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NORTH YORKSHIRE EDITION

Your Local Monthly Newspaper



Yorkshire Wildlife Trust Receives Species Recovery Funding

SEE PAGE 13



Major £31 Million Funding Boost
For Yorkshire And Humberside
Bus Services As Fare Cap Set To
Be Extended

SEE PAGE 4



Digital Arts Commissions Live For
York Trailblazers

SEE PAGE 9



Health Leaders In Humber And
North Yorkshire Welcome
Smokefree Consultation Launch

SEE PAGE 31

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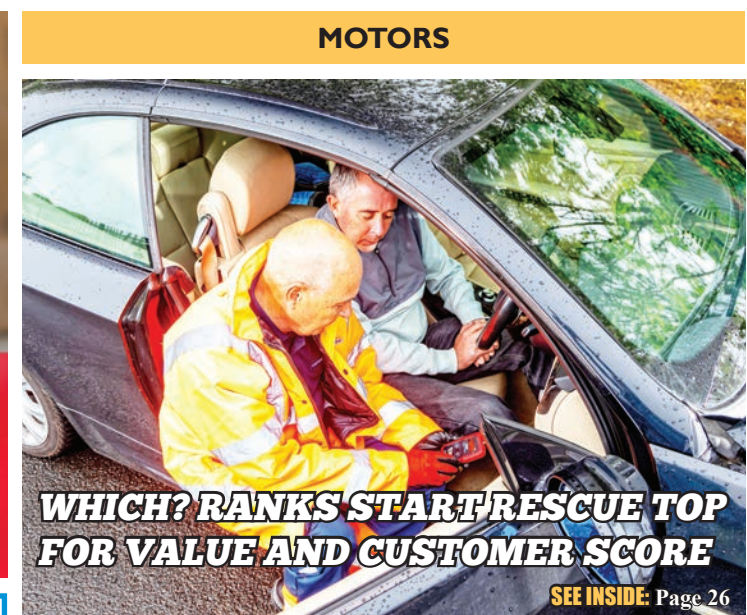
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Linzi, Editor

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MOTORS

NEWS

SPORTS VILLAGE FACILITIES EXTEND AS LEAGUE FOOTBALLER OPENS NEW PITCH AND PAVILION
SEE INSIDE: Page 5

UK'S BIGGEST FOOD COLLECTION CALLS FOR VOLUNTEERS TO SUPPORT CHARITIES
SEE INSIDE: Page 7

SIMPLY THE BEST - LOCAL CARE HOME SCOOPS COVETED NATIONAL TITLE
SEE INSIDE: Page 10

ONE IN FOUR FOOLED INTO BUYING UNHEALTHY PUPS BY 'CUTE' PICTURES ON SOCIAL MEDIA
SEE INSIDE: Page 28

PROTECT YOURSELF AND YOUR LOVED ONES AHEAD OF WINTER
SEE INSIDE: Page 32

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Green Light To Fund £7 Million Net Zero Projects

A total of 23 schemes will receive a share of the York and North Yorkshire Net Zero Fund, investment which has been unlocked by the region's proposed devolution deal and will be allocated by the Department of Levelling Up and Communities, subject to devolution progressing for York and North Yorkshire. Parliamentary debates on devolution for the region are anticipated this autumn, with mayoral elections timetabled for May 2024.

The fund will invest in schemes that can deliver significant carbon reductions and contribute to York and North Yorkshire's ambition to be net zero by 2034. Alongside carbon reduction, investment aims to create a pipeline of net zero projects that will drive economic growth, create jobs, reduce energy costs for businesses and leverage further investment for the region.

The approved projects cover a broad range of issues relating to net zero, such as decarbonisation of community buildings and transport, with schemes across York and North Yorkshire. Street and building LED lighting schemes in York are also approved, as well as innovations in energy generation, including The Electric Cow Project at Askham Bryan College in the city.

The farming focussed scheme will fund slurry-fuelled conversion equipment that can be introduced to dairy farms across the region to generate electricity from cow manure. Other projects approved aim to tackle a decline of biodiversity, such as the project at the Denton Park Estate, on the edge of the Yorkshire Dales, where funds will support moorland restoration.

Alongside £6 million to fund 12 capital projects, £1 million of the fund will be allocated to develop new net zero projects from "idea to investor ready". There are 11 of these, including the development of full business cases for renewable energy schemes using Solar PV and onshore wind and the Harewood Whin Green Energy Park in York. A feasibility and business case development for shore-side power at Scarborough and Whitby harbours included on the shortlist could become an "exemplar study" for medium-to-small ports nationally.

Approvals for the broad range of projects was made by the York and North Yorkshire Joint Devolution Committee at a meeting in Northallerton. The fund is part of the proposed York and North Yorkshire devolution deal, which would see the formation of a

combined authority, election of a mayor and a transfer of powers and funding from national to local government.

North Yorkshire Council's leader, Cllr Carl Les, said: "This is a significant step forward for projects which will be extremely important to help to achieve our aims of tackling the threat of climate change, while driving forward innovation and expertise in the green technology sector.

"This is a clear indication of the benefits that are already being realised ahead of the proposed devolution deal for York and North Yorkshire being introduced.

"These projects will provide more jobs and greater career opportunities, while developing what is such an important sector that will be recognised nationally and bring in more investment to York and North Yorkshire."

City of York Council's leader, Cllr Claire Douglas, said: "Our new council Plan - 'One City, for all' - has, in its four key commitments to improving Equality, Affordability, Climate and Health, a clear ambition for York's environment and net zero, including through work with our partners. This announcement represents a significant investment in the city and a significant step in delivering on the commitments we have made.

"This is the first win of what we hope will be many for the new combined authority, and it is good news for our economy, our Net Zero aspirations and for York's communities."

Projects approved will support the implementation of York and North Yorkshire's Routemap to Carbon Negative, the North Yorkshire Council Climate Change Strategy and City of York's Climate Change Strategy. Collectively, the 12 capital schemes alone are expected to result in more than 70,000 tonnes of carbon emissions saved between 2025 and 2029.

The 12 capital projects, receiving a share of £6 million are:

- Moorland Restoration Project, Denton Park Estate
- REstore, North York Moors National Park Authority
- Net Zero for Yorkshire North & East Methodist District
- The Electric Cow Project, Askham Bryan College
- Solar PV & Battery Storage installation on Council Commercial Assets, North Yorkshire Council

- Kildwick to Silsden Active Travel Link, North Yorkshire Council
- Community Transport Decarbonisation, North Yorkshire Council
- Decarbonising Community Buildings, North Yorkshire Council
- Renewable Heating Upgrade - Alex Lyon House, City of York Council
- Honeysuckle House heat pump communal heating upgrade, City of York Council
- Street Lighting LED Conversion, City of York Council
- Commercial Buildings LED Lighting Renewal Project, City of York Council

The 11 revenue projects, receiving a share of £1 million are:

- Shore Power at Scarborough and Whitby Harbours, North Yorkshire Council
- Establishing a Baseline for Evidence and an Action Plan for Regenerative Farming in York & North Yorkshire, Yorkshire Dales National Park Authority
- Lavington Case Study, North York Moors National Park Authority
- The Great Yorkshire Kelp Forest, East Riding of Yorkshire Council (Yorkshire Marine Nature Partnership)
- Whitby and Scarborough Park and Ride EV Hyperhub Business Case Development, North Yorkshire Council
- Electric Vehicle Public Charging Infrastructure Rollout Strategy Next Steps, North Yorkshire Council
- District Heat Network - Potto, North Yorkshire Council
- Elvington Lane Solar PV, City of York Council
- Harewood Whin Green Energy Park, City of York Council
- North Wigginton Onshore Wind - Project Development, City of York Council
- Green Energy Park at Seamer Carr and Decarbonising Allerton Waste Recovery Park, North Yorkshire Council.

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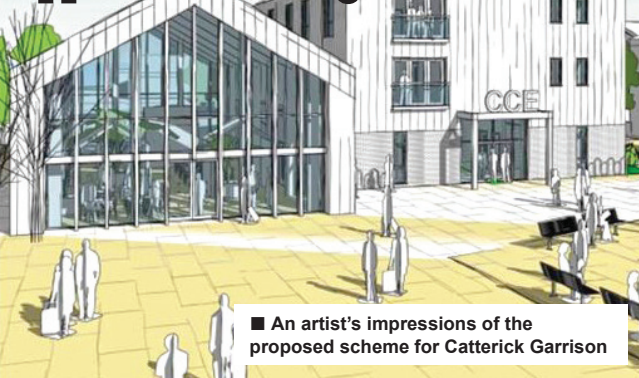
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Multi-Million Pound Project Moves Forward As Planning Application Is Lodged



■ An artist's impressions of the proposed scheme for Catterick Garrison

A £21 million scheme to redevelop Catterick Garrison's town centre has taken a major step forward.

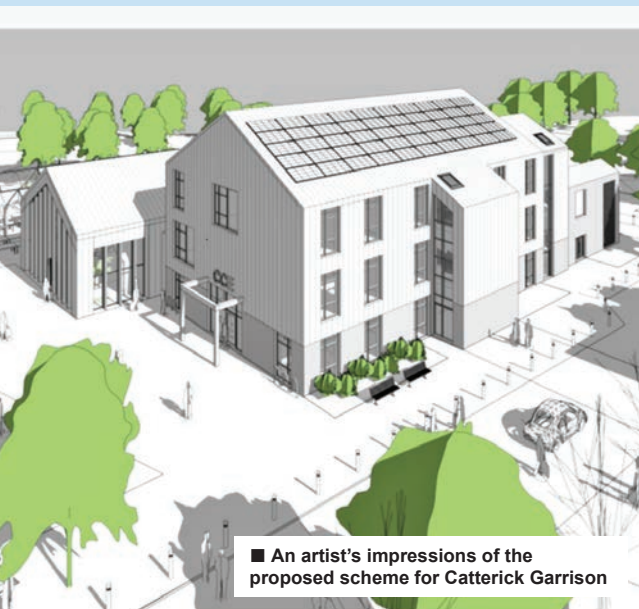
The planning application for the development has been lodged with North Yorkshire Council. Permission is being sought to create a new town square on Shute Road, a new pedestrian ramp connecting the development to Richmond Road, and the construction of a Community and Enterprise Building.

The building, which will house offices for small businesses as well as space for community groups and food retail, will reduce carbon emissions through the use of sustainable design and renewable energy.

The plans also include landscaping improvements, upgrades to Coronation Park and Shute Road, improved play spaces, accessible routes to the town centre and improvements to footpaths and cycleways.

The application has been lodged following a public consultation in July when 72 per cent of the community who responded to a survey were positive about the new proposal.

North Yorkshire Council's executive member for open to business, Cllr Derek Bastiman, said: "Moving to the planning phase is an exciting step forward for this new development. The scheme will breathe new life into a tired area of Catterick Garrison town centre and bring new opportunities and facilities for the many people who live there – both civilians and members of the military."



■ An artist's impressions of the proposed scheme for Catterick Garrison

North Yorkshire Council is working closely with the Ministry of Defence (MOD) to bring the proposals to fruition by June 2025. The council has received £19 million from the Levelling Up Fund, with the remaining match-funding coming from the Defence Infrastructure Organisation (DIO) and the authority.

James Roy, estates manager for the Defence Infrastructure Organisation, said: "Catterick is an important Garrison for the British Army and this is a significant milestone for the redevelopment proposals. We continue to recognise the need for regeneration of urban areas, to benefit both military and civilian communities."

Catterick Garrison is home to one of the largest Army bases in the country with the town centre transformation bringing benefits to Armed Forces personnel and their families.

North Yorkshire has a proud history associated with the military, which dates back more than a century. There are 10,770 military personal in the county, one of the largest numbers nationally.

All documents associated with the planning applications can be found at www.northyorks.gov.uk/RichmondRoad

Major £31 Million Funding Boost For Yorkshire And Humberside Bus Services As Fare Cap Set To Be Extended

Yorkshire and Humberside is set to benefit from over £31 million of new funding to improve bus services over the next financial year, the Transport Secretary has announced.

This is the first tranche of £1 billion worth of new funding that the government is dedicating to bus services across the North and the Midlands as part of the Network North Plan - with further funding allocations to be announced in due course.

While it is up to local authorities in partnership with operators to decide how best to use the funding, the total £150m funding for next year across the North and Midlands is enough to support up to 25 million miles of new bus services, helping local authorities provide more regular and reliable services or cheaper fares delivered through fare initiatives and ticket price caps.

The funding has only been made possible thanks to the government making long-term decisions for a brighter future. The reallocation of HS2 funding as part of Network North ensures that they can deliver their new £36 billion plan to improve the daily transport connections that matter most to people, benefitting more people, in more places, more quickly.

Prime Minister, Rishi Sunak said:

"His announcement marks the start of the Network North plan coming into action.

"We're backing buses with one of the biggest ever support packages and keeping bus fares down to ensure the country's favourite means of transport is more affordable for millions of people.

"This government is taking the right long-term decisions to deliver on our vision for a fairer and improved transport system by investing billions back into the transport projects that matter most to people and their communities."

The £150 million from redirected HS2 funding is dedicated to levelling up bus services, with areas across the North and Midlands given extra support for bus services to become more frequent, more reliable, cheaper and easier to use.

Local authorities may use the additional funding to reintroduce evening services to support the night time economy, increase service frequency meaning less waiting time for passengers, introduce new routes to ensure areas previously unconnected are now connected or introduce a Demand Responsive Transport service to improve connectivity in rural areas.

This funding comes on top of the Government's unprecedented investment of over £3.5 billion for the bus sector since March 2020 to support its recovery from the pandemic, drive improvements to local bus services and encourage more use of buses.

Merger Of Schools Will Provide 'Greater Stability' For Pupils

Two primary schools in North Yorkshire will merge after Easter next year, creating an "exciting educational establishment fit for future generations".

North Yorkshire Council's executive member for education, learning and skills, Cllr Annabel Wilkinson, gave the green light to combine Wavell Community Junior School and Wavell Community Infant School to form one single school from April next year, accommodating children aged three to 11.

Both schools currently serve the same catchment area in the north of Catterick Garrison and the infant and junior schools have neighbouring buildings on one site. Wavell Federation's governors had agreed that amalgamating the schools to create an all-through primary school was the next logical step to take.

With a capacity of 420 places, the single primary school would continue to work across the existing buildings of both current schools.

A six-week consultation carried out earlier in the summer outlined how the proposal would provide greater stability and ensure the amalgamated school

The "Get Around For £2" bus fare cap scheme will also be extended again to continue to help people save money. The cap had been due to rise to £2.50 but will instead remain at £2 and continue until 31 December 2024 thanks to the redirected HS2 funding behind the new Network North plan. This takes total Government investment to cap bus fares at £2 to nearly £600 million.

Transport Secretary, Mark Harper said:

"Buses are the most popular form of public transport, which is why we are continuing to back our buses with record high levels of funding – supporting vital bus services and offering affordable travel for passengers.

"This increase in funding to deliver more reliable, frequent and affordable local bus services – and to extend the £2 bus fare cap – has only been possible with the redirected HS2 funding secured by this Government making the right long-term decisions for a brighter future."

Since the £2 bus fare cap was introduced across the UK on 1 January 2023, millions of passengers have benefitted from lower fares. The Get Around for £2 scheme has helped cut bus fares in England outside London by 7.4% between June 2022 and June 2023, with savings even bigger in rural areas where fares have dropped by almost 11%.

According to initial analysis from a recent report published by the Department, the scheme has helped encourage people to get back on the bus, with almost half of respondents saying the fare cap is the main reason they are using the bus more.

As part of the Network North plan, the government announced that it will spend £2.5 billion to fund in full the long-promised mass transit system in Leeds and West Yorkshire and they will allocate a further £4 billion for local transport across the North's six city regions to improve connectivity in their areas, benefiting millions of people.

Yorkshire and Humberside's Community services for older people and vulnerable passengers will also receive a 60% funding boost. These "life-saver" services are vital for older and vulnerable people to get to the shops, medical appointments and see loved ones.

The funding increase, made through the Bus Service Operators Grant (BSOG), will help keep fares down and has been hailed by charities and vulnerable passengers who have difficulty using regular buses and rely on community services to get around and combat loneliness.

This boost comes as part of the Government's nearly £260 million annual BSOG payments to support bus services in England outside of London. This also includes up to £213 million for commercial bus operators and, for the tenth year, £42 million for Local Authorities.

can maintain the best possible environment in which pupils can learn and fulfil their potential.

A public meeting was held during the consultation and a significant majority of respondents supported the proposal.

Cllr Wilkinson said: "I am delighted to share this incredibly exciting news.

"The amalgamation is a sensible way forward and will bring together the identities and strengths of both schools, enabling them to make the best use of the staff expertise and provide an educational establishment fit for future generations.

"We, as a council, are keen to support the school leaders and governors to provide greater stability and we understand that the amalgamated school would not only deliver a smoother transition between Key Stages, but it would also help to ensure that the good progress currently made by children is maintained."

The schools are set to amalgamate from April 8 next year and will be called Wavell Community Primary School.



Ryedale Charity Breaks Ground For Inspiring New Centre

A Ryedale charity supporting families of children and young people with disabilities has celebrated the official ground-breaking for its new state-of-the-art premises in Pickering. Officiating at the first dig for Ryedale Special Families' new home was The Lord-Lieutenant of North Yorkshire, Mrs Jo Ropner, swapping her more usual formal attire for a yellow high-visibility waistcoat.

Almost five years to the day since Ryedale Special Families celebrated its first £100,000 milestone in a long fundraising campaign towards the much-needed new premises, Mrs Ropner congratulated the charity's Trustees, staff and supporters for their efforts, through the Covid pandemic, to raise more than £1 million to date, and their ongoing efforts to reach the £1.4 million target.

The new purpose-built, fully-accessible centre in Pickering will feature five individual sensory or therapy rooms, a large room for group activities, a kitchen for cooking activities and promoting life skills, meeting rooms, accessible toilets including two Changing Places, an education and skills centre for disabled young adults, a large outdoor safe area with a specially-designed sensory garden, as well as ample accessible parking.

The new 'centre of excellence' will replace the current Ryedale Special Families base, a two-storey terraced house in Old Malton which is small and has difficult access for those with limited mobility. The current building has only two small activity rooms, no changing facilities for people with disabilities, no large space for social gatherings, and very limited parking.

Ryedale Special Families has supported local families since the early 1990s when the charity was formed by a handful of local parents. Since then the charity's work has grown and they now provide a lifeline of support to over 400 Ryedale families with children or young people who have disabilities, additional needs or illness, by providing advice, guidance, flexible care and a wide range of social and family activities.

The Lord-Lieutenant of North Yorkshire, Mrs Jo Ropner (left) joined Ryedale Special Families' Chief Officer, Mrs Lisa Keenan at the ground-breaking of the charity's new premises in Pickering.

Chief Officer of Ryedale Special Families, Lisa Keenan said, "We have been dreaming of this day for many years, so to see the digger start work on our new site is beyond exciting, and means a great deal to our team and especially our families. The new centre will enable Ryedale Special Families to extend and develop its support for local families of disabled children, with space at last to offer a full range of activities and programmes.

"In our current home we can't even install a stairlift as the stairs are too narrow, and access to the building is through a haulage yard, so it is far from ideal for young people with disabilities. The move to our new home can't come soon enough!" says Mrs Keenan.

"We still have a long way to go to reach our final target, so our supporters are continuing their fundraising efforts, and we are continuing to reach out to businesses and foundations across Yorkshire. We welcome contributions large and small, financial and in kind, and can be contacted on 01653 699000," says Mrs Keenan.

The new centre has been made possible with a combination of RSF's own fundraising activities, community fundraising, generous donations and substantial grants from trusts including St Martin's School Trust, St James Place Charitable Foundation, The Wilfred Jackson Will Trust, The Opportunity Holiday Trust, Pickering Town Council and the Yorkshire Charity Clay Days which has made substantial donations from its own fundraising event for several years.

The architect of Ryedale Special Families' new premises is himself an RSF parent - Tony Harrison of Design 4 architecture, with local firm R & J Construction Ltd building the centre.



Extension To Selby Skatepark Will Be Early Christmas Present For Users

Work on a £150,000 extension and revamp of Selby's skatepark has started.

It will see the park, at the town's leisure centre, double in size and include features that regular users have called for. New equipment and seating is being installed, and fencing is being removed to improve visibility and reduce opportunities for anti-social behaviour.

The facility opened in 2016 as part of the £7 million development of Selby Leisure Centre by the former Selby District Council. The extension will make it a destination park for wheeled sports in the area and will be accessible to all skill levels and abilities as well as those with a disability.

The design - which includes bowl, street and transition areas, as well as flat practice and warm-up areas - has been laid out so that on quiet days riders can carve around the whole park, transferring from feature to feature, but on busy days the park is split into zones ensuring a large amount of simultaneous riding. The variety of heights of the feature will also allow beginners to use the park confidently.

North Yorkshire Council's executive member for culture and leisure, Cllr Simon Myers, said: "This is an exciting extension to a very popular facility in Selby and will provide the best Christmas present for its users.

"During the consultation process, the users got involved in helping with the wish list for the facility and we hope they will be happy with our final designs.

"We want it to be a social hub for young people where they can meet and feel at home. A skatepark can strengthen bonds between groups of young people and break down boundaries like disabilities, gender, race and social class."

Work is expected to take about two months to complete. The skatepark will be closed throughout, but the closure does not impact on the adjacent all-weather pitch or any of the other leisure centre facilities.



Sports Village Facilities Extend As League Footballer Opens New Pitch And Pavilion

■ Cllr Simon Myers and professional footballer Alfie McCalmont cut the ribbon to officially open the new 3G pitch and pavilion in Sowerby

A £1.5 million sports development on the edge of Thirsk was officially opened recently by one of the town's talented young footballers.

Midfielder Alfie McCalmont took time out from training with his teammates at Carlisle United to cut the ribbon at the official opening of a new 3G pitch and pavilion at the Sowerby Sports Village.

The project was delivered thanks to a £527,000 grant from the Premier League, the FA and the Government's Football Foundation, as well as developer contributions.

The facility's partner club, Thirsk Falcons, which Mr McCalmont played for as a youngster, will be using the new ground for training and matches on a daily basis. It currently has 22 teams - with 255 junior players and 45 members of the senior squads. The new development will also be used by Thirsk School and Sixth Form College, Thirsk and Sowerby Harriers, and community groups, including inclusive sport groups.

North Yorkshire Council's executive member for leisure, Cllr Simon Myers, said: "These new football facilities are the cornerstone of the Sports Village development and will provide high-quality facilities for the community to enjoy for many years to come.

"They also offer greater opportunities for increased participation in sport by women and girls, people with disabilities and older people, which is an important focus of our council's work.

"It's great to think that our young people will have access to this excellent facility and hopefully it will produce many more Alfie's who we will also watch playing league football."

Former Thirsk Falcons player Mr McCalmont, 23, said he hoped the new facilities would see more young people from the district following their dreams to play league football.

He said: "This is a great facility, much better than the one I started playing on at the age of six. I feel very privileged to have been asked to cut the ribbon on it - and look forward to watching my mates who still play for Thirsk Falcons playing matches here."

The chief executive of the Football Foundation, Robert Sullivan, said: "The Football Foundation is working closely with our partners - the Premier League, the FA and the Government - to transform the quality of grassroots facilities in England by delivering projects like this across the country.



■ The new pavilion and pitches at Sowerby Sports Village

"Good quality playing facilities have a transformative impact on physical and mental health and play an important role in bringing people together and strengthening local communities.

"We're delighted that the local community in Thirsk will now be able to enjoy all these benefits thanks to the new facilities at Sowerby Sports Village."

The Sowerby Sports Village is part of the wider masterplan for the Sowerby Gateway development which includes 1,000 new homes, Extra Care housing, a new primary school and employment and retail units.

Drax Welcomes 16 New Graduates Into Career Scheme

Renewable energy company Drax is welcoming sixteen recent graduates into its 3,000-strong workforce to continue developing the best in-house talent to support its ambitious decarbonisation plans.

The graduates have secured places on the scheme at Drax Group and will be based at Drax sites across the UK, including offices in Ipswich, Northampton and London, and Drax Power Station near Selby – the UK’s largest single site renewable power generator, which produces enough renewable electricity for five million homes.

The programme lasts two or three years, depending on each placement, and allows the participants to rotate around teams within their department in order to prepare them for the next stage of their career. The graduates have been placed across a range of departments including finance, trading and engineering depending on their training and career ambitions.

Karen McKeever, Drax Chief People Officer, said, “We are delighted to be able to offer these placements to graduates across a range of our business areas because it’s essential to our success that we nurture and develop future talent. It’s also a very rewarding part of the work we do and we look forward to the moment each year when we can welcome new graduates who are keen to learn and contribute.”

Katie Marsh, who has joined as a Finance Graduate, said, “I was interested in Drax because I felt passionate about being a part of making a difference and felt that Drax offered me the opportunity to do this. Consistently striving to make realistic positive changes for the future of the energy sector, I felt Drax’s values and goals aligned with my own as they not only recognised the problems that come with climate change but actively demonstrated how they were going to make a difference.”

Asif Latif, who has joined Drax as a Trading & Optimisation Analyst Graduate, said, “My experience with Drax has been very welcoming. Working in a team that understands your strengths and helps develop your weaknesses is always something as a graduate you wish for. There is so much more to learn, and I am looking forward to completing my graduate scheme and developing myself to become an asset to the trading team.”

Lewis Easton, who has joined Drax as a Graduate Turbine Engineer, said, “I enjoy knowing how and why things work. Working as a turbine engineer at Drax lets me work with seriously impressive technology alongside really talented engineers, so there will always be something for me to learn and opportunities to grow.”

Drax already supports 17,800 direct and indirect jobs across the UK, 6,000 of which are in the North. The development of BECCS at Drax Power Station would see an additional 10,000 jobs created and supported during construction.

Drax is committed to supporting education and skills and runs a number of initiatives including work experience, tours of the power station and a long running apprenticeship scheme.

£10m Investment In Molson Coors Tadcaster Brewery To Increase Capacity And Improve Sustainability



■ L-R: Fraser Thomson (operations director for Western Europe at Molson Coors), Keir Mather MP and Stephen Moore (director of the Molson Coors brewery in Tadcaster)

Molson Coors Beverage Company has announced plans to invest £10m in its Tadcaster brewery, to increase production capacity and efficiency and reduce emissions.

The Tadcaster Tower Brewery on Station Road is home to more than 100 colleagues in roles covering engineering, quality, warehousing, brewing and kegging, health and safety, support functions and site management.

A programme of significant investment and infrastructure upgrades over the next two years will increase the brewery’s capacity to produce leading beers including Carling, Coors, Madri Exceptional and Worthington’s, using more advanced, energy-efficient equipment.

This news of a significant period of investment comes as the latest project at the Tower Brewery is almost complete. MP for Selby and Ainsty, Keir Mather, attended to visit the site’s new carbon dioxide recovery facility, which will be operational in early 2024.

Stephen Moore, Director of the Molson Coors brewery in Tadcaster explained: “Carbon dioxide is released during the beer fermentation process, but instead of entering the atmosphere, we will soon be able to recover and transfer carbon dioxide within the brewery before it’s purified and compressed into a liquid for storage.

“From there it will be turned back into gas to be used in the packaging process, where it will be injected into the fermented product, giving our beer its signature fizz. This will make us more self-sufficient and play an important part in reducing our emissions.

“This is a landmark moment in our history, and as we prepare to ramp up production in the months and years ahead, it means we can keep making the nation’s favourite beer brands while reducing our impact on the environment.”

Kier Mather, MP for Selby and Ainsty, added: “Molson Coors is setting a fantastic example in Tadcaster, showing a real willingness to invest for the benefit of its colleagues, the local community and the environment. “The new carbon dioxide recovery facility is hugely impressive, and its impact will be even more so. It’s a source of pride that such iconic brands are made right here on our doorstep, using the very latest technology as together we all work towards a net zero future.”

In 2021, Molson Coors became the first major UK brewer to switch to 100% renewable electricity. All the electricity used to produce the more than one billion pints that Molson Coors makes each year in the UK comes from 22 wind turbines at the Tween Bridge wind farm in South Yorkshire, less than 40 miles from the Tadcaster Brewery.

Molson Coors’ global sustainability commitments include reducing carbon emissions across its direct operations by 50% by 2025. Having hit this target four years ahead of schedule, the UK business is aiming to accelerate its pathway to net zero and reach net zero scope 1 and 2 emissions across all UK sites by 2035.

Yorkshire Water Partners With Leading AI Company Aiimi

Yorkshire Water Services has named leading British AI company Aiimi as a new IT partner, with work already underway to pioneer water strategies underpinned by data insights.

The partnership is part of an initial five year framework (with an option to extend annually for a further three years), valued at up to £25m, whereby Aiimi was selected as one of Yorkshire Water’s chosen data services providers. This followed a bid which saw almost 40 companies whittled down to just three.

Data insights specialists Aiimi use AI to help teams find, make sense of and retain control of their data. Their technology and services are used by the likes of FTSE100 companies, the UK government and the FCA.

The framework win will build upon Aiimi’s existing experience of working with companies across the water industry, which spans over 10 years.

As part of the new partnership with Yorkshire Water, Aiimi has already begun work on three projects. Initial projects include the delivery of wastewater and clean water roadmaps, as well as work to enhance Event Duration Monitoring (which measures the frequency and duration of releases to the environment from storm overflows). Bringing pioneering data-led approaches to these projects, Aiimi is helping to improve efficiencies, deliver performance commitments, and ensure safe and effective services for Yorkshire Water’s 5.2m customers.



■ Steve Salvin. Image © Rebecca May

As an official data science provider to Yorkshire Water, future projects during the framework could draft Aiimi into work spanning everything from data modelling and scenario analysis, to forecasting and prediction.

Andy Haywood, Chief Modernisation Officer at Yorkshire Water comments:

“Following an incredibly competitive bidding process, this exciting new framework brings together experts and companies who are leading in their respective fields. We’re looking forward to working together with Aiimi over the coming years; setting out water roadmaps underpinned by data insights to ensure the very best services for our 5.2 million customers.”

Steve Salvin, CEO and Founder of Aiimi comments:

“We’re delighted to announce our new partnership with Yorkshire Water, which will build upon over 10 years of work between Aiimi and water companies across the sector. The scale of the new framework recognises the value of data science and technology, and the role they can play in supporting the water utilities industry - and we’re proud to be leading the way alongside Yorkshire Water.”

Bingo Machine Is 'Top Of The Shop' For Wednesday Club



■ Cllr Mike Jordan calls the numbers for eager bingo players at Drax Wednesday Club using the new machine

It might be slightly overstating the case to say Drax Wednesday Club is a “gateway to heaven” (27), but it is a wonderful social gathering for the 100 or so people who regularly meet there – and it has recently got even better with the arrival of a new bingo machine.

The Wednesday Club meets each month at the village hall and is open to anyone wanting to socialise, from older people to mothers with babies.

It is the brainchild of Tracey Longden, who began the club six years ago after leaving her job as a teaching assistant at Drax Community Primary School. Since then, it has gone from strength to strength.

The club is open to all ages and attracts people from the villages of Drax, Drax Newland and Long Drax, as well as further afield.

At its heart are a meal – hot lunches like pie and peas or carvery alternating with afternoon tea – followed by bingo, a quiz, raffle and entertainment.

“We have invested a lot of time and effort in the club and have a lot of volunteers who come to help,” said Mrs Longden. “We won’t turn anyone away, so we have residents from local elderly people’s homes to new mums who bring their babies. We have a right mixture.”

But enjoying the bingo to the full was a problem for some attendees who struggled to hear in the village hall.

Enter the North Yorkshire Council member for Camblesforth and

Carlton, Cllr Mike Jordan, who provided £400 from his locality budget to buy a bingo machine and a catering trolley to help with the distribution of meals. Each of the council’s 90 members is allocated an annual budget of £10,000 to enable them to support local projects.

The new machine shows the number called, plus previous numbers, in lights, so no players risk missing a call of “house!”

“I used to have to shout all the time,” said Mrs Longden. “The machine has made a huge difference immediately. Quite a few of the players watched it to see the numbers when we first used it at our October meeting.”

Previously, Cllr Jordan has used his locality budget to support the village hall, to create a warmer, more appealing venue for its users.

“The Wednesday Club is absolutely brilliant,” he said. “It is a get-together for some of the elderly people and people who live on their own and allows them to have a good chat and singsong and generally have a great time. Everybody thoroughly enjoys themselves and it raises community spirit. I love them all to bits.

“The bingo machine has made life a lot simpler for Tracey.”

As well as its monthly activities, the Wednesday Club organises several trips away each year. One to Wales is coming up in December, and previous excursions include Torquay and the Isle of Wight.

Anyone who would like to attend the club or find out more about joining the volunteers can call Mrs Longden on 01757 618576.

North Yorkshire Indicatively Allocated Additional £1.1 Million To Support Urgent And Emergency Care This Winter

The Government have announced that local authorities can now put forward proposals to access the £40 million Local Authority Urgent and Emergency Care Support Fund, with North Yorkshire’s indicative allocation totalling £1,137,090.

The fund offers additional, targeted support for local authorities to address acute winter pressures in urgent and emergency care.

This comes a few months after the Government announced that it would invest £600 million over this year and next to improve adult social care capacity. This initially comprised of a £570 million workforce fund over the two years to support the social care workforce and boost capacity in social care, with the remaining £30 million allocated to local authorities on a targeted basis to address acute pressures.

With this latest announcement, the Government has confirmed it is increasing the support fund by an additional £10 million. Local authorities will be able to submit proposals demonstrating how

funding will strengthen the resilience of their services this winter, with indicative allocations provided based off the adult social care relative needs formula.

Julian Smith said, “Our urgent and emergency care services rely on health and care providers working together to prevent avoidable hospital admissions and support timely and effective discharges.

“The Government’s workforce plan is crucial to the long-term sustainability of the sector, but it is important that we also recognise the acute pressures that local authorities face, particularly over the winter.

“That’s why I’m pleased that North Yorkshire Council have now been invited to submit a robust proposal for additional funds, which will ensure residents receive the required care to prevent unnecessary hospital visits and reduce discharge delays, thereby freeing up beds for those who need them most.”



UK's Biggest Food Collection Calls For Volunteers To Support Charities

With food banks and charities facing increasing levels of need this winter, people are being urged to give the gift of their time to take part in the UK’s biggest food donation drive.

The Tesco Food Collection is taking place in all Tesco stores from November 30th to December 2nd and the Trussell Trust and FareShare are urging volunteers to sign-up to support the event in store.

It comes as both charities face their busiest winter yet as more people turn to them for support. The Trussell Trust, which has the largest foodbank network in the UK, is expecting to distribute more than 1 million emergency food parcels between December and February, while FareShare has over 1,500 frontline charities on its waiting list seeking food.

During the collection Tesco customers will be encouraged to donate long-life food to support the charities in their work. Donations for the Trussell Trust will help its network of food banks provide emergency food parcels to people who cannot afford the essentials, while donations to FareShare will get food to its network of 8,500 local charities and community groups.

Tesco is calling on volunteers to staff collection points to raise awareness of the impact every donation will have on people across the UK, who rely on Trussell Trust and FareShare for food.

Donations are needed now more than ever, with one in five Trussell Trust food parcels coming from Tesco and its customers.

Trussell Trust Chief Executive Emma Revie said: “This winter is going to be the toughest yet for the food banks in our network as they will help approximately 600,000 people and provide an emergency parcel every eight seconds. The teams in our food banks are working tirelessly to ensure everyone receives the support they need but they cannot do it alone. By volunteering at the Tesco Winter Food Collection you will not only be helping to gather much-needed donations to keep your local food bank going, you’ll also be making a real difference to families who cannot afford the essentials in your community. If you can spare a few hours to volunteer then please do.”

George Wright, chief executive at FareShare added: “We anticipate need will keep rising as people continue to struggle to afford the essentials like food and heating this winter. Tesco’s support for FareShare throughout the cost of living crisis, and the last 11 years, has been unwavering, and we’re incredibly grateful for their support in helping drive more donations during what will be a difficult winter for many.

“Volunteers play a huge role in the success of the Tesco Food Collection each year. By giving up just three hours of your time, you can make a huge impact by helping more people understand the importance of donating food to FareShare during this increasingly difficult time.”

Claire De Silva, Head of Community at Tesco, said: “Every year our Winter Food Collection gets such an amazing response from our customers. We know that they give even more generously when we have volunteers in our stores helping them to choose the right items that are needed so we would urge anyone who can to please sign up and help make a difference.”

You can sign up to volunteer with FareShare at;

<https://fareshare.org.uk/foodcollection/> or with the Trussell Trust at; www.trusselltrust.org/get-involved/tesco-food-collection/volunteer



■ Student & Graduate Runway Show at York Art Gallery

Highlights From York Fashion Week

York Fashion Week (YFW) returned to the city of York with a series of stellar runway shows, intimate in-store events, pop-up shops and dynamic installations. It brought together more than 200 creatives; designers; stylists and makeup artists; models; behind the scenes volunteers; as well as over 500 guests to celebrate all things fashion and champion emerging talent.

YFW once again pushed boundaries and delighted audiences with its range of events. Creative Director, Nicky Hayer, said: "Every time someone comes to York Fashion Week, we want them to see something new and experience the city in a different light. This season we introduced some amazing venues including York Art Gallery and Jalou York, which helped bring a level of theatre to our shows. And we welcomed some brilliant new designers from across the UK."

To mark the launch of the event, YFW staged a takeover of the city with "Mannequin" which saw a series of YFW models appearing in the windows of a number of high street shops including Master Debonair, Hobbs, Leia Lingerie, Jigsaw and Fenwick York. Day one was dedicated to students and explored the various career paths and roles available within the world of fashion with a series of presentations from prominent stylists, makers, milliners, editors and retailers. Tendai Murairwa, an aspiring designer, took to the stage to share her journey about forging a career in fashion from working in an NHS sewing room to Emmerdale costume department, ITV's

This Morning catwalk; an appearance on Steph's Packed Lunch to launching her own fashion brand – Teestyletribe. Award winning hairstylist, Ross Charles, hosted a live demonstration and talked guests through his experiences of building his career.

Saturday night was the Student & Graduate Runway Show at York Art Gallery, which is the first time that this venue has ever been used in this way. Collections on the night were created by students on the BA (Hons) Fashion Design and Garment Technology degree at York College including Hannah Miller who presented her range of multi-seasonal and transitional garments that take the wearer from day to night across the seasons of the year. While Katherine English's reclaimed patchwork padded jacket with a floral influence was modelled. Collections from the University of Huddersfield and Leeds University also made an appearance on the runway.

Katherine English explained: "Being part of York Fashion Week was a phenomenal experience. It's a truly inclusive and creative space that is accessible to aspiring young designers as well as established indie brands. There's long been the misconception that fashion is very London centric but YFW demonstrates that the opportunities in the North are limitless. Being part of this network of amazing and dedicated individuals has supported my journey so far in every aspect and has even opened doors for me in the modelling world – I've just been signed up by an agency in the North East."

On Sunday night, a range of contemporary fashion and

sophisticated street style was showcased in the heart of York's biggest Hip-Hop club, Jalou. GENT London, a brand that breathes new life into iconic pre-loved fashion pieces, debuted its latest collection of eye-catching outerwear and a new range of handbags. The collection is by renowned artists such as Becky Smith, Tahlia Stanton, Rich Simmons, Punkmetender, Sophie Tea and TV personality, Jay Hutton who have created unique pieces of art on stylish jackets, trench coats and bags.

GENT LONDON's Co-Founder, Ellis Harrington, explained: "Our values really align with those of York Fashion Week, so this has been an amazing opportunity to bring our concept to the North of England and introduce the brand to a wider audience. Seeing our new collection on the runway in such a beautiful setting was fantastic and working alongside a team of incredible creatives who are so diverse and inclusive was truly inspiring."

While Marta Bujwicka-Colman from Aberdevine introduced her luxury, ethical and sustainable lingerie range which is crafted from high quality recycled materials and natural dyes. She showcased her collection on the runway as part of a chic collaboration with menswear brand, Master Debonair.

Other events that took place across the city included a luxury styling event in collaboration with premium fashion brand – Jigsaw – with personal stylist, Laura Fawcett and Rachel Neilson, a bra workshop and coffee morning and YSL beauty masterclass at Browns York.

Plans are afoot for York Fashion Week 2024 Part One and dates will be confirmed soon. Sign up to the newsletter via;

www.yorkfashionweek.co.uk



York Fashion Week was founded in 2017, and is a celebration of grass roots and independent fashion as well as high street retail brands. It provides a central stage for the city's creative talent to showcase their diverse work, but also brings exciting designers, brands and artists into York.

City Cruises York Features In The New Netflix Series – Bodies

City Cruises York, the number one sightseeing and dining cruise operator on the River Ouse, features as a filming location for *Bodies*, a new eight-part drama series on Netflix.

In October 2022, filming began for the series in York featuring City Cruises York Boatyard and boat – River Prince. City Cruises York is featured in episode six 'The World is Yours' of the series. During this episode, viewers can expect an action filled instalment with Supt. Boothroyd, DS Shahara Hasan, DCI Jack Barber and Elias Mannix, involving a bomb detonator and shootout. From 11.30 minutes to 21.45 minutes, City Cruises York Boatyard and boat makes its debut.

Chris Pegg, Commercial and Marketing Manager, City Cruises, says: "Working with Netflix on their latest production 'Bodies' was an absolute thrill for City Cruises. It's not just a significant moment for our team but also a captivating opportunity to showcase the beauty of our cruises to a global audience. This collaboration is undoubtedly one of the most exciting things to happen for us in a long time."

River Prince is one of the largest vessels available and is primarily used for sightseeing and private charters. On the lower deck, there are large panoramic windows and upstairs there is a large open upper deck spread across two levels, holding capacity for up to 100 people. The York Boatyard has been operational for over 30 years and home to seven passenger boats as well as a fleet of 14 self-drive boats.

On a City Cruises York cruise, passengers can discover fascinating facts and uncover the history of this ancient city and the River Ouse, thanks to the live commentary onboard from home-grown skippers in York. As passengers cruise down the River Ouse there are many opportunities to spot many famous city landmarks, including the



breath-taking gothic beauty of York Minster, Clifford's Tower - one of the only fortifications left of the castle that oversaw York after 1066, the many Bridges that cross the Ouse, the serene Museum Gardens, the medieval Guildhall and much more. The Sightseeing Cruise lasts around 45 minutes and features a full bar, stocked full of local snacks and beverages.

To experience the Sightseeing Cruise for yourself and walk in the steps of actors and actresses - Kae Alexander (Supt. Boothroyd),

Amaka Okafor (DS Shahara Hasan), Michael Jibson (DCI Jack Barber) and Gabriel Howell (Elias Mannix), you can book via - www.cityexperiences.com/york/city-cruises/york-city-cruise

Prices start from £13 per person for adults (aged 16 and over), £11.50 per person (aged 60 and over) and £7.50 per person for children (aged five – 15), children under five go free!

With Prizes A Cut Above The Rest, Harrogate Hospital & Community Charity Present This Year's Diamond Raffle

Harrogate Hospital & Community Charity (HHCC) and Volunteer Team have launched their annual luxury Diamond Raffle, to raise funds for Harrogate and District NHS Foundation Trust (HDFT).

This year's raffle is brimming with extravagant gifts just in time for the festive season, including a glamorous 9ct Fogal & Barnes White Gold Necklace and a one night stay at the White Hart Hotel Harrogate complete with bed and breakfast; perfect for those in need of a rejuvenating break.

Tickets to enter the raffle are £1 and all proceeds raised will go towards supporting patients, their families and service users across the HDFT footprint.

Here are some of this year's prizes:

- Fogal & Barnes 9ct White Gold & 0.25ct Diamond Necklace
- White Hart Hotel Bed & Breakfast Stay, Harrogate
- Natural Skincare by Sammy Hamper worth £150
- Mama Doreens Afternoon Tea for four
- Tannin level £100 Voucher
- Whitakers Gin Tour Voucher
- Nuffield Health Gym Pass
- Cardamom Black £50 Voucher
- Harewood House Guest Season Pass 23/24

Once purchased, your tickets will be emailed to your chosen email address provided at checkout. Alternatively, please contact the HHCC and Volunteer Team on hdfc.hcc@nhs.net or 01423 557408 to purchase your tickets.

The raffle will be drawn on Friday 15 December 2023 on Harrogate Hospital Radio (95.3FM).

Yvonne Campbell, Acting Business Development, Charity and Volunteer Manager said: "If you're looking to add a touch of splendour to your winter festivities this year, then look no further than our Diamond Raffle fundraiser which is full of fantastic prizes to be won."

Diamond RAFFLE 2023

Harrogate Hospital & Community Charity
Registered Charity Number: 105002

- Fogal & Barnes 0.25ct Diamond & 9ct Gold Necklace
- White Hart Hotel B & B Stay
- Hamper worth £150 for Natural Skincare by Sammy
- Mama Doreens Afternoon Tea for four
- Tannin Level £100 Voucher
- Whitakers Gin Tour Voucher
- Nuffield Health Gym Pass
- Cardamom Black £50 Voucher

PLUS MUCH MORE!

A huge thank you to our supporters for kindly donating the above luxury raffle prizes. Every penny raised will make a huge difference to your local NHS.

£1 per ticket

Drawn on 15 December 2023

Telephone: 01423 557408 | Email: hdfc.hcc@nhs.net | Website: www.hhcc.co.uk

"Each of these prizes has been provided by an amazing local business, and I would like to thank them all for their generosity and support in this fundraising effort."

"Every ticket purchased will make a real difference by allowing us to provide above and beyond the usual provisions for our colleagues, patients and service users."



Sounds Inspired By Archaeology - 'Soundmarks' Exhibition Opens At DIG

Sounds and pictures inspired by an ancient archaeological landscape are the stars of a free exhibition coming to DIG: **An Archaeological Adventure in York's St Saviourgate. "Soundmarks" provides a unique perspective on the Roman remains hidden beneath the ground at Aldborough Roman Site.**

Archaeologist and artist Rose Ferraby and audio artist Rob St John took inspiration from the landscape and archaeological digs taking place at Aldborough, the Yorkshire village that was once a Roman town known as Isurium Brigantum. Using highly sensitive recording equipment to capture a variety of unusual sounds – from the movement of air down a borehole to the scraping of a trowel across earth – Rob has created a unique soundscape to accompany paintings by Rose, created using wax, oil pastel and gouache.

"The pictures and sounds that people see and hear in Soundmarks

are Rose and Rob's artistic responses to the landscape and archaeology of Aldborough," explains York Archaeology's Head of Interpretation & Learning, Chris Tuckley. "Visitors can listen to a different audio track, or 'soundmark', for each of Rose's eight paintings, with a combined running time of around 50 minutes. The effect is atmospheric and haunting: unlike anything visitors to DIG will have experienced at the venue before."

The current installation is the first of two Soundmarks projects to be hosted by DIG. In February 2024 a new exhibition inspired by the latest research into the Roman archaeology of York will be premiered in DIG's exhibition space.

Soundmarks is located within DIG and is free to visit, 10am to 3pm (last admissions) every day. Tickets are not required for this event.

Digital Arts Commissions Live For York Trailblazers



Applications are now open for a series of exciting digital arts micro-commissions as part of York Trailblazers, a collaboration between Make It York and York Civic Trust, funded by the National Lottery Heritage Fund.

Five digital commissions, which will enhance a city-wide heritage sculpture trail taking place in summer to autumn 2024, will be awarded to local artists: celebrating the artistic talent of York's creative industries sector and the city's status as a UNESCO Creative City of Media Arts.

The digital commissions are:

- **Film** (three commissions available): Local filmmakers, storytellers, poets, and artists are invited to create a short film creatively reflecting and celebrating the legacy of a York trailblazer. These films will highlight the impact remarkable individuals have had on the city and its communities. The finished short films, no longer than six minutes, will be displayed at an accessible location in York city centre and may tour to other locations throughout the trail period.
- **Audio** (one commission available): This commission is designed for storytellers, poets, or creative writing practitioners who will collaborate with secondary school-aged students. They will create a suite of recorded stories, soundscapes, or poems to accompany select trail markers. These creative outputs will aim to capture young people's responses to the stories of trailblazers, enhancing the visitor experience.
- **Web Game** (one commission available): A small web game will be commissioned to engage trail visitors. This game will be for family audiences and accessible primarily through mobile and tablet devices.

Each commission will be awarded £2,000 to cover all costs related to production, development, and delivery.

Artists are invited to apply to take part through the Make It York website. Applications are open until noon on 30 November 2023.

Celebrating York's Trailblazers

The York Trailblazers project is a city-wide initiative celebrating some of York's lesser-known trailblazers. The project explores individuals from York's past and present who've made significant contributions to their communities, industries, and the city. The project is supported by the National Lottery Heritage Fund and is set to feature a temporary sculpture trail for residents and visitors in Summer 2024. Additionally, it includes workshops and trips for schools and young people, as well as community-led activities to make heritage accessible to more people in York.

The digital commissions aim to complement and augment the trail experience, highlighting York's rich cultural heritage and the city's thriving contemporary creative sector.

For more information about the wider York Trailblazers project and the sculpture trail, please visit the project page via;

www.makeityork.com/events/york-trailblazers/digital-commissions

Application Details

Artists and creative professionals are encouraged to submit their proposals for the micro-commissions. The timeline for creating and delivering these commissions range from January to April 2024. Find out more and apply at;

www.makeityork.com/events/york-trailblazers/digital-commissions

For inquiries or to discuss potential trailblazers or community collaborations, please contact culture@makeityork.com for an informal conversation.

Don't miss this opportunity to be a part of the York Trailblazers heritage sculpture trail and help celebrate the city's rich heritage and creative talent.



York Volunteer Set To Celebrate Achieving Top Girlguiding Award

A multi-tasking York-based Girlguiding volunteer will soon be celebrating achieving one of the charity's top awards, which she completed at the same time as moving house three times, changing jobs twice and getting married.

Hazel Davis, 30, who earned the prestigious Queen's Guide Award, will join hundreds of fellow award winners at the upcoming Girlguiding Celebrates event in London's West End.

The exciting event will celebrate Girlguiding's amazing volunteers, hundreds of Girlguiding's most recent award-winning volunteers along with members who have been nominated for amazing things they've done.

The unforgettable afternoon will see attendees walking down the red carpet like a true VIP, before enjoying a drinks reception and performances in a special variety show.

Hazel, assistant leader for 50th York Guides said: "Completing this award has been a big milestone in my life and an achievement that I will forever be proud of. I'm really looking forward to being able to celebrate being a Queen's Guide at the Girlguiding Celebrates event."

The Queen's Guide award is the highest award young women can work towards in Girlguiding.

It provides the opportunity to develop skills, give back to guiding and support local communities.

It took Hazel three years to complete the Queen's Guide award, which saw her complete activities including helping to plan York's St George's Day parade, creating an A-Z tour of Dublin and gaining her Girlguiding camping licence.

"During the time I was completing my award I moved house three times, changed jobs twice and also got married!" said Hazel.

"It was a hectic time but the skills I learnt all transferred into real life. For example, who knew that being on a committee for a guiding event would be such helpful preparation for arranging all the stakeholders, family and venue needs of a wedding?"

Hazel says completing the award also helped to equip her with many skills that have proved invaluable in her current role as a Learning and Development Trainer for the Science Museum Group.

"Without a doubt I would not have developed anywhere near the skills I have career-wise if I hadn't done my Queen's Guide award. It challenged me to find my strengths and practice them in so many different scenarios.

"I am incredibly thankful to guiding for all the opportunities I have been able to access."

Despite her busy career and being mum to her two-year-old son, Hazel still finds time to volunteer with 50th York Guides.

"I enjoy spending time seeing the Guides grow into themselves, learn how to solve problems and experience doing exciting things for the first time – like learning how to light matches safely and make popcorn over tealights!" she said.

"It's my opportunity to not only have time to do something for myself in the week, but also to learn from young people about what they find challenging and timeless fun as well."

The Girlguiding Celebrates event will be held on November 25 at Odeon Luxe Leicester Square.

Simply The Best - Local Care Home Scoops Coveted National Title



Talented Head Gardener, Christopher Stone, from Mulberry Court care home in York has beaten all the competition to scoop the National Garden of the Year award in the Barchester Care Awards 2023.

The Barchester Care Awards celebrate the staff who go the extra

mile for the benefit of the 13,000 residents living in Barchester's 257 care homes and private hospitals across the country. Categories range from 'Team of the Year' and 'Carer of the Year' to 'Dementia Care Champion' and 'Activities Coordinator of the Year'.

Almost 4,000 nominations were received from homes and hospitals across the UK. All entries were a very high standard and Mulberry Court is over the moon to have been named the national winner, beating hundreds of other nominees to the coveted title.

Mulberry Court's win was announced at a special national award ceremony to celebrate the outstanding achievements of Barchester's many exemplary staff members who work tirelessly to deliver the best care to their residents and patients every day.

Head Gardener, Christopher Stone said: "I just can't believe we have been named the national winner! It means the world to be supported and recognised for doing the job I love. It's a whole home approach at Mulberry Court and the residents have had a great deal of input into the design and maintenance of the garden. I am so proud and so thankful to everyone who nominated and voted for us."

General Manager, Rachael Moss, said: "This is such a fantastic achievement, to be named the best across the entire Barchester business - the whole home is so proud of our beautiful garden. Our head gardener Chris has worked for us here at Mulberry for over 15 years and is such an asset to our home, he always goes the extra mile to ensure he has done the best possible job and our residents have everything they need. Chris even comes in when on leave to ensure the garden is watered and flowers tended to perfectly."

Dr Pete Calveley, CEO of Barchester Healthcare, added: "Hosting the Barchester Care Awards where we recognise and thank all of our staff for their hard work and dedication is without doubt my favourite day of the year. We have the best teams in the world and I couldn't be prouder of each and every one of our members of staff, they are all absolutely amazing."

Top National Tourism Award For Jorvik Viking Centre

Nordic skalds were some of the best story-tellers in history, and now the team at JORVIK Viking Centre is celebrating after winning their own prestigious title. Assessors for Visit England awarded the York attraction the Best Told Story Award in their annual Visitor Attraction Accolades.

"The original premise of JORVIK was to tell the story of the Norse men and women who settled in this area and made their homes in the street they called Coppergate – the street of the cup maker – and we're delighted to have been recognised for this nearly 40 years after we first opened," comments head of visitor operations, Gareth Henry. "It is a testament to the incredibly knowledgeable team we have here that JORVIK's story continues to be one of the most engaging in the city."

The quality of another of York Archaeology's attractions, Barley Hall, has also been recognised recently. It was named best Hidden Gem in the UK in the Tiqets Remarkable Venue awards.

Meanwhile, York Archaeology's community project, Archaeology on Prescription, has also been shortlisted for an Archaeological Achievement Award. The project, which promotes wellbeing and targets social isolation for people in York is one of five schemes vying for the Engagement & Participation award in the Council for British Archaeology's national awards.

"Our Archaeology on Prescription programme is going from strength to strength, with many former participants completing the course and then joining York Archaeology's volunteering programme to continue their engagement – a real testament to how archaeology really can change lives," says archaeologist, Ian Milsted, who leads the programme. "We've been working at Willow



House on Walmgate for the last couple of years, and look forward to uncovering more of York's hidden heritage in 2024's programme."

For more details on York Archaeology's attractions and community work, please visit yorkarchaeology.co.uk

Pickering Farm Shop And Café Wins Yorkshire Post Rural Award

The team at a North Yorkshire farm shop and café are celebrating after winning a regional business award.

Pickering business, Cedarbarn Farm Shop and Café beat stiff competition to win the Rural Business of the Year category in the seventh Yorkshire Post Rural Awards.

Cedarbarn co-founder, Mandy Avison said: "We're over the moon to have won the Rural Business Award. The Avison family has farmed in the Pickering area for generations and we're proud of the contribution that we make to our rural community."

The winners were announced at an awards ceremony at The Pavilions in Harrogate.

Cedarbarn Farm Shop and Café began as a small PYO strawberries operation from a caravan 26 years ago and now is a thriving farm shop and café that sources a large percentage of its produce from its own and neighbouring farm, supplemented with local suppliers.

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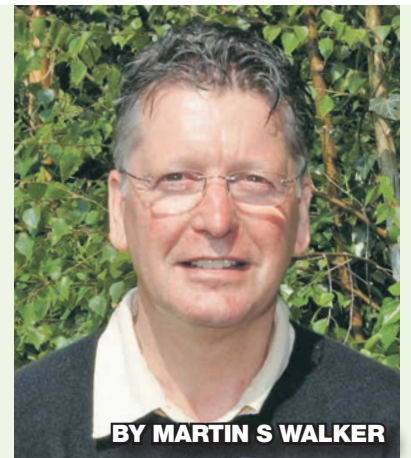
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GARDENING

Leaves Are Scattered All Over The Lawn, These Long Dark Mornings Do Make Me Yawn



BY MARTIN S WALKER

As we head towards the end of 2023, the garden starts to prepare itself for whatever lies ahead. On the whole, plants are quite resilient and seem to cope reasonably well with the changing seasons. We have been harvesting and storing produce from the kitchen garden and although we are far from self sufficient, we do grow enough to have something from the garden most days. The joy of eating home grown produce and the taste make the effort worthwhile, despite the fact that it may be cheaper to buy from a large supermarket chain. It's not just about eating produce the whole journey from seed to harvest is as good for your mental wellbeing as it is for your diet.



As the temperature drops and the crispy crystals (frost) arrive it's important to look at plants that need winter protection. Although in some areas and very sheltered parts of the garden it may be possible to leave plants such as dahlias in the garden, there is no guarantee that they will survive, especially if we have a very cold winter. Lifting and storing plants in a frost free place can be a chore and these days maintaining a frost free place can be quite a cost. We have a closed garage and a wooden potting shed, which we don't heat but do provide a frost free place where we overwinter plants such as dahlias that don't have any leaves on in storage, so don't really need any light. Just check on them every three to four weeks to make sure they are not going mouldy or too dry. The critical time is as the weather starts to warm up next February, as they might start to shoot, in which case they will need a place with some light.



Ideally a frost free greenhouse or conservatory will do. I take late cuttings of many of our tender perennials used in pot displays and keep them in a

greenhouse, but a windowsill would do. We then lift the mother plant, remove about 50% of the soil and pack in trays lined with old greenhouse insulation or bubble plastic, then packed around with wood chippings, from the workshop or you could use bark chips. This insulates the rootball and allows air to circulate. Strangely this freezes less than when packed with soil or compost.



Garlic is one of those vegetables that you either love or hate, but you can't beat it for adding flavour to many dishes, and now is an ideal time to plant out in the garden, as it benefits from a period of cold to help it produce a good crop. Garlic is available from your local nursery or garden centre, or indeed online, it looks just like the garlic you buy in the supermarket although using 'shop' bought is not good idea as it is probably a variety suitable for a warmer climate. When planting carefully separate the individual cloves, choose a part of the vegetable garden that is reasonably sheltered, with good free draining soil. Cloves should be planted about 15cm(6ins) apart in rows 30cm(12ins) between the rows. Pointed end uppermost plant the clove so the top is about 2.5cm (1in) below soil level. I have grown the cultivars, Solent Wight and Carcassonne Wight with good results. It may take a little while for the shoots to appear and growth is slow through the colder months. Give them a dressing of general fertiliser in late Feb - early March, and water in dry spells. they should be ready for harvest in late July early August, the foliage starts to turn yellow and flops over. If your soil is wet and heavy, why not try growing a few in a large pot?

At this time of year you will often hear the term 'Bare Root' or 'Open Ground' plants are available. This refers to the fact that the plants have been grown outside in the nursery as opposed to pots. They are generally cheaper to buy but are only available when the plants are dormant through late autumn into early spring. They are lifted with only a little soil on the roots and if you are unable to plant them straight away then either store them in a frost free place, making sure the roots don't dry out or take a trench out in a sheltered part of the garden, place the roots in the trench and cover with soil. Plant them as soon as you can as once they are in the ground they will settle and root into the soil. Even though the soil may be damp, water the plant in as this ensures the soil is in good contact with the roots. Current guidance suggests that you don't need to add compost and fertiliser to the planting hole but to be honest I haven't found any difference although our soil is fairly light and the roots can run freely, so I like to give them a little sprinkle of general fertiliser.

Happy gardening,

Martin

Next month, (check on winter vegetables, pruning ornamental trees and shrubs, looking after Christmas flowering plants.)

Top Tip - Don't Get In A Tangle!



There always seems to be something in the garden that needs tying up, a wayward rose stem, rampant sweet peas or floppy perennials, the choice of tying materials is considerable and there seems to be a new invention every year.

When I trained as a gardener all we had was 'Jute' a light brown straw coloured coarse woven twine, not only can you purchase every colour of garden twine imaginable but there are also lots of different materials too, many of which are of plastic origin. Maybe we should go back to twine which is organic, natural and biodegradable?

There is however an art to using twine and avoiding the ball collapsing or becoming so tangled its only good for throwing at the wall. There are two key tips, firstly find a screw top container that the ball of twine will fit into, make a small hole in the lid through which you can thread the twine, and secondly don't take the outer wrapper off the string but poke your finger into the middle (They are usually hollow in the middle) and fish out the end of the string. That way as you use the string it will not collapse and should remain tangle free. We use an old Branston pickle jar that was my Mum's, (other pickle jars are available) and it still has years of life left in it.

There are occasions when we don't use garden twine, and for sweet peas, we use wire rings, some are just wire and some plastic coated but essentially they are a split ring of wire and you simply open the ring, place it around the cane or support and the sweet pea stem and gently squeeze it together, hey presto the stem stays in place. The advantage is it is quick and easy and they can be used year after year.

Other options include plastic clips, rubber coated twisty wire and paper coated twist ties, but there are many more.



Yorkshire Wildlife Trust Receives Species Recovery Funding

Yorkshire Wildlife Trust are delighted to have been awarded over £280,000 by DEFRA as part of their Species Recovery Fund, from Natural England, for the creation and restoration of wildlife-rich habitats.

This grant will go towards three projects, helping to protect and restore lady's slipper orchids, white faced darters, and white clawed crayfish, along with the habitats in which they are found.

By focusing on these specific species, they intend both to preserve some of Yorkshire's natural heritage and support a whole host of other species that rely on the habitats they are restoring.

Martin Slater, Deputy Chief Executive at Yorkshire Wildlife Trust, said,

'We are delighted to receive this funding from the Species Recovery Fund for native white-clawed crayfish, the rare and beautiful lady's slippers orchid, and the white faced darter, a rare and threatened dragonfly. Plans and ambitions we've had for a long time can now flourish as we restore and reintroduce rare or near-extinct species across north Yorkshire and beyond.'

'Our nature reserves and protected wild areas are at the forefront of the challenge to keep many species from disappearing, and are the vital building blocks of a network for nature's recovery. Projects like ours, saving species and building habitats, allow not just these keystone plants and animals to return to our wild places but others too - turning the tide for Yorkshire's wildlife, and wild places.'

'Sadly, the loss of biodiversity in Yorkshire – and across the UK - has led to habitats and species disappearing or degrading. We're working hard to turn the tide not just for these rare and enigmatic species but for wildlife on our reserves, upland areas, the coast and our neighbourhoods and gardens.'

Yorkshire is a vitally important contributor to the biodiversity of the UK.

The county supports two-thirds of British flora, around 60% of British moth and butterfly species, and around 70% of British breeding bird species. Of these, nearly 300 are species of national conservation concern and around 130 have a particularly large part of their British distribution in our county, making Yorkshire important custodians of our wildlife.

However, Yorkshire is not unaffected by the biodiversity crisis. Species extinctions have been seen in Yorkshire and continue to experience species declines, particularly of national rarities. 17 plant species have gone extinct in Yorkshire since before 1970, and 1 in 4 plant species and 7% of macro moth species have declined since 2000. In spite of the wealth of bird life, 35% of breeding bird species have also experienced a decline in their distribution between 1990 and 2010.

Wildlife sites and protected areas are working to keep many species from disappearing, but they are too few and far between. As a result, projects such as these are absolutely vital to continue bolstering the diversity of our incredible county, and working to turn the tide against species extinction.

YWT are delighted to be working with a number of partners across these projects, who are outlined in greater detail below. As it is still early on in the process for a number of these projects, they look forward to sharing more news on how they are progressing going forward!

Yorkshire Wildlife Trust Projects

Dragons In The Dales

The white-faced darter is a dragonfly species which is at home on lowland peatbogs. They thrive in acidic bog pools, where the females lay their eggs into feathery bog-moss. Sadly, white-faced darters have seen drastic declines in England and are listed as Endangered in the British Odonata Red List

2008 due to habitat loss, pollution, and the drainage of their peatlands. There are now only a handful of sites in England where they are found, and they are extinct in Yorkshire.

However, restoration projects such as Yorkshire Peat Partnership (led by Yorkshire Wildlife Trust) has brought nearly 43,000 hectares of peatlands into restoration management. During restoration works, they noticed that the resulting bog pools attract wildlife, such as dragonflies and damselflies, which use the still water to breed. As a result, they aim to reintroduce the white-faced darter to lowland raised bogs in the Yorkshire Dales. They will survey likely sites to assess the habitat quality, which will inform appropriate restoration such as sphagnum planting to make the selected bog(s) ready for the release of the dragonflies. The habitat enhancement work will also benefit other declining dragonfly species such as black darter and common hawker.

A black dragonfly with wings pointed downwards sits on a plant stem running diagonally across the image. It has a large white patch on the front of its head.

Claws For Thought

White-clawed crayfish are an endangered species and are rapidly being lost from freshwater ecosystems, primarily due to the introduction of signal crayfish and the disease, crayfish plague, that they carry. North Yorkshire is a stronghold for white-clawed crayfish within Yorkshire and YWT want to ensure that for the future by protecting the remaining populations.

The Claws for Thought project is in partnership with Yorkshire Dales Rivers Trust and Flamingo Land, all members of the North Yorkshire Crayfish Forum, with match-funding from Yorkshire Water and the Environment Agency. The project aims to create new crayfish ark sites across North Yorkshire that are protected from threats such as signal crayfish, enhance crayfish habitat to support existing populations, and create a captive-rearing facility which will help bolster populations and support ark sites.

Lady's Slipper Recovery Programme

Lady's slipper is an incredibly beautiful and exotic-looking orchid which was prized by Victorian collectors. Combined with a widespread loss of habitat due to over-grazing, the plant was thought to have become extinct in the UK by the end of the nineteenth century, but one was discovered by chance in the Yorkshire Dales in the 1930s. Vulnerable to illegal collection, the site of the sole remaining orchid was kept secret for decades, and at the end of last century scientists at Kew propagated the orchids from seed generated from the wild remaining orchid and some in private collections in an effort to save the species from the brink of extinction.

Having successfully grown seedling plants on, Natural England and interested botanists have identified sites where the orchids could be planted out, focusing on areas where the orchid was once found and suitable habitat still exists. The recovery programme has been a great success with lady's slippers growing successfully across a range of sites in the north of England. Many sites are still kept secret to avoid the still-present threat of illegal collection, but specimens at some sites, including Kilnsey and Malham Tarn in North Yorkshire, can be visited. Yorkshire Wildlife Trust is leading a group of partners including Kew, PlantLife and the National Trust to continue this excellent work and save this enigmatic species.

If you're interested in supporting projects like these across Yorkshire, consider joining YWT as a member. For nearly 80 years, they have been protecting Yorkshire's wildlife and wild places. They work across land and sea; from hills and valleys, to beaches and city streets. Our 45,000 members are the lifeblood of their work, and without them Yorkshire would certainly be a far less wild space.

Green Routes Scheme Will 'Educate, Empower And Encourage' Young People

A new scheme has been launched to provide opportunities for young people aged 16-17 from all backgrounds to experience and benefit from spending time in the Yorkshire Dales National Park.

Yorkshire Dales Millennium Trust (YDMT) and the Yorkshire Dales National Park Authority (YDNPA) have partnered with National Citizen Service (NCS) to create Green Routes, with the aim of empowering hundreds of young people through a series of practical and inspiring experiences.

The aim is to create a series of outdoor experiences over the next 12 months that encourage teamwork, improve health and wellbeing and provide opportunities for social mixing for young people from Bradford, Blackburn with Darwen and North Yorkshire.

Youth groups from underrepresented and underserved communities who might otherwise face barriers to accessing nature and green spaces are invited to apply.

'We hope that through Green Routes, the young people we work with will develop life skills, confidence and resilience that can be taken forward into their future lives,' said Fiona Busfield, Green Futures Programme Manager at YDMT.

'We aim to provide a supported pathway that will hopefully inspire them, whether it be a lifelong passion for the outdoors or creating positive change for the environment and their communities.'

Examples of the kind of experiences that will be on offer include:



green woodworking, walking, bushcraft and campfire cooking, lambing, tree planting, species identification, dry stone wall building, path laying and natural crafts.

Lizzie Bushby, Member Champion for Recreation Management at the Yorkshire Dales National Park Authority said: 'We want to make sure everyone, regardless of ability, background or lived experience has the opportunity to come and explore our special landscapes. Providing experiences that enable people to access the special qualities of the National Park, through schemes like this, is one of our key objectives and we look forward to working with partners to deliver successful outcomes for the young people taking part.'

Participants will take part in regular Youth Forum meetings which will encourage peer-to-peer learning and development through exploring different environmental challenges and identifying ways they can take action.

There will also be a Big Dales Day Out, where all the groups will come together to take positive action for the environment.

The scheme has been made possible through funding from the NCS.

Youth groups and leaders are invited to apply to participate in the scheme by emailing alex.green@yorkshiredales.org.uk. There is a rolling application process until October 2024.

For more information please visit: www.ydmt.org/green-routes

SWING INTO CHRISTMAS!

THE NORTHERN SWING ORCHESTRA
16 PIECE BIG BAND AND VOCALS



It's full steam ahead for The Northern Swing Orchestra as they prepare for their forthcoming festive concert 'Swing into Christmas', on stage at The Kings Hall in Ilkley on Friday 22 December 2023 with seats at £23 plus a £2 booking fee, £2 discount for friends of Bradford Theatres.

Jonathan, the 16 piece Big Band and singers have been working hard to put the finishing touches to this year's show; which this year features vocalists Cherie Gears and Joseph O'Brien.

Yorkshire's premier Big Band promises a night of the very best Christmas songs and traditional festive favourites. It guarantees to have you tapping along, singing and laughing in your seats! The show includes holiday classics such as 'Jingle Bells', 'Santa Claus is Comin' to Town' and 'White Christmas' as well as festive versions of Big Band instrumental classics.

For further details on the Northern Swing Orchestra visit their website www.northernswingorchestra.co.uk.



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■ Paloma Faith

The Music Scene With Stuart Glossop

Gearing up for another monumental chapter, British superstar PALOMA FAITH returns with the release of her brand new single 'How You Leave A Man.' The single precedes the 16th February 2024 release of Paloma's sixth studio album 'The Glorification of Sadness'. She excitedly heralds the highly anticipated album with the new song offering fans a taste of what to expect from the upcoming new album. It's confident. It's cinematic. It's empowering. It's compelling from beginning to end, all powered by the kind of anthems that transformed her into an icon. The single is about finding the confidence to walk away from a relationship and being empowered with your own happiness, its limitless expression of pop allows it to sit comfortably next to Paloma's many chart successors and then some. This is the first new music from Paloma since the release of her fifth studio album 'Infinite Things' in November 2020. Fans will also be delighted to hear that, to celebrate this next era in style, Paloma will embark on the 'The Glorification Of Sadness Tour 2024' across UK & Ireland hitting The Barbican in York on 12th May next year. Faith hasn't been busier, in recent years. She's released five albums, a flourishing acting career including a role as Bet Sykes in the Batman prequel series Pennyworth and starring as Florence De Regnier in Lionsgate's Dangerous Liaisons; ambassadorships for Greenpeace and Oxfam and more recently launched her own interior brand called Paloma Home. This is a new Paloma Faith, recharged, empowered and back in control.

The festival season eventually closed with Live At Leeds, with starring roles, amongst others, for The Last Dinner Party, Pip Blom and Quiet Houses. However, the stand out set came from ANOTHER SKY, familiar to our regular readers, who already know that they are a band that transcends the boundaries of conventional genres and creates a sonic landscape that is both captivating and challenging. Their music is an amalgamation of post-rock, progressive rock, noise rock, indie rock, and post-punk, drawing inspiration from diverse artists such as Talk Talk, Tracy Chapman, Radiohead, and Björk. Their debut album, I Slept On the Floor, released in 2020, is a testament to their artistic vision and originality, as well as their remarkable vocal and lyrical abilities. The band is composed of Catrin Vincent (vocals, guitar, piano), Jack Gilbert (guitar, synth), Max Doohan (guitar, synth), and Naomi Le Dune (bass). They met while pursuing music degrees at Goldsmiths, University of London, and formed the band in 2017. They combine atmospheric soundscapes with angular riffs, intricate rhythms with melodic hooks, and

quiet moments with explosive crescendos. Their songs are often unpredictable and adventurous, taking unexpected turns and twists. They also experiment with different genres and styles, such as jazz, folk, electronic, and classical. Another Sky is a band that merits more attention and recognition. They have a unique sound and vision that distinguishes them from other bands in the scene. They are not afraid to challenge themselves and their listeners with their music. They are one of the most exciting and innovative bands in the UK today bar none.



■ Becky Hill

British singer and songwriter, BECKY HILL, is set to grace stages across the UK in October 2024 as she embarks on her biggest headline shows to date with a nationwide arena tour in support of her highly anticipated upcoming second album. With an irrefutable aptitude for writing chart-smashing dance-pop songs and a reputation as a leading force in the UK music scene, Playing arena shows across the country, this tour will mark an incredible milestone in Becky's career. The sensational live shows will once again showcase her incredible vocal prowess, captivating stage presence, and her ability to connect with fans in an unparalleled way. Becky Hill's chart-topping journey has seen collaborations with some of the world's most renowned artists and producers and has ignited dance-floors and huge audiences this summer at festivals such as Glastonbury, Reading & Leeds, Radio 1's Big Weekend, Parklife, and TRNSMT. This tour announcement will certainly build excitement for fans towards the release of her highly anticipated second album slated for release in 2024. See her at the First Direct on October 16th next year. Tickets already going fast!

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ENTERTAINMENT

WHAT'S ON TV & STREAMING



03 November - **Invincible, Season 2** - Prime Video

Animated series based on Robert Kirkman's comic book, voice (mainly) by the cast of 'The Walking Dead'!

05 November - **Lawmen: Bass Reeves, Season 1** - Paramount+

Lawmen: Bass Reeves will bring the legendary lawman and outlaws of the Wild West to life.

08 November - **Culprits, Season 1** - Disney+

Culprits is a dark and funny heist series, executive produced by Stephen Garrett ('The Undoing', 'The Night Manager').

08 November - **The South Westerlies, Season 1** - UKTV Play

Charming Irish dramedy about an Environmental consultant who goes undercover in a small town to quell objections to a wind farm.

08 November - **The Santa Clauses, Season 2** - Disney+

A series based on the movies starring Tim Allen.

09 November - **The Newsreader, Season 2** - BBC Two

An Australian drama set in the frantic, busy heart of a commercial TV newsroom set in the 1980s, while following the relationship between an ambitious young TV reporter and the star female news anchor.

10 November - **For All Mankind, Season 4** - Apple TV+

From Ronald D. Moore, set in an alt-history where the USSR beats the U.S. to the moon.



■ A Murder At The End Of The World

10 November - **The Last Leg, Season 29** - Channel 4

Topical comedy show with Adam Hills, Alex Brooker and Josh Widdicombe.

10 November - **NCIS: Sydney, Season 1** - Paramount+

NCIS, but set in Sydney.

14 November - **A Murder at the End of the World, Season Limited** - Disney+

A limited series from Brit Marling and Zal Batmanglij that follows an amateur sleuth (Emma Corrin) as she attempts to solve a murder at a secluded retreat.

15 November - **The Lazarus Project, Season 2** - Sky Max

A propulsive action thriller about a man (Paapa Essiedu) who joins an organisation that can turn back time in order to save the planet from catastrophic events.

16 November - **The Crown, Season 6a (Final)** - Netflix

From Peter Morgan, writer of The Queen, Frost/Nixon and Rush comes The Crown, a dramatisation of Queen Elizabeth II's life, from her wedding in 1947 to the present day. Netflix bought it as 6 seasons of 10 episodes.

17 November - **Scott Pilgrim The Anime, Season 1** - Netflix

An anime series based on the Scott Pilgrim comic books, voiced by the cast of Edgar Wright's 'Scott Pilgrim vs. the World'.

17 November - **Monarch: Legacy of Monsters, Season 1** - Apple TV+

Based on Legendary's Monsterverse (i.e. Godzilla and the Titans), the series stars Kurt Russell, Wyatt Russell, Anna Sawai, Kiersey Clemons, Ren Watabe, Mari Yamamoto, Anders Holm, Joe Tippett and Elisa Lasowski.

22 November - **Fargo, Season 5** - Prime Video

Inspired by the Coen brothers 1996 film of the same name. Was scheduled for April in the US but the date has now been pushed to September.

22 November - **Family Guy, Season 22** - Disney+

The Griffins return for another season, now moved to Disney+ in the UK.

23 November - **Archie, Season Limited** - ITVX

Jason Isaacs stars in a biopic series about the life of legendary actor Cary Grant.

25 November - **Doctor Who, Season Special** - BBC One

Russell T Davies returns to helm the series, with David Tennant as the Fourteenth Doctor, for three specials.

29 November - **American Horror Stories, Season 3** - Disney+

Anthology spin-off to 'American Horror Story' will feature individual stories per episode rather than per season.



■ Reservation Dogs

29 November - **Reservation Dogs, Season 3 (Final)** - Disney+

A coming-of-age comedy about four Native American teenagers growing up on a reservation in eastern Oklahoma who spend their days committing crimes.

29 November - **Artful Dodger, Season 1** - Disney+

Thomas Brodie-Sangster, David Thewlis and Maia Mitchell star in an irreverent follow-up to Charles Dickens' 'Oliver Twist' exploring the adult double life of the famous prince of thieves.

AT THE MOVIES

03 November - **The Royal Hotel** - 18

US backpackers Hanna and Liv take a job in a remote Australian pub for some extra cash and are confronted with a bunch of unruly locals and a situation that grows rapidly out of their control.

Stars: Julia Garner, Jessica Henwick & Herbert Nordrum



■ The Marvels

10 November - **The Marvels** - 12A

Carol Danvers gets her powers entangled with those of Kamala Khan and Monica Rambeau, forcing them to work together to save the universe.

Stars: Brie Larson, Samuel L. Jackson & Zawe Ashton



■ The Hunger Games: The Ballad of Songbirds and Snakes

17 November - **The Hunger Games: The Ballad of Songbirds and Snakes** - 12A

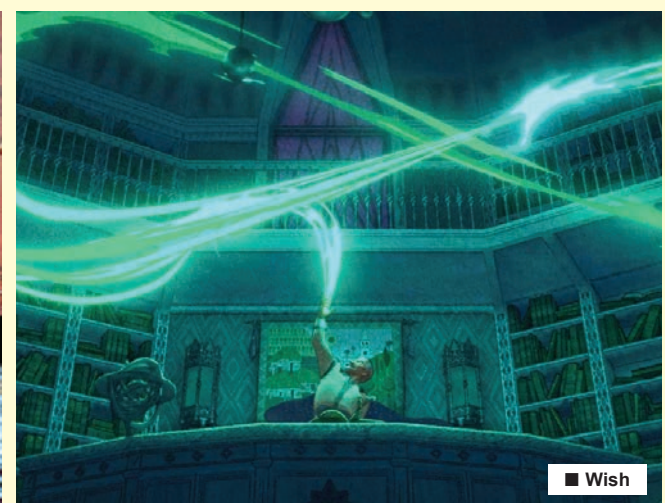
Coriolanus Snow mentors and develops feelings for the female District 12 tribute during the 10th Hunger Games.

Stars: Rachel Zegler, Tom Blyth & Viola Davis

22 November - **Napoleon** - 15

The film takes a personal look at Napoleon Bonaparte's origins, and his swift, ruthless climb to emperor viewed through the prism of his addictive, and often volatile, relationship with his wife and one true love, Josephine.

Stars: Vanessa Kirby, Joaquin Phoenix & Ludivine Sagnier



■ Wish

24 November - **Wish** - PG

Wish will follow a young girl named Asha who wishes on a star and gets a more direct answer than she bargained for when a trouble-making star comes down from the sky to join her.

Stars: Evan Peters, Chris Pine & Alan Tudyk

30 November - **Miranda's Victim** - 15

In 1963, eighteen-year-old Patricia Weir is kidnapped and brutally raped. Committed to putting her attacker, Ernesto Miranda, in prison, Trish's life is destroyed by America's legal system as she triggers a law that transforms the nation.

Stars: Abigail Breslin, Donald Sutherland & Taryn Manning

DVD, Blu-Ray & 4K DVD



06 November - Mission: Impossible - Dead Reckoning - DVD, Blu-Ray & 4K DVD



13 November - Blue Beetle - DVD, Blu-Ray & 4K DVD



22 November - Oppenheimer - DVD, Blu-Ray & 4K DVD



13 November - Gran Turismo - DVD, Blu-Ray & 4K DVD



20 November - TMNT: Mutant Mayhem - DVD, Blu-Ray & 4K DVD



27 November - The Sandman: Season One - DVD & Blu-Ray

GAMES



02 November - RoboCop: Rogue City - PS5 & Xbox



10 November - Call of Duty: Modern Warfare III - PS4, PS5 & Xbox



17 November - Atari 2600 Plus: With 10-In-1 Cartridge Of Classic Atari Titles



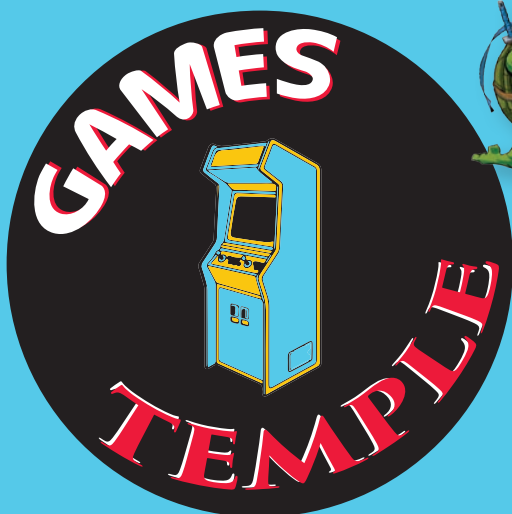
06 November - Football Manager 2024 - PC & MAC



14 November - Hogwarts Legacy - Nintendo Switch



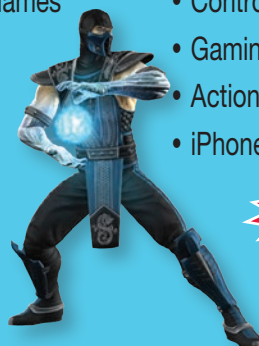
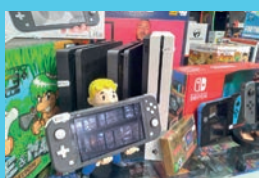
28 November - Evercade Duke Nukem Collection 1



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COUNTDOWN TO CHRISTMAS

— BY LINZI DAVIES —

For many children and adults alike, often the start of Advent and the countdown to Christmas begins with the excitement of opening the very first door on an Advent calendar.

There are so many to choose from these days from traditional chocolate to savoury treats and toys. There is an advent calendar to suit every family member and their tastes.

Here is a selection of our favourites this year!

ADULTS

DIVINE CHOCOLATE ADVENT CALENDAR



£5 from Divine, Ocado, Oxfam and Whole Foods Market

For the ethically conscious chocolate lover, Divine's calendars are available in milk chocolate or vegan dark chocolate. Divine is the only chocolate maker co-owned by farmers, meaning when you enjoy your chocolate heart each day during Advent, you help to improve the lives of cocoa farmers and their families.

THE ORIGINAL CHEESE ADVENT CALENDAR



£8 from Sainsbury's, Morrisons, Lidl and Ocado

Containing 24 individual cheeses, this calendar is hugely popular with people who prefer a savoury treat. It contains 11 mouthwatering varieties from the Ilchester Cheese Company including cheddar, red Leicester, Mexicana and Applewood Smoked.

KOKA NOODLES ADVENT CALENDAR



£6.99 from Home Bargains

A different idea for those who prefer savoury treats. This calendar counts down 12 days and each day includes a pack of instant noodles to enjoy. There are 5 different flavours including chicken, tom yum and curry.

SKINNY BARS ADVENT CALENDAR



£6.99 from Home Bargains

Skinny Bars are the famous low calorie sweet treat, and this calendar contains 24 of them! There are 3 each of 8 different flavours, including both Skinny Whip and Skinny Crunch bars. A guilt free treat each day in Advent.

JUST SPICES ADVENT CALENDAR



£29.99 from www.justspices.co.uk

Each of the 24 windows contains a natural spice blend try out sachet, with one full size can of Avocado Topping in a special Christmas design. All the spice blends are made from 100% natural ingredients and offer new inspiration in the kitchen!

CHOCOCO'S COUNTDOWN TO CHRISTMAS BOX



£27.50 from www.chococo.co.uk

If artisan chocolate made in the UK is your thing, then this is the Advent Calendar for you. The stylish box contains 25 different handcrafted luxurious chocolates with flavours including Marc de Champagne, Cherry Bakewell, and festive favourites. The last day to order is 28th November.

BIRD & BLEND TEA CO. ADVENT CALENDAR



£38 from www.birdandblendtea.com

A bright, colourful calendar with 2x tea parcels behind each of the 24 doors. It contains a mixture of fan favourites and Christmas teas such as Mulled Cider, Hazelnut Rocher, Great British Cuppa and Dozy Girl. 100% plastic free.

KIDS

MR SWIZZELS SWEET SHOP ADVENT CALENDAR



£5 from all major retailers

Perfect for those with a sweet tooth, this colourful and fun looking calendar offers 24 days of your favourite Swizzels treats including Squashies, Refreshers, Love Hearts and Drumstick plus fun jokes and festive facts.

PANINI PREMIER LEAGUE 2023/24 ADRENALYN XL COUNTDOWN CALENDAR



£30 from Amazon, Smyths and Argos

Football fans will love this official countdown to Christmas calendar. It contains 22 trading card packets each with 6 cards and a QR code to unlock a digital packet.

LEGO STAR WARS ADVENT CALENDAR



£29.99 from Amazon

Ideal for lovers of Lego and Star Wars alike, this calendar contains 24 gifts to build including 9 characters – some of them in Christmas outfits, 10 vehicles including The Mandalorians's N-1 and 5 iconic mini-models such as the Ewok village. Suitable for ages 6+

BUILD YOUR OWN PINBALL MACHINE ADVENT CALENDAR



£24.99 from Amazon

Why not take on a mini project during Advent? Over 24 days, build step-by-step a fully functioning table top pinball machine which will provide hours of fun. Easy to assemble, everything you need is provided in the kit – including the marbles to launch on Christmas Eve! Age 8+

INSPIRE ADVENT TREE



£35 from www.inspire.charity

This beautiful wooden Advent tree focuses on giving and charity. Each day, select the magnetic wooden shape which corresponds to the day and use it to decorate your tree. On one side is a festive picture, and the other an act of kindness to carry out that day such as 'donate a toy' or 'pay someone a compliment.' All profits from the purchase of this tree are donated to Best Beginnings charity.

PLAYIN CHOC ADVENT CALENDARS



£27.50 for 12 day, £55 for 24 day from www.playinchoc.com

Each window includes at 10g mini chocolate bar, a 3D puzzle toy, 3 stencils for creative drawing and a fun facts card. All made from sustainable recycled board and the chocolate is cruelty free and vegan.

POKEMON TCG: HOLIDAY CALENDAR



£44.99 from Argos and www.pokemoncenter.com

25 days of surprises for all Pokemon fans. From special foil cards, to booster packs there is a different goodie to open every day including foil TCG cards with a festive stamp, 3 card fun packs, coins, sticker sheets and more!

COUNTDOWN TO CHRISTMAS ACTIVITY BOOK



£4 from www.orchardtoys.com and Amazon

An alternative to a traditional calendar for younger children, this cute book features 25 fun and festive colouring and activity pages for each day of Advent, including Christmas Day. There is a letter to Santa activity with a guaranteed personal email reply plus a countdown to Christmas with 25 stickers to add to a fun pull out Advent.

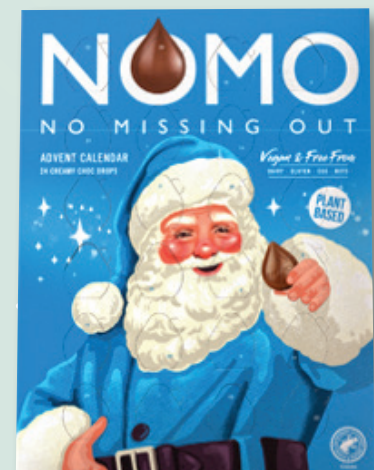
VEGAN & FREE FROM HAPPI ADVENT CALENDAR



£15 from www.happichoc.com

This bright and colourful calendar is a great option for chocoholics but without the dairy and gluten. The chocolate is made from oat milk, contains less sugar and you will try 3 different flavours in the calendar – salted caramel, milk, and orange.

NOMO CLASSIC ADVENT CALENDAR



£5 from Co-Op, Holland & Barrett, Nisa, Sainsbury's, Tesco, Morrisons and Waitrose

NOMO is filled with plant-based and free from chocolate meaning that vegans and those with allergies don't need to miss out at Christmas. Each window is filled with a creamy vegan chocolate drop and you get a Creamy Choc bar to enjoy on Christmas Day.

PETS

ROSEWOOD LUXURY DELI ADVENT CALENDARS FOR CATS AND DOGS



£6.49 from Amazon and Robert Dyas

A daily Advent treat for the furry members of your family! For dogs, the flavours include duck & orange, turkey & stuffing, chicken & carrot, and lamb and rosemary. Cats can enjoy duck, chicken, salmon and chicken & cheese flavoured treats.



EXPERIENCE THE MAGIC OF C

Christmas At Castle Howard!



Iconic North Yorkshire stately home Castle Howard have released tickets for their 2023 Christmas event, Christmas in Neverland. Last year's 2022 event saw record-breaking visitor numbers, which was a landmark moment for the stately home in the context of post-pandemic recovery.

Christmas in Neverland will run from 11th November to 2nd January. Castle Howard's 300-year-old House is transformed with floristry, installations, props, soundscapes and projections, creating a Peter Pan inspired festive experience.

Charlotte Lloyd Webber Event Design are creating the magical installations inside the House for the sixth year running, including a Mermaid's Lagoon, Captain Hook's Cabin, and the Jolly Roger. The team are prioritising sustainability and using recycled materials including paper and glass in their designs. Imitating the dog, a northern theatre company specialising in digital projections, are joining the team for the first time to create projections and soundscapes.

Father Christmas is also paying a special visit to the stately home. Visitors can book for Father Christmas in the Castle to meet him

in the main House, or Santa's Grotto to meet him in the Stable Courtyard. Wreath Making and Guided Tours are also available, plus a special opportunity to meet Design Director of CLW Event Design, Adrian Lillie, and enjoy a Guided Tour from his creative perspective.

Christmas at Castle Howard previously starred in documentary programmes on Channel 4. Castle Howard Through the Seasons, a four-part docu-series, was released in November 2022, and one-off Christmas at Castle Howard was released in November 2021.

Castle Howard was celebrated at the Museum + Heritage Awards in London earlier in the year, winning Marketing and Communications Campaign of the Year for Into the Woods: A Fairytale Christmas; Castle Howard's 2022 Christmas event. Castle Howard came top of the category, which was judged by a panel of respected industry experts, alongside other fantastic, shortlisted campaigns and organisations, including Tate Liverpool and the Imperial War Museum.



Abbi Ollive, Director of Marketing and Visitors, said: 'Christmas at Castle Howard is a special event for so many of our visitors and we're thrilled to put tickets on sale for 2023. We're excited to transform the grand Castle Howard halls into a festive treat full of

creative storytelling, designed to delight and inspire our visitors. The Peter Pan story is a beautiful, nostalgic, and heart-warming, and we're hoping everyone that experiences it rediscovers their inner child and leaves believing in fairies.'

British-grown Christmas Trees, local Christmas supplies from the Castle Howard Farm Shop, and beautiful keepsakes from the Gift Shop and Bauble Emporium will also be on offer over the festive period. Christmas Afternoon Teas are also available, plus a festive menu in the Courtyard Café and Christmas Marquee.

Castle Howard's charity partner for 2023 is Great Ormond Street Hospital. Visitors can choose to add a donation when they purchase their tickets. Peter Pan author JM Barrie gifted the rights to the hospital.

Castle Howard is delighted to fundraise for them this Christmas.

Christmas At Castle Howard Events:

- Christmas in Neverland – in the main House, 11th November – 2nd January
- Christmas in Neverland Guided House Tour - November 13 – 17, 20 – 24, 27 – 28, 30th
- Father Christmas in the Castle – in the main House, 25th November – 24th December
- Santa's Grotto – in the Stable Courtyard, 1st – 24th December
- Christmas in Neverland Guided House Tour: Meet the Designers - November 17th, 24th, 1st December
- Wreath Making Workshop - November 27th & 28th
- The Darlings' Afternoon Tea – various dates in November and December

Father Christmas In The Castle Access Performances

- BSL Interpreted Performance: Tuesday 12th December, 5.15pm
- Relaxed Performance: Wednesday 13th December, 6.30pm (To book tickets for this performance, please email; sales@castlehoward.co.uk)

Christmas In Neverland Guided House Tour – BSL Interpreted

- Thursday 23rd November, 3.30pm

All tickets are available for general sale via www.castlehoward.co.uk

Savour The Season At Dobbies' York Store As Garden Centre Launches Festive Restaurant Events

Dobbies, the UK's leading garden centre, is tantalising tastebuds this Christmas with its great-value family dining experiences in its York store, including a magical Santa's Breakfast and its much-loved Festive Afternoon Tea. And of course there is the opportunity to meet Santa in his Grotto too!

Santa's Breakfast is a great way to enjoy some magical time with Santa and fuel up for the festivities. It's a chance for children aged 3 to 10 to take part in activities, get into the Christmas spirit, sing along to Christmas classics and receive a gift to take home and put under the tree.

Families in York can expect festive entertainment from Santa and his elves and a hearty breakfast. Children can choose from a traditional breakfast of pork or Quorn sausage, scrambled eggs, hash brown and baked beans, or opt for a breakfast roll. All breakfasts are served with a choice of apple juice, orange juice or water.

Adults will also get a choice of breakfast options, including a traditional breakfast, vegetarian breakfast or three item breakfast roll, each served with a hot beverage.

Indulge this Christmas with Dobbies' Festive Afternoon Tea offering, great for couples, friends and families alike. Enjoy this classic British tradition and tuck into three tiers of seasonal bites to jingle the tastebuds.

Expect all the favourite elements of an afternoon tea with a festive twist. Indulge in salmon, cream cheese and chive, and honey roast ham and mustard finger sandwiches in a mix of white and grain bread. Savour each mouthful of Cornish clotted cream and jam scones and tuck into a delicious selection of sweet treats, including blackberry delice, fruit and cream tart, carrot cake and a mini macaroon.

Children can also enjoy a mix of finger sandwiches, filled with ham, jam and tuna. In addition to Dobbies' famous scones, kids will munch on Rudolph's favourite snacks – carrot and cucumber sticks.

Adults will get the choice of unlimited tea and coffee refills, and

children will receive a fruit juice. There will be additional extras for customers looking to wrap themselves in all the festivities, including prawn marie rose vol au vents, savoury cheese vol au vents and pigs in blankets with gravy and cranberry sauce. Drinks can also be upgraded for speciality coffees and teas, and if you fancy popping a bottle, there is an upgrade option for Prosecco.

Santa's Breakfast runs from 25 November through to 24 December and is priced from £9 per adult and £13.99 per child.

Festive Afternoon Tea experiences run from 1 November and is priced at £8.50 per child and £13.50 per adult.

Santa's Grotto and Quiet Grotto is an enchanting experience, designed to bring families together to celebrate the magic of Christmas. Whether little ones are meeting Santa and his elves for the first time, or it's a cherished annual tradition, attendees can enjoy festive fun at Dobbies this Christmas.

Children will be welcomed by Santa's elves who will take them through a Christmas tree forest spotting magical characters along the way, before making a special item to take home. Once they've spent time with Santa's elves, they'll get the chance to meet Santa Claus himself. Santa will greet children, share some Christmas magic, hear their wishes, and hand them a gift to take home.

The Quiet Grotto is also running this year at Dobbies' York store, thoughtfully designed with sound and visual elements to create a relaxed atmosphere for children with additional needs. Quiet Grottos will be available from 2.30pm on Friday 8 December.

Families with canine companions in York are in for a treat as they can bring their four-legged friends to meet Santa. Starting from 2 December, dog owners are invited along to a Santa Paws experience where they'll receive adorable pet-friendly gifts from Santa.

If families would like to preserve a cherished memory of the day, there's the chance to add on a professional photograph at the time of booking, or add on the day from £5 for a digital image and £7 for a photo booklet. Tickets are priced at £11.99 per child for Santa's



Grotto and Santa's Quiet Grotto experiences, and Santa Paws is priced at £6.99 per dog. A non-refundable donation for Teenage Cancer Trust is also available at the time of booking.

For more information about Dobbies' festive experiences and to make a booking, visit dobbies.com/events

CHRISTMAS - 4 PAGE SPECIAL



Book Your Tickets Now For The Ultimate Christmas Adventure On-Board The Santa Express!



Guess who's on his merry way to the North Yorkshire Moors Railway? It's none other than Santa Claus himself, and he's bringing the magic of the season to life!

Imagine stepping into a world of enchantment as you and your family join Santa and his team of playful elves on board The Santa Express, to whisk you away on an unforgettable journey filled with laughter, joy, and plenty of holiday spirit.

Your little ones are in for a treat! Starting from either Pickering or Grosmont Station, get ready for a magical ride like no other where you will create cherished festive memories with your family. Whilst onboard Santa himself will make his way through the heritage carriages, giving kids the chance to meet him. But that's not all – every well-behaved child will receive a special soft toy present as a token of Santa's appreciation for being on the nice list this year.

You won't want to miss out on this fantastic holiday experience happening on November 25th, 26th, and December 2nd, 3rd, 9th, 10th, 16th, 17th, 23rd, and 24th. The clock is ticking, so book your tickets now and let the festivities begin!

Pickering Departure Times: 09:55, 11:25, 13:00, or 14:55

Grosmont Departure Times: 10:00, 11:30, 13:05, or 15:00

Get Your Tickets Now

The adult or child fare is just £30 per person and includes a fantastic present and a backpack for each child.

Children under 12 months travel for free but won't have a seat or gift unless you bring one for Santa to distribute.

What's Included

- Santa will visit you in your seat and check if you've been good or bad.
- Meet Santa's Helpers onboard for fun and games!
- Soft toy for Children aged 1-15 which they can complete themselves.
- NYMR Christmas backpack.
- The return journey lasts approx. 1 hour on board the Santa Express from Pickering or Grosmont.

Wrap Up Warm

NYMR always advise passengers to wrap up warm during the winter months. Whilst the carriages are steam heated you're welcome to bring a blanket for extra cosiness on the train journey just in case.

Group Rates

They offer Group Rates of £25pp for bookings of 20+ passengers.

Group bookings can be made via the Group Travel Co-ordinator on 01751 477700 (Lines are open 10.00–14.00 Mon to Fri), or email grouptravel@nymr.co.uk

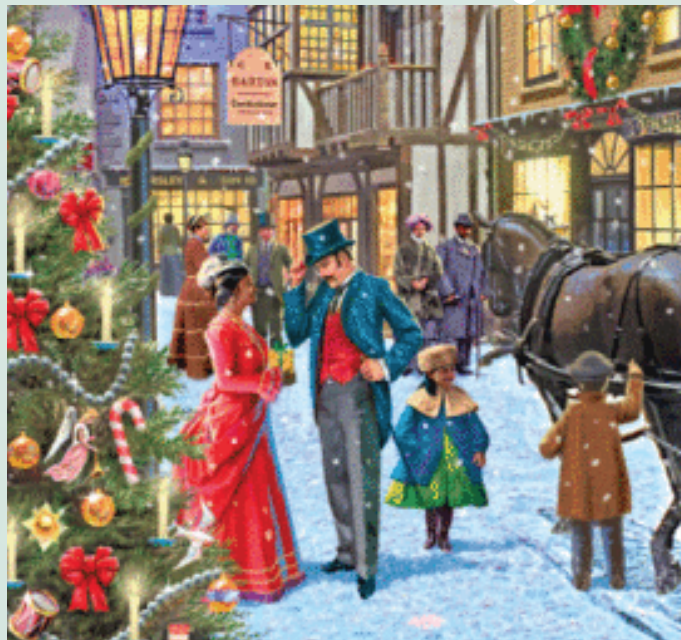
For more information and to book tickets visit;

www.nymr.co.uk/Event/santa-specials

Christmas At York Castle Museum, A Festive Experience Perfect For The Whole Family!

Wander through a snow-covered Victorian winter wonderland and fill up on ye olde yuletide cheer at the most wonderful time of year!

Included in general admission from 19 November 2022 – 4 January 2023



Wander through the famous Victorian street, Kirkgate, as Christmas arrives with a blanket of festive snow on the historic cobbles. Enjoy the charming period trimmings that adorn the street and take a peek at an exciting range of historical decorations and objects, all from the museum's collection, in the stunning shopfronts. With a variety of free family friendly Christmas activities on offer, there's something for all ages to enjoy.

On selected dates throughout the holiday season, the museum are excited to announce that Ebenezer Scrooge will appear on Kirkgate! Included with a general admission ticket, join them for a family-friendly re-telling of the Charles Dickens' festive novel A Christmas Carol. After-hours, Scrooge will return for adult-only evening performances at an additional cost.

As well as experiencing the Christmas cheer on Kirkgate, step back in time and stroll through popular Period Rooms, from a 17th century dining room to a 1980s kitchen, all embellished with authentic decorations.

Fiona Burton, Public Engagement Manager at York Museums Trust, said, "We are so excited for Christmas at York Castle Museum this year! We hope visitors will enjoy exploring a stunning snow-covered Kirkgate lined with twinkling Christmas trees and festive decorations on display. It's certainly a place where imaginations can run wild! There's so much to explore throughout the museum this Christmas, and we can't wait to welcome everyone!"

Christmas at York Castle Museum opens on 19 November 2022 and closes on 4 January 2023. This year's Christmas offer is included as part of general admission to York Castle Museum, giving access to the museum for 12 months. There's also an exciting array of additional activities and events that visitors can book as part of their visit this Christmas.

Please note that York Castle Museum will be closed on the 25, 26, and 27 of December 2022 and 2 January 2023.

Family Friendly Christmas events at York Castle Museum

Ebenezer Scrooge on Kirkgate

Sat 10 December, Sun 11 December, Sat 17 December, Sun 18 December, Thur 22 December and Fri 23 December

Included with a general admission ticket.

Join them for a family-friendly re-telling of A Christmas Carol! There will be four interactive shows to enjoy throughout the day.

Christmas Cracker Making Workshop

Sat 3 December, Sun 11 December, Sun 18 December
11.00 – 12noon, 12.30 – 13.30, 14.00 – 15.00

Tickets are £2.50 per child making a cracker to cover the cost of materials.

Get some festive feels while learning about the history of the Christmas cracker and creating your own colourful cracker to pull on Christmas day.

Christmas Lino Printing Workshop

Sat 10 December, 10.00 – 13.00 & Sat 17 December, 13.00 – 16.00

Suitable for all abilities and ages 15+ (under 18s must be accompanied by an adult).

Tickets £10 per person.

Be inspired by the Victorian Collection at York Castle Museum and create your very own printed Christmas wrapping paper and cards.

Adults-Only Christmas Event

An Evening with Ebenezer Scrooge
20 & 21 December, 18.30 – 21.00

Tickets £20 per person.

Join them on the snow-covered cobbles of Kirkgate for an immersive and intimate production of A Christmas Carol, which brings the magic of a much-loved Dickens classic to life. Tickets include a mince pie and a glass of mulled wine or a soft drink on arrival.

For further information on the events, to check opening times and to book tickets, please visit www.yorkcastlemuseum.org.uk

Stockeld Park's Christmas Adventure



Nestled in the picturesque Yorkshire countryside, Stockeld Park has evolved from a humble Christmas Tree shop into a wonderland of festive delights. For families seeking an unforgettable holiday experience, Stockeld Park's Christmas Adventure has become a cherished tradition.

What's on offer at this enchanting destination? Imagine meeting Santa, wandering through the captivating Winter Illuminations in the award winning Enchanted Forest, navigating the secrets of the Snowflake Maze, or gracefully gliding on the ice rink. For those who want to bring the holiday magic home, Stockeld Park offers a selection of real Christmas trees, cultivated on their vast estate, the largest plantation in Yorkshire.

Stockeld Park's Christmas Adventure is all about celebrating the spirit of the season. Families come to Stockeld Park to have fun, make lasting memories, and immerse themselves in the magic of Christmas.

What makes Stockeld Park an attractive choice during the holidays? The answer lies in its unique blend of festive experiences. It's not just a visit; it's an adventure filled with enchantment and joy, suitable for all ages. The diverse array of activities ensures that every member of the family, from the little ones to the grown-ups, can find something to delight in.

For more information on Stockeld Park's Christmas Adventure including opening times and ticket prices visit;

www.stockeldpark.co.uk

Malton Christmas Festival Returns!



Join us for the highlight of the holiday season! The Malton Christmas Festival is the ultimate way to kick start your Christmas celebrations and get in the festive spirit.

This two-day extravaganza will be packed full of scrumptious street food vendors, Christmas gift stalls (both food and non-food related), music and festive fun for all the family.



Among the range of festive stalls and vendors, the Malton Christmas Festival is packed full of present inspiration, helping you to find unmatched gifts for your loved ones and say goodbye to the stress of holiday shopping. You'll be ticking off your Christmas list in no time! Plus, as you shop, immerse yourself in Yorkshire's Food Capital with epic street food, traditional mulled wine, gin, craft beers, figgy puddings, succulent turkey and goose and of course, Malton's award-winning macarons!



As well as the stall holders in the Market Place, all of Malton's independent shops will be packed with Christmas gift ideas in the many charming streets across the town. For a Christmas treat, Visit Malton is also offering two hours of free parking for shoppers over the Christmas period.

Date: Saturday 2nd & Sunday 3rd December 2023

Time: 9am-3:30pm

Location: Market Place, Malton, North Yorkshire

Ticket Price: Free

For more information, please visit;

www.visitmalton.com/malton-christmas-festival

Get Cosy This Winter With The Luna Cinema - New Season Of Cinema Returns With Indoor Screenings Of Festive Favourite Films



Festive films are a staple when it comes to the winter season, and this year The Luna Cinema is back with a whole new programme of classic Christmas and New Year film screenings in magical settings to spread some festive cheer.

The ultimate cinematic event for Christmas, The Luna Cinema's 2023 winter line-up includes five indoor festive screenings, perfect for sleigh-loads of festive fun and quality time with friends and family at the most wonderful time of the year.

Pioneers of the UK open-air cinematic experience, The Luna Cinema's winter programme promises to encapsulate the magic of this enchanting season with over 100 screenings that are sure to provide some welcome holiday cheer. Audiences can expect all the festive classics, including "Elf", "Love Actually" – both of which are celebrating 20 years since their release, as well as "Home Alone", "It's A Wonderful Life" and "The Holiday", and family favourites such as "The Grinch" and "Frozen - sing-along".

The Luna Cinema's London venues include a return to the Pavilion at the stunningly regal Kensington Palace and the extraordinary Battersea Arts Centre, while screenings in Liverpool are taking place at the breathtaking Town Hall.

Film fans in York can enjoy their favourite festive movies at the historical St Saviourgate, with its stunning lighting, festive dressing, a magical sprinkling of snow and giant Christmas trees, there's no better setting to cosy up and enjoy a festive classic on the big screen.

We all know one of the best parts of the festive season is the food and beverages, and The Luna Cinema has ensured there will be a fantastic selection of refreshments available across all venues.

From a warming hot chocolate to a mug of mulled wine, Luna will make sure you have everything you need to immerse yourself in the festive cheer.

George Wood, founder of The Luna Cinema, says: "Nothing says Christmas like gathering with family and friends to watch festive film favourites and we're as excited as ever to be back this winter with a wonderful line up of film favourites in breath-taking venues across the country. An absolute must-do this December, our 2023 programme represents the ultimate line-up of Christmas classics in a beautiful winter setting, giving guests everything they need to cosy up and get into the festive spirit!"

Tickets are available to purchase via <https://www.thelunacinema.com/winter> and prices start from £10.50 including booking fees; the season runs from 1st December until 2nd January.

TICKETS:

Capacities are limited and all tickets must be booked in advance from www.thelunacinema.com/winter

- Admission: from £10.50

- Family Tickets and Early Bird prices are also available



WHEN & WHERE:

The season runs from 1st December to 2nd January and a full breakdown of venues can be found at www.thelunacinema.com/winter

For more information and to purchase tickets please visit; www.thelunacinema.com

York Christmas Market 2023

Get ready to immerse yourself in the enchanting spirit of the York Christmas Market, November 16th - December 22nd, a timeless tradition that promises to create treasured memories!

Experience The Magic Of York Christmas Market

Step into a winter wonderland filled with twinkling lights, cheerful carols, and the delightful aroma of festive treats. From November 16th to December 22nd, York will be transformed into a holiday haven with more than 75 alpine chalets adorning Parliament Street and St Sampson's Square. These charming chalets will offer an array of locally crafted treasures and artisan gifts brought to you by talented local traders.

Unique Gifts Await

Discover a world of unique gift ideas at this year's Christmas market. From luxurious stationery to delectable Yorkshire delights, you'll find something special for everyone on your list. Make your holiday shopping a joyful experience and explore the exceptional offerings!

Exclusive Offer For York Residents

As a special treat for York residents, all the market traders at St Nicholas Fair are excited to extend an exclusive 10% discount. Simply present your valid York Card or identity card with proof of a York address* to avail of this fantastic offer.



Visit the York Christmas Market 2023 and create unforgettable moments with family and friends.

Don't miss this extraordinary holiday tradition!

*Please check for additional terms and conditions on the York Christmas Market website.

Award-Winning Yorkshire's Winter Wonderland Returns To McArthurGlen Designer Outlet York



York's award-winning festive event - Yorkshire's Winter Wonderland - will be returning to McArthurGlen Designer Outlet York this winter. The popular outdoor ice rink, funfair and Santa's Grotto will be open from Friday 17th November 2023 to Sunday 7th January 2024 with tickets on sale now.

Yorkshire's Winter Wonderland has been a regular Christmas attraction at York Designer Outlet since 2010, and this year will mark its 18th season in York; the event made its debut as The Ice Factor on the Eye of York in 2005.

The Ice Factor - the North of England's largest outdoor ice rink at 975 sq m - will once again have a 30ft high sparkling Christmas tree as its centrepiece. Surrounded by illuminated trees, log cabins, the rink side cafe and a viewing platform, this magical setting makes for the perfect festive experience for all ages.

This year the funfair will be bigger and better than ever according to organiser Georgi Wood, with new modern rides including an exciting Twist and Waltzer augmenting the perennial family favourite, the vintage Dodgems dating from 1937. In addition, there will be plenty to enthrall younger visitors with five children's rides as well as game stalls offering prizes every time.

Also new to Yorkshire's Winter Wonderland this year is a terrace overlooking the ice rink, exclusively for patrons of The Chalet café, bringing them closer to the thrills and spills of outdoor skating, and providing the perfect spot from which to enjoy a warming mulled wine or hot chocolate. Inside the cosy alpine-themed, après-skate café, tasty winter-warming food and drinks as well as sweet treats will be available to purchase, and private parties can also be arranged.

The Winter Garden with its heated covered picnic tables offers an alternative outdoor eating area, with The Dog Haus cabin selling a range of hot dogs and festive drinks.

Christmas would not be the same without a visit to Santa and his elves, and this year visitors can enjoy an extended snowy woodland walk to his cosy log cabin grotto where a warm welcome and a special gift for children awaits.

For those seeking a festive retail experience a boutique Christmas market will offer gifts with a difference, and of course, York Designer Outlet is the perfect place to tackle the Christmas shopping, with favourite premium brands including Clarins, UGG, Tommy Hilfiger, Ted Baker, Sweaty Betty and many more for up to 60% less than the RRP. Those travelling in groups can also enjoy a special Christmas cheer with an additional 10% discount at participating stores when they pre-book online (yorkdesigneroutlet.com).

Paul Tyler, Centre Manager at McArthurGlen Designer Outlet York comments:

"Christmas at York Designer Outlet just wouldn't be the same without Yorkshire's Winter Wonderland. For many families the event has become a fixture in their festive calendar with fun outdoor activities for all ages to enjoy, as well as the opportunity to tick off the Christmas shopping list!"

Georgi Wood, Event Organiser of Yorkshire's Winter Wonderland also comments:

"As always, we are delighted to be back at York Designer Outlet, with some exciting additions to Yorkshire's Winter Wonderland this year. The new-look funfair will offer some modern rides for the thrill-seekers as well as plenty of rides for children, and our new café terrace right beside the rink will make for an exciting alfresco spot to watch the skaters while tucking into a hot chocolate and bratwurst. We will also have some fun new decorations and theming around the event, making it the perfect place for the festive selfie!"

Booking Information:

Tickets for a one-hour skating session at The Ice Factor are priced at £14.50 for adults and £13.50 for children and concessions. Family packages are available for families of three, four or five. Tickets for parents and toddlers aged 4 and under are priced at £14.50 from Monday to Friday during term time. Special packages are also

available for parties, schools, clubs and youth groups, with discounts applying to groups of 20 or more.

Booking is recommended for skating at The Ice Factor at www.yorkshireswinterwonderland.com or directly at www.ticketsource.co.uk/theicefactor. Online booking fee applies. Tickets can also be purchased on site once the event opens, subject to availability. Penguin and Snowman skating aids can be hired on site for £5; pre-booking is not available.



Santa will be returning to his Grotto this year and reservations are now open. Tickets will be priced at £6 per child (including gift) with a £1.50 family booking fee. A reservation is required to visit Santa but can be made on the day, subject to availability.

Grotto Opening times are:

Weekdays, 17 & 24 November: 11am – 5pm; 27 November to 8 December: 11am – 5pm, 11 December to 22 December: 9.30am – 5pm.

Weekends, 18 November to 17 December: Saturdays: 9.30am – 6pm & Sundays 9.30am – 5pm

Christmas Eve: 10am – 3.00pm

Tokens for the funfair can be purchased on-site.

For full details of prices and times visit;

www.yorkshireswinterwonderland.com

For further information on McArthurGlen Designer Outlet York visit www.yorkdesigneroutlet.com

Spectacular Services, The Nutcracker, Christmas Trees And Jethro Tull: Advent And Christmas At York Minster

Celebrate Advent and Christmas at York Minster with traditional festive services, much-loved seasonal music and concerts, a festival of Christmas trees, a new production of The Nutcracker for families and a concert by Jethro Tull's legendary Ian Anderson.

The season begins on Advent Sunday (3 December), with the spectacular Advent Procession service. Starting in complete darkness, the cathedral is gradually illuminated by candlelight as the Choir of York Minster moves through the building to readings from the Old Testament, setting the scene for the Christmas story. Daily worship and Evensong services throughout Advent and Christmas will include prayers, music and readings for the season.

The ever-popular annual Christmas Carol Concerts will take place on 7 and 8 December, with readings by actor David Bradley (Harry Potter, Game of Thrones), and music by the Choir of York Minster and the Yorkshire Volunteer Band.

On Saturday 9 December, York Minster will present a magical new performance of Tchaikovsky's The Nutcracker. Children (and adults alike) will love the narration by local children's actor Gemma Sharp (Artistic Director of local theatre company Hoglets), and the artistry of Benjamin Morris, York Minster's Assistant Director of Music, who will bring Tchaikovsky's music to life on the cathedral's spectacular Grand Organ.

York Minster will host a unique musical experience on Saturday 18 December, when folk rock legend Ian Anderson presents Christmas with Jethro Tull in the Minster's stunning Nave. He performs in cathedrals across the country each year, donating the ticket sales to the care and conservation of the cathedral buildings.

From 2 December (until 5 January 2024), York Minster's Christmas Tree festival returns with 60 trees, individually decorated by local businesses, schools and charities on display in the Chapter House, the Nave and the Lady Chapel.

Christmas week worship includes the Crib Service (23 December), Nine Lessons and Carols (23 and 24 December) and Midnight Mass (24 December). The Archbishop of York, Stephen Cottrell, will preside at the Eucharist of Christmas Day at 11am (25 December).

York Minster's Advent and Christmas programme is set out below. For booking information visit www.yorkminster.org or call the Bookings Office on 01904 557200.

York Minster's Advent and Christmas Programme 2023

Evensong – Sunday 26 November, 4pm

Johann Sebastian Bach's Cantata 140, Sleepers, wake

On the Sunday before Advent, the Choir of York Minster gives its traditional annual Evensong performance of Bach's popular Cantata 140, 'Wachet auf, ruft uns die Stimme' (Sleepers, wake), with orchestral accompaniment.

York Minster Christmas Tree Festival - Saturday 2 December – Friday 5 January during general admission times

York Minster Christmas Tree Festival returns for the third year with 60 trees on display in the cathedral's stunning Nave, Chapter House and Lady Chapel.

Advent Procession

Sunday 3 December, 5.30pm. Free, pre-booked tickets required

On Advent Sunday, York Minster gradually emerges from darkness into full candlelight in the stunning and atmospheric Advent Procession. The Choir of York Minster will process through the cathedral to music, readings and prayers.

Christmas Carol Concerts

Thursday 7 and Friday 8 December, 7pm

The Choir of York Minster will perform much-loved Christmas music,

with seasonal readings from special guest David Bradley and music by the Yorkshire Volunteer Band.

The Nutcracker at York Minster - Saturday 9 December

First performance 2pm – 3pm

Second performance 7pm – 8pm



A magical new performance of Tchaikovsky's The Nutcracker from York Minster for children and adults alike. Narration by local children's actor Gemma Sharp (Artistic Director of local theatre company Hoglets), and music by Benjamin Morris, York Minster's Assistant Director of Music, who will bring Tchaikovsky's music to life on the cathedral's spectacular Grand Organ.

Antiques And Collectables

With David Oddy

I have in recent years given free talks to various church and other groups which I thoroughly enjoy. When the covid pandemic hit, this all stopped and has never really got going again. I have missed doing them, so if you have an organisation and would like me to do a talk, please give me a call. The usual format is people bring items in and I try to identify and value the object. I then give a general talk on antiques and what is in vogue at this time. It is great fun and I normally get a nice cup of tea and slice of cake too!



■ Example of a wonderful victorian silver plated conch shell spoon warmer

I have had some really unusual items brought in such as a Victorian spoon warmer and a Georgian scarifier (which is a blood letting instrument!) On a similar theme was a leech jar for keeping live leeches which I believe are still used in modern medicine – although I don't fancy that treatment! Someone brought in a First World War field surgeon's box of instruments with the most horrific tools for removing bullets and saws for cutting off limbs. I shudder to think of the conditions these items were used in and before modern anaesthetics too.

On a cheerier note, I have recently had several items of sporting memorabilia brought into the shop. I have to admit to being a bit of

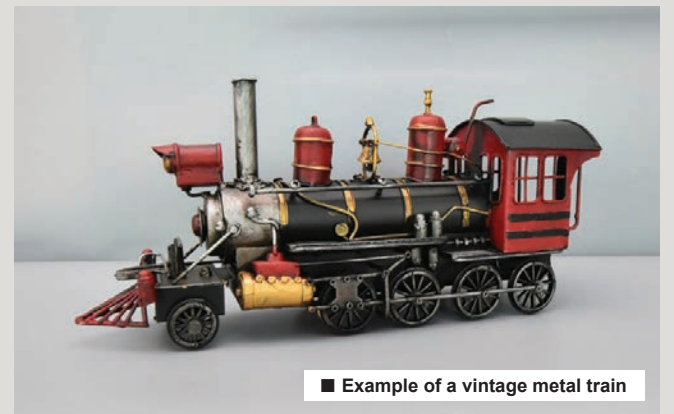


■ Example of a 1886 cricket bat

a sports fanatic and love all sports. I have in the shop a cricket bat dated 1886 which was won for the best batting average that season. I played cricket myself and coached junior cricketers for many years. I get great pleasure out of watching young people develop into really nice individuals, which I think is greatly helped by team spirit and sporting ethics. I am always interested in buying sports related items, medals, silver cups, old programmes – anything really.



■ Example of LUFC programmes



■ Example of a vintage metal train



■ Example of a dinky toy

I am also looking for old toys. Christmas is coming up and we always sell vintage toys at this time of year. I am particularly looking for vintage trains and dinky toys, anything made of tinplate can be quite valuable. I will always call out without any obligation to offer a free valuation..

Thank you,

David.

Please see advert below for contact details and opening times.



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Diary Of A Pawnbroker

The Countdown To Christmas Is On!

Christmas is now only days away so if you haven't done so already, its time to start thinking about what to buy your loved ones.

The good news is that at Christopher Brown Jewellers we have some fantastic offers in place and can make your Christmas shopping easy!



This year we have commissioned some stunning and exciting diamond jewellery including rings, bracelets and pendants which are selling at **HALF PRICE**.

These lines are genuinely amazing value and the jewellery is stunning!



If gold and diamonds are not your perfect gift then you must come and see our range of silver jewellery. Silver is amazing value and with our mix and match offers you can buy earrings to match a pendant and even add a bracelet to make up the set. You can decide your budget and the gift will be presented in a gift box, wrapped if requested and in a matching gift bag to put under the tree.



If your loved one is not on Santa's naughty list then perhaps now is the time to invest in a Rolex or luxury watch. All our luxury watches are fully guaranteed, freshly serviced, and in immaculate condition. What's more they come with a 2 year warranty so you can be assured you are buying a quality watch you can rely on. All our luxury watches are priced checked regularly against the on-line market and benchmarked in price to give you the best value.

The biggest difference is that ours come with a 2 year warranty and you know it is fully serviced, had authenticity checks and if ever there was a problem, you can visit us in person any time and get the personal service you would expect from Christopher Brown Jewellers.



Remember it is essential to buy a luxury watch that has been fully approved from a trusted jeweller. There are so many super-fakes out there you need expertise and peace of mind when making this level of purchase and if ever there was a mechanical problem you know you can get it sorted under our warranty.

To view our latest range visit www.christopherbrownjewellers.co.uk

This Year's Manager's Specials.....

To make Christmas really special this year we have reduced the price on many fantastic items with our Manager's Christmas Specials with savings of up to 50% on some lines.

There is a common misconception that buying 'online' is always cheaper, especially during Black Friday and Cyber Sunday promotions. This is often not the case and the deals you see are not as genuine as you may believe.



Jewellery is a special purchase and you have to feel and see the item to know if it's the right piece for you. When you shop at one of our branches you are not just buying a fine piece of jewellery or a luxury watch. You are getting free advice, expertise and superb quality that only comes from shopping in genuine jewellers, not an unaccountable cyber-mall.

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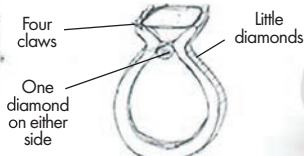
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Make your Christmas Special this year and visit Christopher Brown Jewellers at Seacroft, York, Shipley, Goole, Stockport, Prescot and Pontefract or our Brown and Gold pawnbroking stores at Batley and Toxteth. With excellent customer service, Managers Specials and free gift wrapping as well, you will not be disappointed.

Chris Brown

MOTORS

PASSENGER ACTIONS THAT CAN RESULT IN FINES AND PENALTIES ON UK ROADS

A car journey isn't only about the driver following all the rules of the road. Yes, you read that right. As a passenger, your actions can have significant consequences too. Numerous seemingly harmless actions can result in fines, penalty points or even driving disqualifications in UK. Dominic Wyatt, a senior expert from www.internationaldriversassociation.com, sheds light on some of the lesser-known rules.

Unbuckled Belts – It's Not Just Your Safety At Risk

As per rule 100 of the Highway Code, every passenger must wear a seatbelt unless exempted. Unable to ensure this, the driver can invite a fixed penalty notice of up to £500.

Put That Screen Away

Routine scrolling on your mobile or tablet can be a fatal distraction to the driver. Anything from a bright screen to an interesting video can easily drag a driver's attention away from the road. The fine for this is not fixed but can potentially be as serious as careless driving.

Stop In The Name Of The Law

In the UK, even the simple act of waving someone to cross the road can be legally problematic. If a passenger signals a pedestrian to cross, they could be held accountable for a potential accident. While there are no set fines, liability could extend to court action.

Dominic Wyatt advises, "Educate yourself and ensure everyone in your car is aware of these rules. Awareness is crucial not only to prevent fines but also for everyone's safety on the road."

Rules Broken By Backseat Drivers

Although this is not a legal breach, backseat driving can test patience levels with the driver and lead to arguments. Such incidents can lead to the driver getting distracted, which might result in an accident or violation of driving laws.

Express Caution With Expressions

Obscene gestures and verbal abuse from a passenger can result in a driving penalty for 'disorderly behaviour'. The driver can face penalty points or a fine of up to £1000.

Disruptive Children Or Pets

Children or pets causing a significant distraction can invite fines for the driver. They should always be appropriately restrained as per rule 57 and 100 of the Highway Code.

To avoid surprises during your next trip, Dominic Wyatt recommends that you "Make it a rule for passengers to stay calm and collected, and always keep seat belts fastened. As a driver, remember it's not just about how you drive but also about ensuring everyone in the car complies with the rules. Stay informed and vigilant."

So, next time you are on the road, remember that car regulations don't only apply to drivers. As passengers, your actions, your conduct can make a significant difference to safety and legality on UK roads. Everyone has a part to play. So, buckle up, stay attentive and keep the journey safe for all.



Ford Enhances Offering To Firms And Families As First All-New Transit Courier & Tourneo Courier Models Roll Off The Line

Ford is strengthening its offering to families and businesses alike with production now under way of the all-new Ford Transit Courier and all-new Ford Tourneo Courier, at Ford Otosan's Craiova plant, in Romania.

The all-new Transit Courier will bring enhanced connectivity and productivity for compact van customers; while all-new Tourneo Courier is a five-seat multi-activity vehicle with a distinctive SUV-inspired design and plenty of room for passengers and their belongings within a compact city-friendly footprint.

"The team in Craiova is doing great work to deliver these exciting new models to our customers," said Hans Schep, general manager, Ford Pro, Europe. "We've made the all-new Transit Courier bigger, more capable and fully connected to support customers at work and accelerate their productivity, with enhanced load carrying and full integration with our Ford Pro platform of software and services. All this comes in an SUV-styled package that we know customers love."

Initial production includes diesel- and petrol-engined versions of the all-new Ford Transit Courier, and petrol versions of the all-new Ford Tourneo Courier. The electric E-Transit Courier, revealed earlier this year and E-Tourneo Courier will both go into production next year. This supports Ford's global plan to rapidly scale EVs,

as well as the target of achieving zero emissions across all vehicle sales in Europe, by 2035.

The all-new Transit Courier is fully integrated with Ford Pro's platform of software and connected services to further drive efficient operation with management tools from Ford Pro Software. E-Transit Courier customers will also be fully supported by Ford Pro's end-to-end charging solutions.

A ceremony to mark the start of production was attended by Romanian Prime Minister Marcel Ciolacu as well as state officials, industry representatives, and prominent business figures. Ford Otosan – Ford's joint venture in Türkiye – is the manufacturing hub for the Ford Transit Courier and Ford Tourneo Courier ranges, which began at the company's Yeniköy plant, in Türkiye, in 2014. As part of Ford Otosan's investment strategy, Transit Courier and Tourneo Courier production was moved from Yeniköy to the Craiova plant.

Last year, Ford Otosan announced an investment of €490 million to support the production of the all-new Courier range at its newly acquired Craiova plant. This is in addition to Ford's investment of \$300 million at the plant where the Ford Puma is also produced. With these investments, the plant capacity will increase from 250,000 to 272,000 vehicles per year.

WHICH? RANKS START RESCUE TOP FOR VALUE AND CUSTOMER SCORE

Start Rescue is the best for customer satisfaction in the latest Which? survey of breakdown cover. The leading national breakdown provider was also declared the best value for third-party breakdown in the UK.

"We're thrilled with the results of the Which? survey," said Lee Puffett, Managing Director of Start Rescue. "Being recognised by the largest independent consumer body in the UK for the fifth year in a row is an amazing achievement and vindication of our commitment to our customers. This is the mark of quality and great value offered by our breakdown cover. I'm so proud of our whole team as they have earned this incredible feedback."

In its assessment of Start Rescue's breakdown cover, the Which? team said: "Start Rescue reaches 72% of people in less than an hour and has the highest customer score of any third-party provider."

The Which? survey also praised Start Rescue for the level of cover offered with all of its policies and said: "All five of Start Rescue's policy levels include cover for onward travel and emergency overnight accommodation. Start Rescue also has an app that allows you to report a breakdown and track the progress of the recovery patrol."

Lee Puffett commented: "This confirms our position as a trusted partner to motorists in the UK and when they travel further afield. Being a Recommended Provider by Which? for a fifth consecutive year is a real honour."

Start Rescue has a 4.4-star rating on Trustpilot, a five-star Defaqto rating and has achieved Which? Recommended Provider status for



five years running. Start Rescue also has a 97% recommendation rate from customers helped at the roadside.

Launched in 2009, Start Rescue is an integral part of the nation's fourth largest breakdown and recovery service, Call Assist, which now has more than two million UK customers.

For further breakdown advice, please visit startrescue.co.uk.

MP CAMPAIGNS FOR LOWER SPEED LIMIT ON THE A61

Julian Smith CBE MP has launched a campaign to address serious safety concerns on the A61 at South Stainley after numerous serious accidents and four fatalities in a matter of weeks.

After concerns were raised by local residents about the longstanding and well-documented dangers on sections of the A61, Julian met with North Yorkshire Council to discuss what action is being taken to address these.

He subsequently met with over twenty residents to better understand their concerns, with issues raised including inadequate overtaking lanes, excessive speed limits, widespread use of the road as an impromptu racetrack by motorcyclists, and rat-running through Ripley village.

Julian has communicated these concerns to North Yorkshire Council, with further meetings taking place in due course.

Julian Smith said, "Just over a month ago, a horrific crash took the lives of a fifteen-year-old girl's mum, brother and sister.

"While I have been humbled by the astonishing generosity of friends, local residents and perfect strangers alike, raising nearly £50,000 for her since, we must also ensure that tragic accidents like this do not happen again.

"I'm grateful to North Yorkshire Council and North Yorkshire Police for their swift response to the recent spate of accidents on the A61, as well as those residents who met with me to share their concerns, as we continue to look for a solution."



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Surrone, the pioneer of electric off-road focussed motorcycles, has for the second month in succession led the way in UK registration charts, demonstrating the appetite for small capacity equivalent machines in the UK market.

With its Light Bee and Ultra Bee models, Surrone not only recorded more registrations than any other electric motorcycle manufacturer in the UK market, but also beat its petrol-powered rivals to claim top spot in the 'Competition' registration category in August and September.

Surrone UK commented. "It's extremely encouraging to see how well our product resonates with the UK market. While there's a great deal of familiarity with the Light Bee over the last few years, the Ultra Bee was only launched earlier this year, aimed at commuters on a CBT or those looking for a light trail or enduro bike and the reaction has been extraordinary. So much so that the Ultra Bee significantly outsells its rivals, both in electric and when combined with petrol-powered equivalents in the competition category."

Based on the Motorcycle Industry Association's official registration figures for August and September 2023, the Surrone Ultra Bee not only led the 11KW category and the overall competition category, but recorded a significantly higher percentage of registrations than every other manufacturer in the Electric top five charts, while Surrone as a whole recorded nearly five times more registrations than it's nearest manufacturer.

Surrone continued, "We're working hard to bring models to consumers that really do work in every environment. The Ultra Bee

is a great example of a machine that can work for CBT holders on the daily commute, as much as it can for trail riders who want to be more responsible out enjoying the countryside. On top of all of this, the performance leads the way too, providing a prompt and ultimately safer experience for the commuter, while being thoroughly entertaining and competent for the off-road rider too."

The Ultra Bee is a mid-sized powerhouse that packs state-of-the-art technology and proven performance features into a newly designed platform. Engineered with Surrone's experience gained from the widely popular Light Bee and full-size Storm Bee models, as well as racing accomplishments and developments from the UK and across the globe, the Ultra Bee sets the benchmark for electric off-road performance.

What's more, the road-legal variants are now eligible for a £500 contribution from the government via the Plug In Grant (PiG) scheme. Thanks to being fully electric, the Ultra Bee is very cost-effective with its 87-mile maximum range and charging in under 4.5 hours, as well as the fact there is no road tax to pay and it has significantly reduced maintenance costs.

It's not just road tax that the Surrone e-bikes are exempt from. With all major UK cities becoming energy-compliant, the Ultra Bee avoids additional charges from factors like congestion charge areas, the now-expanded ultra-low emissions zones (ULEZ) and electric vehicle-only lanes.

For more information on the Surrone Ultra Bee and the rest of the range, visit www.sur-ron.co.uk

Squires Cafe

What's on @ Squires, NOVEMBER 2023;

Sun 5th - Firework Display

Our annual firework display. Kids entertainment in the function room with Mr Truffles at 6pm. Lots of hot food and treats available. Firework display at around 7.45pm. This is a pay at the gate event - £5 per car, £1 per bike

Tues 7th Japanese Car Meet

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

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

Sat 11th - Yorkshire Blacksmith Meeting

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

Sat 25th (AM) - Autojumble

Our monthly autojumble.
Pitches are £5 each for sellers



WAGGING TALES!

New Rules Come Into Force - XL Bully Dogs

The Government has added XL Bully type dogs to the list of dogs banned under the Dangerous Dogs Act to protect the public following a concerning rise in fatal attacks.

Under the new rules, which come into force at the end of the year, it will be illegal to breed, sell, advertise, exchange, gift, rehome, abandon or allow XL Bully dogs to stray in England and Wales.

From this date, these dogs must be kept on a lead and muzzled in public. Owners of XL Bully dogs are recommended to start training their dog to wear a muzzle and to walk on a lead ahead of the legal restrictions coming into force.

Breeders have also been told to stop mating these types of dogs from now in preparation of it being a criminal offence to sell or rehome these dogs.

From 1 February 2024, it will then become illegal to own an XL Bully dog if it is not registered on the Index of Exempted Dogs. By staggering these two dates, current owners of this breed will have time to prepare for these new rules.

Owners who wish to keep their dogs will have until the end of January to register them and will be forced to comply with strict requirements. As well as being muzzled and kept on a lead in public, these dogs must also be microchipped and neutered.

Dogs under one year when the ban comes in must be neutered by the end of the year, older dogs must be neutered by the end of June.

From 1 February, owners without a Certificate of Exemption face a criminal record and an unlimited fine if they are found to be in possession of an XL Bully type, and their dog could be seized.

Owners may choose to have their dog put to sleep by a vet, with compensation provided to help with these costs. Further details on how to apply for compensation and the evidence required to make a claim will be provided soon.

As part of the process, the definition of the 'XL Bully' breed type has also been published. This follows meetings of an expert group, convened by the Environment Secretary and made up of police, local authority, vets and other animal welfare experts to help define the breed. The definition provides clear assessment criteria for owners and enforcement authorities and is a requirement under the Dangerous Dogs Act in order to deliver the ban.

Owners can access the most up to date information on what action they need to take and when on this dedicated page, Prepare for the ban on XL Bully dogs - GOV.UK (www.gov.uk).

Owners whose dogs are dangerously out of control are already breaking the law, and the enforcement authorities have a full range of powers to apply penalties to them. Under the Dangerous Dogs Act, people can be put in prison for up to 14 years, be disqualified from ownership or their dangerous dogs can be euthanised.

One In Four Fooled Into Buying Unhealthy Pups By 'Cute' Pictures On Social Media



New research, released recently by one of the biggest dog welfare organisations, has uncovered the disturbing influence of social media on dog buying in the UK and the consequences for canine welfare.

Revealed as part of The Kennel Club's Be Puppywise campaign, statistics show one in four puppies (25%) found on social media get sick or die before their first birthday.

Thousands more unsuspecting dog owners who buy this way experience complications, with six in 10 (61%) facing unexpectedly high financial costs, a quarter (25%) admitting their dog had behavioural issues they weren't expecting, and one in five (18%) regretting their decision.

According to the research, double the amount of would-be owners are turning to social media sites to find a puppy compared to five years ago. However, The Kennel Club is warning that platforms like Instagram and TikTok give unscrupulous breeders easy access to a mass market, where they are selling puppies with little scrutiny, and deceptively appealing to millions of unaware buyers with 'cute' and cleverly curated pup pictures and posts.

The research also highlights that instead of conducting thorough searches about their puppy's background, would-be owners who are finding dogs on social media are being drawn in by 'cute' photos. One in two (52%) bought their puppy 'because it was cute' and more than half (56%) admit it was the 'cute puppy photo' that most appealed in their pet's advert. A further quarter of puppy buyers (24%) who found their pup on these platforms worryingly spent less than two hours doing their research, leaving them particularly vulnerable to scams and unable to spot the signs of puppy farms.

Of those finding puppies on social media, the organisation has found thousands are also missing red flags in the process, leaving a yawning knowledge gap about how the pup has been bred and by whom:

- Two in three (68%) didn't see their puppy interacting with their mum and littermates
- And 64% suspect they didn't see their puppy's breeding environment
- An overwhelming 81% weren't asked about their suitability for dog ownership by the breeder

- More than three quarters (78%) didn't see their puppy's vaccination records

The Kennel Club is warning that duplicitous breeders are exploiting this lack of awareness – almost one in three puppies (32%) found on social media are suspected to have originated from a puppy farm.

The research also highlights that, despite the worrying consequences of making hasty and uninformed decisions based on what has been seen online, social media has an increasingly powerful influence; more than one in two puppy buying decisions (54%) are influenced by social media and nearly three in 10 (27%) said that when buying their puppy, their main information source was either social media, influencers or celebrities – over vets, dog welfare organisations and breed experts.

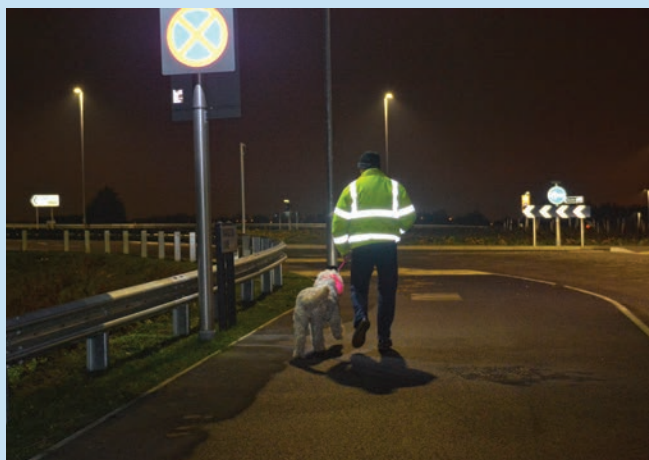
"In today's carefully curated digital world, enticing photos are the lifeblood of social media and pictures of puppies grab attention – so there is an obvious appeal to buying and selling puppies using these platforms," commented Mark Beazley, Chief Executive at The Kennel Club, which is urging responsible buying via its 'Be Puppywise' campaign. "But if people forget that behind every cute photo on social media, there is a real puppy, and a real need to ensure that their health and welfare has been prioritised, then there can be truly devastating consequences.

"Platforms like Instagram and TikTok can give unscrupulous breeders easy access to a mass market, where they are selling pups with little scrutiny, so it's down to the puppy buyer to make sure that they ask the right questions, see the puppy, with their mum and in their home environment, and step back if things don't feel right. Failing to do so can lead to a world of heartache for puppy buyers and keeps rogue breeders in business, whilst puppies continue to suffer the consequences, as this research shows."

Following this urgent warning, The Kennel Club is urging people to 'Be Puppywise', providing responsible puppy buying advice and practical resources via;

www.thekennelclub.org.uk/about-us/campaigns/bepuppywise

Darker Evenings, Road Safety Tips For Dog Owners



Every year PDSA vets see hundreds of pets that have been involved in horrific road traffic accidents - and the darker evenings in winter can bring added danger.

The PDSA says the risks can be significantly reduced if owners take some simple but effective precautions.

"The simplest step you can take is to keep your dog under close control and on a short lead whilst walking when it's getting dark. Even if your dog is really well behaved and always comes when they're called, it only takes a moment's distraction for an accident to happen.

"A good quality lead, attached to your dog's collar, harness, or both, will mean you can keep your dog close to your side while you're walking next to busy roads. Extender leads can actually be more dangerous – they don't give you the control you need if your dog suddenly dashes off."

Other top tips include:

- Teach your dog road awareness. If your dog knows a few simple commands – like 'sit' and 'stay' – you can help them learn some road sense which will help to keep them safe. Teaching them a command like 'wait' or 'stop' could help to put your dog's brakes on in an emergency. 'Come away' or 'come here' will then bring your dog away from danger.
- For effective training it's important to use positive, reward-based training. As you walk towards the curb, keep them on a close lead and ask your dog to 'sit' and 'stay', reward them when they carry out your command. Once the road is clear and safe to cross, calmly give the command to 'walk' and carefully cross the road. Don't forget to give them a healthy treat and praise once you've safely crossed the road.

- Stay safe, stay seen – wear a high visibility jacket yourself and use a reflective or high-vis collar and lead on your dog when walking in the dark. This means you can both be seen when there's less light and can reduce the risk of a road traffic accident when walking near roads.

- Collar, tag and microchip! It's really important that you can be contacted in an emergency if your dog does get into an accident on the road. By law, your dog must be microchipped – and make sure the chip is registered with your most up-to-date contact details. Dogs also legally need to wear a collar and identification, like a tag – showing your name, address and contact number – whenever they're out and about in public.

- Pet Insurance – If your dog is in a traffic accident, they could have some serious injuries, which is deeply traumatic for all involved and emergency vet bills can quickly add up. But it's important to remember that if your dog has caused an accident by running into the road, as the dog's owner you may also be liable to pay for damages to the people involved and for any damage done to any vehicles. Pet insurance can help you cover the cost of any accidents to all involved and veterinary treatment. Make sure you look into the small print of any insurance you take out so you'll have peace of mind that it will cover you for everything you and your dog might need.



Keeping Pets Safe This Autumn

PDSA Offers Advice On How To Avoid Toxic Plants

With autumn here, the season can be a brilliant time for you and your pets, and a time to enjoy the beautiful scenery as trees change from green to an array of rustic hues.

It's also important to be aware of the seasonal dangers to our pets. There are a number of plants which can be very toxic, and in some cases fatal, so it's vital to know what to avoid.

"Our four-legged friends are naturally very inquisitive and will often want to sniff out new smells and objects", says PDSA Vet Nurse Nina Downing.

"Knowing what to keep your pet away from can help keep them safe – and prevent any impromptu visits to the vets if they eat something that could be toxic."

Poisonous Plants To Avoid

Acorns – they can be toxic due to the tannic acid they contain. This can cause a stomach upset for example vomiting and diarrhoea. Unripe, green acorns can be even more harmful as they contain more tannins. Although very rare, eating acorns can cause long-term kidney and liver damage. Acorns can also pose a blockage risk to your pet's guts.

Yew Trees – every part of this tree (including the red berries) is poisonous to pets and even eating a few leaves can be serious. They are often found in churchyards so keep your eyes peeled and seek vet advice straightaway if they have eaten any.

Horse chestnut trees – their bark, leaves, flowers, and conkers are all poisonous to pets, due to the chemical aesculin found in each part of the tree and it's fruit (conkers). The conkers could also be a choking or blockage hazard.

Autumn crocuses – (not to be confused with spring crocuses) these have pale mauve, pink or white flowers in autumn and all parts of the plant are highly toxic. Symptoms include vomiting, drooling, bloody diarrhoea and can lead to liver and kidney failure, collapse and even death. Contact your vet immediately if any part of the autumn crocus is eaten.

Nina adds: "When out walking this autumn, it's crucial to be aware of any dangerous plants and trees that might cause harm to your pet.

"Keep a close eye on them, and try to walk your pooch somewhere you know is clear of toxic plants.

"If you know your pet is in the habit of being a bit of a scavenger, you might need to take extra precautions like training them to feel comfortable wearing a basket muzzle while you're out and about to prevent them picking up anything dangerous.

"Vomiting, diarrhoea, shaking and breathing problems could all be signs that your pet might have eaten something poisonous.

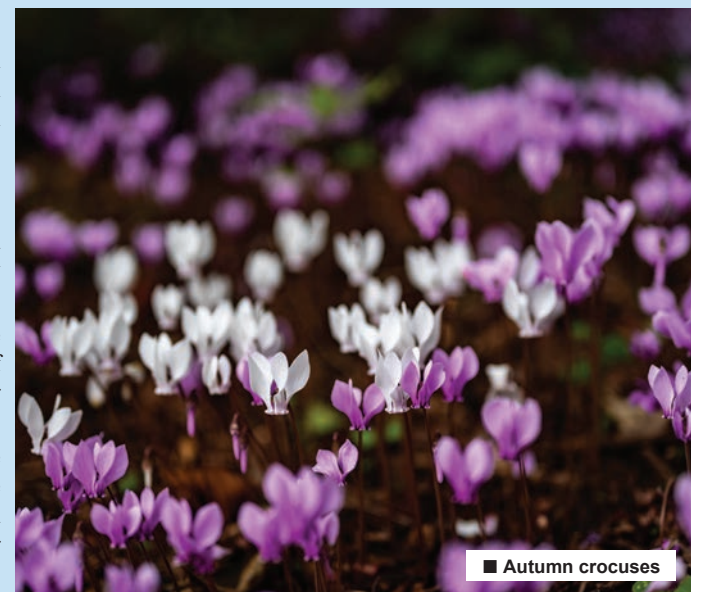
"But even if your pet's not showing any signs, if you know they've eaten something they shouldn't, call the vet straight away. Your vet will be happy to provide guidance on whether it's likely to be dangerous for your pet and advise what you should do.

"The quicker you act, the quicker your vet can provide essential treatment when it's needed, which can reduce or prevent longer-term problems for your pet."

For more information on keeping your pet safe this autumn, visit;

www.pdsa.org.uk/poisons-and-hazards.

PDSA is the UK's largest vet charity providing a vital service for pets across the UK whose owners struggle to afford treatment costs for their sick and injured pets. For many vulnerable pets, PDSA is there to help when there is nowhere else for their owners to turn. Support from players of People's Postcode Lottery helps us reach even more pet owners with vital advice and information.



■ Autumn crocuses

91-Year-Old Paratrooper Veteran Completes Charity Walking Challenge For Dogs Trust Leeds

Jeffrey Long, a 91-year-old paratrooper veteran from Bingley in West Yorkshire, successfully completed a 50 kilometer charity walking challenge in support of Dogs Trust Leeds. Over the past 15 years, Mr. Long has raised £400,000 for various charitable causes, and his latest endeavour has raised just under £250 for the dog welfare charity.

He embarked on this walking challenge, despite undergoing daily chemotherapy treatment. His mission was to make a difference in the lives of countless dogs in need through this challenge for Dogs Trust Leeds.

Since 2007, Jeffrey Long has been an ardent fundraiser, and in recognition of his voluntary services, he was appointed a Member of the Order of the British Empire (MBE) in 2010. Jeffrey has undertaken dozens of charity hikes. One of his most notable achievements was walking 650 miles from London to Lausanne in Switzerland while carrying a 30kg backpack.

Jeffrey Long shared his thoughts on his latest challenge:

"I'm a doggy man, and I'm well aware of Dogs Trust and the valuable work it does. Therefore, I decided to do a walk in support of Dogs Trust.

Dogs Trust is special to me because the charity takes in dogs that may have come from a pound, a dog warden or as strays. They look after those dogs, train them if necessary and do the best to find the perfect home for them."

Emma Wakefield, Rehoming Centre Manager at Dogs Trust Leeds, expressed her gratitude for Jeffrey's efforts:

"We are truly in awe of Jeffrey's determination and dedication to our cause. His support means the world to us, and the funds he has raised will go a long way in providing a brighter future for the dogs in our care. Jeffrey is an inspiration to us all, and we are immensely thankful for his generosity and unwavering commitment to the welfare of dogs."





A cheap and widely available prescription drug can improve symptoms of irritable bowel syndrome in patients seen in GP surgeries, new research presented at UEG Week 2023 has found.

Amitriptyline, which is commonly used at low doses for a range of health concerns, has been found to improve irritable bowel syndrome (IBS) symptoms too, according to the results of the ATLANTIS trial.

Led by researchers at the Universities of Leeds, Southampton, and Bristol and funded by the National Institute for Health and Care Research (NIHR), the study was conducted in primary care. GPs prescribed the drug and patients managed their own dose based on the severity of their symptoms, using an adjustment document designed for the trial. Most people with IBS are seen and managed in primary care by their GP, which means that the results of this trial are likely to be applicable to many people with the condition.

The results, published in *The Lancet*, showed that patients taking amitriptyline were almost twice as likely to report an overall improvement in symptoms as those taking a placebo.

Now the trial team is recommending that GPs support their patients with IBS to use amitriptyline to manage their symptoms – and has made the dose adjustment document available for clinicians and patients.

Co-chief Investigator Alexander Ford, Professor of Gastroenterology in the University of Leeds's School of Medicine, said: "Amitriptyline is an effective treatment for IBS and is safe and well tolerated. This new rigorously conducted research indicates that general practitioners should support patients in primary care to try low-dose amitriptyline if their IBS symptoms haven't improved with recommended first-line treatments."

IBS, which affects around 1 in 20 people worldwide, causes abdominal pain and changes to bowel movements. The long-term condition, which has no known cure, fluctuates in severity over time. It can have a substantial impact on quality of life and ability to work and socialise. Most treatments

only have a modest effect and people often have ongoing troublesome symptoms.

Amitriptyline belongs to a group of medications called tricyclics. Originally used at high doses to treat depression, today these are rarely used for this condition because newer treatments have been developed.

Previous small trials of low-dose tricyclic antidepressants for IBS suggested a possible benefit in patients seen in hospital clinics, who often have more difficult to treat symptoms, but this new study is the first randomised controlled trial of low-dose amitriptyline versus a placebo tablet for IBS in primary care. It is also the largest trial of amitriptyline for IBS undertaken worldwide.

GPs already prescribe low-dose amitriptyline to treat chronic nerve and back pain, and to help prevent migraine attacks.

NICE guidelines currently state that GPs could consider using a low dose tricyclic, like amitriptyline, for IBS but, until now, the evidence for a benefit has been uncertain.

Based on the results of the trial, which showed a clear benefit of amitriptyline, GPs can offer low-dose amitriptyline to people with IBS as part of shared decision making if symptoms don't improve with first-line treatments.

Co-chief Investigator Hazel Everitt, Professor of Primary Care Research at the Primary Care Research Centre, University of Southampton, said:

"Prior to ATLANTIS, GPs haven't often prescribed amitriptyline for IBS as the research evidence was uncertain, but our new research provides good evidence of benefit.

"GPs already prescribe low-dose amitriptyline for other conditions, such as chronic pain and poor sleep, and when we interviewed GPs as part of this research, they were willing to prescribe it for IBS if the research evidence supported this. Participants were also keen to have another option to try

to help their IBS symptoms and most were happy to self-adjust their dose depending on symptoms and side effects."

The ATLANTIS trial was funded by the NIHR Health Technology Assessment programme. Some 463 people with IBS took part from three regions across the UK - West Yorkshire, Wessex, and West of England. They were recruited from 55 general practices.

Participants were put at random into two groups – those receiving amitriptyline and those receiving a placebo. Participants controlled how many tablets of the trial medication they took, receiving support via the patient dose adjustment document that was developed with patient representatives especially for this trial. This enabled participants to increase or decrease the number of tablets based on their IBS symptoms and any side effects experienced.

Participants taking amitriptyline reported a bigger improvement in their symptom scores after six months compared with those taking a placebo. Those taking amitriptyline were almost twice as likely as those taking a placebo to report an overall improvement in IBS symptoms, with amitriptyline performing better across a wide range of IBS symptom measures.

Researchers monitored participants' anxiety or depression scores and found that they were not altered – suggesting that the beneficial effects of the medication were via the gut, not because of any effect as an antidepressant.

No safety concerns were identified and side effects in people on amitriptyline were mostly mild, such as a dry mouth in the morning.

Matthew Ridd, GP and Professor of Primary Health Care at the Centre for Academic Primary Care, University of Bristol, said:

"Pragmatic trials like this are always challenging to do in primary care and the team worked hard to overcome the additional challenges of the Covid-19 pandemic. It's fantastic that we've found that amitriptyline is an effective and safe option for patients with IBS to try."

Amanda Farrin, Professor of Clinical Trials and Evaluation of Complex Interventions, who leads the Complex Intervention Division of the Leeds Clinical Trials Research Unit, said:

"The participants in the ATLANTIS trial had moderate to severe symptoms and an average duration of IBS of 10 years. The fact that amitriptyline had such a big effect over a placebo is significant because it can help improve the quality of life of patients with this condition."

Professor Andrew Farmer, Director NIHR's Health Technology Assessment (HTA) Programme, said:

"The results of this study are hugely encouraging. It shows that a drug already widely available to treat a number of other conditions appears to be safe and effective for people with IBS. The findings the research team have shared around the adjustment of dosages can be tremendously helpful to GPs in guiding them when treating patients.

"IBS affects a significant number of people in the UK and can have a debilitating effect on their day-to-day lives. This is another excellent example of how high-quality research can lead to positive changes in health and social care practice and treatments for the benefit of patients and healthcare professionals."

People Who Have Had A Stroke Should Be Offered Additional Rehabilitation To Help Them Recover Nice Says In Updated Guidance

People who have had a stroke and who have continuing impairment or limitations on their activities should be offered additional rehabilitation to help them recover, NICE has said in updated guidance.

The recommendations, which are in line with the recent National Clinical Guideline for Stroke, are made in NICE's updated guideline on stroke rehabilitation in adults.

The guideline says that people who have had a stroke should be offered, needs-based rehabilitation for at least 3 hours a day on at least 5 days of the week covering a range of multidisciplinary therapy including physiotherapy, occupational therapy and speech and language therapy.

This represents an increase in rehabilitation compared with NICE's original guideline published in 2013. This recommended offering initially at least 45 minutes of each relevant stroke rehabilitation therapy for a minimum of 5 days per week (although this could be increased depending on personal preference and ability).

The evidence reviewed by the independent committee that developed the guideline showed more intensive rehabilitation improved quality of life and activities of daily living. They also heard from people recovering from stroke, and their families and carers, who felt strongly that more intensive rehabilitation would be useful in helping them to recover faster.

Professor Jonathan Benger, chief medical officer at NICE, said: "We recognise the challenges the system faces in delivering these recommendations, not least the problems inherent in increasing service capacity and staff. We also know current practice is inconsistent, even when it comes to implementing our previous recommendations.

"But equally it shouldn't be underestimated how important it is for people who have been left with disabilities following a stroke to be given the opportunity to benefit from the intensity and duration of rehabilitation therapies outlined in this updated guideline.

"By focusing on what matters most, we need to find ways to enable people who have had a stroke to access the level of rehabilitation that supports their recovery and meets their long-term needs and goals."

Jon Brown, director of strategic partnerships, Barnardo's and chair of the guideline committee, said: "The impacts of stroke are significant and this updated guideline provides a comprehensive, current, evidence-led synthesis of best practice in stroke rehabilitation. The guideline committee comprised an impressive mix of clinical and lived experience and this product of the committee's work will make a significant contribution to improving outcomes for stroke survivors."

Dr Maeva May, associate director for policy and research at the Stroke Association, said: "We warmly welcome this announcement that NICE is recommending an increase in rehabilitation therapies for people who are recovering from stroke. Sadly, stroke is still a leading cause of adult disability and it has wide-ranging impacts so it's vital that every stroke survivor gets the support they need to give them the best chance of recovery.

"Research shows that frequent and more intense rehabilitation leads to better recovery following a stroke but many stroke survivors only receive a fraction of what this guideline recommends, leaving many without support and limiting their improvement post-stroke.

"Every stroke is different and so is every recovery, so it's important that stroke survivors can access person-centred support for as long

as they need it, so they can regain their independence and rebuild their lives after stroke."

Although stroke is one of the biggest causes of death in the UK, thanks to improvements in organised stroke care and new acute treatments, most people survive a first stroke. It is estimated that there are around 85,000 strokes every year in England, and around 1 million stroke survivors, many of who are living with its long-term effects.

Stroke can have a devastating impact on the lives of people, their families and carers. Morbidity from stroke is the single largest cause of complex impairments and limitations on activity. Mood disturbance, cognitive impairment and fatigue are particular issues that exacerbate other problems and can impede overall recovery.

Stroke care starts immediately after the onset of stroke symptoms. Most acute care is delivered within stroke units as part of organised stroke services.

Post-acute care can be delivered in secondary or primary care, often by specialist multidisciplinary teams working across different organisations. Their aim is to deliver rehabilitation to help people maximise function, minimise their pain and distress, and enable them to live as independently as possible in their usual setting.

In addition to the new recommendations on the intensity of stroke rehabilitation, the updated guideline also makes new recommendations in several other areas including telerehabilitation, the assessment of visual and hearing impairments and measuring fatigue.

Health Leaders In Humber And North Yorkshire Welcome Smokefree Consultation Launch

Health leaders in Humber and North Yorkshire have welcomed a Government consultation into proposed legislation to crack down on youth vaping and create a "smokefree generation".

The Chief Executive of NHS Humber and North Yorkshire Integrated Care Board (ICB), Stephen Eames CBE, along with Directors of Public Health at councils around the region, say the UK-wide Government consultation is a "major step forward" towards tackling the deadly harms of tobacco.

Smoking tobacco is the single most entirely preventable cause of ill health, disability, and death in the country, responsible for 64,000 deaths a year. No other consumer product kills up to two-thirds of its users.

The Government launched an eight week consultation across the UK and proposals being consulted on include:

- Making it an offence for anyone born on or after 1 January 2009 to be sold tobacco products.
- Restricting the flavours and descriptions of vapes so that vape flavours are no longer targeted at children, ensuring this is done in a way that continues to support adult smokers to use vapes as an aid to stop smoking tobacco.
- Regulating point of sale displays in retail outlets so that vapes are kept out of sight from children and away from products that appeal to them, such as sweets.

- Regulating vape packaging and product presentation, ensuring that neither the device, nor its packaging is targeted to children.
- Restricting the sale of disposable vapes, to make them less affordable for children and considering the environmental impact.
- Exploring further restrictions for non-nicotine vapes and other nicotine consumer products such as nicotine pouches.
- Exploring whether increasing the price of vapes will reduce the number of young people using them.
- Introducing new powers for local authorities to issue on-the-spot fines (Fixed Penalty Notices) to enforce age of sale legislation of tobacco products and vapes.

NHS Humber and North Yorkshire Integrated Care Board (ICB), together with others who make up the Humber and North Yorkshire Health and Care Partnership, has already prioritised treatment of tobacco dependency in the region.

Alongside the accelerated rollout of the NHS Long Term plan, which saw dedicated tobacco dependency treatment services embedded into hospital sites, a ground-breaking, regional Tobacco Control Centre for Excellence has been established which connects all partners in the field to a shared vision of a smokefree future.

Even though smoking prevalence has dropped, the Humber and North Yorkshire region still has some of the highest smoking rates in the country and the ICB recognises the urgent need to save lives and reduce health inequalities caused by smoking tobacco.

Stephen Eames, Chief Executive of NHS Humber and North Yorkshire ICB, said: "We're delighted to see the Government consultation launch so quickly off the back of the Prime Minister's speech. It is a major step forward in tackling the devastating effects of tobacco on society and we encourage partners to share their views.

"The case for action on smoking is clear, we must do more to prevent ill health in the first place, not just treat it afterwards. Smoking is the single biggest cause of preventable illness and death in our region, costing our area £464.9 million a year with £57.2 million in health care costs alone.

"Smoking devastates our most deprived communities, with half the difference in life expectancy between rich and poor caused by higher smoking rates. But what is more shocking, is that behind every statistic is a human being. A real person, threatened by the debilitating health effects of smoking, and significantly poorer because of an addiction that started in childhood."

Cancer Research UK has previously reported that smoking is still the largest cause of cancer, leads to almost one hospital admission every minute and is behind one in four cancer deaths. Lung cancer also remains the deadliest form of cancer in the UK, with nine out of 10 instances caused by tobacco.

YouGov figures show that around three quarters of adults in Yorkshire and the Humber (74%) support the government's ambition to reduce smoking prevalence by 2030 to 5% or less.

Scott Crosby, Associate Director of the Humber and North Yorkshire Centre for Excellence in Tobacco Control, said: "Tobacco is a uniquely harmful product, which, when used exactly as intended, will kill up to two in three long term smokers. We know that most smokers get hooked on smoking at a young age, so if we want our children to grow up and live healthy, smokefree lives, then we must stop the start of a deadly addiction. None of us want young people to be harmed by tobacco, including horrendous illnesses like lung cancer, or struggling for breath with COPD.

"Action is essential, which is why we strongly welcome the launch of the Government's consultation to create a smokefree generation and urge everyone in our communities to get involved in the conversations around this opportunity for life saving legislation and regulation."

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Thousands Of Retired Staff Return To The NHS

More than a third of nurses who retired two years ago had returned to practice 12 months later, according to new NHS England figures.

Analysis of NHS workforce data found that 4,600 of 10,300 (44%) nursing staff that retired between July 2021 and June 2022 had rejoined the health service within 12 months – 4 percentage points more than the previous year.

The increase comes after an extension to changes to the pension rules first introduced in 2020. This means that staff with the reserved right to retire at age 55 such as nurses, midwives, physiotherapists and health visitors, can retire and return to the NHS without it impacting their pension - even if they work full time.

Since 1 April 2023, they can also rejoin the pension scheme and build further pension if they wish.

It also comes after NHS England made it mandatory for NHS organisations to offer staff flexible working options for every role.

Across the wider NHS the retire and return rate was 37% over the last year, with 12,800 out of 34,500 members of staff who retired in the 12 months up to June 2022 returning to work within the following 12 months.

Staff who retire and return to practice tend to do so on reduced hours, with nurses reducing their hours by roughly a third, compared to staff overall reducing their hours by a fifth on returning to practice.

Those aged between 55 and 59 are more likely to retire and return than those aged over 60. Almost half (48%) of all NHS staff, and more than half of nurses (56.3%), who retired between 55 and 59 later returned to work.

The NHS Long Term Workforce Plan published earlier this year said that changes to the pension scheme to allow more staff to return to work after retirement, alongside improved flexible working options and better opportunities for career development could mean that up to 130,000 staff stay working in the NHS longer over the next 15 years.

Since 1 October 2023, a new ‘partial retirement’ option has been available to staff as an alternative to full retirement. Subject to a reduction in pensionable pay, staff can now draw down some or all their pension whilst continuing to work and build up further pension.

Dr Navina Evans, Chief Workforce, Training and Education Officer for NHS England, said: “The NHS is hugely grateful to staff who have given years of service to care and treat patients and we recognise their skills and experience as being massively beneficial to the healthcare service.

“However, we understand that as people approach the end of their careers, they want to enjoy a higher degree of flexibility in their working life.

“The retire and return arrangements help the NHS to retain highly experienced staff for longer, which supports colleagues and patients and also helps the NHS realise the ambitions laid out in the NHS Long Term Workforce Plan.”

Dame Ruth May, Chief Nursing Officer for England said: “Our NHS nurses and healthcare staff work tirelessly to care for patients each and every day and it is fantastic thousands are returning to join their former colleagues.

“To support staff to work in the health service for longer the NHS is offering more flexible working options than ever before, while new rules mean you can earn a salary while still taking your NHS pension, so I would encourage any retired NHS staff to consider coming back, there has never been a better time to do so.”

Will Quince, Health Minister, said: “Our hardworking NHS staff benefit from one of the most generous pension schemes in the UK.

“These figures are testament to the changes the government has made to make the scheme more flexible for staff later in their careers – meaning more can choose to continue treating patients and helping to tackle the backlogs, one of the government’s top five priorities.”

Protect Yourself And Your Loved Ones Ahead Of Winter



The NHS is encouraging people in Humber and North Yorkshire to take steps to protect their health ahead of winter.

In its latest report, the UK Health Security Agency (UKHSA) pointed to a slight uptick in flu cases, though overall “flu case rates remain low and stable”.

Dr Mary Ramsay, Director of Public Health Programmes at UKHSA, has reiterated calls for people to get “winter strong and protect yourself before the anticipated rise in cases through the colder months”.

“We will continue to monitor rates closely and remind people that when you have respiratory symptoms you should avoid mixing with others, especially those who are particularly vulnerable,” she added.

“Young children continue to be the age group with the highest rates of hospitalisation with flu. Young children aged two to three years are eligible for a simple nasal spray flu vaccine, and you can help protect yourself and your child even before birth by getting vaccinated while you are pregnant. The flu vaccine is the best protection against serious illness and hospitalisation.”

NHS Humber and North Yorkshire Integrated Care Board (ICB) says it's important those who are eligible come forward for their flu and COVID-19 vaccines.

The ICB and wider Humber and North Yorkshire Health and Care Partnership have launched a new website – www.letsgetvaccinated.co.uk – to help people find out more about vaccinations.

Jack Lewis, Consultant in Public Health at NHS Humber and North Yorkshire ICB, said: “We expect to see a rise in flu and COVID-19 over the coming months, and therefore, it is vital for people to take up the offer of vaccination if they're eligible.

“Vaccinations are the best way to protect people from serious illness and in doing so help prevent local NHS services from being overwhelmed.

“As well as vaccinations, remembering good hygiene is an important step we can all take to limit the spread of flu and COVID-19 which can actually be quite serious for some patients.”

For some, catching COVID-19 and flu at the same time increases the risk of serious illness, especially older people or those who already have health conditions.

Even for the fit and healthy, people can still catch these viruses and spread them to more vulnerable people around them.

There are steps we can take to reduce the risk of spreading viruses and other winter illnesses:-

- Have the flu jab as soon as possible (available free to certain groups via the NHS and for anyone – for a small fee – at their local pharmacy) and autumn COVID-19 booster if eligible
- Wash your hands often with warm water and soap
- If you have a cold, cover your mouth and nose with a tissue when you cough or sneeze
- Bin used tissues as quickly as possible
- Try to stay at home and avoid contact with other people if you have a high temperature, or you do not feel well enough to do your normal activities.

This autumn and winter, people in Humber and North Yorkshire are also being encouraged to visit their local pharmacy if they need help with a minor, short-term ailment; use the NHS App to order prescriptions and manage appointments (where this functionality is available), use NHS 111 if they're unwell and aren't sure where to go to get help; and only use hospital A&E departments if it's a genuine “life and limb” emergency.

Expanded NHS Support Available For Patients In GP Practices Across The North East & Yorkshire

The support on offer for patients at their GP practice is expanding across the North East and Yorkshire region, thanks to thousands more healthcare staff working in local communities and to the new GP access recovery plan.

More than 4,450 additional staff have been recruited into direct patient care roles within the region’s primary care settings since 2020—meaning an expanded team of health professionals are now available to help patients get the right care when they need it, in addition to seeing their GP or practice nurse.

The NHS is raising awareness of the support available through community health teams, including pharmacists, mental health practitioners, paramedics, physiotherapists, and social prescribers in every part of the country.

Record numbers of people are seeking support from their family doctors but with one in five GP appointments being for non-medical reasons such as loneliness or seeking advice on housing or debts, the NHS wants to make sure patients receive the most appropriate care.

A patient can always see their GP, but the NHS is also training more than 7,500 staff to better assess patients’ needs when they first contact their practice, so patients can be directed to the right health professional for their needs. For example, if a patient has muscular pain, they may be booked straight in to see a physiotherapist.

Dr Nigel Wells, a GP and Executive Director of Clinical and Professional at NHS Humber and North Yorkshire Integrated Care Board (ICB), said: “More and more people are seeking support from

their GP practice, and the NHS must continue to adapt to match the changing needs of the communities we serve. By growing our workforce of healthcare professionals with specialised roles, we can expand access to care and tailor services to meet the needs of our diverse populations.

“Our goal is to guide people to the precise healthcare professional – whether it's a GP, physiotherapist or another expert – to ensure their path to health is as efficient and effective as possible.”

A new survey has found that over a third (36%) of people in England are not confident that they can identify the various health professionals working in a general practice, which could include clinical pharmacists, nurses and even paramedics. Public awareness of the range of support could be increased. Although 64% of people in the North East and Yorkshire region said they were confident at identifying the roles available, they didn't know that mental health practitioners, physiotherapists or social prescribers could be found at a general practice.

And more than 67% of people in the North East and 69% of people in Yorkshire and Humber surveyed said they were happy to receive care from another healthcare worker, recognising they didn't always need to see a GP.

To help explain the support available in the community, a new film has been released by NHS England, which sees three curious children go behind the scenes at a general practice to meet some of these professionals and learn more about how they help patients get the care they need.

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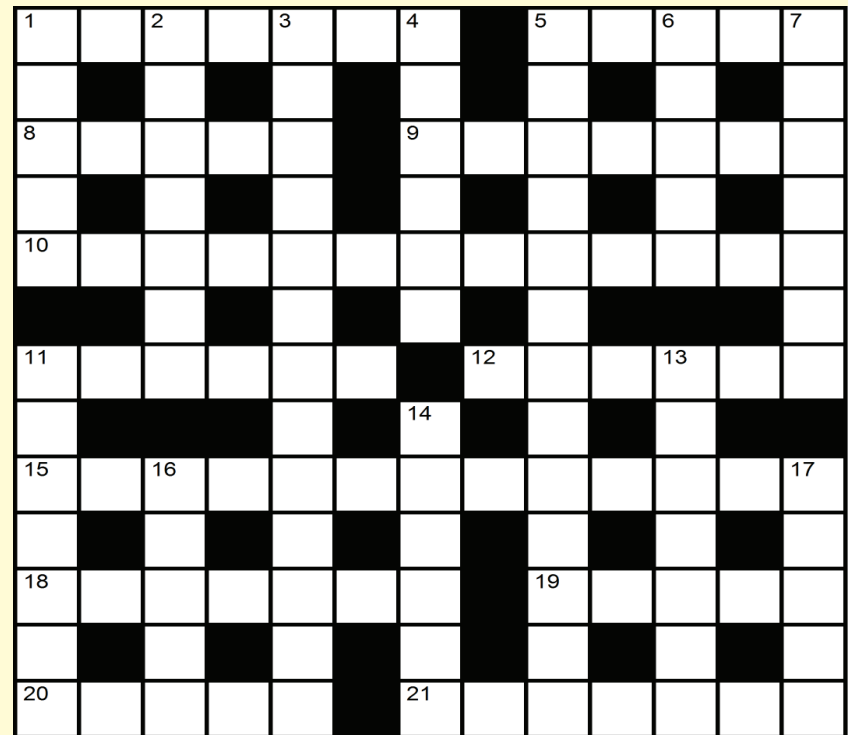
Every month we give you new and hopefully challenging puzzles for your enjoyment.

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

Wordsearch

R Y W S H S R E L K R A P S T S Z	BONFIRE NIGHT
E S R U O L O C I Y M G L A E X X	CELEBRATION
B W M S N O I S O L P X E M T Q Y	COLOURS
M L B A P E E F F O T F A V S C P	CRACKLE
E Z F M G G F Q N Z O L A I K R S	EXPLOSIONS
V U I N N D F J D P F N O N G A B	FIREWORKS
O T R M M R K M X W C O O P O C R	FLAMES
N O E B O N F I R E N I G H T K O	GUNPOWDER
A P W N M G U H V G G T Z D M L C	GUY FAWKES
H K O M I M D T T U Z A E Z Z E K	NOVEMBER
S J R I L K P S N Y Q R H K T M E	PARKIN
X U K P O Y R P G F N B R X O B T	ROCKETS
A O S W Q Q O A L A N E K T M M S	SMOKE
J Y G Y Y W L I P W D L N I E D S	SPARKLERS
F K O Q D U S M Y K Y E G U U Z N	TOFFEE
T C B E G P J L K E K C F M E J Y	
H L R B X X O I D S C M G J H T X	

Crossword



Clues:

Across

- 1 Spicy oriental rice dishes
- 5 Attempt
- 8 Coach
- 9 Inhabitant
- 10 Ras Tafari (5,8)
- 11 Continent
- 12 Militia groups
- 15 Opportunities
- 18 Grilled
- 19 Extraterrestrial
- 20 Lettuce starter
- 21 Blue bloods

Down

- 1 Quilt part
- 2 Greener vegetation
- 3 Took unique identifiers
- 4 Holy
- 5 Remarkable
- 6 Proportions
- 7 Top baseball team
- 11 Pro's
- 13 First
- 14 More savage
- 16 Escargot
- 17 Bright

HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?

- | | |
|--|--|
| 1 - How much is the 'Chococo's Countdown To Christmas Box' from www.chococo.co.uk ? | 4 - Over the past 15 years, how much has Jeffrey Long raised for various charitable causes? |
| 2 - Where are the 'Rosewood Luxury Deli Advent Calendars For Cats And Dogs' available from? | 5 - Who are offering 'Manager's Christmas Specials' with savings of up to 50% on some lines? |
| 3 - Who has ranked Start Rescue top for value and customer score? | |



WIN A SET OF 5 YORKSHIRE CHRISTMAS DECORATIONS 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!

	A																			
E		N					H						M						E	T
T	W	O	N	T			S	F		A	G	B	E	A				A	O	
W	E	O	R	W	A	N	T	S		E	R	N	E	D	K			T	N	A
K	H	A	N	D	D	I	E	E	G	T	E	R	D	O	A			B	E	W
R	H	A	F	A	S	T	F	O	E	R	E	A	C	E	N	B		D	H	O
L	E	E	D	E	N	I	T	A	A	R	I	R	O	A	T	M		W	O	

Sudoku

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

October edition answers

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

How Much Info Have You Retained answers:

- 1. Martin House Children's Hospice
- 2. Sunday 29th October
- 3. 43AD 4. Jurassic Earth
- 5. Dogs Trust 6. £3.6 billion

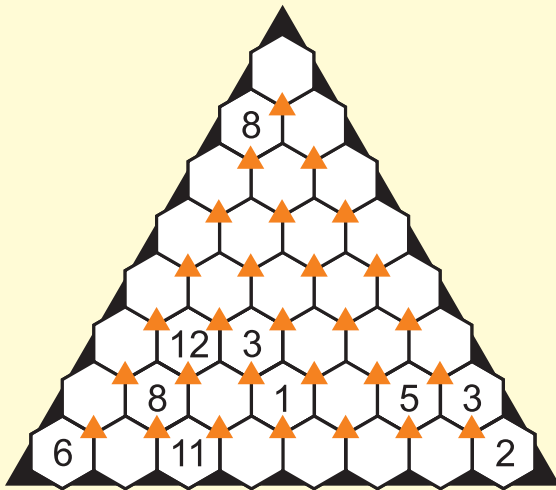
Drop Quote Answer:

In the consciousness of the truth he has perceived, man now sees everywhere only the awfulness or the absurdity of existence and loathing seizes him

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

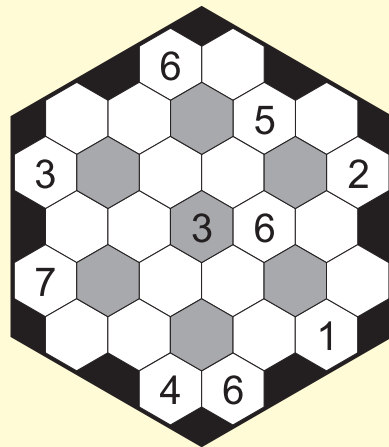
Subaddo 3D

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.



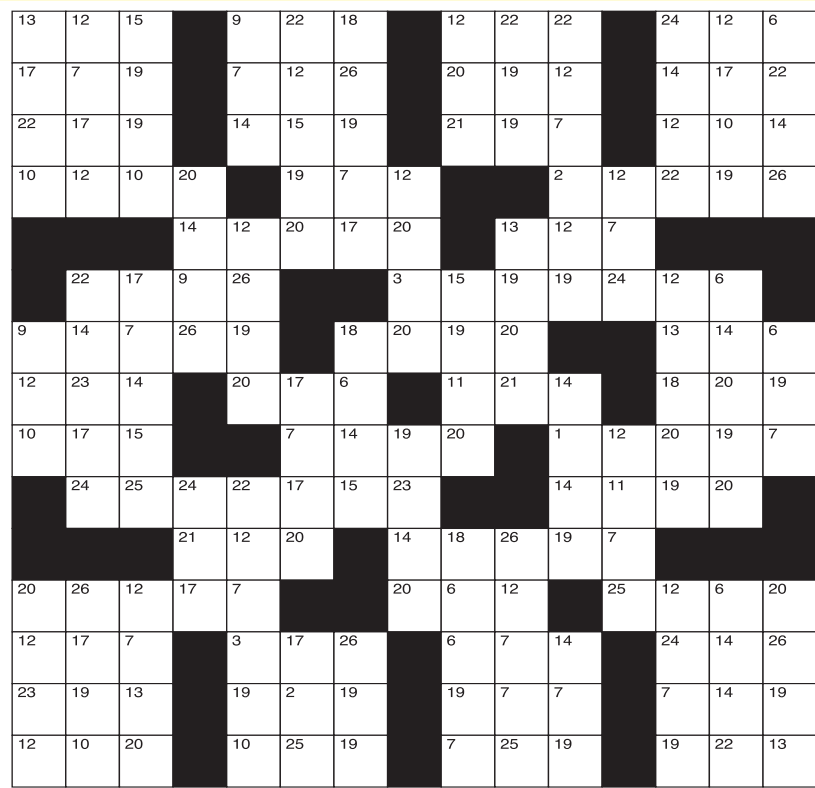
Rosetta

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

- #13 = M
- #22 = L
- #9 = F

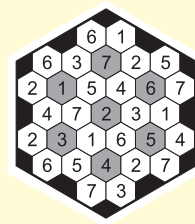
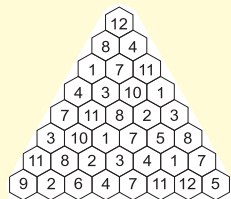
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Word Scramble

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

- 1 - ERNRHTON IGSNW HARTOESRC
- 2 - INDIEV CTLHEOAC
- 3 - GEOL TRSA WRSA
- 4 - EIRSNPI EVTNAD ETR
- 5 - HTE GAMCI OF HSIRSMTCA
- 6 - ITNAORCIV OPONS RRMWAE
- 7 - ATTRS RCESU
- 8 - REEFFJY ONGL
- 9 - MSEAG PLMEET
- 10 - UIEDNT SRATECP

October edition answers



Word Scramble:

- Yorkshire Reporter
- Corey Taylor
- Shackletons
- Stockeld Park
- Halloween Fun Events
- Light Spectacular
- Paragon Veterinary Referrals
- Victoria Brownlie
- Aquarius
- Leeds Glass

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Monthly Horoscopes By Russell Grant

ARIES March 21st - April 20th

Beware of spending beyond your means on the 3rd. Instead of engaging in retail therapy, focus on developing a prosperity consciousness. Rededicate yourself to a creative project on the 4th; it is a great outlet for your frustrations. On the 6th, you'll get a plum assignment as thanks for your dedication and diligence at work. On the 8th, you attract admirers like a flame draws moths. Set your romantic intentions. When a course that you've always wanted to take opens, sign up immediately since spaces will fill quickly. The New Moon on the 13th warns against dwelling on your debts. Making gratitude lists and imagining yourself living your best life attracts the abundance you desire. Entering a competition will be stimulating on the 24th; you'll make friends with highly talented people. On the 27th, the Full Moon advises listening more than you speak. An expert who is boring and cynical still has great advice on mastering skills.

TAURUS April 21st - May 21st

Low expectations of love bring you down on the 3rd. Boost your self-esteem by giving yourself the care, appreciation, and generosity you truly deserve. Beware of making impulsive decisions on the 4th or you could seriously inconvenience someone you adore. Your allure is more powerful than ever on the 6th, causing people to turn heads wherever you go. On the 8th, revise your daily schedule to include the people and activities you love most. The New Moon on the 13th warns against losing your head in love. If you meet someone that excites you, build the relationship slowly. A flirtatious conversation on the 15th lets you know you're on the right path. Be the aggressor with an emotional or financial opportunity on the 24th; the early bird gets the worm. On the 27th, the Full Moon brings an end to a source of earned income. Don't panic; further abundance is on the way.

GEMINI May 22nd - June 21st

You'll be handed some important professional responsibilities on the 4th. Have faith that you will dispatch these duties easily and efficiently. A business meeting on the 7th will go extremely well; this is also a good time to go to a job interview or audition. A flirtatious conversation on the 10th makes you feel alluring, witty, and intelligent. This is the beginning of a beautiful friendship. On the 13th, the New Moon prompts you to take better care of your health. Breaking a bad habit will restore your naturally vibrant energy. Feel free to pursue the object of your desire on the 22nd; your fiery passion is extremely attractive. A role or position comes to an end on the 27th due to the Full Moon. Although you're sad to see this situation go, it doesn't mean the future is bleak. Anticipate that an even bigger and better situation is on the way.

CANCER June 22nd - July 23rd

Let your best friend, romantic partner, or a business associate take work off your plate on the 6th. Use your free time to do something nice for yourself; this will cause your luck to multiply and grow. Starting on the 8th, devote more time to pleasant domestic pursuits. Cooking, gardening, and decorating will give you an attractive glow that's hard to resist. The New Moon on the 13th causes you to demand the care and attention you deserve. An attentive partner is making their way to you; be receptive to their unconditional love. Accept a lavish gift with a grateful heart on the 18th; you deserve this heartfelt tribute. If a trip gets cancelled on the 23rd, know it's for the best for everyone involved. A source of income ends on the 27th due to a disruptive Full Moon. The opportunity to make money from more rewarding work is on the way. Get ready to negotiate a lucrative contract.

LEO July 24th - August 23rd

A persuasive authority figure will try to lure you away from a period of rest on the 3rd; refuse to take the bait. Do everything in your power to deliver a professional promise on the 11th, even if it costs you money. Going the extra mile will protect your reputation and attract even more business. Don't settle for a living situation that is less than ideal on the 13th. Let the power of the New Moon direct you to a space or roommate who lifts your spirits. Making a professional presentation, going to an audition, or attending a job interview will help you realise a cherished career goal on the 18th. Starting on the 22nd, you'll attract admirers like a flower that draws bees. Bask in the attention. On the 27th, the Full Moon creates big changes in your social life. It will be such a relief to associate with people who share your optimistic view of life.

VIRGO August 24th - Sept 23rd

Be compassionate toward a confused business or romantic partner on the 3rd. Assume they'll take the path that is best for you both. A committed relationship takes work from your shoulders on the 4th. Your romantic allure is at an all-time high on the 6th; use it to lure someone into your web of intrigue. Devoting more time to cultivating a pleasant home life will pay off handsomely on the 10th. On the 13th, the New Moon gives you a variety of options that make you indecisive. Instead of rushing into the first opportunity that arrives, wait for the ideal way to expand your horizons. It will be necessary to rearrange your domestic life to accommodate a loved one on the 23rd. Fortunately, you're very flexible. The Full Moon on the 27th helps you resolve a troubling professional situation. A career that supports your emotional and financial ambitions is right around the corner; keep your eyes open for it.

LIBRA Sept 24th - Oct 23rd

Turning fantasy into reality requires practical steps on the 3rd. Saving money, adopting healthy habits, and making helpful connections are all part of the process. A reference or recommendation helps you secure a fantastic living situation on the 6th. Your natural charm, wit, and intelligence bubble to the surface on the 8th, making people putty in your hands. The New Moon on the 13th brings a moneymaking offer that's too good to be true. Hold out for a job with an established company that doesn't force you to do all the heavy lifting. Go after a moneymaking opportunity on the 18th; this will quickly turn into a passive income stream that's very lucrative. The 20th is great for making a big purchase like a home or vehicle. Finishing a course of study on the 27th is a great use of the Full Moon's power. Once this hurdle is crossed, you can put your advanced skills to good use.

SCORPIO Oct 24th - Nov 22nd

Set some healthy boundaries with your best friend or romantic partner on the 3rd; it will make your relationship healthier. A confident attitude helps you realise a lifelong dream on the 6th; remember you can be, do, and have anything you want. Treat a passionate argument on the 11th as an indication you deserve the best. On the 13th, the New Moon tempts you to adopt a radically different look. Rather than altering your image, build a better self-concept that makes you magnetic to abundance. Your powerful charisma attracts fame and acclaim on the 18th; enjoy basking in the spotlight. Entering a moneymaking challenge on the 24th will be very profitable for you. The Full Moon on the 27th helps you pay off a big debt. Instead of worrying about your depleted bank account, cultivate a feeling of abundance. This will attract the money you need to enjoy the luxuries you desire.

SAGITTARIUS Nov 23rd - Dec 21st

Overindulging in food and drink on the 3rd will slow you down. Treat your body like a temple on this pivotal day. Assuming more domestic responsibilities on the 4th will make you feel productive and appreciated. Your bold ideas will boost your reputation as a brilliant innovator on the 10th. The New Moon on the 13th causes you to withdraw from a stressful social world. Start looking for friends and colleagues who share your optimistic view of the world. They'll support a dream you've been quietly developing over the past few months. Your star power burns bright on the 22nd; use it to promote your agenda. Pour all your energy into improving your appearance and circumstances on the 24th; you will be successful. On the 27th, the Full Moon puts an end to a troubling relationship trend. Forming a more supportive alliance boosts your self-esteem and helps you receive the unconditional love you deserve.

CAPRICORN Dec 22nd - Jan 20th

Starting on the 4th, it will be much easier to get through your to-do list, especially if you adopt a slow and steady pace with your chores. Your powerful charisma paves the way for a travel opportunity on the 6th; book a trip to a place that's famous for its natural beauty. Looking for the part of a polished professional on the 8th will attract some exciting career opportunities. Pick the offer that appeals to your sense of luxury and beauty. On the 13th, the New Moon prompts a friend to behave erratically. Give the emotional support your loved one needs, but don't feel compelled to solve their financial problems. A flaky person will fall back on a promise on the 23rd; have an alternative plan ready. A health matter prompts you to end a bad habit on the 27th due to an informative Full Moon. Embarking on a fitness routine revives and restores you.

AQUARIUS Jan 21st - Feb 19th

Achieving a healthy work-life balance will be challenging on the 3rd. It's better to err on the side of a happy domestic life right now, even if it means turning down work. Spending more time on the relationships and activities you love will cultivate greater emotional stability on the 4th; try it. Don't let a pushy authority figure talk you into assuming a distasteful role on the 10th. A high-profile position is offered on the 13th due to an intense New Moon. Although you like the idea of having more autonomy, you should wait for a job that is more in line with the type of work you enjoy. Apply for a position in a creative or non-profit field on the 17th. The Full Moon on the 27th finds you returning from a trip or finishing a course of study. You'll be glad to finish this task, as it clears the path for a more rewarding future.

PISCES Feb 20th - March 20th

Don't expect your best friend, romantic partner, or business associate to read your mind on the 3rd. If you need more time to make an important decision, just ask. Assuming more responsibility on the 4th will cause your professional reputation to shine. A blunt suggestion from a colleague is worth following on the 10th. Beware of making travel reservations on the 13th, as the disruptive New Moon could throw obstacles in your way. If you need to book a trip, make sure to get travel insurance. You can manifest a lifelong dream on the 17th. Always remember that if you believe something, you will achieve it. Apply for your dream position on the 24th, even if the competition is stiff. On the 27th, a tense career matter comes to a conclusion due to a powerful Full Moon. This is both a relief and a loss but take heart. Opportunities to work in a creative field will soon arrive.



COMPETITIONS

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OCTOBER EDITION COMPETITION WINNERS

The Great Yorkshire Shop competition - Coleen Allison

Jurassic Earth tickets - Marie Mosley, Russ Thomas,
Alice Dixon & Romilly Woodman-Wilcock

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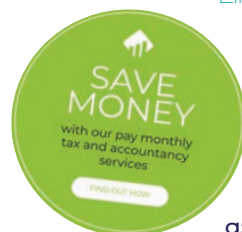


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