October - Breeders, Season 4 (Final) - Sky Comedy

Martin Freeman and Daisy Haggard star in a comedy about the trials and tribulations of parenting from Veep's Simon Blackwell and Chris Addison.

### 20 October - Big Mouth, Season 7 - Netflix

A half-hour edgy adult animated comedy from real-life best friends Nick Kroll ('Kroll Show', 'The League') and Andrew Goldberg ('Family Guy') about the glorious nightmare that is teenaged puberty.

### 25 October - What We Do In The Shadows, Season 5 - Disney+

Comedy series set in New York City follows three vampires who have been roommates for hundreds and hundreds of years trying to cope in the modern world.

### 25 October - A League of Their Own, Season 18 - Sky Max

Sky's sporting comedy quiz returns.

### 28 October - Fellow Travelers, Season Limited - Paramount+

Based on the novel by Thomas Mallon, the series is an epic love story and political thriller, chronicling the clandestine romance of two very different men who meet in McCarthy-era Washington.

### 30 October - The Gilded Age, Season 2 - Sky Atlantic

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



■ Killers of the Flower Moon

### 20 October - Killers of the Flower Moon - 15

Members of the Osage tribe in the United States are murdered under mysterious circumstances in the 1920s, sparking a major F.B.I. investigation involving J. Edgar Hoover.

Stars: Leonardo DiCaprio, Robert De Niro & Lily Gladstone

### 27 October - Doctor Jekyll - 15

A modern re-imagining of the infamous Dr. Jekyll from Robert Louis Stevenson's 1886 novella The Strange Case of Dr Jekyll and Mr Hyde.

Stars: Eddie Izzard, Scott Chambers & Lindsay Duncan

**DVD, Blu-Ray & 4K DVD**



**09 October - Disney Pixar's Elemental - DVD & Blu-Ray**



**16 October - Meg 2: The Trench - DVD, Blu-Ray & 4K DVD**



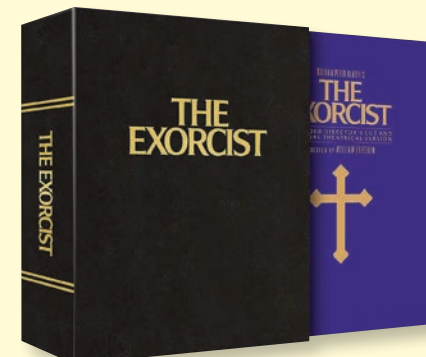
**23 October - Hellraiser Quartet Of Torment - 4K DVD**



**09 October - Transformers: Rise of the Beasts - DVD, Blu-Ray & 4K DVD**



**16 October - Insidious: The Red Door - DVD & Blu-Ray**



**23 October - The Exorcist 50th Anniversary Deluxe Edition - 4K DVD**

**GAMES**



**05 October - Assassin's Creed Mirage Launch Edition - PS4, PS5 & Xbox**



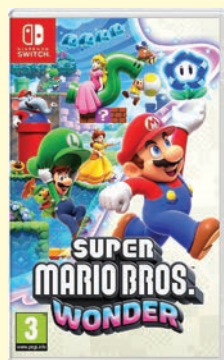
**13 October - Lords Of The Fallen - Deluxe Edition - PS5 & Xbox**



**20 October - Marvel's Spider-Man 2 - PS5**



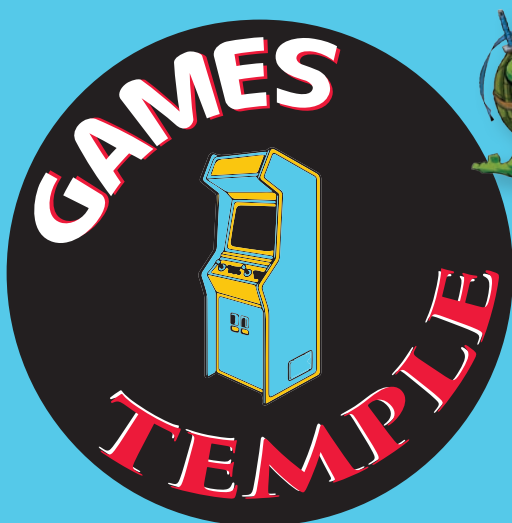
**06 October - Mario Kart 8 Deluxe - Booster Course Pass - Nintendo Switch**



**20 October - Super Mario Bros. Wonder - Nintendo Switch**



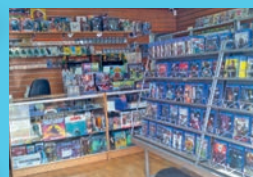
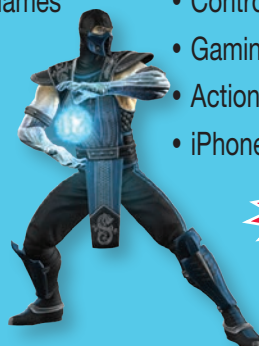
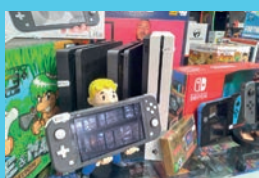
**27 October - EA SPORTS UFC 5 - PS5 & Xbox**



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— BY LINZI DAVIES —

**It's that time of year again when we imagine things that go bump in the night. Costumes and treats hit the shops, pumpkins are carved, and we hit the dark cold streets with our miniature witches, wizards and zombies all hoping for a basket full of treats by the end of the night.**

The celebration of Halloween has increased a lot over the years, certainly since I was a child when all you could buy was a plastic face mask with two eye holes and one for your mouth that cut your tongue when you couldn't resist poking it through. Pumpkins were not readily available then either – I remember my mum carving a swede instead, how she managed I will never know as I find them hard enough to simply dice up for a stew! But where does this strange tradition come from? Who decided it would be a good idea to dress up as the most hideous creature you can think of and wander the streets in search of goodies?

Well, I discovered that Halloween has not always been about pumpkins and trick or treating. In this month's feature, find out all about how this autumnal festival came about and the traditions over the years.

## THE ORIGIN OF HALLOWEEN

We can trace Halloween back to the time of the Celts in Britain. Celtic Britain was pre-Christian, and the year was organised by the growing seasons. As the summer ended and the harvest began before the dark and cold winter months set in, the people in these farming communities saw it as a change from the abundant time of growth into a time of dormancy. As they saw this transition between 'life' and 'death' they celebrated the festival of Samhain which symbolised the boundary between the worlds of the living and the dead. The Druids – the Celtic priests, would lead the celebrations and a major part of this was to light a large bonfire in each village. The Celts believed that the ghosts of the dead were able to revisit the mortal world for one night and the bonfire was lit to ward off any evil spirits that might also try to sneak through. The hearth fire of each house was re-lit from the embers of the bonfire to protect the inhabitants throughout the coming winter months. Another 'protection' method the Celts used was to dress up as evil spirits. This way if they came across any they would think that they were one of them!

When the Romans invaded Britain in 43AD they assimilated their own celebrations into the existing Celtic festivals. The Roman goddess of fruit and trees was known as Pomona and her symbol was the apple. As her festival was celebrated at harvest time, when the Romans would have consumed apples, nuts, and grapes, it is suggested that this may be where the tradition of 'bobbing' for apples came from which many people still enjoy playing today at Halloween.

## A MOVE INTO CHRISTIANITY

In the early 5th century as Romans began moving out of Britain, it was invaded by a new set of conquerors – the Saxons, Jutes and Angles. This pushed the Celtic tribes to the north and west of the country. Christianity began arriving over the next few decades from both the early Celtic Church, and the arrival of Saint Augustine in 597AD. Among the Christian festivals to arrive on our shores was All Hallows' Day – or All Saints Day. This was traditionally celebrated on the 13th May each year to commemorate all those who had died for their beliefs, but in the 8th century Pope Gregory moved the feast to the 1st of November, attempting to replace Samhain with a celebration more in keeping with the Christian faith. This is where we get the name Halloween from as the night of Samhain became known as All-hallows-even, then Hallow Eve. It later was adapted into Hallowe'en before finally becoming Halloween.

Despite the changing faiths of Britain over the centuries, many people still believe Halloween to be a special time of year when the spirit world can make contact with the physical, and a time when magic is at its strongest. This is where hollowed out swedes and turnips come into play, only recently replaced by pumpkins. The faces carved into the vegetables would be lit from within by a candle and placed in the window to ward off evil spirits – the same thing the Celts were doing 2000 years ago with their bonfires!

## TRICK OR TREATING



As well as the Celts dressing up as evil spirits all those years ago, the Christians would dress up as saints and angels as part of their All-Saints Day celebrations. This means that there is a tradition of dressing up around Halloween for thousands of years.

The first form of trick or treating began in the Middle Ages. Children and sometimes adults from poor families would dress up and go door to door begging for food or money in exchange for songs and prayers on behalf of the dead. This was called 'souling' as they would often be begging for soul cakes. These sweet, spiced currant cakes were baked as an offering to the dead and were then given to the children as alms. One such rhyme used by the children went like this "Soul, souls, for a soul cake; Pray you good mistress, a soul cake!" The practice was also mentioned by Shakespeare in his comedy 'The Two Gentlemen of Verona' when the character Speed accuses his master of "puling (whining) like a beggar at Hallowmas."

The first recorded use of the words 'trick or treat' comes from Alberta Canada in 1927. It says, "Hallowe'en provided an opportunity for real strenuous fun.....The youthful tormentors were at back door and front demanding edible plunder by the word "trick or treat" to which the inmates gladly responded and sent the robbers away rejoicing." It did not become widespread though until the 1930's in America, and this was halted during WW2 due to sugar rationing. The term 'trick or treating' did not become popular in Britain until the 1970's-80's.

Today, the custom is still a matter of much debate. While many households see it as harmless fun for children, providing them with an opportunity to dress up and eat large amounts of sweets, some hate it. They see it as begging, bad manners and a huge inconvenience to have constant knocking at their door.

Whatever your personal views are on Halloween, children invariably love it and even though it has changed a lot over the years, it is one of our longest running traditions!

Here are some family friendly events in your area which are sure to send a tingle of terror up your spine!



**Pumpkins, witches, massive mummified maze, zombie laser tag, a spooky panto and more adventure playgrounds than you can rattle a bone at... it's the Halloween Adventure at Stockeld Park!**

Yorkshire's biggest, best and most family-friendly Halloween extravaganza returns to this hidden woodland gem this October, situated conveniently between Harrogate, York, and Leeds.

Every child who visits the Park during half-term can choose a FREE pumpkin from Stockeld's amazing pumpkin field! Then explore the Enchanted Forest where woodland witches are lurking. Get lost in the maze but watch out for a mummy you really don't want to meet! Brave young souls can then pick up their laser guns and look to save Stockeld from the zombies in the frightening woodland laser-tag arena. Then warm up with a hot chocolate but get ready to shiver again as the Stockeld Theatre presents their spooky panto, Halloween Street...

*Opening Times for Halloween Adventure:*

*Saturday 21st and Sunday 22nd October*

*Open daily from Saturday 28th October – Sunday 5th November.*

*Tickets from £16*

*[www.stockeldpark.co.uk](http://www.stockeldpark.co.uk)*





# HALLOWEEN EVENTS!



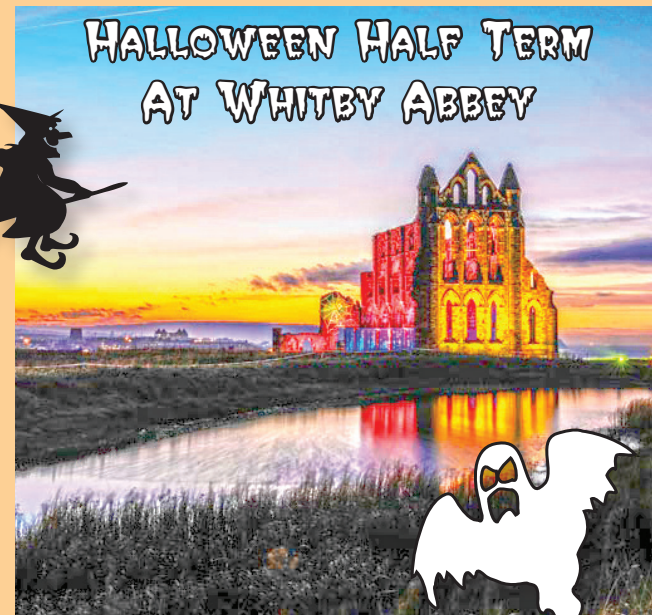
**ADVENTURE CINEMA AT CASTLE HOWARD**

From witches to vampires, monsters and more, Adventure Cinema will have a film for everyone this Halloween. Celebrating its 30-year birthday this month, American fantasy Hocus Pocus is the perfect viewing for younger audiences and those who love a Disney movie.

Those searching for a light scare factor, can also book a spot at Monsters Inc, Room on the Broom or The Nightmare Before Christmas.

Stepping up the scare factor, Adventure Cinema will also offer cult-classic The Lost Boys - with its famous soundtrack, Scream - famously directed by Wes Craven. New for this season and transporting audiences to a haunted house full of ghosts, Adventure Cinema will also welcome 1998's Beetlejuice.

Tickets for Adventure Cinema start from £9.50 + Booking fee and are available now via: [www.adventurecinema.co.uk](http://www.adventurecinema.co.uk)



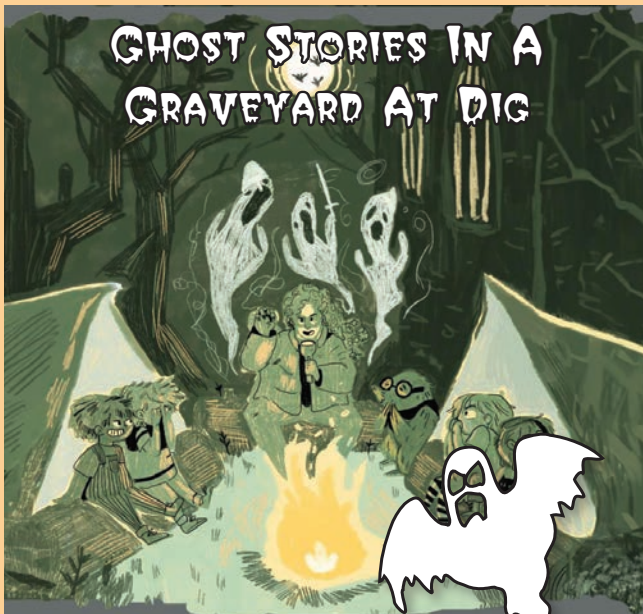
**HALLOWEEN HALF TERM AT WHITBY ABBEY**

Sat 21 Oct - Sun 5 Nov 2023

Grab your broomsticks and get ready for a bewitchingly brilliant day out. Gather round for tales from spooky storytellers and solve creepy clues in the Halloween Quest.

Join Victorian ghost hunters in the ruins of Whitby Abbey for all things Gothic this half term. Listen to some spooky stories and be inspired to create your very own tale of terror just like Bram Stoker did with Dracula.

From Saturday 21 October to Sunday 5 November, you can take part in the Halloween quest and discover magical potion ingredients. Complete the booklet's activities and solve its creepy clues to become a wonderfully wicked witch's apprentice!



**GHOST STORIES IN A GRAVEYARD AT DIG**

28 & 29 October 2023

Can you think of a spookier place to hear ghost stories than in a real graveyard? That's the treat in store for the young and fearless at DIG: An Archaeological Adventure this month, when they will be invited to gather around the campfire next to St Saviour's Church for two special evenings of Halloween fun.

DIG After Dark: Ghosts in the Graveyard is a brand-new event created by the expert storytellers from DIG and JORVIK Viking Centre. Those brave enough to join the evening will gather around a real campfire within the grounds of the former church on St Saviourgate to hear the tragic tales of the ghost of a Viking warrior and the ghost hunter who yearned to witness him!

The fireside tales will also include folklore, ghost stories framed in the history of St Saviour's Church, which has stood on the site since the 11th century but deconsecrated in the 1950s. The evening includes snacks and a hot drink, but does take place outdoors, so appropriate outdoor clothing is strongly recommended, though shelter will be available if the weather is inclement.

The interactive and immersive sessions take place at 5.30pm and 7.30pm on both days, and are suitable for those aged seven and over, with tickets on sale now. Tickets are £10.00 for adults and £7.50 for under 16s, with a family ticket for up to four people for £30.00. Prebooking is strongly advised as the events are expected to sell out quickly.

Visit [www.digyork.co.uk/events](http://www.digyork.co.uk/events)



**FAMILY HALLOWEEN FANCY DRESS WALK**

Outside of the Royal Pump Room Museum, Crown Place, HG1 2RY.

Sat 28th October 2023 4:00PM

**Harrogate Ghost Walk is the first and only ghost walk in Harrogate. Are you brave enough to join them?**

This Halloween they will host the very first family event. Fancy dress fun!

Wear your most gruesome and scary outfit to be in with the chance of winning a prize.

The walk will last 1 hour and is suitable for all ages.



# Tickets On Sale!



## A Roarsome Adventure

**Calling all budding Rangers! Prepare to go on a JURASSIC adventure!**

Jurassic Earth is stomping into SCARBOROUGH on FRIDAY 3rd NOVEMBER 2023 with a huge cast of the biggest and best Dinosaurs that ever walked the earth in this extraordinary realistic show!

Meet the bravest of RANGERS as they take you on a journey through Jurassic Earth, introducing their herd of the most incredible Dinosaur species to have ever lived!

Bring your biggest ROOAR and your fastest feet as you take Rangers Danger's masterclass to become an Official Dinosaur Ranger – gaining the skills you need to come face-to-face with the World's largest walking T Rex, a big-hearted Brontosaurus, tricky Triceratops, uncontrollable Carnotaurus, vicious Velociraptors & sneaky Spinosaurus.

Feel the EXCITEMENT of watching a Dinosaur Egg hatch in front of your eyes and the THRILL of meeting the cutest Ankylosaurus, Pterodactyl and baby Hatchlings...

We spoke to Head Ranger, Doctor Bones and asked a few questions:

So Doctor Bones, what is your role at Jurassic Earth?

"It's me that unlocks the action, feeds the Dinosaurs and sends the Jurassic team on the road to Theatres around the country. Every day is an adventure here."

There are other Dinosaur Shows out there, what makes yours different?

"We were the first UK company to bring Dinosaurs to the stage and remain the largest touring Dinosaur show; and I believe hundreds of genuine reviews speak for themselves! Our show features the most realistic Dinosaurs – we really bring these extinct creatures to life - just ask Holly Willoughby and Ashley Banjo who both were scared witless by our Raptor during Dancing on Ice! [https://youtu.be/nOa\\_pGqQTbs](https://youtu.be/nOa_pGqQTbs)

Also, this is not just a show – it's an experience that starts as soon as you enter the Theatre, with our cast roaming the foyer on arrival! We have animatronics, props and giant Dinosaur Eggs for photo opportunities."

Is Jurassic Earth safe?

"If you follow Ranger Danger's survival training, you should be almost, absolutely fine."

A few additional survival tips for visitors:

- Don't put your hand inside a dinosaur's mouth.
- Don't pull a dinosaur's tail.
- Say hello, take a photo, then run for your lives.
- Bring meat to distract the flesh-eating predators."

Can Children help feed the Dinosaurs?

"No, please do not feed your children to our dinosaurs. This is not a service we provide. Although we have been inundated with enquiries."

Expect a fun-filled 75 minute family show suitable for all ages, featuring astounding animatronics and excitingly REALISTIC performances.

So ROARSOME, you'll never want it to end

Ticket information visit;

[www.scarboroughspa.co.uk/whats-on/jurassic-earth](http://www.scarboroughspa.co.uk/whats-on/jurassic-earth)



**THE YORKSHIRE REPORTER HAS FOUR FAMILY GENERAL ADMISSION TICKETS TO THE SHOW TO GIVEAWAY**

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

## NYMR Light Spectacular

The North Yorkshire Moors Railway (NYMR) is already gearing up for its mesmerising Light Spectacular event, which takes place during October and November. Tickets are now on sale for this captivating steam train experience that departs from Pickering Station every evening from 27th October to 5th November and 10th to 12th November 2023 at 6pm and 7:45pm.

The hugely popular, hour-long, illuminated journey is an immersive audio and visual experience pulled by a steam train adorned with 17,000 LEDs, which will entertain the whole family. Tickets for the must-see (and hear) experiences are £25 per person, and include an hour-long illuminated experience between Pickering and Levisham station.

When passengers arrive, they are given a flashing wristband which synchronises with the on board lightshow and music which will have you singing and dancing in your seats. If that's not enough, the entertainment by the NYMR's onboard compere, TV's 'Voice Over Man' will ensure you're in the mood to party.

With carriages covered in thousands of LEDs, from the moment you enter the platform, spot the train and then climb on board, the whole family will be fully immersed in colour, light and sound that will get you in the mood for a party!

Luke Hudman, Marketing Manager at the North Yorkshire Moors Railway explains, "It's a fantastic event that has the wow factor and just makes everyone gasp and smile from the moment you see the train arrive at the platform - even the grown-ups! It's so impressive and seeing the faces of families light up is a highlight in our events calendar each year. It's a great way to end our main running season and we've already had many asking about tickets, so I recommend you book yours early!"

In addition, the award-winning attraction that welcomes 300,000



visitors a year has also announced the return of the Santa Specials (various dates throughout December).

Specially discounted rates for groups of 20 people or more are also available and can be booked via the NYMR Customer Service Team [info@nymr.co.uk](mailto:info@nymr.co.uk)

To find out more, or to book tickets for the Light Spectacular visit; [www.nymr.co.uk/light-spectacular](http://www.nymr.co.uk/light-spectacular)

For more information about all other NYMR events visit; [www.nymr.co.uk/events](http://www.nymr.co.uk/events)

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# Antiques And Collectables

## With David Oddy

I am often asked if anything outstanding and valuable has ever come into my shop or if I have found anything in a charity shop or car boot sale. I can say unfortunately not in this past 50 years in the business. I do know of a fellow dealer and friend of mine who stumbled across a piece of Fabergé. It was placed in a box on the bottom shelf of a local auction house. It was amongst several practically worthless items and although it was openly viewed by everyone it was obviously overlooked by the auctioneer. My friend's wife spotted it and the whole box went very cheaply. It went to Sotheby's auction house in London and made the front cover of the catalogue. It achieved tens of thousands of pounds. Good luck to him and well spotted by his wife!



■ David Oddy inside his shop

Approx. 40 years ago I had an antique shop in Crossgates Leeds. One day a builder's truck pulled up outside the shop piled up with rubble. On top of this rubble was a large oil painting of sailing ships in a stormy sea. It was obviously Victorian and very well painted. At that time, I collected Victorian paintings, and they achieved very good prices in those days. The painting was signed, and I looked through my well-known artists book - this was before the internet, now you can click a few buttons and all artists, and the value of their works comes up. Not in those days, you had to rely on experience. Anyway, the artist was not in any of my books, but I really liked the painting and offered £500 for it. The young man said he would consult his father and come back to me.



■ Example of a victorian oil painting

About a week later the young man to his credit came back to the shop and informed me his father had sought a second opinion. It seemed this artist had only painted half a dozen pictures and died at a young age. The picture was sold at auction and achieved over £2000. I would never have known because it would have been hanging on my wall at home.



■ Example of a Laliq figurine

The only other item which springs to mind was a lady with a Laliq figure made of glass which I valued at around £1000. I informed the lady it was a bit too expensive for my shop and advised her to send it to a specialist glass antique auction. It turned out to be a very rare colourway and sold for over £4000 so I am afraid to say that I never had that thrill of finding something really valuable!



■ A much-loved Dinky ambulance, which has seen better days

The shop is really my hobby and making a profit is not my main priority as long as it pays the rent. I get much more enjoyment out of meeting some really nice people and passing on some of my knowledge and generally having a good natter about old times. I particularly like to have young people in my shop asking questions about old items. You would be surprised how knowledgeable some youngsters are. I have several 12- and 13-year-olds who collect a diverse array of interesting objects ranging from old dinky toys to 1st and 2nd World War items. And then I will get 6- and 7-year-olds wondering what a flat iron was used for or how you washed clothes in a posser tub. So please bring in your children and grandchildren, I always give children an old penny and tell them when I was their age that a penny would buy a bag of sweets, but not to try that now in Tesco!

We are always looking for new stock and would be pleased to call to your home completely without obligation to give a free valuation - without any pressure to sell. I do prefer elderly people to have a member of family present, I have been in business over 40 years and have established shop premises. Alternatively, please bring items or photos to shop. A phone call would be appreciated to make sure I am not out on a call.

Thank you,

David.

Please see advert below for contact details and opening times.



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# Diary Of A Pawnbroker

## Countdown To Christmas



### Shopping Tip No1. Buying A Pre-Owned Rolex Watch

When it comes to watches nothing screams luxury like a Rolex. From Submariner to Datejust, Day-Date to Daytona, there is a Rolex for everyone. If you are wanting to purchase a pre-owned Rolex watch, then Christopher Brown Jeweller's York is a great place to start.

This helpful guide will tell you many of the essential questions you need to know when buying a second-hand Rolex watch such as:

- Does it have box and papers?
- Are you buying it from a reputable source?
- What is the condition of the watch?
- Have any parts been replaced over time or are they original?
- Has it had a service or is it due one?
- Is it a fair price?

### Why Buy A Pre-Owned Rolex?



The obvious answer is choice and availability. Waiting lists for new models can run from 2-5 years on popular models and even then, your choice may be limited. Pre-owned may often carry a premium in price but that will be reflected in its resale value thereafter as the after-market resale price often exceeds their new RRP due to supply and demand. Over the last decade, the price of pre-owned Rolex watches has climbed upwards sharply making the right model a very worthwhile investment. Although prices have readjusted after the boom in demand following the pandemic, the luxury watch industry overall witnessed an average appreciation of about 7 to 8% on most watches year-to-date.

### What Are Rolex Papers And Can You Get Replacement Papers For A Pre-Owned Rolex?

A brand new Rolex comes with a Rolex guarantee card and older models come with guarantee papers. However if you lose these papers they cannot be replaced. The 'papers' these days consist of a plastic card that contains the watches unique reference number, serial number and date of sale. It's worth noting that 'super fakes' now exist that carry false papers and will look almost identical so the most important part is using a retailer that you can trust. Many Rolex have been owned for decades and it is quite common for the original paperwork to get misplaced or thrown away during house moves. With this in mind, if you already own a Rolex, it's important to keep your original Rolex box and paperwork safe.

### Is It Worth Purchasing A Rolex Without The Papers?

The most important thing about a Rolex is the watch itself. Original papers will add to the resale value of the watch and will clearly increase the purchase cost, however if you don't plan on reselling your watch, then you can buy a beautiful watch without paying the premium. Overall the true value is

dependent on the model and the age and condition of the watch and your trust in the retailer selling it. All our luxury watches at Christopher Brown Jewellers carry a 2 year warranty and full authentication guarantee giving you complete peace of mind whether the original papers still exist or have been misplaced over time.

### Can You Tell If A Rolex Is Second-Hand?

All pre-owned Rolex watches from Christopher Brown Jewellers have undergone a full professional service and strap and case refurbishment. After this level of care, the watch can look like new.

You should look for how tight the links in the strap are, whether there are any marks or dents on the strap or case and whether there is any damage to the face or bezel. These are all tell-tale signs of a watch that's had a hard life and its price should be reduced accordingly. Above all it's important to buy a watch that's been serviced and carries a warranty and we offer a 2 year warranty on all our luxury watches.

### Are You Buying Your Rolex From A Reputable Source?



When purchasing a Rolex it's important to talk to experts and find a seller or retailer that you can rely on. Has it been serviced recently, does it contain genuine parts and does it carry a warranty you can rely on?

We recommend staying away from private sellers you don't know as it really isn't worth the risk. There are so many 'super-fake' and replica Rolex watches, which can still cost thousands of pounds, circulating in the market. It can even take an expert 20-30 minutes to distinguish if it's the genuine article. Therefore, buyer beware – remember if it looks too good to be true then it usually is!

### Is The Watch A Good Price?



A simple online search will give you a general idea of prices. Remember to compare like for like though with the age, make, model and condition all having a large impact on the value of the watch. To make sure you are getting the best deal talk to the experts and use a reputable trader.

Even a basic Rolex contains around 100 parts and a more complicated chronograph over 300. Before a luxury watch is offered for sale at Christopher Brown Jewellers, every single watch is fully dismantled, cleaned in an ultrasonic, individually oiled and any worn or damaged parts are replaced including the main spring and seals. The case and strap are re-polished and the watch is tested to ensure it has the right amplitude to check that the gear train and parts are all working correctly. We sell our watches with this peace of mind but price them according to the fair online market price so you can be sure that you are buying your watch at the right value and with a guarantee you can rely on.

Whether you are a Rolex collector or just planning to make your first purchase, contact us today at any of our 9 stores across the north including York, Seacroft, Shipley, Pontefract, Goole, Batley, Stockport, Prescot and Toxteth or visit [www.christopherbrownjewellers.co.uk](http://www.christopherbrownjewellers.co.uk) to see our latest range.

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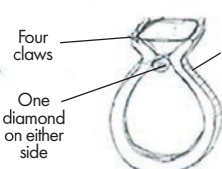
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## AUTUMN DRIVING CONDITIONS BE PREPARED

National Highways is encouraging drivers to be prepared before they travel by carrying out checks to ensure their vehicle is ready for the damp, cold and foggy conditions which will likely arrive this autumn.

National Highways has also introduced a handy guide called TRIP to help motorists prepare for their journey. Topping up anti-freeze in your car and checking your tyres are inflated to the correct air pressure are just two important things you can do to prepare for driving this autumn.

And there are lots of travel tips and advice for negotiating severe weather on the National Highways website to help improve driver confidence when travelling as temperatures get colder, the nights draw in, low-lying sun hampers vision, and the potential for fog, rain and high winds increase.

National Highways works closely with the Met Office on weather forecasting throughout the year to help inform all road users of changing traffic conditions.

Autumn can prove problematic for motorists when glare from the lower lying autumn sun could be an issue, or perhaps where daytime drivers will need to use their headlights and fog lights for the first time in months. There is also the hazard of fallen leaves on wet, slippery and frosty roads which can cause a skid hazard.

With potential for hard frost and ice to come in the months ahead, it is timely to ensure your vehicle's antifreeze levels are good. Ask a mechanic to top them up if necessary. Also check your battery is in good working order as damp conditions can have an adverse effect on its performance.

Ground frost on the road reduces traction, so reduce your speed and avoid hard braking or abrupt acceleration, while frost on your windscreen must be cleared to give you full visibility, so keep de-icer in the car, allow more time in the morning to clear it, or keep a sheet on the windscreen overnight as it gets colder.

Autumn is also the time to pack a seasonal kit of important items to be ready for any unforeseen traffic delays or vehicle breakdown.

National Highways has lots of advice on its website around travelling in severe weather conditions, including high winds and gales, fog, rain and snow and ice.

For more information visit;

[www.nationalhighways.co.uk/road-safety/travelling-in-severe-weather](http://www.nationalhighways.co.uk/road-safety/travelling-in-severe-weather)



## Kia Launches Autumn Offers

Kia UK Limited is launching its latest range of autumn offers, including 4.9 per cent APR on most of its award-winning electric cars. Offers run until 13 December and are available from all Kia's UK dealer partners and online.

### Drive Electric With Kia

The Kia EV6, Niro EV and Soul EV are each available with 4.9 per cent APR and no minimum deposit.

These models also benefit from an enhanced Finance Deposit Contribution (FDC), ensuring customers get the best possible deal. Customers can save £500 on a new EV6, EV6 GT or Niro EV, or £1,500 on a Soul EV.

### Kia EV Loyalty

Save £1,000 on a brand new fully electric car, including the EV6, Niro EV and Soul EV (excluding EV9), with Kia's loyalty reward. The discount is available for all existing customers with or without a trade in Kia car.

### 12 Months Free Kia Charge Plus

The EV6, Niro EV, Soul EV and the EV9 seven-seat electric SUV, all benefit from a complimentary 12-month subscription to Kia Charge Plus. Voucher codes will be provided directly to new customers of these fully electric models following the registration of their vehicle.

Exclusive to Kia customers, Kia Charge is designed to simplify public EV charging and offers seamless access to more than 575,000 connectors across the UK and Europe, as of October 2023. Kia Charge Plus provides a 15 per cent discount versus the standard Kia Charge Easy tariff across most networks, excluding bp pulse, Pod Point and Ionity. Kia Charge Plus also waives the session fee, making electric motoring even more attractive.

### 7.9 Per Cent APR On All Non-EV/Kia Models

All Kia models, including HEV and PHEV vehicles but excluding fully electric cars, are available with 7.9 per cent APR and no minimum deposit.

### Generous Finance Deposit Contributions



Kia's generous FDCs ensure these offers are made even more appealing for both new and returning customers. Savings include £2,500 on a XCeed (petrol) or £2,000 on a XCeed PHEV. Customers can save £1,500 on a new Stonic, Soul EV, Ceed, Ceed Sportswagon, ProCeed, or Sportage (petrol and HEV). A £1,000 FDC saving can be had on a Picanto or Niro HEV. Finally, a £500 FDC saving is available for Niro PHEV, Niro EV, Sportage PHEV, Sorento (all grades and powertrains), or the fully-electric EV6 and EV6 GT.

## DACIA SANDERO'S UNBEATABLE VALUE LEAVES A LASTING IMPRESSION



Following its 2013 UK launch, the Dacia Sandero was largely unheard of and was priced at a shockingly affordable low of £5,995. Some questioned whether the freshly crowned reasonably priced new car would go the distance. A decade later and with nearly 90% of 2013-registered Dacia Sandero models still going strong, the answer's a resounding yes!

Of the 8,795 Sandero and Sandero Stepway that were sold in 2013, 7,794 (88.6%) are still on the road and in regular use, providing real-world proof that affordability and durability can be a happy mix and that quality doesn't have to come at a high price.

For those early customers that put their trust in Dacia and its budget-priced supermini, they were rewarded with a car that really

could go the distance, putting an end to the myth that you only get what you pay for. According to anonymised MOT test data released by the Department for Transport, several examples have come close to recording a seismic 300,000 miles, while a total of 2,017 of 2013-registered Sandero and Sandero Stepway have already covered six-figure mileages. Most notably, there's a white 2013 car showing a recorded 296,642 miles at the time of its last MOT.

Better still, while the achievements of these high-mileage heroes are impressive, they are by no means alien to the rest of the Dacia range. In fact, there are more than 5,500 Dacia cars in the country that have already covered over 100,000 miles apiece, with more joining the high-mile club almost every day.

There's also at least one Dacia Duster in the country that's well on its way to achieving the half-million-mile mark. Having notched up an average of 60,000 miles every year since it was registered in 2014, this hard-working Duster had reached an incredible 472,414 miles when it was last tested in 2022.

The findings also follow Dacia Duster customers praising their ownership experience in the latest Auto Express Driver Power 2023 new-car survey. Feedback from existing Duster drivers contributed to the acclaimed model winning the 'Best Small SUV' title and flying up the rankings to take 4th place overall out of the top 75 cars.

What's more, UK car buyers continue to wake up to Dacia's unrivalled offering of value and robust quality, joining more than 250,000 customers who have already put their confidence in the brand since 2013. Compared to the previous year, Dacia increased its sales by 55% in 2022, selling a total of 27,313 vehicles.

## THE UPGRADED AUDI Q8 SUV



Audi is updating the flagship of the Q family with a sleek new design and upgraded technology. The revised exterior aesthetic with new front and rear bumpers underscores the strong character of the SUV coupé. For the first time, Audi is equipping the Q8 SUV with HD Matrix LED headlights, including a laser as an additional high beam on top-spec models. These headlights feature digital daytime running lights and selectable light signatures. Digital OLED rear lights with four selectable rear light designs complete the expanded light offering. New wheels, colours, decorative inlays, and seats with contrast stitching highlight the car's top position among the Q models. UK sales begin on October 10 with prices starting from £75,500 (OTR).

With its expressive new design, the revised Q8 is a sporty, elegant SUV coupé from the brand with the four rings. The short overhangs and long wheelbase make for sporty, muscular proportions that can be accentuated with distinctive exterior colours and wheels.

The unmistakably powerful and upright Audi Singleframe with an octagon

### LS24x Powered By Cardo Systems Now Available



Following LS2's announcement of its adoption of the new Universal Communications Solution (UCS) standard in selected helmets during EICMA 2022 in Milan, the LS2 INTERCOM – LS24X powered by Cardo – is now available.

The LS24X has been specifically designed for seamless installation into the ECE 22.06 compliant VECTOR 2, ADVANT and INFINITY helmets,

design now features vertical inlays, which makes it clear at first glance that the Q8 belongs to Audi's top models. The self-assured appearance of the Q8 is underscored by the new prominent air intakes, which are neatly integrated into the lower section of the front bumper, and new tailpipes.

On Black Edition and Vorsprung models striking new accents frame the Audi Singleframe, the trim on the side windows, and the front and rear bumpers, whilst the Singleframe mask is finished in high-gloss black.

The innovative headlights featuring HD Matrix LED technology and an additional laser light (Vorsprung spec only) as well as the digital daytime running lights positioned on the upper horizontal edge give the Q8 an even more self-assured expression. In conjunction with the digital OLED rear lights, which are available for the first time in the Q8, the premium-class character of the model becomes even clearer. At the rear, an LED light strip together with black high-gloss trim and integrated Audi rings links the digital OLED rear lights across the entire width of the car.

offering customers a choice of full face, convertible or open face with UCS-compatibility.

Offered as a factory-fit solution at time of purchase in dealerships; there will also be the option to add the unit post-purchase too later this year, depending on the individual's preference.

The dedicated LS2 INTERCOM LS24X product, developed by Cardo Systems, connects up to four riders across Bluetooth, has a range of 1.2km/0.75 miles, features Sound by JBL, Natural Voice Operation, Open Bluetooth intercom (OBi) and is fully waterproof. The compact unit also boasts auto-reconnecting Bluetooth, so riders can ride their own ride without having to worry about connection issues.

Later this year, there are plans for LS2 INTERCOM pre-installed helmets to be released as well as carbon versions.

Shachar Harari, Vice President, Business Development at Cardo Systems, commented: "We are excited to collaborate with LS2 in delivering the best Bluetooth communication experience in the market. LS2 choice to base its solution on the UCS platform underscores the importance of this new industry standard for embedded communications. We are excited about the future that lies ahead as we continue our collaboration with LS2."

Luca Porcellati, Marketing Director at LS2, adds: "We're extremely happy to be launching the UCS-compatible helmets to motorcyclists across the globe in partnership with Cardo, a company who shares our vision of innovation and quality. By offering a full-face, convertible and open-face helmets with this functionality, there's an option for all kinds of motorcycle rider."

To check out the whole helmet range from LS2, [www.ls2helmets.com](http://www.ls2helmets.com), or for more information on Cardo Systems, visit [www.cardosystems.com](http://www.cardosystems.com).



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**Sat 28th (AM) - Autojumble**

Our monthly autojumble. Pitches are £5 each for sellers



Visit [www.squires-cafe.co.uk](http://www.squires-cafe.co.uk) for more details



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# WAGGING TALES!

## Why Are Dogs Scared Of Fireworks?

The bright flashes and loud bangs of fireworks might be exciting for humans, but can be really scary for dogs. This is because it's difficult for them to understand that they aren't in danger when they hear/see them, and their senses are much better than ours – so they experience fireworks much more intensely than we do!

### Signs Of Fear In Dogs

- Trembling and shaking
- Panting
- Barking
- Pacing
- Cowering and hiding behind furniture
- Being clingy
- Trying to run away
- Destructive behaviour e.g. chewing furniture
- Toileting in the house
- Refusing to eat
- Small changes in their normal behaviour – some dogs don't show such obvious signs

### Getting Ready For Fireworks Season

Here are a few things you can do to prepare for firework season:

- Ensure your dog's microchip details are up-to-date to give you a better chance of being reunited if they run away from home.
- Check the dates of any nearby firework displays.
- Make sure you have curtains/blinds on all your windows so you can block out fireworks flashes.

### How To Keep Your Dog Calm On Fireworks Night

Here are our top tips to keep your dog safe and calm on fireworks night:

**Walk them whilst it's still light** and get home well before dark, before fireworks are likely to start. A longer walk with plenty of opportunity to sniff and explore will tire your dog and help them to relax.

**Close your curtains** before dark and leave the lights on to hide the flashes.

**Play some music** to help drown out fireworks noises. Classical can work well, or something with a deep bass to help cover up any bangs – just make sure it's at a volume your dog is comfortable with (not too loud)! It's worth starting this a few days/weeks ahead so your dog gets used to the music before fireworks night. Try one of the PDSA's [spotify.com](https://www.pdsa.org.uk/spotify.com) calming pet playlists:

- Rock dogs
- Blues and pop pooches
- Background noise

**Stick to normal routines** and behave normally but, if it helps, distract them with something fun such as a game, a puzzle feeder, or a toy stuffed with food.

**Make them a den** to hide in if they wish.

**Comfort them** if they come to you for reassurance - don't ignore them, but if they want to be alone, let them (just keep a close eye on them).

**Watch them around other pets** because they might be more irritable than normal if they are scared.

**Wait for a gap in the fireworks to take your dog out to the toilet**, be as quick as possible and keep them on a lead at all times. Never let them out on their own during fireworks season - it's common for dogs to bolt from their garden after being startled by a firework.

**Keep them calm and relaxed with pheromones**, which are chemical messages that dogs produce to communicate with each other, some of which help them feel calm. You can help your dog feel extra calm by using a pheromone diffuser, collar, or spray, which contain man-made 'happy' dog pheromones. For the best effect, plug a diffuser in a few weeks before firework season and keep it topped up until the season has ended. If you're using a spray for more immediate effect, give it 15 minutes to settle before allowing your dog into the room to allow the alcohol in it to evaporate (it's not dangerous, dogs just don't like the smell).

**Use calming supplements and herbal remedies** to help your dog relax. These work in a variety of ways, depending on their specific ingredients. Some supplements are more effective than others, and each dog responds differently, so if one type doesn't suit your dog, you may find that a different brand works better.



**Try a compression shirt**, which is a tight-fitting vests that provide a gentle calming pressure (similar to swaddling a baby) to help soothe anxiety. Only use a compression shirt if your dog is comfortable with it as it could cause further distress if they feel too restricted.

**Never punish** your dog for anything they do when they're scared – this will just scare them more.

**Speak to your vet for advice** if your dog is still scared of fireworks despite all of these steps. They might be able to prescribe some medication to help, but you'll need to do this in advance so you've got time to find the most suitable medication for your dog.

### Getting Your Dog Used To Firework Noises

The best way to keep your dog calm on fireworks night is to teach them that firework noises aren't frightening (this is called 'desensitisation'), then to convince them they are a good thing (this is called 'counterconditioning'). You'll need to start several months before fireworks season, and you can also use these same steps to help puppies get used to firework noises during their socialisation period (4-12 weeks old). Here's our step-by-step guide:

- 1 - Play firework sounds through a speaker at home, at a very low volume.
  - 2 - Act normally, but watch your dog for any reaction which might indicate stress or anxiety such as:
    - Looking at the speaker
    - Twitching their ears
    - Licking their lips
    - Running away
    - Yawning repeatedly
    - Barking
- If they react at all, stop the session and start again the next day at a lower volume.
- 3 - If they seem comfortable, keep playing the sounds for a few minutes before turning them off.
  - 4 - Repeat at the current volume a number of times over a few days, and if they seem completely comfortable, increase the volume slightly, and start again from step one – take this slowly, don't rush to turn the volume up.
  - 5 - Once they are completely happy with very loud firework noises and don't react at all (desensitisation), you can start convincing them that the noises are a good thing (counterconditioning). **Don't move on to the next step until you are completely sure that your dog isn't reacting to firework sounds at all.**
  - 6 - Turn on the firework sounds and give them a treat straight away.
  - 7 - As soon as they finish the treat, turn the sounds off.
  - 8 - Eventually, your dog will start to associate the noises with a treat and might even start to enjoy the noises or get excited!

### Remember...

- Take the training very slowly – it will take several months, so you'll need to be very patient and consistent. Never rush your dog, and take them back a step if they seem worried at any point.
- Look carefully for those subtle signs of anxiety listed above – their fear may not always be obvious.
- If you need support, speak to your vet who may refer you to an accredited pet behaviourist.

### How To Make A Firework Den For Your Dog

A cosy, safe den might help your dog feel safe and secure if they are frightened on fireworks night. Here are our tips on how to make one:

- Make it somewhere you know they go when they feel worried, such as behind the sofa, under a table, a crate, or inside a big, safe, empty cupboard.
- Make it a few weeks before fireworks season starts so they get used to it, and give them treats/praise when they go in so they think of it as a nice place.
- Make it as enclosed as possible by draping blankets.
- Make it comfortable with their bed or lots of cushions and blankets.
- Put some of their favourite toys and treats in it.
- Give them access to it at all times, but never force them into it or shut them inside it.
- Make sure they have a bowl of water very near to it.
- Don't be disheartened if they don't use it, or choose to hide somewhere else.
- Keep an eye on them when they're in the den, but don't disturb them - if they're in it, it's likely they want to be alone.
- Never force them out of the den even if they've been in it for a long time – just make sure they have access to food and water.

### Can My Vet Prescribe A Sedative For My Dog's Firework Fear?

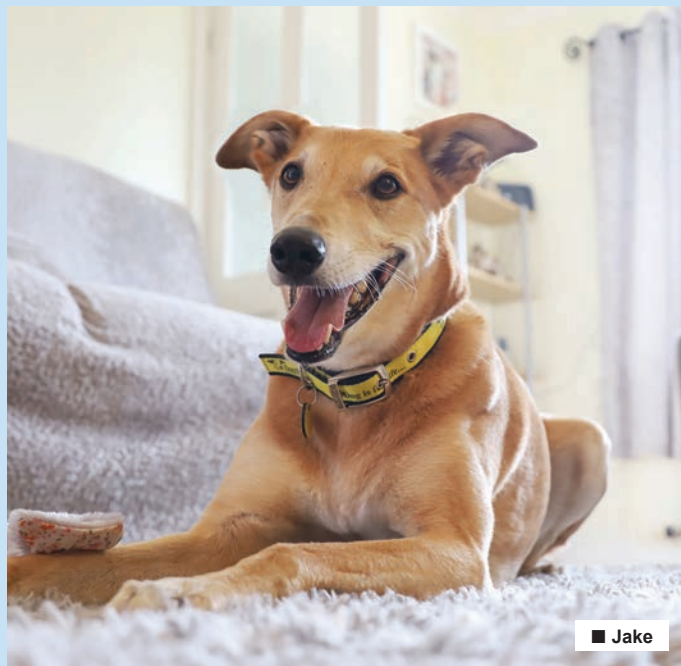
If your dog is terrified of fireworks, and calming measures don't help, your vet may be able to prescribe medication to help relax them on the night. These medications should only be used as a short-term solution. Speak to your vet well before fireworks season to allow yourself enough time to find the most effective medication for your dog. Never give your dog any medication that hasn't been prescribed by your vet.

### When To Contact Your Vet

You should contact your vet if:

- You have tried the recommended steps in this article, and your dog is still scared of fireworks.
- Your dog suddenly becomes fearful of fireworks: they may need a check-up to ensure there isn't a medical reason for this such as pain or illness.

## Could You Give An Old Age Pooch A Furry-Tail Ending?



■ Jake

**Dogs Trust Leeds is shining a spotlight on its OAPs (Old Age Pooches) in the hope that people with a dog-shaped hole in their lives will open their homes as well as their hearts to a gorgeous golden oldie.**

Since June this year, almost 40% of people wanting to adopt a dog from Dogs Trust were looking for a four-legged friend under six months, compared to just 10% looking for a dog aged 8 and over. But the Dogs Trust Leeds team are hoping that these golden oldies will buck the trend and prove every dog really does have its day.

Emma Wakefield, Rehoming Centre Manager at Dogs Trust Leeds said:

“Sometimes older dogs can be overlooked in favour of younger pups, but they deserve just as much attention and care from new owners as their younger counterparts.

“There are lots of benefits of rehoming an Old Age Pooch. Often older dogs don’t need quite as much exercise and although they can be a little less energetic, senior canines can be just as fun and playful.

“Older dogs are more likely to be fully house-trained and, as they are older and wiser, they usually know other training basics too, but you can certainly still teach an older dog new tricks.

“They can also make the perfect napping partner and enjoy a good snooze and a snuggle.”

Golden oldies currently patiently waiting to find families to spend their twilight years with include Jake the nine-year-old Lurcher.

Jake has been waiting to find his forever home for over four years now, making him the longest-term resident at the Leeds rehoming centre.

He has a dedicated team of handlers who go above and beyond their daily duties to provide Jake with all the love and attention he deserves. To illustrate their commitment, one of Jake's best friends, Canine Carer and Media Coordinator Kevin Johnson, takes him on long weekends to his parents' home in the Yorkshire Dales.

Jake is hoping that his special someone is out there, someone with the right home environment and the passion to help him gradually settle into his new life. In the meantime, Jake will continue to receive the care and love he deserves, as well as enjoy many more holidays in Wensleydale.

*If you feel that you can give Jake a forever home, please visit:*

[www.dogstrust.org.uk/rehoming/dogs/lurcher/1133215](http://www.dogstrust.org.uk/rehoming/dogs/lurcher/1133215)

Other Old Age Pooches available for adoption at Dogs Trust Leeds include:



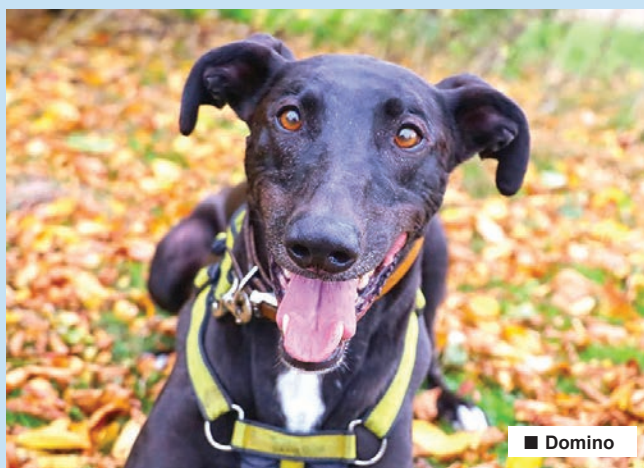
■ Amy &amp; Alfie

• Amy & Alfie are a pair of 15-year-old Pug Crosses  
[www.dogstrust.org.uk/rehoming/dogs/pug/1267601](http://www.dogstrust.org.uk/rehoming/dogs/pug/1267601)



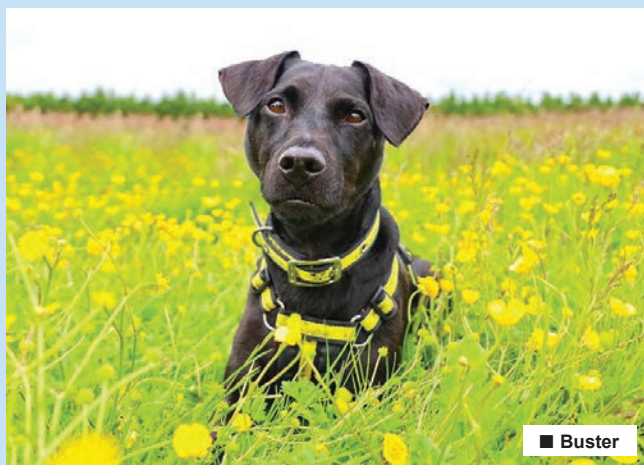
■ Deefor

• Deefor, is an 11-year-old Boxer Cross  
[www.dogstrust.org.uk/rehoming/dogs/boxer/3056038](http://www.dogstrust.org.uk/rehoming/dogs/boxer/3056038)



■ Domino

• Domino is a 9-year-old Lurcher  
[www.dogstrust.org.uk/rehoming/dogs/lurcher/1147941](http://www.dogstrust.org.uk/rehoming/dogs/lurcher/1147941)



■ Buster

• Buster, is a Patterdale Terrier  
[www.dogstrust.org.uk/rehoming/dogs/terrier-patterdale/1257187](http://www.dogstrust.org.uk/rehoming/dogs/terrier-patterdale/1257187)

If you think you could help Dogs Trust Leeds show that age is just a number, please visit: [www.dogstrust.org.uk/leeds](http://www.dogstrust.org.uk/leeds)

## Crufts Begins Search For UK's Top Hero Dog

**Organisers of the UK's biggest dog event have opened nominations for The Kennel Club Hero Dog Award 2024**

The nationwide search has begun for the UK's top dog to be crowned the 2024 winner of The Kennel Club Hero Dog Award, which celebrates extraordinary unsung canine heroes and is supported by The Kennel Club Charitable Trust.

Nominations for those dogs who deserve to be recognised for the difference they make can be submitted at Crufts website, with categories spanning from rescue and working dogs to simply 'best friends'. From the nominations, five heroic finalists, each of whom are awarded donations for their canine charity of choice, will head to Crufts next year, with a public vote deciding the winner.

At Crufts 2023, retired Police Dog Stella was announced as the winner of the prestigious award, presented by the competition's ambassador, broadcaster Kay Burley, and aired live on Channel 4. Stella served for eight and a half years at Gloucestershire Police Force as a drugs, cash and firearms recovery dog, alongside her owner and handler PC Claire Todd, despite her sad start to life as a rescue dog. In her working career, Stella found weapons and thousands of pounds worth of drugs and cash.

“Stella being awarded The Kennel Club Hero Dog Award 2023 is just amazing,” commented Claire. “She is so special because she’s a rescue dog and also the first Staffordshire Bull Terrier in the country to be a police dog.

“Police Dogs don’t realise how important their job is but to us it is invaluable. They do such an incredible job.”

The Kennel Club, organisers of Crufts, is now searching for more inspirational four-legged friends and is calling for the public to nominate those unsung canine heroes who deserve to be recognised for what they do for its Hero Dog Award 2024.

The winner of the award, which is supported by The Kennel Club Charitable Trust, will be revealed at Crufts 2024 on Sunday 10 March, and will be awarded £5,000 for a dog charity of their choice. Runners up will receive £1,000 for their chosen dog charity.

Nominations for four-legged heroes can be made within in the following categories:

### Extraordinary Life Of A Working Dog

For those who have shown extraordinary qualities working in the army, police force, RAF, airport, search and rescue etc.

### Hero Support Dog

Celebrating all support and assistance dogs, from medical detection dogs or hearing dogs, to therapy dogs or pets who provide emotional support

### Best Friends

Celebrating a canine companion who has seen its owner through the hardest times, as well as the happiest

### Child's Champion

Recognising a dog that has supported and had a positive impact on a child's life (16 years and under)

### Rescue Dog Hero

For a rescue dog who has overcome adversity and gone on to irrevocably improve the life of their owner/s.

Nominations are open until 18 October 2023 and five finalists will be chosen to go forward to the final at Crufts 2024, where the overall winner, selected by public vote, will be announced before the grand finale of the Crufts Best in Show award on 10 March 2024.

Nominations can be made by visiting [www.crufts.org.uk](http://www.crufts.org.uk). Finalists will be announced next year, ahead of the winner being crowned at Crufts 2024, taking place at the NEC in Birmingham from 7 - 10 March 2024.



## Consultation Launched Into Unregulated Cosmetic Procedures

**People and businesses are being invited to share their views on how to make non-surgical cosmetic procedures – including Botox, laser hair removal and dermal fillers - safer as thousands complain of ‘botched’ procedures.**

The government’s first-ever consultation on treatments - also known as aesthetic procedures - will be used to shape a new licensing scheme for practitioners and cosmetic businesses which operate in England. This could include age limits and restrictions for high-risk procedures, including those involving injecting fillers into intimate parts of the body - including the breasts and buttocks.

Any new licensing scheme would protect patients from potential harm associated with poorly performed procedures. This will provide reassurance to people that wherever they go to get their treatments, they will receive the same high standards of practice.

The beauty industry is hugely important for the UK economy and is largely made up of female-owned, small and medium sized businesses, with the non-surgical cosmetic industry previously being valued at an estimated £3.6 billion in the UK.

New regulations will support businesses by introducing high standards across the sector, raising the reputation and professionalism of the industry.

Minister for the Women’s Health Strategy, Maria Caulfield said:

Whether it’s Botox, dermal fillers or even a chemical peel, we have heard too many stories of people who’ve had bad experiences from getting a cosmetic procedure from someone who is inexperienced or underqualified.

There’s no doubt that the popularity of cosmetic procedures is increasing, so it’s our role to ensure consistent standards for consumers and a level playing field for businesses and practitioners.

We want to make sure we get this right for everyone, which is why we want to hear your opinions and experiences through our new consultation.

An estimated 900,000 Botox injections are carried out in the UK each year. Save Face - a government approved register of accredited practitioners - received almost 3,000 complaints in 2022, with over two-thirds of those complaints relating to dermal fillers and almost a quarter relating to Botox.

Ashton Collins, Director, Save Face said:

Whilst we appreciate that we are still at very early stages of any potential licensing scheme being implemented in England, we are delighted to have been invited by the government to contribute our thoughts and ideas ahead of the release of this public consultation.

Being involved in the process has enabled Save Face to actively contribute to roundtable discussions with ministers, policy makers and key stakeholders.

As the largest and longest established Professional Standards Authority

## NHS Trust Joint Study Reveals Earlier Mental Health Care Could Save £600 Million In The Future And Improve 7 Million Lives

**An innovative new UK report of 27,540 people with depression and anxiety was published in Nature Mental Health.**

The study, which is one of the largest of its kind to date, analysed anonymised data, and was conducted by ieso Digital Health Ltd in partnership with Dorset HealthCare University NHS Trust and York Health Economics Consortium (part of the University of York).

According to the study, shortening treatment and waiting times for mental health conditions from twelve months to three months, could reduce the financial burden on the NHS and improve treatment outcomes and therefore quality of lives for millions of people across the UK.

This could also mean a future annual saving of around £600 million on average for people with all levels of anxiety and depression severities, by helping the estimated nearly 7.1 million people currently in need, but are not accessing NHS Talking Therapies.

NHS Talking Therapies for anxiety and depression can help with common mental health problems, also including stress. They are effective and confidential treatments delivered by fully trained and accredited NHS practitioners.

“This is just the tip of the iceberg” comments Ana Catarino, Director of Clinical Science at ieso. “The prevalence of mental health conditions is increasing due to the cost-of-living crisis and the fallout from the pandemic, with one in six UK adults believed to have depression or anxiety, that’s 9 million adults, so, the savings could actually be in the hundreds of millions.”

Using health-economic modelling that utilised real-world mental health systems data, the report compared the cost-effectiveness of different interventions, to show the principal drivers of healthcare costs in relation to waiting and treatment times, and treatment effectiveness. The study also aimed to identify the economic and health impacts of different types of mental health care on the NHS.

Ana Catarino, Director of Clinical Science at ieso, continues: “The findings from this study go beyond treatment type or modality, there is no one-size fits all approach in mental health, and what works for some people may not work for others. What our study shows is that to alleviate human suffering and reduce economic impact on society, timely access to effective mental healthcare interventions is key.”

In most healthcare systems the clinical effectiveness of mental healthcare remains unquantified, and long treatment times are common.

Real patient data is crucial to uncovering more about the causes of mental health conditions, and why different people respond better to different types of therapy. This information can be used to make existing products and services more effective, and to develop new ones.

Andrew Welchman, Executive Vice President of Impact at ieso, comments: “Modelling real-world healthcare data in this way, allowed us to show how important it is to provide rapid access to effective mental health treatment.

“Further to this, the study has provided important insights into the key factors influencing health and economic outcomes. As this data was used to track individuals through their treatment in a real-world setting, it provided information on number of sessions, waiting times, treatment requirements, and engagement with treatment, which reflected true human behaviour in a clinical practice.”

The report further showed that treatment costs are minimal compared to background medical costs and costs associated with losses in quality of life for the patient.

Sam Harper, Research Consultant at York Health Economics Consortium, adds: “This report represents our collaborative efforts to develop a new understanding of mental health care that may assist those in charge of commissioning services in this area. Whilst comparing online therapy to standard care, the results of our study indicates that the right therapy

accredited register, we are able to provide a unique level of insight based on 10 years of gathering data from practitioner and clinic audits as well as patient reported complaints, adverse reactions, and complications.

This will enable us to help develop a fit for purpose scheme that has public safety as its primary focus. We look forward to continuing to work closely with the government and key stakeholders during the next stages of the process.

Professor David Sines CBE, Chair of the Joint Council for Cosmetic Practitioners, said:

I warmly welcome the government’s decision to consult on this new, proposed licensing scheme. It will help to ensure that people who undergo non-surgical cosmetic procedures receive treatment from practitioners who are properly trained and qualified, have the necessary insurance cover and operate from premises that are safe and hygienic.

I would urge everybody to seize the opportunity provided by this consultation and support the move towards sensible and proportionate regulation in this important sector.

Victoria Brownlie, Chief Policy Officer at the British Beauty Council:

Since its inception, the British Beauty Council has been working to raise the reputation of the beauty industry and we see greater checks and balances around aesthetic procedures as a key part of this. Having worked with the government to achieve the ban on injectables for under 18s in 2021, we are delighted that they have continued this momentum with the commitment to introduce a licensing scheme covering a raft of higher-risk aesthetic treatments, many of which are largely unregulated.

Those seeking treatments deserve to do so with confidence that their practitioner is properly qualified in the service they’re offering, to the appropriate level of government approved educational standards. The Council has worked closely with the Department of Health and Social Care to get to this point, so we look forward to seeing the outcome of the consultation and helping to shape the regulatory framework as it progresses.

The consultation closes on Saturday 28 October 2023.

It follows the passing of the Health and Care Act in April 2022, which gave the Health and Social Care Secretary the power to introduce a licensing regime.

Under the proposed scheme, which will be operated by local authorities in England, practitioners will need to be licensed to perform specific procedures, and the premises from which they operate will also need to be licensed.

The government has already made it illegal for under 18s to access Botox and filler treatments for cosmetic purposes and banned TV and social media adverts targeting under 18s with cosmetic procedures.

Anyone considering a cosmetic procedure should reflect fully on the possible impact of the procedure on both their physical and mental health and, if they decide to go ahead, take the time to find a reputable, insured and qualified practitioner.

delivered in a timely manner can increase quality of life and reduce costs for people by utilising real, anonymised patient data to examine how people’s treatment outcomes are related to the therapy they received. These results are predominantly driven by a reduced need for costly resources that are traditionally required.”

Morad Margoum, Deputy Service Director Children, Young People & Families, Mental Health & Learning Disabilities, at Dorset HealthCare University NHS Trust, comments: “This report exemplifies the pursuit of learning, not only to improve the evidence base, but to transition representation into reality through real world application.

“This kind of joint working uses the best of our unique assets, ieso, The University of York and Dorset HealthCare, to show what can be done when we work in partnership to learn for the improvement of psychological treatments and ultimately, society. Only by learning from what we’ve done in the past can we ensure further improvement for our patients in the future.”

Moving forward, ieso is focussing on developing scalable digital solutions that combine human care and computer-delivered therapy. These solutions can be rapidly deployed and extend the reach of individual therapists, helping deliver fast access to highly-effective care that will improve the lives of millions of people suffering from poor mental health.

Dr Andy Blackwell, Chief Science & Strategy Officer, at ieso, concludes: “This study exemplifies how real-world healthcare data can enable new discoveries and insights that could transform the clinical- and cost-effectiveness of care. By deploying a system of measurement for mental health treatments, the NHS has set a new standard for data-enabled care that could impact policy and care delivery not just in the UK but also in health systems around the world.”

For more information about ieso visit: [www.iesohealth.com](http://www.iesohealth.com).

## Treatment For Acute Migraine Set To Benefit Thousands

The first treatment to be recommended by NICE for treating acute migraine will soon be available on the NHS to around 13,000 people.

NICE has published final draft guidance recommending rimegepant as a cost effective option for the acute treatment of migraine in adults. NICE has previously recommended treatments, including Rimegepant, for preventing migraine in adults.

The draft guidance recommends rimegepant (also called Vydura and made by Pfizer) for adults who have tried at least 2 triptans - a group of medicines used to treat migraine or headache - but they did not work well enough.

Rimegepant is also recommended for adults who are not able to take triptans or they were not tolerated, and nonsteroidal anti-inflammatory drugs (NSAIDs) and paracetamol were tried but did not work well enough.

The clinical trial evidence shows that rimegepant is more likely to reduce pain at 2 hours than a dummy drug.

Rimegepant is taken as a wafer which dissolves under the tongue. It works by stopping the release of a protein around the brain called calcitonin gene-related peptide that is believed to be responsible for the severe pain associated with migraine attacks.

Currently, when triptans are ineffective, not tolerated, or contraindicated, there is no further standard treatment and people are advised to see a migraine specialist. But there are a limited number of headache centres in the UK and there are long waiting lists.

Helen Knight, director of medicines evaluation at NICE, said: "This is the first and only NICE-recommended medicine that can help alleviate the misery of acute migraines, and may be considered a step-change in treatment.

## 'Tirzepatide' A New Treatment Option For People With Type 2 Diabetes

Around 180,000 people with difficult to manage type 2 diabetes could benefit from a new treatment option recommended by NICE.

Tirzepatide, also known as Mounjaro and developed by Eli Lilly, has been recommended in final draft guidance issued by NICE for treating poorly controlled type 2 diabetes in adults alongside diet and exercise.

According to research by Diabetes UK, more than five million people in the UK are living with diabetes. The charity estimates around 90% of people with diabetes have type 2.

The independent NICE committee recognised the importance of new treatment options as almost 2 in 3 people with type 2 diabetes do not have the disease under control with current medicines. Poor control can lead to serious complications including kidney disease, eye problems (including blindness), stroke and heart attack.

Evidence from clinical trials showed using tirzepatide resulted in significant reductions in blood sugar levels and body weight compared with semaglutide, insulin therapy or a placebo. The evidence showed using tirzepatide resulted in 81% to 97% of people reaching better glucose control and 54% to 88% reaching a 5% or greater reduction in body weight, which were significantly more than any of the comparators.

The committee was able to make the positive recommendation following additional analyses and modelling on clinical and cost-effectiveness provided by the company after the initial consultation.

Helen Knight, director of medicines evaluation at NICE, said:

"There are very few new medicines being developed to treat difficult to manage type 2 diabetes. Our committee recognised the potential tirzepatide has to provide an effective and good value treatment option for all those living with poorly controlled type 2 diabetes."

"Poorly controlled type 2 diabetes, with its associated additional health risks, is a huge challenge for those living with the condition and the NHS. This recommendation will offer fresh hope for many and provide value for money for the taxpayer."

Final guidance is scheduled to be published on 11 October 2023. Once final guidance is published the product will be made available in the NHS within 90 days dependent on the supply of licensed product by the manufacturer.

Tirzepatide is injected weekly by the patient.

It is licensed to treat adults with insufficiently controlled type 2 diabetes alongside diet and exercise when metformin (the main first line medicine for type 2 diabetes) cannot be tolerated. In its submission to NICE the company positioned it as an option for a narrower population - adults with type 2 diabetes inadequately controlled with 3 or more antidiabetic drugs. This makes it an alternative to similar treatments such as dulaglutide, liraglutide and semaglutide (ozempic/rybelsus) which are already recommended for use in the NHS.

## NICE Updates...

"Migraine is a condition described in comments to NICE from carers and people with migraine as an invisible disability that affects all aspects of life including work, education, finances, mental health, social activities, and family.

"This final draft guidance addresses the high unmet need for treatment options for acute migraine, once again demonstrating our ability to ensure clinically and cost-effective medicines are available to those who need them as quickly as possible."

NICE expects to publish its final recommendations on rimegepant later this month.

Rimegepant for preventative treatment was recommended in NICE's technology appraisal guidance on rimegepant for preventing migraine.

## Almost 4,000 People Set Benefit After New Treatment Option For Arthritis Recommended Using Faster Appraisal Process

NICE has published draft final guidance recommending a new treatment option for active psoriatic arthritis.

Psoriatic arthritis is a debilitating type of arthritis that develops in some people with the skin condition psoriasis causing the joints to become swollen, stiff, and painful.

Bimekizumab (Bimzelx, UCB Pharma), taken on its own or with methotrexate, is recommended as a treatment option and is given by injection with a pre-filled pen. The injections are given once every four weeks.

Around 3,800 people in England would be eligible to receive the treatment, which was evaluated using our proportionate approach to technology appraisals. As a result, this final draft guidance was available 12 weeks faster, or around 34%, than would have been the case under its standard process.

This is the sixth draft recommendation to use the new proportionate approach, benefitting around 180,000 people in total.

This process has helped to streamline the NICE technology appraisals process by up to 20 weeks (45%) for simpler low-risk treatments allowing us to produce rapid guidance for these topics. It also makes sure we continue to have enough time for complex areas that need tailored support.

Bimekizumab is a monoclonal antibody, a protein designed to help prevent inflammation. Clinical evidence shows that bimekizumab is more effective than a placebo and an indirect comparison suggests it is as effective as ixekizumab, a treatment also used for the condition.

It is recommended for adults whose condition has not responded well enough to disease-modifying antirheumatic drugs (DMARDs) or who cannot tolerate them. It is recommended only if people have had two conventional DMARDs and at least one biological DMARD or for people where tumour necrosis factor (TNF)-alpha inhibitors, to stop inflammation, should not be used.

The company has a confidential discount patient access scheme arrangement in place with the NHS.

You can read the full draft guidance on bimekizumab for treating active psoriatic arthritis at [www.nice.org.uk](http://www.nice.org.uk).

# NICE

National Institute for Health and Care Excellence

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## 'Speak With A Midwife' Campaign Encourages Women To Book By 10 Weeks Of Pregnancy

Pregnant women across West Yorkshire and Harrogate are being urged to speak to a midwife as soon as they find out they're pregnant, as part of a new campaign across the area that aims to ensure they get the care they need as early as possible.

The West Yorkshire and Harrogate Local Maternity and Neonatal System (WY&H LMNS) is promoting maternity (also known as antenatal) care beginning at the earliest stage of pregnancy so women can be given the information and support they need to have a healthy pregnancy.

### Why should I start pregnancy care as soon as I find out I'm pregnant?

[speakwithamidwife.co.uk](http://speakwithamidwife.co.uk)



National guidance recommends that women should be offered a first booking appointment with a midwife by 10 weeks of pregnancy. Booking sooner in the pregnancy journey ensures an approach that's right for the individual and means they'll get important information about things such as folic acid supplements, access to screening or stopping smoking, all of which will help ensure a healthy pregnancy.

Early booking appointments also mean that those with specific needs or risk factors can be identified early on so that they can get the care they need. Some tests to check for any baby health risks or conditions should also be done before 10 weeks.

Sara Hollins, Director of Midwifery at Bradford Royal Infirmary and Chair of the Inequalities Steering Group at the WY&H LMNS said:

"A positive pregnancy test can mean different things for different women, depending on their circumstances. They may be excited, surprised, nervous or confused or experience a mix of emotions. But however they feel, it's important that they speak to a midwife as soon as possible to make sure they get the care they need.

We know from local data that early booking rates differ in some parts of the region and are much lower in some groups than in others. This can affect the health of both mothers and babies, so we want to make sure that we're addressing this inequality. That's why we're working with our healthcare colleagues and maternity partnerships to increase awareness of the importance of early booking.

We've worked with local women, representative of our diverse communities, to create a campaign that is meaningful, representative, and non-judgmental. We'll be using it to share vital information across West Yorkshire and Harrogate in a variety of ways."

Jenny Roddy, Consultant Midwife Health Equity at Leeds Teaching Hospitals NHS Trust said:

"Every pregnancy journey is different, but seeing a midwife early is proven to deliver better outcomes for both mum and baby.

Once you've found out that you're pregnant the most important thing is to make contact and start a conversation. Midwives are here to help even if you are unsure of whether to continue with the pregnancy.

Pregnancy care appointments are safe, confidential and accessible to everyone. Come talk to us. Find an appointment that suits you at [speakwithamidwife.co.uk](http://speakwithamidwife.co.uk)"

## Are You Ready For Stoptober – Swap And Stop For Good!

Following Swaptember – the public health campaign from Humber and North Yorkshire Health and Care Partnership to raise awareness on methods and support available for stopping smoking – it's time to turn our attention to Stoptober.

Stop smoking for 28 days and you're five times more likely to give up for good.

Committing to a quit date now could save you hundreds of pounds in the lead up to Christmas, not to mention the positive mental and physical health benefits.

Smoking tobacco remains the single leading cause of preventable death in the Humber and North Yorkshire area and cigarettes kill two out of every three people who don't stop smoking.

Swapping cigarettes for safer forms of nicotine, such as patches, gum or a vape, is a proven way of avoiding the death and disease caused by smoking, without the need to go without nicotine.

Evidence is clear that vaping is far less harmful than smoking and public health advice is that if you can't stop smoking, switch to vaping and vape for as long as it takes you not to go back to smoking, then stop vaping. The message is very simple regarding vaping – if you don't smoke, don't vape, but if you smoke tobacco, vaping is a substantially less harmful alternative.

Dave Jones, Tobacco Programme Manager for the Humber and North Yorkshire Integrated Care Board said:

"The thought of stopping smoking can seem overwhelming and very final. For many smokers, their days are organised around smoking habits.

"Swapping to an effective replacement means that the harmful tobacco is removed, without the discomfort of nicotine withdrawal, leading to improved energy, breathing, taste and smell within days.

Once you are off the tobacco entirely, you can think about reducing the amount of alternative nicotine you are using, until eventually stopping that when you are ready".

You don't have to do this alone - free support to stop smoking and advice on swapping is available from your local stop smoking service. They provide help, guidance, and prescriptions for nicotine replacement products. The support provided by a stop smoking advisor can be the key difference that keeps you on track until you are comfortably smokefree. You have nothing to lose by giving it a go, and a lot to gain.

Anyone who is interested in stopping smoking is urged to consider swapping this Stoptober and starting their journey – you could be completely smokefree by Christmas with much more money in your pocket for festive celebrations!

Explore [www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking) for all the free support available to you.



## Mobile Optometrist Honoured With Clinical Excellence Thanks To Specsavers Founders

A HOME visiting optometrist in York has been honoured by colleagues and the founders of Specsavers.

Paula Conway, 52, is one of 14 winners from across the UK and the Republic of Ireland to receive a Doug and Dame Mary Perkins medal for clinical excellence and outstanding customer care.



■ Paula Conway

Business oriented Paula originally had her own independent practice down in Southwest England as a dispensing optician and

optometrist before relocating to West Yorkshire and joining the Specsavers home visits team as a domiciliary optometrist. The service is available for those unable to visit a optician unaccompanied and covers more than 90% of the UK.

Georgia Eason, customer service director of Specsavers York 1 Domiciliary said: 'Paula is well deserving of this award and always has each of her patient's best interests at heart.

'Paula is passionate about how our clinics are managed and yet is first to respond to any referrals or eye health queries.

'An excellent communicator Paula is exceptionally good at talking to people within the healthcare sector. This includes visits to care homes and ensuring that these sectors have the knowledge critical to guarantee patients are looked after the way they deserve.

'Paula's approach, demeanour and personality are well suited to the role. She is both warm and approachable and has a calming manner with patients that is something to behold. Always going out of her way during clinics whilst giving her patients a high level of humanity, this award is thoroughly deserved.'

One of Paula's personal career highlights was when she helped save the life of a patient following a routine home visits eye exam. During the visit, a Yorkshire lady suffered four epileptic seizures and after hitting her head, was saved thanks to the quick-thinking action of Paula and her colleagues who delivered first aid in her home after recently completing their health and safety training.

Commenting on her award win, Paula said: 'I am immensely honoured to receive this award.

'I am privileged to be part of such an amazing team. Georgia has developed and expanded the business with optical and office colleagues who make working for Specsavers a thoroughly enjoyable role.'

For more information about eligibility for a Specsavers home eye test or to book an appointment, call 0808 239 4492 or visit;

[www.specsavers.co.uk/home-eye-tests](http://www.specsavers.co.uk/home-eye-tests)

Reports can be made on the Yellow Card scheme website [www.yellowcard.mhra.gov.uk](http://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](mailto:aic@mhra.gov.uk)

 **Yellow Card**

### 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



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At GABS Healthcare, we offer professional, reliable supported living care to all of our clients. If you or a loved one is finding it difficult to cope with living at home, then you may require supported living care services. Supported living care is perfect for those who wish to remain independent, stay in their own home and are not ready or willing to move to a residential care home.



### Elderly Care

#### CARE YOU CAN TRUST

GABS Healthcare offer around the clock home care services to the elderly. We ensure that our clients get the attention they deserve. Our elderly care services include assisted living, long term care and hospice care. Get in touch today to arrange a free consultation, and we will recommend the right care for your loved one.



### Mental Health Care

#### PATIENT AND EMPATHETIC CARE

At GABS Healthcare, we care for our patients' mental health and wellbeing and provide personalised medical home care attention. We have worked with many patients with mental health and degenerative diseases. With our continuous training approach, we always adopt and perfect care systems to ensure that every patient receives the most suitable care.

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# QUIZTIME

## WELCOME TO OUR QUIZ PAGE

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

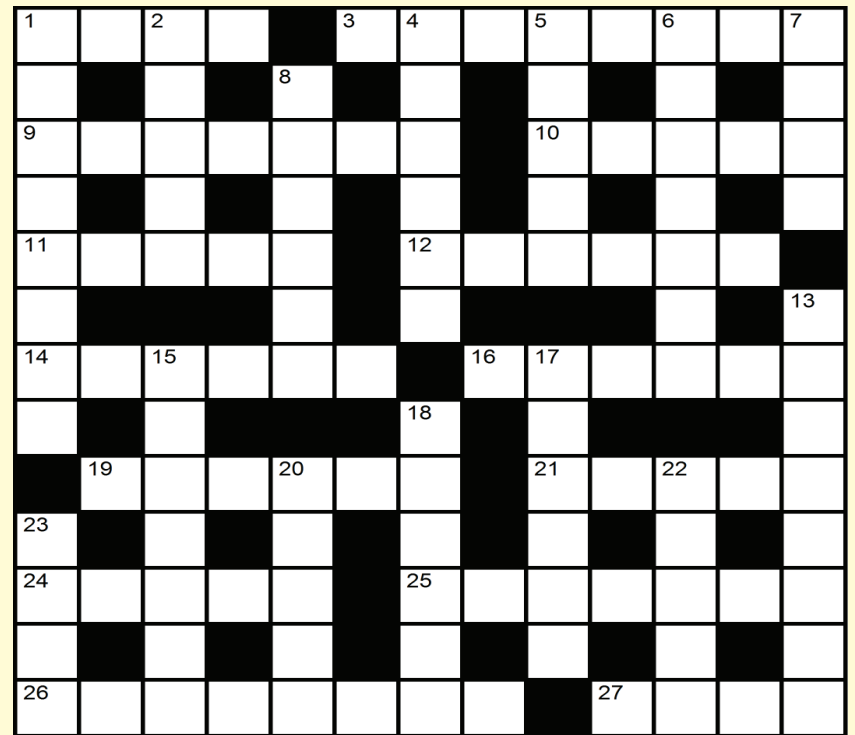
Make sure to pick up next month's issue for all this month's answers & solutions.

### Wordsearch

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

- COBWEBS
- COSTUMES
- GHOSTS
- GOBLINS
- HALLOWEEN
- HAUNTED
- MONSTERS
- PARTY
- PUMPKINS
- SPOOKY
- SWEETS
- TRICK OR TREAT
- VAMPIRES
- WITCHES
- ZOMBIES

### Crossword



#### Clues:

##### Across

- 1 Girl
- 3 Sentimental fondness (4,4)
- 9 Version of a language
- 10 Hue
- 11 Dead tired
- 12 Laugh wildly
- 14 Agreement
- 16 Grass cutter
- 19 Senna shrub
- 21 Old
- 24 Omit vowels
- 25 Appease
- 26 Teachers
- 27 Sensed

##### Down

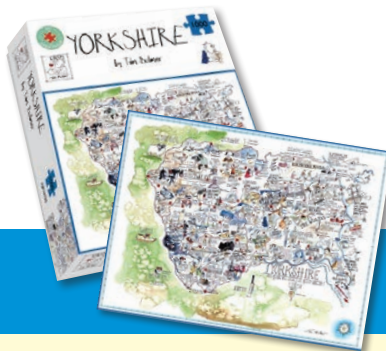
- 1 North Star
- 2 Vibrate
- 4 Blunt
- 5 Stun gun
- 6 Pretend (4,3)
- 7 Christmas decoration
- 8 Rouse
- 13 Emphatic
- 15 Russian empress
- 17 Share star billing (2,4)
- 18 Caravan
- 20 Coil of yarn
- 22 Visibly shocked
- 23 Boxing prize

#### HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?



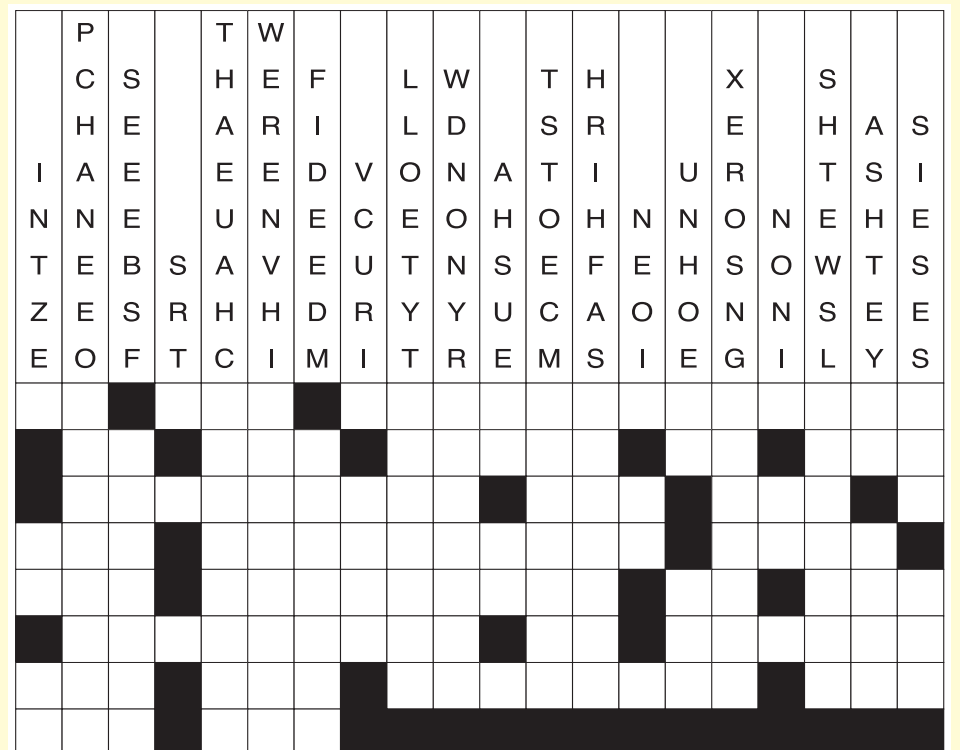
- 1 - Who are challenging couples to join Strictly Get Dancing and showcase their best moves?
- 2 - When does 'Daylight Saving Time End' this year in the UK?
- 3 - When did the Romans invade Britain?
- 4 - What is stomping into Scarborough on Friday 3rd November?
- 5 - Who are asking you to give an old age pooch a furry-tail ending?
- 6 - How much is the non-surgical cosmetic industry being valued at in the UK?



WIN A TIM BULMER YORKSHIRE JIGSAW PUZZLE FROM THE GREAT YORKSHIRE SHOP - P37

### 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!



### Sudoku

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

#### September edition answers

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

#### How Much Info Have You Retained answers:

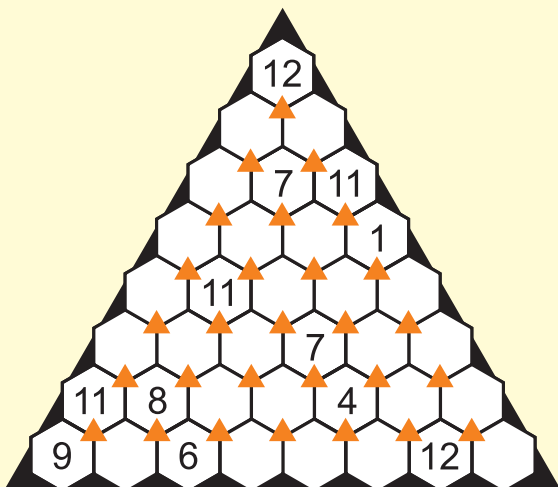
- 1. 3,000 2. 3rd October
- 3. The Knitting & Stitching Show
- 4. Mini UK 5. 23rd & 24th September
- 6. Leeds Corn Exchange

Drop Quote Answer:  
 It is only the constant exertion and working of our sensitive, intellectual, moral, and physical machinery that keep us from rusting, and so becoming useless

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

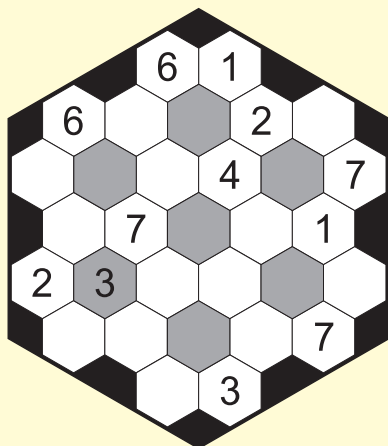
# Subaddo 3D

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.



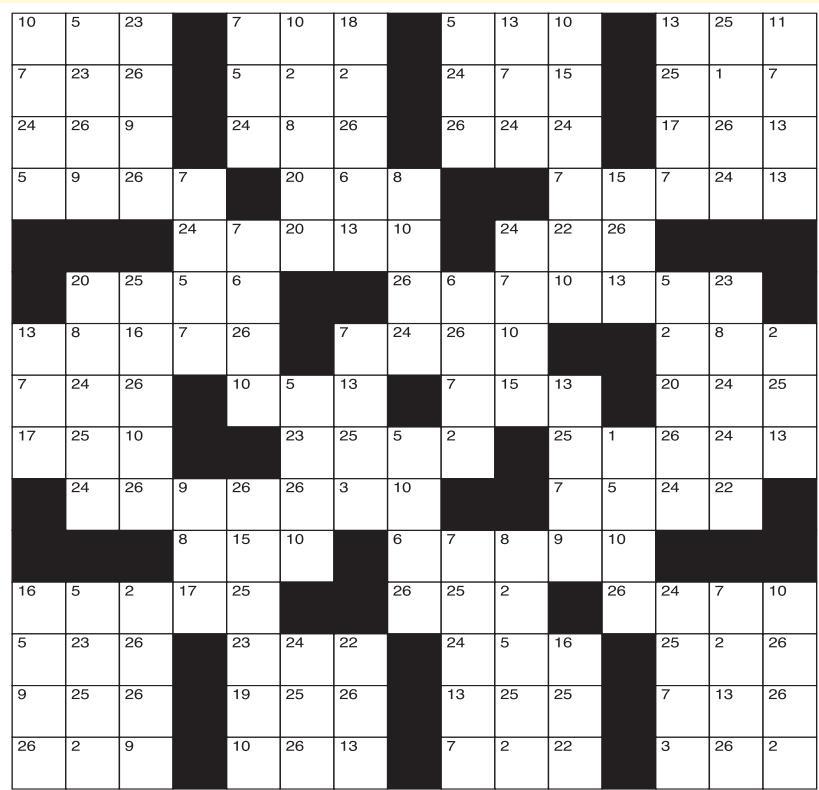
# Rosetta

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	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26		

### GIVEAWAYS

- #16 = B
- #23 = C
- #20 = F

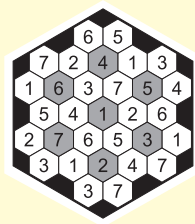
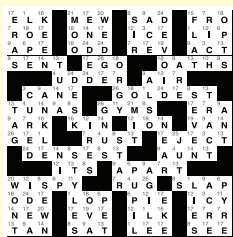
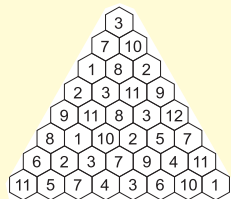
A B C D E F G  
H I J K L M N  
O P Q R S T U  
V W X Y Z

# Word Scramble

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

- 1 - HOEIRKSY PORRERTE
- 2 - ROCEY YAOLRT
- 3 - LCAHKOTSESN
- 4 - KOTSCLED RKAP
- 5 - WALEOHNLE FNU NESVET
- 6 - HLGTI PSCTLUCAARE
- 7 - ORANGPA EARVTNYREI RAFLRREES
- 8 - IRTOCIVA EONWBIRL
- 9 - AUARQSUI
- 10 - LSEED SASGL

### September edition answers



### Word Scramble:

- Rina Sawayama
- Northern Swing Orchestra
- Ilkley Literature Festival
- Waddingtons
- Fishergate Postern Tower
- Gabs Healthcare
- Russell Grant
- Games Temple
- Leeds Glass
- United Carpets

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# Monthly Horoscopes By Russell Grant

## ARIES March 21st - April 20th

Seize a chance to exercise your leadership skills on the 3rd; this will lead to a big career breakthrough. Don't neglect your best friend or romantic partner because of work on the 9th. Your professional path will be clarified on the 10th when an authority figure offers you a job with firm guidelines. On the 14th, the Solar Eclipse triggers a powerful partnership that changes your outlook. The prospect of pairing up with someone else won't seem threatening anymore. The Lunar Eclipse on the 28th brings an end to a source of income. This will allow a much more lucrative job to flow into your life. Focus on saving more than you spend on the 29th to establish a secure financial foundation.

## TAURUS April 21st - May 21st

You'll turn plenty of heads on the 9th when your natural good looks are evident for the world to see. An ardent admirer pursues you on the 12th, giving you a nice ego boost. A wonderful job involving art, real estate, or the law arrives on the 14th, courtesy of the Solar Eclipse. Thanks to this position, you can afford many more luxuries. Your upbeat attitude causes someone to fall head over heels in love with you on the 22nd; this could be the beginning of a passionate romance. Walking away from a limiting role will be easy on the 28th due to the Lunar Eclipse. You'll adopt a much higher profile due to this shift. Obey an impulse to begin a creative project on the 31st; you'll be very happy with how it turns out.

## GEMINI May 22nd - June 21st

Talking with a relative renews your hope for the future on the 3rd. It's nice to know this family member is in your corner. On the 5th, a charming flirt will catch your attention; make sure to get their number before they slip away. The Solar Eclipse on the 14th will mark an electric romantic attraction that's impossible to resist. You could get engaged or married at the drop of a hat. If you're already in a relationship, your partner could take you on a lavish vacation. Trying to buy someone's affection is a mistake on the 21st. The Lunar Eclipse on the 28th pushes you to end a period of isolation and join society again. Don't let fear prevent you from pursuing an exciting job on the 29th.

## CANCER June 22nd - July 23rd

A passionate encounter changes your outlook on the 3rd; you'll start viewing yourself in a much more positive light. Don't let a relative criticise your romantic partner on the 9th. You must draw healthy boundaries here. Finding a beautiful place to live is favoured on the 14th due to the Solar Eclipse. You can negotiate a fantastic deal on this day, thanks to your powerful perceptions. A business trip on the 24th will be highly successful. Take some time to visit places of historical and cultural interest while you're away. On the 28th, the Lunar Eclipse prompts you to whittle down your friends on social media. Maintaining relationships with the people you truly value. An unusual group of friends will encourage you to record a podcast or write an article on the 31st; express yourself.

## LEO July 24th - August 23rd

A wonderful business opportunity is worth pursuing on the 9th. This is your big chance to earn a living from your creative talent. You'll notice the benefits of a health regimen on the 10th; give yourself a reward for your hard work. On the 14th, the Solar Eclipse brings exciting news about a travel or educational opportunity. Getting a change of scenery or learning something new makes you more attractive than ever. Ask a former employer to write you a recommendation on the 22nd; their warm praise will help you land a wonderful new job. Changing career paths is a distinct possibility on the 28th, thanks to the Lunar Eclipse. This is a good time for you to venture into a more creative field.

## VIRGO August 24th - Sept 23rd

Be realistic about romantic expectations on the 2nd, or a promising relationship will slip right through your fingers. More money for luxuries becomes available on the 5th when you're offered a great job that brings lots of intellectual stimulation. Your charisma is more powerful than ever on the 10th, allowing you to capture hearts wherever you go. A committed relationship highlights your communication skills on the 24th. Let a romantic or business partner promote your talent. On the 28th, the Lunar Eclipse finds you graduating from an educational programme, publishing some written work, or returning from a long trip. You're able to embark on a new adventure. Undertaking an unusual course of study on the 31st appeals to your sharp intellect, giving your eyes an attractive sparkle that's impossible to ignore.

## LIBRA Sept 24th - Oct 23rd

An argument with a stubborn relative on the 9th is more trouble than it's worth. Avoid sensitive topics since nobody will change their mind. The Solar Eclipse on the 14th inspires you to change your image in a dramatic way. Don't be surprised when people who were once indifferent to your charms take a sudden interest in you. Someone who is jealous of your popularity tries to rattle your confidence on the 21st. Pay no attention to their petty criticisms and continue to flaunt your fabulous personality. The 22nd is perfect for getting rest and relaxation; resist the urge to check work messages. A source of passive income comes to an end on the 28th due to the Lunar Eclipse. This prompts you to put a brilliant business idea into effect.

## SCORPIO Oct 24th - Nov 22nd

Your keen perception helps a friend improve their image on the 3rd; they'll be grateful for your advice on conducting job interviews. Don't let anxiety keep you from telling a relative or neighbour something important on the 9th. Feel free to pursue the object of your desire on the 13th; it will be almost impossible to resist your charm on this magical day. On the 14th, the Solar Eclipse urges you to take a prolonged break. Getting rest and relaxation will improve your outlook, helping you to find solutions to stubborn situations. Your charisma helps you get whatever you want on the 23rd. A romantic or business partnership ends on the 28th due to the Lunar Eclipse. This change of status will be liberating.

## SAGITTARIUS Nov 23rd - Dec 21st

Don't neglect your work responsibilities on the 2nd, even if you have something weighing heavily on your heart. Money is tight on the 9th, but fortunately, you never associate wealth with happiness. By focusing on feeling good, the resources you need will become available. You'll make a whole new group of friends on the 14th due to the sociable Solar Eclipse. These associates will encourage you to develop a bold idea that you've been considering for a long time. Your health blooms on the 22nd, helping you command attention. This is a good time to go to an interview or audition. The Lunar Eclipse on the 28th causes you to break a bad habit, allowing your health to thrive. Don't neglect your spiritual life for the sake of work on the 31st.

## CAPRICORN Dec 22nd - Jan 20th

Your powerful personality paves the way to an exciting educational opportunity on the 3rd. Getting advanced training will greatly improve your career prospects. On the 9th, don't let a pushy authority figure cause you to rush a project that needs time, care, and attention. The Solar Eclipse on the 14th attracts a thrilling career opportunity. Getting paid for your expert opinion will be gratifying. A power struggle with an authority figure breaks out on the 21st; you may decide to look for another job due to this tension. The 22nd is great for going to a job interview or audition. Your thoughtful comments about a friend's troubles on the 24th earn their undying loyalty. Finishing a creative project on the 28th will bring a great deal of prosperity, due to the Lunar Eclipse.

## AQUARIUS Jan 21st - Feb 19th

Be practical about money on the 2nd, or you could suffer a big loss. It's better to save than spend on this confusing day. Pour all your energy into landing a dream job on the 12th; this position is worth the extra effort. The chance to travel to a beautiful land you've never visited before arrives on the 14th, courtesy of the Solar Eclipse. The 22nd is perfect for buying beautiful furniture and artwork; you'll have fun sprucing up a drab area of your home. The Lunar Eclipse on the 28th brings the end to a painful family situation. This resolution will make you happier than you have been in months. On the 31st, a relative brings surprising news. You could receive a beautiful heirloom or a big inheritance. Accept this tribute with a grateful heart.

## PISCES Feb 20th - March 20th

Don't expect your best friend or romantic partner to read your mind on the 2nd, or an argument could erupt. Melting a love interest's heart will be easy on the 9th when you immediately understand their needs. If you get a choice between taking a flat salary or earning a commission on the 13th, pick the latter. You'll get more money this way. A source of unearned income greatly improves your financial situation on the 14th, thanks to the Solar Eclipse. If you play your cards right, you'll never have to worry about money again. An intense conversation on the 24th paves the way to an intimate relationship; your partner deserves your trust. On the 28th, the Lunar Eclipse causes you to reduce work responsibilities for the sake of education.



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### SEPTEMBER EDITION COMPETITION WINNERS

The Great Yorkshire Shop competition - Coleen Allison

Knitting & Stitching Show tickets - Brenda Gregson, Amanda Henry, Maria Smith, Kit Perkins & Julie Deane

Graham Parker tickets - David Stainthorpe Rat Pack tickets - Karen Ries

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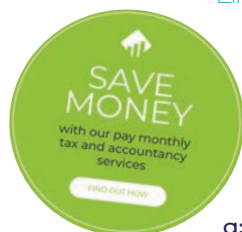


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