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Visitor Economy To Be Promoted With Launch Of New Partnership

Tourism businesses in York and North Yorkshire are to be given more support with a new vision to help to ensure that the multi-billion pound visitor economy reaches its full potential.

A joint bid for a Local Visitor Economy Partnership (LVEP) for both York and North Yorkshire has been approved, paving the way for a far more co-ordinated and strategic approach to promoting the tourism sector.

Local Visitor Economy Partnerships have been introduced as part of the Government's response to an independent review of how the nation's visitor economy is co-ordinated and promoted and have the potential to draw in additional support and funding from Westminster.

It is hoped that the new partnership, which has been approved by a panel involving the VisitEngland tourism organisation and the Department for Culture, Media and Sport, will ensure that the greatest benefits are achieved for both York and North Yorkshire's visitor economy.

Tourism is worth more than £3.2 billion each year in York and North Yorkshire, and in excess of 60,000 workers are employed in the sector.

Council leader, Cllr Carl Les, said: "This announcement marks a watershed in the way we can help promote the visitor economy in both York and North Yorkshire.

"We know only too well how valuable the visitor economy is, providing jobs for tens of thousands of people and attracting visitors from across the globe.

"It is particularly important for North Yorkshire, as we now have

the opportunity for a countywide strategy to promote the visitor economy following the launch of North Yorkshire Council in April."

"The announcement of the Local Visitor Economy Partnership is the latest indication of an increasingly close working relationship between City of York Council and ourselves with the prospect of a devolution deal and a combined authority."

City of York Council's leader, Cllr Claire Douglas, said: "Known around the world as 'God's own county', York and North Yorkshire are blessed with an incredible experience for anyone wanting to visit and enjoy our region.

"Our amazing range of independent businesses and SMEs within the tourism and hospitality sector provide unique services and experiences for visitors, along with a huge range of flexible and interesting roles for people working in the industry.

"We will continue to work closely with our colleagues in North Yorkshire to develop this essential industry for our region, to provide as much support as we can to help it grow sustainably, build more resilience and deliver improved pay, terms and conditions and productivity for its workforce."

VisitEngland's director, Andrew Stokes, who chaired the Local Visitor Economy Partnership panel, visited some of the region's leading tourist attractions recently, including the North Yorkshire Moors Railway in Pickering and Clifford's Tower in York.

Andrew said: "Local Visitor Economy Partnerships (LVEPs) are at the heart of transforming the visitor economy landscape in England and we are delighted North Yorkshire Council and City of York Council worked together on the joint bid.

"We look forward to continuing our close collaboration as the LVEP is established and VisitEngland will provide expert support alongside guidance and resources in areas from product distribution, accessibility and sustainability to business support, funding bids and marketing.

"There is an incredibly diverse visitor economy in York and North Yorkshire, with wonderful coastlines, incredible National Parks and some of the best towns and cities that England has to offer and this new LVEP will ensure the region continues to be a compelling destination for both domestic and international visitors."

Among those businesses which are set to benefit from the launch of the new Local Visitor Economy Partnerships is Bolton Abbey estate in the Yorkshire Dales National Park.

The estate, which takes its name from a 12th century monastery in the grounds, attracts more than 250,000 visitors every year.

Bolton Abbey's visitor experience and marketing manager, Moira Smith, said: "Visitors have been welcomed to Bolton Abbey since the foundation of the Priory in 1154. We continue to extend a warm welcome to those who come to explore the estate's diverse landscape and we are delighted that the Local Visitor Economy Partnership will support this.

"The co-ordinated approach across the county will help us to realise the full potential of the visitor economy. Here at Bolton Abbey, the benefits will extend to our growing team, our community of on-estate businesses and the local economy."

Local Visitor Economy Partnerships involve both the private and public sectors and will need to follow a new national process to be eligible for support and potential funding from the Government.

Established destinations in York and North Yorkshire, such as the coast, the Yorkshire Dales, the North York Moors, Harrogate and market towns, are due to be supported through the proposed Local Visitor Economy Partnership.

A draft destination management plan for North Yorkshire and a proposed tourism strategy overseen by Make It York formed the foundations for the bid. Both documents will be considered by the relevant council executives by the start of next year.

The York Tourism Advisory Board is currently developing the city's new tourism strategy alongside Make It York, City of York Council and the York BID.

The board's chair, Brendan Paddison, who is also Associate Professor and Associate Dean at York St John University, said: "Achieving Local Visitor Economy Partnership status is a brilliant outcome for York and North Yorkshire.

"This will support Make It York and City of York Council to continue to position York as a leading destination, and working with North Yorkshire Council and the new mayoral combined authority, to advocate for the importance of tourism to the city and region together."

There is a significant crossover in the priorities of the draft strategies for both York and North Yorkshire, adding even greater weight to pursue the joint bid.

Both of the proposed plans are looking to promote a year-round visitor economy, while ensuring that it is heavily themed on sustainability and that the industry can thrive alongside communities living in York and North Yorkshire.

It is hoped the promotional drive will ensure visitors stay for longer and explore more of what York and North Yorkshire have to offer, while attracting more people to travel from overseas.

Make It York Says Goodbye To Chair, Greg Dyke

Greg Dyke has announced that he will be stepping down as the Chair of Make It York in the new year.

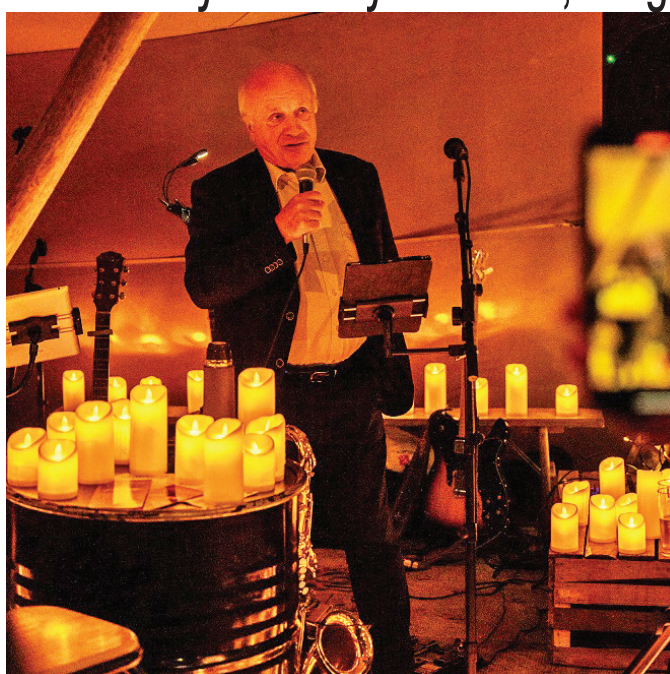
Greg has been Chair of Make It York for 4 years, during which time his expertise has helped create the city's Tourism Strategy and Make It York Business Plan amongst other projects, which include the Rugby League World Cup, Kyiv City Ballet Tour, York Ice Trail and other city-wide events.

Greg joined Make It York with a wide wealth of experience, with previously held positions including Director General of the BBC and Chairman of The Football Association. He is currently Chairman of the London Film School.

Mark Fordyce, currently on the Make It York Board, will be taking over from Greg as interim Chair.

Greg Dyke, Chair of Make It York, says "It's been a challenging and enjoyable four years, but I do feel it's time for me to step down. Obviously, the biggest challenge was the pandemic which greatly damaged Make It York's finances, however they have now recovered thanks to the outstanding efforts of the staff and fellow board members.

"I think York is a great city and I believe it has an exciting future. I have had a special relationship with York for more than 50 years, first living here in my twenties to study at The University of York,



and then coming back as Chancellor of the University for 11 years. It's been an absolute honour to chair Make It York and I would love to see the new Chair be someone who knows and loves the people and culture of York, and someone who can successfully drive our tourism strategy forward."

Sarah Loftus, Managing Director of Make It York, says "I want to offer my heartfelt thanks to Greg for all the amazing work he has done for the organisation. From leading the city through a national pandemic, to creating a successful tourism strategy for the city, to raising the company to become a key player within the city, we've achieved so much together and his love for the city shines through in everything he does."

Mark Fordyce, Managing Director of York Data Services and Make It York Board member, says, "On behalf of the board, I'd like to thank Greg for his leadership over the past 4 years and the positive impact it has had on the organisation and the City of York. It will be extremely sad to see Greg leave, and we wish him only the best in his future endeavours. York is a city of investment and opportunity, of commerce and tourism, and I'm looking forward to being able to assist in continuing to build the city for the benefit of not only tourism, but for the thousands of people who live, work and play in the city on a daily basis."

Big Community Switch To Reduce Energy Costs Has Entered Next Phase



The latest phase of a scheme to help householders in parts of North Yorkshire save money on their energy bills has started.

Householders in the former Ryedale and Scarborough local authority areas can register to take part in an energy auction as part of the nationwide Big Community Switch supported by North Yorkshire Council.

The scheme, hosted by iChoosr, aims to see if householders can save money on their energy bills by securing competitive tariffs with trusted energy suppliers. Registrations are open now ready for the auction on January 9.

The amount of money that can be saved will vary depending on individual factors, such as the current tariff, payment method, energy consumption and the winning bid. Savings, or where there are no savings, are clearly displayed in the personal offer received. There is no guarantee that an offer will be the cheapest, but the model aims to ensure most people are offered lower annual energy bills than they are currently paying or are available at the time of the offer.

North Yorkshire Council executive member for housing, Cllr Simon Myers, said: "We understand that switching energy suppliers can be a daunting task, but we hope some of our residents will be able save money through this auction."

iChoosr is the leading collective switching expert operating in the UK, the Netherlands and Belgium, helping households switch to new energy suppliers. It organises domestic energy group buying schemes in the UK in collaboration with community leaders, such as councils.



■ Cllr Keane Duncan at Selby

£42m Station Gateway Plans Move Closer To Final Submission

Multi-million pound schemes to transform the centres of Harrogate, Selby and Skipton are moving forward to a key stage.

Executive councillors are due to consider further details of the £42 million Transforming Cities Fund (TCF) projects, which will enhance access to transport hubs in all three towns.

Revised proposals have been drawn up to reflect feedback from the public and local councillors. The plans are within budget estimations and will minimise construction disruption.

Focused on value for money and local priorities, work on the plans paves the way for submission of final business cases to the West Yorkshire Combined Authority (WYCA).

North Yorkshire Council's executive member for highways and transport, Cllr Keane Duncan, said: "We are now at a critical stage in the delivery of the three projects, which will be transformative for Harrogate, Selby and Skipton.

"Our revised proposals focus on core elements with the most public support. The plans are affordable, deliverable and are built on extensive cross-party engagement with councillors.

"We are being clear and realistic about what we can achieve now, and the measures we want to deliver in further stages.

"This is positive progress that puts us in the best possible position to deliver this landmark package of investment while avoiding potential delays and navigating budget constraints.

"It means we are ready to submit final business cases for the Selby and Skipton schemes this month, and for Harrogate as soon as is possible."

Funding options to deliver subsequent phases of the schemes are

being identified, including under the new York and North Yorkshire mayoral combined authority.

In Selby, it is proposed to focus on improving pedestrian and cycling access along Station Road and Ousegate, the new station access and car park to the east, along with improvements to the station building and the new plaza entrance into Selby Park.

Other elements, including the underpass connection to Portholme Road, junction alterations at The Crescent and wider landscaping plans for Selby Park, would be brought forward as subsequent phases.

In Skipton, it is proposed to deliver the canal path connection from the railway station to the cattle mart and college, and the walking route to the bus station, including Black Walk and a replacement Gallows Bridge.

Improvements to the railway station car park would be brought forward at a later date.

In Harrogate, the proposed scheme focuses on elements which gathered the most public support. This includes high-quality public realm improvements to Station Square and One Arch, improved access into the bus station and improved coordination of traffic signals.

The possibility of a southbound segregated cycle lane on Station Parade, while retaining two lanes for motorised traffic, is also being explored. Wider cycling infrastructure improvements would be delivered under further stages of investment.

Further detailed work on the Harrogate scheme is required prior to engagement with the public and formal consultation on traffic regulation orders next year.

Latest York And North Yorkshire Devolution Milestone Reached

York and North Yorkshire's devolution order has been laid in Parliament – marking another step towards the devolution deal becoming law in early 2024.

The deal, which was announced in August 2022, will bring investment of more than £540 million over the next 30 years to the region. York and North Yorkshire councils and a new combined authority led by an elected mayor will have more decision-making powers over key local issues, such as adult education, transport, infrastructure, skills, jobs and housing.

Work is already underway to maximise the impact of the deal. Last month, £7 million was allocated to 23 net zero schemes across York and North Yorkshire, funding that will be received should the combined authority be approved by Parliament. Alongside carbon reduction, funding will create a pipeline of net zero projects that will drive economic growth, create jobs, reduce energy costs for businesses and leverage further investment.

North Yorkshire Council's leader, Cllr Carl Les, said: "The prospect of bringing more decision-making powers and millions of pounds in additional funding from the Government will bring real and tangible benefits for hundreds of thousands of people in York and North Yorkshire.

"Devolution is about ensuring levelling up becomes a reality, tackling regional inequalities and bringing the prospect for more equal opportunities

with better job opportunities and improved skills and training, more affordable housing and tackling the threat of climate change.

"The announcement that the Government has laid the order before parliament, for the creation of a combined authority is very welcome, and the next significant step towards achieving the long-held ambition for devolution for both York and North Yorkshire.

"The new combined authority will be a driving force behind the devolution process, overseeing major strategic projects and how funding will be allocated, and working closely with both North Yorkshire Council and City of York Council."

Cllr Claire Douglas, Leader of City of York Council, said: "Devolution and the creation of the York and North Yorkshire Combined Authority presents a huge opportunity for our region. City of York Council committed, in our four-year council plan, to working in partnership to maximise the opportunities arising from devolution and we can't wait to get started. The laying of the draft order is another key milestone as we work towards establishing the new combined authority.

"This is a true partnership effort between York and North Yorkshire, and I want to thank everyone involved who has worked tirelessly to get us to this point. Devolution will allow us to bring significant new investment into York

and the surrounding region. It brings vitally important new opportunities to deliver sustainable, affordable housing and transport, to tackle the climate emergency and to grow our economy for the benefit of all our residents. These are all priorities that align with our vision and ambition for the city to be more equal, affordable, climate focussed and healthy."

The York and North Yorkshire Combined Authority Order 2023 is a legal document which sets out the powers available to the incoming mayor and combined authority to deliver the content of the devolution deal. Public consultation on the deal ran for eight weeks at the end of 2022. Results from that consultation were published in February this year and showed widespread support.

MPs are now expected to consider the draft order before Christmas.

James Farrar, Interim Director of Transition for the York and North Yorkshire Combined Authority, added: "Subject to progress, a new combined authority could be operational in January and formally launched in February. A mayoral election would take place on 2nd May 2024."

For more on York and North Yorkshire Devolution, visit:

www.ymydevolution.com



■ North Yorkshire Council's executive member for children and families, Cllr Janet Sanderson, Alison and Paul Blacker with fostering families and Fostering North Yorkshire staff involved in the Mockingbird model on the coast

Innovative Council Scheme For Family-Based Foster Care Extends

The delivery of foster care using extended networks to provide support in the heart of communities in North Yorkshire is being hailed a success after the launch of a third hub.

Fostering North Yorkshire, part of North Yorkshire Council, joined the Fostering Network's The Mockingbird Family Model Programme, along with 22 other fostering services around the country, in 2019, empowering families to support each other.

The project has been so successful that a second hub network officially opened in Scarborough recently – becoming the third hub in the county.

The Mockingbird Family Model was originally developed in 2004 by The

Mockingbird Society in America. The model centres on a “constellation”, with one foster home acting as a hub that offers planned and emergency sleepovers, care, advice, training and support to between six and 10 “satellite” fostering families.

The hub home foster carer builds strong relationships with all the families in the constellation, helping them to support each other and overcome problems before they escalate or potentially lead to a breakdown between the child and foster carers. This in turn improves the stability of fostering homes and strengthens the relationships between carers, children and young people, fostering services and birth families.

Like an extended family, the constellation develops a supportive

community through regular activities, providing children and young people with a positive experience of care. The Mockingbird model also offers supportive peer relationships for sons and daughters of foster families and foster carers.

The first hub for North Yorkshire was opened in Scarborough in 2019. A second was opened in Thirsk in 2022 and another has just officially been launched in Scarborough, marked by a launch party at Briercliffe Children's Centre.

Paul and Alison Blacker, from Scarborough, are the hub family. Mr Blacker, 56, has been fostering for more than two decades while his 52-year-old wife has been involved since 2005. Since fostering together, they have had well over 40 children to look after – whether it has been long-term care, sleepovers, day care, or in educational settings.

Mr Blacker said he has found the hub in Scarborough to be very supportive and caring, and added: “We have seen how good it is for fostering families to be part of the constellation, since it provides practical and emotional support to all involved. There are many children in Scarborough in need of care and by forming a supportive network and community of carers, we can take better care of everyone involved.”

Mrs Blacker added: “We feel it's time to open our doors to other carers in our area. We have a diverse group of carers and Paul and I are delighted to be the hub home for them – we're there at the end of a phone whenever they need support, or they can pop in for a cuppa any time. Since we've looked after children in all sorts of settings, we understand what they're going through.”

North Yorkshire Council's executive member for children and families, Cllr Janet Sanderson, said: “We're very proud to be extending the Mockingbird model within North Yorkshire. It has worked so well in Scarborough, that I'm delighted to see a second hub launched there to strengthen even further our outstanding record in achieving great outcomes for our looked-after children and stronger relationships between our social workers and foster carers.”

“Alison and Paul are excited about the opportunities ahead and have a wealth of experience and support to share. Scarborough carers are a beacon of best practice and we would encourage other areas to follow suit.”

Fostering North Yorkshire is continuing with a recruitment campaign to sign up new carers. There are children in North Yorkshire who, for one reason or another, cannot live with their birth families and who need more than a place to stay.

Fostering North Yorkshire is offering a £500 golden hello to newly approved carers up until the end of the year.

Visit www.northyorks.gov/fostering

Consultation On The Future Of Dales Primary School Is Launched



Residents are being asked to have their say on the future of a village school in a rural community in North Yorkshire.

A formal public consultation on the future viability of Fountains Earth Church of England Primary School in Lofthouse has launched amid challenges around pupil numbers, financial pressures and teacher recruitment.

The school in Upper Nidderdale has suffered from dwindling pupil numbers in recent years. At this time last year there were 15 pupils attending the school, which is part of a federation of schools with St Cuthbert's in Pateley Bridge and Glasshouses Primary School, sharing one headteacher.

Earlier this year, the school's governing board approached North Yorkshire Council to request consultation on a proposal to close the school after all pupils had transferred to other schools by the start of the current academic year in September.

On November 7, the council's executive member for education, learning and skills, Cllr Annabel Wilkinson, agreed to start a consultation which will seek views on the potential closure of the school.

A wide range of interested parties, including parents and the wider community, are being asked for their views before a decision on the next steps is taken. The closing date for responses is 5pm on Friday, December 22.

Cllr Wilkinson said: “This is an important consultation, and it is essential we take everybody's views into account. I would urge members of the Upper Nidderdale community to share their views so that we can make an informed decision as to what steps to take next.”

The council's executive members will consider the consultation feedback in January 2024.

If the proposed closure is approved at the end of the required process, then Fountains Earth Primary School would close on March 31, 2024.

More information and for anyone wishing to have their say can be found online at www.northyorks.gov.uk/FountainsEarth

New Government Data Reveals Children Waiting Longer In Care Before Being Adopted

Children who are unable to live with their birth families and for whom an adoption decision has been made are remaining in the care system for longer before they are adopted, according to government data published recently.

Despite the government's commitment to reduce the amount of time a child waits in care, figures show that some of society's most vulnerable children are waiting on average two years and five months to be adopted, two months longer than the previous year and up from two years in 2019.

Recent data shows it is taking longer to match a child with adopters once a decision has been made to place a child for adoption. This comes at a time when the cost of living crisis is also having an impact on the decisions of prospective adopters to adopt. In Adoption UK research last year 87% of prospective adopters said cost of living increases were a significant factor in the decisions they were making about becoming an adoptive parent.

Eighty percent of adopted children will have suffered abuse, neglect, or violence and a further 11% have experienced family dysfunction - most are placed in care before being adopted. The longer a child remains in care, the more likely they are to experience multiple moves between foster placements which can re-traumatise the child.

The Department for Education figures also show that the number of children adopted from care in England has fallen by 2% in the year to March 2023, to just 2,960. This is down from a peak of 5,360 in 2015. Last year's figures showed a slight increase of 4% but this was marginal, considering a fall of 17% during the previous pandemic year. The number of adoptions in England has not returned to pre pandemic levels, which were relatively stable at around 3,500.

This sits against a backdrop of a rise in the number of children being placed into the care of local authorities – up by 2% this year, to a peak of 83,840.



Energy Efficient Social Housing Development Completed In Harrogate

Five new homes will be let to local people following the completion of a £1million project in Harrogate.

It is the latest in an innovative North Yorkshire Council scheme to turn redundant land into social housing. The three houses and two flats, which have been built on a former car park in a residential area of Harrogate, are the most energy efficient properties developed by the authority.

They have the latest green credentials – air source heat pumps, solar panels, triple glazing and insulation – making them extremely energy efficient. The largest house will produce just 0.3 tonnes of carbon dioxide a year compared to an average home creating six tonnes.

The Dene Park homes, one three and two two-bedroom houses and two one-bedroom flats, have been delivered by the council's in-house development team and using local contractors wherever possible. They also benefitted from grant funding of £225,000 from Homes England.

The council scheme sees the in-house development team obtain unused land, build the properties and then let them to local families as social housing. The Harrogate homes are the latest in more than 50 homes to be built this way in the former Harrogate and Craven district areas over the last eight years. They have utilised land that had lain unused, garages that were no longer fit for purpose, and anti-social behaviour hotspots.

North Yorkshire Council's executive member for housing, Cllr Simon Myers, said: "This scheme is delivering new social rented affordable homes which make a big difference to the lives and well-being of local families. It is a scheme that has been running in Harrogate and Craven for many years and we hope to expand it across the county.

"Added to that these new homes in Harrogate are the most energy efficient we have developed, reducing fuel and lighting costs for the tenants, making them truly affordable homes. Reducing our carbon emissions is a key target for the council and building more homes like these will help that."

Homes England's manager for provider management, Kirsty Birbeck, added: "As the Government's housing and regeneration agency, increasing the supply of quality affordable homes remains one of our key objectives and we are committed to supporting ambitious housebuilders of all sizes to build those homes and communities.

"This investment through the Affordable Homes Programme does just that, enabling North Yorkshire Council to build five much needed new homes the people of Harrogate can be proud of."



DLA Architecture Leads On Major New Sustainable Community

DLA Architecture has led the design of a Banks Property planning application that has been submitted for a significant new sustainable housing and community development in North Yorkshire.

Working with Lichfields Planning Consultants, DLA has designed the Masterplan on behalf of Banks for a major extension to the west of the village of Eggborough near Selby, which would offer up to 1,500 low carbon, energy efficient homes of all types.

The development would also include enhanced local transport links, a new primary school and nursery, assisted living units, new areas of accessible public open space, other local services and a range of environmental benefits.

Banks Property has already carried out an extensive public consultation exercise for its plans to develop the 70 hectare site in line with the emerging Selby Local Plan. The proposed scheme intends to act as an integrated extension to Eggborough's existing community, delivering much needed new housing, job creation and enhancement to the local infrastructure.

The masterplanning for the Eggborough site has been underway for over eighteen months, during which time DLA and the team have consulted with key stakeholders including the local authority, highways, railways, ecology, environmental, and renewable energy consultants.

Considerations include number of existing constraints and opportunities, such as a water main running across the site, overhead power cables, existing and historic hedgerows, and extensive SUDS ponds and swales. The masterplan consists of four development phases and incorporating a central energy centre to provide district heating, and the potential for PV panels.

Joe Anderson-Cable, project manager at Banks Property, said:

"This site is included in the draft Selby Local Plan as a housing-led location and offers the opportunity to create a landmark development that will help Eggborough continue to thrive for decades to come.

"Increasing the local and regional supply of quality housing will help to attract people to live and work here, which will in turn support the development of the local economy, affordable quality housing will also mean that everyone can access the housing ladder, most especially local younger people and families who want to move to or stay in the area.

"DLA has demonstrated considerable expertise and credentials in master planning strategically important schemes of this scale and local economic importance and we are pleased to have them on board."

Jonathan Knowles, Director at DLA Architecture, said,

"We have created a masterplan with a distinctive design approach that is deliverable in phases to dovetail into the existing settlement, with homes that are low-carbon, energy- and water-efficient, and climate-resilient.

"The plans incorporate affordable housing, a primary school accessible to all Eggborough families, improvements to Whitley Bridge railway station, 70 extra care homes, a small retail facility and potential energy centre to provide a district heating system. We have allocated significant areas for new public spaces and wildlife habitat as well as dedicated bus routes and green paths for walking or cycling through the site."

Subject to planning consent it is hoped that the Eggborough site could start construction of the first residential phase by late 2025.

DLA Architecture has been established for more than 40 years and employs 91 architectural staff across its offices in Leeds, Manchester, and London. Its expertise covers a broad range of sector including learning, sport, industry, care, workplace, housing, retail, conservation and re-use.

The team has extensive experience in site assessment and masterplanning with a primary role in helping to assemble communities that are socially, economically and ecologically viable and are a pleasure to live in.

DLA is recognised nationally for its award-winning work which includes the sensitive, £21 million PPP delivered community project at Hackney Gardens in London and the transformation of the iconic Majestic building in Leeds city centre.

Over the last 12 months the practice has secured a number of strategically important projects, in particular large scale high-rise mixed-use developments in city centres. These include redevelopment plans for major gateway sites of the former Yorkshire Post, International Pool and Westbank in Leeds. It recently completed the prestigious redevelopment of super prime offices at 26 St James Square in fronting Pall Mall in London.

Multi-Million Pound Leisure And Wellness Centre Opens

Knaresborough's new £17.5 million leisure and wellness centre opened its doors to the public recently.

The new centre, which brings state-of-the-art swimming and fitness provision to the market town, includes a six-lane 25-metre pool, a leisure pool with flume and a 60-station fitness suite. There is also a studio for group fitness classes, a bespoke group cycling studio, sauna and steam rooms, a café and an outdoor children's play area.

North Yorkshire Council's executive member for culture and leisure, Cllr Simon Myers, said: "I am delighted that we have opened this exciting new leisure provision for Knaresborough – it's a perfect Christmas gift for the town.

"The local community had long outgrown the old pool – there was a call for fitness provision as well as spaces for classes and post workout relaxation spaces. By shifting the service offer from



conventional swimming pool provision to a community health and wellbeing service we aim to help people move more, live well, feel great and reduce the proportion of the population that is physically inactive."

The project complements a wider £47.9 million investment in leisure provision, including the recently completed refurbishment of Harrogate Leisure and Wellness Centre and the Jack Laugher Leisure and Wellness Centre in Ripon.

All the centres are managed day-to-day by Brimhams Active, the council's health and wellbeing company.

The centre has been developed next to the old Knaresborough Pool, which was built in 1990 and last refurbished 20 years ago.

More information on the centre, including opening times, memberships, services and the classes available, is on the Brimhams Active website at www.brimhamsactive.co.uk



Tadcaster-Based Tadweld Secures £20k Innovation Grant To Propel Technological And Staff Development

Tadweld, a leader in engineering and fabrication, is thrilled to announce a substantial £20,000 grant from the Made Smarter programme, aimed at enhancing digital innovation. This grant underscores Tadweld's long-standing commitment to excellence and growth in delivering high-specification steelwork solutions to global brands.

With over 40 years of expertise in designing, manufacturing, and installing a diverse array of quality fabricated products, Tadweld is set to further solidify its market position through advanced laser welding technology and comprehensive staff training.

Chris Houston, Managing Director, expressed his excitement about the advancements, "The introduction of laser welding technology represents a

significant step forward for Tadweld. It will provide us with a competitive edge, enabling us to offer superior products and services to our clients."

Tadweld is not just innovating with technology but also empowering its workforce through management training courses and an Employee Engagement Survey, reflecting its dedication to staff development and exceptional service delivery.

The company services a wide spectrum of industries, including food and drink, construction, and pharmaceuticals, and is a trusted partner for world-leading brands. This investment is poised to enhance Tadweld's already strong reputation for quality, reliability, and unrivalled workmanship across the UK and beyond.

York & North Yorkshire Growth Hub Welcomes Three New Team Members



The York & North Yorkshire Growth Hub is delighted to announce the addition of three new team members who will play a crucial role in supporting local businesses and entrepreneurs. Faye Greer-Pickup, Jack Colding, and Adrian O'Neill have new roles in the Growth Hub, each bringing a unique set of skills and experiences to provide free and impartial support as well as access to a range of resources.

Faye Greer-Pickup has been promoted to Delivery Officer for the Growth Hub, with a focus on providing support to individuals looking to start businesses in the North Yorkshire area. Faye's background in economic development, along with her passion for assisting young entrepreneurs, makes her a valuable member to the team. Faye said, "I'm thrilled to have the opportunity to work with pre-start and early-stage start-ups full-time, helping them navigate the path to success."

Part of Faye's work will involve finding and referring businesses to the Growth Hub's range of support for start-ups including the acclaimed Strive Live Start-Up Incubator designed to equip entrepreneurs with the skills and knowledge needed to thrive in today's competitive market.

Jack Colding, the Growth Hub's new Environment and Sustainability Business Relationship Manager, will work closely with businesses in North Yorkshire to reduce costs and stay ahead of new regulations. Jack's professional background in the logistics sector has given him insights into decarbonising business operations, and he is eager to help local businesses reduce their energy usage and embrace sustainable practices. Jack said, "Net zero is a tremendous business opportunity. It can save costs and boost your brand while helping the environment."

As part of their £22.3 million of Shared Prosperity Funding, North Yorkshire Council have made both grants and support available to address funding and knowledge gaps preventing businesses taking effective action on net zero. Jack Colding can assist businesses in accessing this funding, opening the door to opportunities for sustainability and growth.

Adrian O'Neill, the new Skills Specialist Business Relationship Manager, is dedicated to helping North Yorkshire businesses create a well-trained and fully engaged workforce to help with challenges such as recruitment & retention. He will work with leaders and owners to put long term skills development plans in place rather than rely on short-term fixes. Adrian's diverse background, including adult teaching, working with disadvantaged groups, and various sectors including zookeeping, uniquely positions him to understand businesses' individual needs and challenges. Adrian expressed, "I believe that well-trained and motivated employees are the cornerstone of business success. I'm here to identify and address skills gaps, provide solutions, and connect businesses with the right training providers."

Adrian O'Neill will be helping business access an array of support including an exciting programme of 30 Skills Bootcamps, supporting more than 800 individuals. These Skills Bootcamps are also designed to help businesses develop their own workforce, with up to 90% of all training costs met by York & North Yorkshire LEP.

The York & North Yorkshire Growth Hub is excited to have Faye, Jack, and Adrian on board and looks forward to the positive impact they will have on the business community. These new team members are available for free advice and support to businesses across North Yorkshire by visiting www.ynygrowthhub.com or contacting support@ynygrowthhub.com

Knaresborough Banking Hub Has Opened



Cash Access UK, the organisation set up to protect nationwide access to cash, has confirmed the new Banking Hub in Knaresborough has officially opened.

Knaresborough's Banking Hub is located at 15 Kirkgate, Bowling Green Yard, Knaresborough was officially opened by Andrew Jones, MP for Harrogate and Knaresborough.

The Banking Hub will offer a counter service operated by the Post Office, where customers of all major banks and building societies can carry out regular cash transactions, Monday to Friday. The Banking Hub also offers a Community Banker service where customers can talk to their own bank about more complicated issues. The Knaresborough Banking Hub will be open Monday to Friday between 9am-5pm and the Community Bankers will work on rotation, with a different bank or building society available on each day of the week:

Monday: NatWest Tuesday: Halifax Wednesday: Santander
Thursday: HSBC Friday: Barclays

Banking Hubs are being created across the UK and are funded and supported by 9 major high street banking providers: Bank of Ireland UK, Barclays Bank UK PLC, Danske Bank, HSBC UK Bank plc, Lloyds Banking Group, NatWest Group plc, Santander UK plc, TSB Bank plc and Virgin Money.

Knaresborough was chosen to receive a Banking Hub after LINK, the UK's cash access and cash machine network, identified the need for enhanced cash deposit services following bank branch closures in the town.

Andrew Jones, MP for Harrogate and Knaresborough: "The Banking Hub will be invaluable to residents and businesses in Knaresborough and be welcomed by those who rely on cash and face-to-face banking. I look forward to seeing the impact the Banking Hub will have on the local community."

If you would like to know more about the Banking Hubs please contact: isabelle.sinnott@h-advisors.global

Be Carbon Monoxide Aware To Save Your Life, Says ROSPA

The Royal Society for the Prevention of Accidents (RoSPA) has issued a stark warning to be aware of the dangers of the silent killer that causes over 4000 A&E visits and 440 hospital admissions a year in England alone.

According to RoSPA, carbon monoxide poisoning is an underdiagnosed problem in the UK, with the signs and symptoms of low-level carbon monoxide toxicity confused for other ailments like headache, nausea, flushing, the flu, muscle pain, food poisoning and depression.

Poisoning is more prevalent in the winter months, likely related to the increased indoor use of heating and other devices which are common sources of carbon monoxide, such as incorrectly installed fuel-burning appliances, blocked chimneys, gas ovens inappropriately used for heating, and barbecues or gas stoves used in enclosed spaces.

WHAT TO DO IF YOU ARE EXPOSED TO CARBON MONOXIDE

If your carbon monoxide alarm sounds or you believe there to be a leak (unignited gas does not contain carbon monoxide):

- stop using all appliances and evacuate the property immediately
- call the relevant National Gas Emergency Service number to report the incident or the Health and Safety Executive (HSE) Gas Safety Advice Line on 0800 300 363
- do not go back into the property (wait for advice from the emergency services)
- get immediate medical help.

If you think you have been exposed to carbon monoxide and feel unwell or are worried call NHS 111, contact your GP or in an emergency contact emergency services on 999.

Phil Le Shirley, Public Safety Advisor at RoSPA said:

“With the colder months upon us and more people using fuel-burning appliances, it’s vital to be aware that carbon monoxide poisoning is silent and can often be confused with other ailments like a headache, nausea, flushing, the flu, muscle pain, food poisoning and depression.

“Carbon monoxide is colourless, tasteless and odourless, so it is essential that you fit an audible carbon monoxide alarm that meets British or European Standards (BS Kitemark or EN 50291).

“We recommend testing the alarm at least once a week, changing the batteries regularly and replacing the whole alarm before its expiration date.

“Finally, if you’re camping or caravanning, irrespective of how cold or rainy it gets, ensure that there is adequate ventilation when using fuel-burning products and always have a carbon monoxide alarm with you.”

Phil went on to describe what you should do depending on the type of fuel appliance you have at home:

“We recommend only using a qualified Gas Safe engineer to install gas boilers and appliances and advise that they are serviced annually by Gas Safe approved technicians.

“Solid fuel appliances should be installed and serviced annually by a qualified HETAS engineer, and chimneys and flues should be kept clean by being swept from top to bottom at least once a year by a qualified chimney sweep and should not be blocked.”

“It is also advised that oil heaters should be installed and serviced annually by a qualified OFTEC engineer.”

For further information on carbon monoxide, please visit:

www.rosipa.com/policy/home-safety/advice/carbon-monoxide-safety

Stop! Think. Walk Away. Don't Get 'Punched Out Cold' This Christmas

North Yorkshire Police’s ‘Punched Out Cold’ homicide reduction campaign is continuing over the festive season to help prevent tragic deaths and life-changing injuries in the night-time economy.

The campaign, supported by the One Punch UK charity, was launched ahead of the summer holidays and initially targeted men aged 18 to 35 in pubs, bars, gyms and sporting clubs.

It has featured a series of tragic case studies, revealing the true devastation caused to victims and their loved ones.

The key message is to “Stop, think and walk away” from potential violent confrontations.

In September, coinciding with ‘One Punch Awareness Week’ between 18 and 22 September, the force’s School Liaison Team began delivering special assemblies to secondary school students.

So far, more than 5,000 students have experienced the hard-hitting presentation which forms part of North Yorkshire Police’s early intervention and prevention approach to tackling violent crime.

Now, as we head towards the Christmas period, the Major Investigation Team and Licensing team are again focussing attention on the night-time economy where alcohol and drugs can have a detrimental impact on behaviour.

T/Detective Superintendent Jonathan Sygrove, from the Major Investigation Team, said:

“We want people to enjoy themselves on nights out in North Yorkshire and the City of York this Christmas, but you must be responsible for your own actions.

“Our ‘Punched Out Cold’ campaign is highlighting just how dangerous a violent response can be on a night out.

“Tragic incidents are often sparked by something innocuous such as a spilled drink, accidentally banging into someone on the dance floor, or an angry exchange of words while queuing for a night club, at a takeaway or while waiting for a taxi.

“When excessive consumption of alcohol and illegal drugs are thrown into the mix, people can very quickly lose control and lash-out with a fist or a headbutt.

“Often, it is the fall to the ground that causes the catastrophic damage to the victim. Whether they end up dying or brain damaged for life, the misery for their loved ones is unrelenting.

“If you kill or seriously injure someone in these circumstances, you can expect to go to prison and lose your job. Your life will never be the same again.

“If you or one of your friends are faced with a potentially violent confrontation, we fully support the One Punch UK advice to ‘stop, think and walk away’.

“By taking control rather than lashing out, it could well be the best decision you have ever made - for everyone concerned.

“Please remember, just one punch can destroy so many lives. Including your own.”

Look Out For The ‘Punched Out Cold’ Posters, Beer Mats And Digital Display Truck

The Licensing team is working closely with local authority partners and businesses in the night-time economy in support of the ‘Punched Out Cold’ campaign.

As well as their regulatory role to ensure managers of licensed premises are operating legally and safely, they are also liaising with bar and security staff about recognising the signs of heated situations which may require intervention before a tragic incident occurs.

‘Punched Out Cold’ posters and beer mats are being distributed by Licensing officers with support from Neighbourhood Policing Teams.

A digital display truck will also be at key locations to draw attention to the campaign with the aim of having a positive influence on behaviour.

Sergeant Tom Stoffel, from the Licensing team, said:

“We receive outstanding support from the vast majority of licensed premises in York and across North Yorkshire. We share a common goal of wanting to keep customers safe while they enjoy the best that our night-time economy venues have to offer.

“Through working together, we can help to stop these heated incidents from spiralling out of control and potentially save lives.

“When things become heated, it is best to walk away.”

‘Walk Away’ Campaign

Go to www.wewalkaway.uk

One Punch UK

For more information visit www.onepunch.org.uk

Seek Professional Support For Drink And Drug-Related Issues, Either For Yourself Or Someone Who You Are Concerned About

- Drink Drug Hub website www.drinkdrughub.co.uk
- North Yorkshire Rise – young people’s specialist drug and alcohol service- freephone 08000 14 14 80 (option 2) – www.humankindcharity.org.uk/service/nyrise
- North Yorkshire Horizons - adult specialist drug and alcohol service - freephone 08000 14 14 80 – www.nyhorizons.org.uk
- City of York Drug and Alcohol Service - 01904 464 680 – www.changing-lives.org.uk/services/drug-alcohol/york-drug-alcohol-support-services
- NHS – www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help
- FRANK helpline and information - www.talktofrank.com

Fare Dodgers With ‘Proven Pattern Of Behaviour’ Should Expect To Be Prosecuted For Historic Cases Of Fare Evasion

Northern has issued a warning to persistent fare evaders on its services that, once identified, they should expect to be prosecuted for historic cases of fare evasion as well as the journey for which they were caught.

Where there is a ‘proven pattern of behaviour’, the train operator’s Debt Recovery & Prosecutions Unit (DRPU) will build a case for the courts that outlines the full scale of the perpetrator’s deception over many years.

With 70% of tickets for Northern services now bought via online platforms, the Digital Fraud Investigations Team within the DRPU can scrutinise the circumstances of suspected fare evasion incidents in much more detail.

Mark Powles, commercial and customer director at Northern, said: “Fare evasion hasn’t been as simple as people just not buying a ticket for quite some time.

“There are people who try to outsmart the system through a complex process of fraudulent refund requests, delay repay claims and a process known as ‘short faring’.

“What those people might not realise is that, as with any electronic transaction, our systems are able to identify suspicious activity and bring it to the attention of our specialist investigators.”



Northern created its Digital Fraud Investigations Team in 2021 in response to the surge in digital ticketing post-pandemic.

They have contributed to the DRPU’s investigations into 108,681 reports of attempted fare evasion in the 2022-23 financial year. The team’s in-house prosecutors attended 301 court sittings during the same period, helping to secure 14,072 convictions and recoup £2.9m (£2,851,883) of lost revenue for the taxpayer.

The train operator recently advertised a vacancy for a revenue enforcement delivery manager to join the team responsible for clamping down on fare evasion.

Perpetrators of ticket fraud are prosecuted under the Fraud Act 2006.

Other types of fare evasion are prosecuted under the provisions of the Regulation of Railways Act 1889 and the Railway Byelaws made pursuant to the Transport Act 2000.

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

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DRAX Foundation Donates £225,000 To Support STEM Education And Community Initiatives In England

The Drax Foundation, the charitable entity of renewable energy company Drax Group, has awarded £225,000 in its second round of annual funding to six projects in England.

The projects funded support education and skills development in Science Technology Engineering and Maths (STEM), as well as those that improve green spaces and enhance biodiversity within local communities.

The award is part of nearly £1m that the Drax Foundation has donated globally in this funding round, across the UK and North America.

The Foundation prioritises support for organisations that deliver programmes for under-served and under-represented groups, advance gender equality and support indigenous communities. 100% of its UK funding is for programmes that benefit underserved groups.

Shona King, Drax Group Head of Community, said:

"Drax Foundation is committed to giving back to the communities where we operate. We are delighted to share that our second round of grants, totaling £225,000, will benefit six projects in England. These include charities doing vital work to help school children build their STEM skills and others which improve green spaces and biodiversity for local people to enjoy."

Pete Tighe, Partnership and Development Manager at CatZero, said,

"The CatZero team are proud to be delivering their groundbreaking employability programme early in 2024 generously funded and supported by the Drax Foundation.

"We cannot thank the Drax team enough for their support and enthusiasm towards the work we undertake. The programme will offer 14 young adults from Goole the opportunity to undertake challenging and motivational activities, qualifications, employability skills and a unique sailing voyage on our 72' Challenge yacht, "CatZero". This will be a truly life changing experience."

The organisations in England who were awarded funding, include:

CatZero: Operates a personal development programme which supports economically inactive or unemployed young people to develop their skills. Drax Foundation's funding will help the project engage 14 individuals aged 18+ and help them overcome barriers to employment.

Eden-Rose Coppice: The ECO Garden Charity in Ipswich delivers STEM programmes that highlight the connection between nature, mental health and gender equity. The Foundation's funding will revitalise a neglected town centre woodland and provide over 740 people with STEM education opportunities.

Enthuse – STEM Learning: A UK not-for-profit with a vision to deliver world-leading STEM education for every young person. Drax Foundation's donation will facilitate partnerships in disadvantaged communities, providing STEM skills training for 12,800 young people.

Friends of the Lower Derwent Valley: Situated close to North Yorkshire's Drax Power Station, this charity oversees the 'Nature Recovery – It's in Our Hands' project which involves community-led conservation and nature-based STEM education for children and adults. The new funding will enable the charity to engage 500 young people, including local school children, to get closer to the natural world and build their employability skills.

HETA: The Yorkshire-based charity supports apprentice engineers in the Humber. They will use the Foundation's funding to improve the practical and employability skills of 144 apprentices.

Teach First: A charity with a mission to end educational inequality in the UK. Drax's donation will help recruit 37 STEM trainee teachers who will be able to support over 4,600 pupils.

Organisations and initiatives that meet Drax's funding and selection criteria are encouraged to visit www.drax.com/community to learn more about the Foundation and submit an initial expression of interest. The Foundation is already accepting applications for 2024's first round of funding.

The Drax Foundation is a donor advised fund administered by the Charities Trust (an independently registered charity with the UK Charity Commission, charity no. 327489



Cash For Foodbank Hit By Rising Demand And Falling Donations

A cash boost of £1,000 to a North Yorkshire foodbank which has seen demand soar amid the cost-of-living crisis will ensure the most vulnerable in society are fed and receive daily essentials.

Volunteers at Ryedale Community Foodbank received the donation from North Yorkshire Council's member for the Pickering division, Cllr Joy Andrews, to continue their vital work after witnessing a rise in referrals for struggling families for not only food, but everyday items such as cleaning products, washing powder and toiletries, which are not routinely included in donations.

Each North Yorkshire councillor has a budget of £10,000 a year to allow them to respond to local needs by supporting specific community-led activities. Each councillor is responsible for determining how they wish to promote and use the budget, before seeking approval from the council.

Cllr Andrews said: "This group has seen a drop in donations from the supermarket collection points as the cost of living and recent mortgage rises have led to those who have not been affected by the cost-of-living crisis previously now cutting back with their donations.

"Money can also give the group the flexibility to buy products that aren't necessarily donated but are needed, such as feminine products for teenage girls and toothpaste, shampoo, toiletries and so on."

She added: "The community foodbank is a worthwhile cause, a much-needed service within the community and I am so grateful we have such dedicated volunteers willing to provide this valuable service."

Ryedale Community Foodbank began operating as an independent

foodbank in April 2022 to succeed the discontinued Ryedale Foodbank (Trussell Trust). Run entirely by volunteers, it consists of three hubs serving local communities in Norton and Malton, Pickering and Kirkbymoorside. Each hub is operated entirely by volunteers. There are currently 19 volunteers serving communities in Pickering.

Local resident and trustee of the foodbank Alan Robinson, who has been volunteering at the facility for the past five years, said: "We are seeing people who would never have dreamt of coming to us before. Many are desperate and, sadly, the situation is not getting any better.

"We try to provide food parcels to those in need in the local area from local food donations, but there are inevitably shortfalls in some items of food, toiletries and cleaning materials at times and we need to use cash donations and funding from RCF to purchase items to supplement donations.

"The money from Cllr Andrews' locality funding gives us the independence to purchase items locally as required and retain self-sufficiency in Pickering, while also supporting the local economy. The funding therefore provides a huge amount of help to struggling families in the Pickering area."

He added: "We are extremely grateful to Cllr Andrews for not only providing this funding but also for her ongoing support of the Pickering Hub of Ryedale Community Foodbank."

The Hungate Centre at Pickering is open every Thursday from 4pm to 6pm, but volunteers are in attendance from 2.30pm to 6.30pm, collecting and accepting donations of food, registering and storing food, preparing food parcels, welcoming clients, talking to and signposting clients and occasionally delivering food parcels.

Charitable Foundation Donates Almost £120k To Good Causes

The Skipton Building Society Charitable Foundation has donated £119,820 to charities across the UK, with six Yorkshire charities benefitting from the latest round of donations.

Every three months, the Skipton Building Society Charitable Foundation Trustees come together to discuss and support charities in need of funding. This quarter, more than 60 charities across the nation have received a cash windfall to help them provide their vital services, with six Yorkshire-based causes receiving a share.

From a food bank, a charity providing hospice care, to a Christmas elves appeal, the successful Yorkshire charities shared a pot of £11,155.

September's successful charities in Yorkshire are:

- Skipton Step into Action, which aims to strengthen the community through befriending services, projects and activities, received £2,000 to support its Christmas appeal and provide gifts to vulnerable families within the Skipton district.
- Equality Together, Bradford, a user-led organisation for disabled people, their carers and families in the Bradford district, received £1,717 to organise two days out, including a Christmas lunch and a trip to Blackpool.
- The No Way Trust (also known as Prison, Me, No Way!), Hull, an educational charity focused on the welfare of children and young people received £2,500 to purchase laptops to run its Crime and Safety Awareness Day workshops.

• East Yorkshire Food Bank, which provides food parcels to those in need received £2,500 to purchase essential toiletries, including shampoo, toothpaste and children's toothbrushes.

• North Yorkshire Hospice Care, providing end-of-life care and bereavement support to families across North Yorkshire, received £1,438 to purchase new essential pieces of medical equipment.

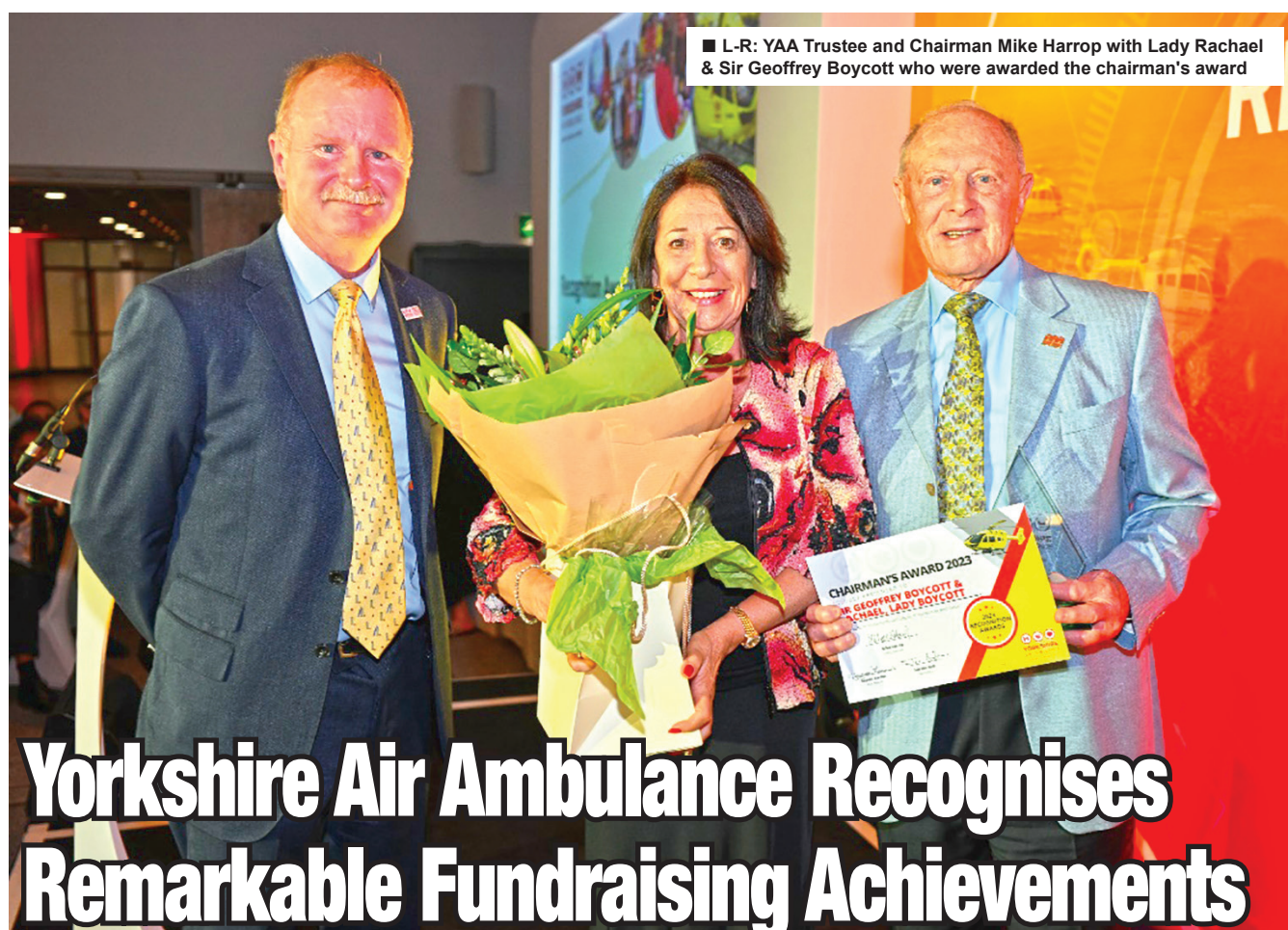
• The Conservation Volunteers, Doncaster, it responds to the combined crises of climate, biodiversity and wellbeing, received £1,000 to purchase new equipment for its outdoor activities including waterproofs and seeds.

Alison Davies, Chair of the Skipton Building Society Charitable Foundation, said: "This round of applications was incredibly tough for the Trustees with so many deserving charities needing support. But we have been able to support six amazing charities in our heartland with more than £11,000.

"As the cost-of-living crisis continues to cause a strain on the charity sector, we hope that the Foundation's donation will help alleviate just some of the pressures they are facing ahead of the winter months."

The Skipton Building Society Charitable Foundation was founded in 2000 and to date, has donated over £3million to charities across the UK. Skipton Building Society, part of the Skipton Group, makes an annual payment to the charitable foundation to fund all the donations. Funding applications are invited four times a year, with the next meeting taking place this month.

For full details of the donation criteria and for registered charities to complete the online application, simply visit www.skiptoncharitablefoundation.co.uk



Yorkshire Air Ambulance Recognises Remarkable Fundraising Achievements

Yorkshire Air Ambulance (YAA) celebrated its annual recognition awards, at The Principal Hotel, York recently. The awards evening, hosted by the charities well known Patrons, retired ITV Calendar stars Gaynor Barnes and Jon Mitchell, is a heartfelt tribute to Yorkshire businesses, fundraisers and volunteers who have played a key role in raising vital funds for the life-saving mission of YAA.

YAA staff meticulously selected the finalists, honouring their dedication and willingness to go above and beyond to support the charity and whose commitment to YAA's life-saving mission has made a significant difference. Their dedication serves as an inspiring example of the positive impact that a community united in a common cause can achieve.

As an independent charity, Yorkshire Air Ambulance, relies on the generosity of the public and fundraising initiatives to sustain its life-saving operations.

The following remarkable individuals and organisations were honoured at the YAA's annual recognition awards:

Volunteers Award

West Yorkshire: Helen Murray Sharpe - Helen has delivered over 100 YAA presentations and played a key role in developing the 'Building Bridges' community project.

North Yorkshire: Peter Covill - Peter's dedicated volunteering and promotion of YAA's mission significantly increased community outreach.

East Yorkshire: Danielle Reed - Danielle has actively supported YAA at various events and organised fundraisers that have cumulatively raised over £90,000.

South Yorkshire: Stephen Croft - An ex-patient of YAA, Stephen shares his inspirational journey through talks and active participation in events.

Community Groups Award

West Yorkshire: Huddersfield Tractor Fest - Raised an impressive £23,000 through the Huddersfield Tractor Fest event since 2019.

North Yorkshire: Peter Fall from Barn that Rocks – Peter, his family, and his iconic red suit have been instrumental in raising substantial funds for YAA through the successful Barn that Rocks annual concert.

South Yorkshire: Wombwell Karting - The Joe Dale Championships, organised by Wombwell Karting, provide essential support for the work of YAA and two other charitable causes. This championship is a heartfelt tribute to Joe Dale, a beloved member of the karting community, who tragically lost his life to a severe asthma attack.

Individual & Supporter Organisations Award

West Yorkshire: Jo Heywood at Gaping Goose and Martin and Janet Thornton - Jo's 'drive-thru' Santa experience and other fundraising initiatives has raised over £24,000 for YAA. Additionally, Martin and Janet's have played a pivotal role in the success of all YAA events with Huddersfield Town Football Club since the Huddersfield to Brighton ride in April 2011.

North Yorkshire: Pierre Olesqui from Tour De Aky and Claire Hartford - Pierre's charity 'Tour De Aky' bike ride, which has run for five years, has raised £16,000 for YAA in memory of his Police colleague Mick 'Aky' Atkinson. Claire's unique fundraising efforts, including her "Coffee with Claire" Instagram live spiritual show has raised over £84,000 for YAA.

East Yorkshire: Oliver's Mount Racetrack and Mike Thatcher from Seaways Café – Oliver's Mount Racetrack has generously supported YAA with over £40,000 raised through its four annual race meetings, while Seaways Café's charitable contributions and support have added over £25,000 to YAA's cause.

South Yorkshire: Doncaster Airgun Range - Collecting donations and running monthly competitions, raising an impressive £7,000 for YAA.

Corporate Award

West Yorkshire: Andy Sellar's - Barclay's Golf Day - Raised an incredible £67,000 through his annual golf days at Normanton Golf Club.

North Yorkshire: Reed Boardall - Donated over £100,000 and increased YAA's profile across Yorkshire and the UK.

South Yorkshire: Cannon Hall Farm – Donated over £13,000 and supported YAA through various fundraising initiatives over the years.

East Yorkshire: ABI UK - Donated over £10,000 to YAA through their sustainability and charity support initiatives.

Additionally, other notable recipients included Shepley Spring, which received the Outstanding Partnership Award, and Peter Sunderland, the former YAA Chairman, who was honoured with the Lifetime Achievement Award for his 20 years of dedicated service to the charity.

The Chairman's Award was presented to Sir Geoffrey & Lady Rachael Boycott, acknowledging their exceptional contributions and unwavering support to Yorkshire Air Ambulance over the years.

For more information about Yorkshire Air Ambulance and how you can support the life-saving work of the Charity, please visit www.yaa.org.uk.

£75,000 Raised To Save Yorkshire's Sickest Babies At Harrogate Ball



Yorkshire charity, Friends of Alfie Martin held a ball at DoubleTree by Hilton Harrogate Majestic Hotel. The 300 Guests were invited to a drinks reception at 7.00pm with canapes followed by a delicious three-course meal at 7.45pm. The whole evening was packed with entertainment, which included live music, dancers and more. Carriages were at 12.30am.

The charity is in its 21st year and is working extremely hard to reach a staggering goal of £1 million. All kinds of events take place throughout the year, from fun runs and bike rides through to ladies' lunches and fashion shows. With the dedicated team of volunteers and friends, the ball has raised over £75,000 taking them a big step closer to their target.

There were several opportunities to raise funds on the night, including a tree of life tombola, silent auction and stand-up sit-down bingo to win a

beautiful bespoke diamond necklace. All proceeds raised go directly to the charity, which buys life-saving equipment for newborn care in Yorkshire.

Through the hard work of the committee past and present, and the generosity of so many kind people, Friends of Alfie Martin has become the largest single donor to newborn intensive care across the Yorkshire region.

Fiona Martin said "What an incredible evening with an electric atmosphere for Alfie's charity. The love and support for Alfie's charity is overwhelming and so was the amount raised! We are so proud and grateful to our amazing supporters and with their support we can continue to make a huge difference to the care of critically sick babies across the Yorkshire region. We are so grateful for every prize donated and every bid placed. Huge love and thanks, Fiona and committee."

York Community Gifts Over 1500 Books To Care Home Library

Residents at Ebor Court in York are thanking their community for gifting over 1,500 books to the home's new library.

When the residents expressed their wishes for more novels and autobiographies to read, the staff at Ebor Court put a call out on social media to their friends and neighbours.

Within a couple of weeks, Ebor Court's library was filled with every genre of book the residents could want. 89-year-old resident, June Falkingham, said,

"I love our new library; I usually read two books a week and I can find everything I need. It's marvellous what the staff and community have done, everyone worked so hard to get it ready for us."

Another resident, 90-year-old Arthur Ward, added, "I have always enjoyed reading autobiographies and I now have a huge selection to choose from, it's fantastic."

"I've started reading Julie Walter's autobiography, it's very good so far!"

Shane Talbot, the Home Manager at Ebor Court, said, "The idea for a new library initially came from our residents, and what our residents want, our residents get!"

"We're so pleased with our jam-packed library. Thank you to all our families, staff and community members for making our residents' dreams come true."

Ebor Court, operated by Ideal Carehomes, is a residential and dementia care home, rated 'GOOD' by the Care Quality Commission. All bedrooms in the care homes are en-suite, enabling staff to deliver person-centred care in a dignified manner, promoting independence as far as possible. Ideal Carehomes was named the winner of the Large Residential Care category in the Laing Buisson Awards 2022.



Youngsters Building For A Creative Future Through Workshops

Creativity using Lego building blocks is being taken to a whole new level in a series of workshops being held in Selby.

Young people from the age of five up to 18 will be working with the bricks to design patterns that can then be printed into works of art.

The free workshops in Selby Town Hall are the brainchild of graphic designer and founder of Art is My Career, Laura Sanderson. With the help of North Yorkshire Council member, Cllr Steve Shaw-Wright, she will stage six sessions between now and March using a £1,500 grant from the authority's locality budget.

"Art is My Career was set up to give young people opportunities to explore the creative arts and see what is available for future jobs, so we can retain their talent here in North Yorkshire," said Laura Sanderson.

"People look at art as a hobby, but I want to instil into them that it is also a career. These workshops are just one of the ways we can do this and without the locality funding they wouldn't be happening.

"The idea of using Lego bricks resonates with young people and we want them to use their imagination to be even more creative with them, they will build a design and then print the pattern they have made. It could end up as a greetings card or a piece of art on the wall, that will be up to them."

The volunteer-led workshops take place in December, January, February and March. For more information, visit www.artismycareer.org or follow [aime.cic](https://www.instagram.com/aime.cic) on Instagram.

Cllr Shaw-Wright, who represents the Selby West division, added: "This social, but educational, activity is taking place in a mainly deprived area and is giving young people the chance to use their creativity in a new and exciting way.

"I am delighted to have been able to help fund them and hope they will make some of these youngsters think about a future career in the creative industries."

Each North Yorkshire councillor has a £10,000 pot from the locality fund to help community groups and organisations finance projects and events.

More information about councillors' locality budgets is available at:

www.northyorks.gov.uk/community-and-volunteering/county-councillor-locality-budgets

Mysterious Mowbrees Take Up Residence In Northallerton



■ The Mowbree hob family outside the Town Hall in Northallerton

The world of the Mowbrees has come to Northallerton – a magical but mysterious family of hobs.

Users of an interactive reality trail are being invited to search out each member of the hob family and help them to do good deeds as well as join in with their mischief.

For centuries, people in Yorkshire have told stories about a group of elfin-like magical creatures called hobs – and through the new online trail their world is coming to life in Northallerton. The Mowbrees – mum Milly, twins Violet and Spike, grandpop Tinker and uncle Trover – take people on a journey around the town centre as they stop at eight locations.

It is the second augmented reality trail to be added to the Discover Hambleton app. The first transports people back in time to discover the history of Northallerton through a series of portals to the past.

Using a smartphone app, that trail guides visitors through the market town, visiting places of historical interest along the way – including the former Bishop of Durham's Palace, the Tickle Toby Yard, the site of a Georgian theatre, and the Golden Lion, a coaching inn midway between London and Edinburgh on the Great North Road.

It uncovers hidden stories of the fascinating people and events that

shaped the market town over the centuries – Henry Rutson, who donated the former Rutson Hospital, Bishop Beck, who lived in a palace at the site of the current town cemetery, and Charles I, who was held prisoner at the Porch House in 1647.

The trails have been developed by North Yorkshire Council as part of the Northallerton High Street Heritage Action Zone scheme in partnership with Historic England.

North Yorkshire Council's executive member for open to business, Cllr Derek Bastiman, said: "These trails allow users to immerse themselves in Northallerton's rich heritage, bringing to life historical characters, events, and places as well as the fictional Mowbree family of hobs.

"They have been developed to suit people of all ages and we hope will attract visitors to the market town to see what is in store there."

To access the trails, download the Discover Northallerton app on your phone. Some features may not be possible on phones that do not support ARKit ARCore.

To check on compatibility go to;

<https://developers.google.com/ar/devices> or;

<https://developers.google.com/ar/devices#ios>



■ The Mowbree hob family outside Gardeners Court in Northallerton

York Minster's Christmas Programme Continues

Chapter House Choir 'Carols By Candlelight'

Saturday 16 December, 7.30pm

The choir continues to build on its reputation as one of the North of England's finest chamber choirs, under the leadership of Musical Director Benjamin Morris. The Chapter House Choir will be joined by the Chapter House Youth Choir.

Ian Anderson Presents 'Christmas With Jethro Tull'

Monday 18 December, 7.30pm.

Experience folk-rock legend Ian Anderson of Jethro Tull in the awe-inspiring setting of York Minster this Christmas. Hear some of the best-known repertoire of Jethro Tull alongside traditional seasonal church and classical music for a moment of pre-Christmas madness, goodness and togetherness.



Crib Service

Saturday 23 December, 11.30am.

Free, Pre-Booked Tickets Required

The Christmas story in a fun and accessible service for families with carols and musical accompaniment. Children are encouraged to dress up as characters from the Nativity and there will be a chance to see the crib.

Nine Lessons And Carols

Saturday 23 December And Sunday 24 December, 4pm

Free, Pre-Booked Tickets Required.

Two services consisting of nine special readings, carols sung by the Choir of York Minster and hymns for everyone to join in. A traditional Christmas celebration of the birth of Jesus Christ.

Midnight Mass - Sunday 24 December, 11.30pm

Experience the First Eucharist of Christmas with Communion, Blessing of the Crib and choral music sung by the St William's Singers.

Christmas Day Services - Monday 25 December

York Minster celebrates the arrival of Jesus Christ, light of the world.

8am: Holy Communion from the Book of Common Prayer

10am: Choral Matins sung by the Choir of York Minster

11am: Sung Eucharist sung by the Choir of York Minster, with sermon by the Archbishop of York.

4pm: Choral Evensong sung by the Choir of York Minster.

New Year's Eve Bells

Sunday 31 December

York Minster's Bellingers will ring in the new year as the clock strikes midnight.

The Eucharist For The Feast Of The Epiphany

Saturday 6 January 2024, 5.30pm

A special service to mark the Feast of the Epiphany with music by St Peter's Cathedral Choir, Adelaide, Australia.



North Yorkshire Water Park, Unique Christmas Offerings Await!

Looking for something different this Christmas? Bored of drinking from paper cups over the water cooler? Saying no to another dry microwaved meal dressed up as a 'Christmas Dinner'?

Look no further than North Yorkshire Water Park this festive season, who is hosting a spectacular array of Christmas offerings for both individuals and corporate groups, promising a magical and memorable experience for all. From craft making, visits to Santa and delicious treats, there's something for everyone this Christmas.

Corporate Christmas Celebrations

For corporate groups seeking an adrenaline rush sprinkled with festive cheer, the Christmas packages are tailor-made to ensure there is something for everyone. Choose from activities such as the Zip Line, Low Ropes, Escape Room, or Puzzle Room, polished off with a delectable locally sourced Christmas Dinner or a festive

afternoon tea, with a side of bubbles starting from as little as £20 per person.

Santa's Grotto

Experience the enchantment of Santa's Grotto on the 9th and 10th of December. Priced at £12.50 per child, the Grotto admission includes a premium gift from Santa that's guaranteed to spread smiles all around. Parents and guardians can enjoy complimentary hot drinks and mince pies while their little one's soak in the festive spirit.

Santa's Workshop and Grotto

For a more immersive Christmas experience, guests are welcomed to embark on a journey to Santa's Workshop. Join the park's elves and take part in three delightful activities to really step into Christmas. Decorate your own seasonal gingerbread, before putting pen to paper and write your own letter to Santa. Have you been

naughty or nice? Why not create a memento for years to come with Christmas bauble decorating.

The adventure culminates in a personal visit to Santa himself, complete with another Christmas present and hot drinks and mince pies for the parents. Available at just £22.50 per child, Saturday and Sundays from the 2nd till the 10th of December.

Festive Food



If a more laid-back Christmas celebration is on the agenda, indulge in a festive afternoon tea starting at £14.95 per person, featuring unlimited tea, or upgrade to the prosecco option for £19.95 per person. Make the most of the special offer for two people at just £27.95 for unlimited tea or £36.95 for two with prosecco.

For those simply in search of a scrumptious Christmas feast, Christmas Dinner is available from £25 per person, a culinary delight that promises a whole host of treats. Secure your spot for all festive foods by pre-booking via email at info@northyorkshirewaterpark.co.uk.

North Yorkshire Water Park invites everyone to celebrate the magic of the season with these extraordinary offerings. Don't miss the chance to create lasting memories in a winter wonderland!

To find out more and book your festive favourites visit:

www.northyorkshirewaterpark.co.uk

City Cruises York Launches Boat Bar During York's Christmas Market



City Cruises York, the number one sightseeing and dining cruise operator on the River Ouse, has launched a Boat Bar, situated at Lendal Bridge Landing in the heart of York during the city's annual Christmas Market, from 12pm until 8pm until 23rd December.

This unique and stationary boat has been designed to offer a cosy and festive atmosphere, where visitors can enjoy a wide range of drinks from wine, beer, spirits, hot beverages as well as non-alcoholic options. The boat – River Palace – will be decorated for the festive season and offers a warm picturesque option for visitors wanting to escape the cold or the busy market.

City Cruises' Boat Bar is primarily for walk-ups, but to book out the whole boat, pricing for the Boat Bar starts from £350 for groups, making it the perfect location for corporate groups to book out for pre-drink events before their Christmas parties. The time slot is guaranteed for 90 minutes and these bookings include a £100 bar tab or boarding drinks and additional bar snacks.

Chris Pegg, Commercial and Marketing Manager, City Cruises, says: "With the launch of our Boat Bar we can offer a unique experience with drinks on the River Ouse, which is promised to be an experience to remember. The Boat Bar is a great option for visitors to escape the York Christmas Market and stay in the warm. We know consumers are always on the lookout for unique venues and Christmas experiences and we're confident our Boat Bar will provide just that to visitors."

City Cruises York offers private charter cruises that are perfect for corporate functions, special events and parties all year round, but with the festive season around the corner, hiring out a City Cruises boat provides a special and fully customisable night from the choice of music, décor and catering options.

For more information or to book the Boat Bar in York visit City Cruises York's website or contact yorkprivatehire@citycruises.com



Dobbies, the UK's leading garden centre, has announced the return of its hugely popular Santa Paws experience in its York store, where cherished pets can meet Santa Claus at his grotto.

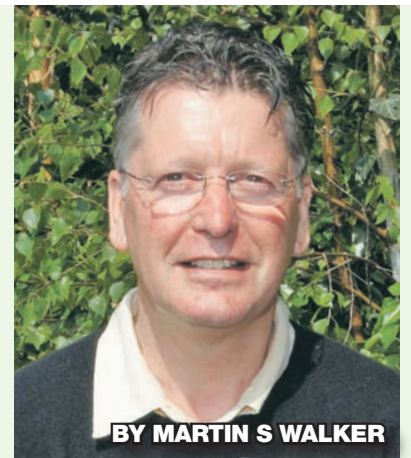
This paw-sitively special festive experience gives pup parents the chance to head along to Dobbies' York store and see Santa. Dogs in attendance will get to meet Mr Claus and take a photo, before receiving a special pet-friendly toy to take home and open on Christmas Day. There's also the chance to have a professional photo taken.

Santa Paws will be taking place until Saturday 23 December on selected days and is priced at £6.99 per dog. Attendees can save money by pre-booking photography. If families want to get everyone involved, the Santa's Grotto experience can be booked for kids, priced at £11.99 per child.

Customers are encouraged to book in advance to avoid disappointment. To find out more about timings and bookings, visit dobbies.com/events. There's the opportunity to make a donation to Teenage Cancer Trust during the booking process.

GARDENING

The Year Draws To A Close As The Frost Nips Your Nose, But There's A Warm Sparkly Glow From Those Who Grow



BY MARTIN S WALKER

As the end of the year creeps up and we are forced indoors by the changeable weather my thoughts turn to what did well in the garden and what needs more attention. One positive was that we didn't need to water quite so much as last year.

Although there are always jobs to do in the garden it is a time of year to relax and enjoy the festive season, spending time with the people close to you and maybe a little indulgence too, which made me think. When you are sitting down to your Christmas meal, ask yourself which bits of it could you have grown yourself? Although it's too late to start now you could plan to grow at least one part of your meal next year. Potatoes, sprouts, parsnips or just the sage for the stuffing grown in a pot on your patio or balcony, there is something special about eating vegetables, herbs and fruit you have grown yourself.

So let's start with the easy one, fresh new potatoes are a delight and tubers are usually purchased July or August for planting in prepared soil or better still in a large container. They are the same as the tubers you buy in spring but have been cold stored to delay their growth. Cultivars such as 'Maris Peer', 'Nicola' or Charlotte are some of the best to try, producing small new potatoes perfect for that festive treat. You could save some tubers purchased for spring planting, best to store them in a domestic fridge until planting time in July.

I prefer to use potato growing bags as they have handles on and can be grown on a patio, available from garden centres and nurseries, along with some general purpose growing compost. Put a 10cm (4") layers of compost in the bottom of the potato bag, then place three or four tubers per container covering them with a further 10cm(4") of compost, (you don't have to prechit the potatoes like you do in spring). As the shoots develop keep adding compost just leaving the top two inches of shoot showing until you reach 5cm (2") from the top of the container, then just let the shoots grow, feeding once per week with a general liquid feed. Keep an eye on the compost, watering every few days or when the compost looks dry. Potatoes don't produce good crops if the soil is too dry. As the foliage turns yellow and dies back in late autumn remove the foliage and move the container into a sheltered spot or cold greenhouse, stop watering and allow the compost to dry out.

save thinning them later which in the case of carrots helps reduce the attack of carrot fly. Apart from the shorter cultivars its best to avoid growing in containers, unless you have large barrels like the show vegetable exhibitors.



For those with limited space why not grow a few herbs in pots, ideally they should be placed in a sheltered spot protected from strong wind and heavy rain. Often the best place is near to the house where the leaves can be picked just before they are required. Sage and rosemary are great accompaniments for roast potatoes or stuffing, and being evergreen can be cropped most of the year. Choose a large container and fill with a very gritty compost. They don't require much in the way of feeding and are surprisingly drought tolerant. They prefer a loam based compost with added potting grit at the ratio of 3 parts loam based compost to two parts potting grit.



In the cabbage family, sprouts (Brodie), cabbage (Minicole), kale (Cavolo Nero) and broccoli (Red Admiral) are all quite hardy and from a spring sowing (April - May) and transplanted into good garden soil will provide crops right through the winter months. Some seed suppliers and nurseries sell pre grown plants ready for the garden, they are normally planted in May/June to be ready around Christmas.

Parsnips (Gladiator) and carrots (Sweet Candle) need a long season and especially with parsnips their flavour is improved after a couple of frosty nights, sow directly where they are to grow, as thinly as possible. Parsnips do take a while to germinate so be patient. I usually mix a little radish seed with the parsnips as they will provide a marker as to where you sowed, and will be cropped long before the parsnips are ready. The key with both these root vegetables is to sow a couple of seeds about 5cm (2") apart this can



Finally if you are tempted to buy a seasonal house plant such as poinsettia, Christmas cactus or cyclamen, treat them with a little care, they much prefer a cooler room, and although we are inclined to use them to add colour to the festive atmosphere, don't leave them in a warm room for long periods, ideally keep them in a cool room out of direct sunlight. They are best stood in a plant pot saucer on a 1cm layer of small gravel. Water the saucer not the top of the pot and this will keep them going. Watering from the top can leave them too wet and prone to rot.

With best wishes to you all for the festive season,

Martin.

Next month, (planting, pruning and potting).

Top Tip - The Tool Is The Right Rule!



When I trained as an apprentice we learned the secrets of how to use the right tool and tips on saving time.

One such tip related to planting with a trowel, at the time trowels were more or less all the same, a blade 6" (15cm) long, and a wooden handle about 3" (7.5cm) long, applying this to planting we would use the length of the blade to determine the space between the edging plants in a bedding scheme, (i.e. 6" apart), whilst the whole trowel (9") was used to space the main plants, such as bedding geraniums (Zonal Pelargoniums).



Unfortunately the range shape and size of trowels available today don't offer the same simple measuring device although I have thought of a simple solution, if you measure the handle and the blade with a tape and write the length of each on the handle, you can still use it as a handy measuring device.

To take this a step further, why not use the longer handled tools like a hoe, again simply marking on the shaft with a permanent marker pen and a tape measure along the full length and 'hey presto' a combined hoe/measuring stick. You can then lay it along a row in the vegetable garden and easily work out how far apart you are spacing plants.

If you wanted to be more technical you could use different coloured permanent marker pens to show the most common spacings for different groups of vegetables.



New pioneering research will for the first time monitor how the creation of England's biggest new native woodland could help stave off the worst effects of climate change, such as flooding.

Earlier this year, the Woodland Trust started work at Snaizeholme near Hawes, not only in creating one of the largest contiguous new native woodlands in England, but signalling the start of complex, but vital scientific research.

Over the course of the next 20 years or more, a team of world leading scientists from the University of York and University of Leeds will brave the site's harsh weather conditions – which includes 200cm of rainfall a year making it the wettest place in Yorkshire - to collect detailed data. This will measure rainfall, soil properties and streamflow and track changes over time. This will help them, among many other things, to understand how the flood mitigation benefits of new woodlands develop as the trees grow.

Already on site, scientists are using specialist equipment such as soil moisture and temperature sensors, weather stations and state of the art "lightning detectors" to measure extreme weather events.

The results of this research have the potential to directly help us adapt to the impacts of climate change by increasing our understanding of how trees can reduce flooding risk, capture and store carbon, and provide vital habitat for nature recovery across UK uplands.

Dr. John Crawford, Conservation Evidence Officer for the Woodland Trust, said:

“We know mature woodlands deliver a range of important benefits: they provide a home for nature, lock away carbon to fight climate change, and slow the flow of water helping to reduce downstream flooding. Less is known about new woodlands. Working together with world-leading researchers will allow us to take detailed measurements of how biodiversity and ecosystem functions change as the trees grow and the woodlands mature. The research has the power to be a game changer when it comes to how such a new site can combat the extreme effects of climate change.”

Professor Dominick Spracklen from the University of Leeds, said:

“Restoring habitats across a whole valley has the potential to deliver big benefits for people, nature and climate. We have used a computer model to

calculate that restoring the valley would reduce downstream flooding during a 1-in-50-year storm event by nearly 10%. To check that our predictions are correct, we are now installing special equipment to monitor soil and vegetation properties, rainfall and river flow. This will allow us to understand how the flood reduction benefits of the project grow as the native woodlands mature.”

Another key focus will be researching how establishing new trees alters the properties of soil.

Francesca Darvill, Sowerby PhD Researcher at the University of Leeds, said:

“We still know relatively little about how soil carbon changes after tree planting. Most previous studies lack information about how much soil carbon was present before trees were planted, making it difficult to know how soil carbon has changed. At Snaizeholme, we are making detailed measurements of the variability of soil properties across the site before the trees are planted. In years to come this will allow us to better understand how the trees have altered the soils. Crucially it will provide better information on how much carbon new woodland soils help to lock up.”

Dr Rob Mills at the University of York, said:

“Opportunities to create and restore habitats at this scale are rare in England. Snaizeholme provides a unique opportunity to understand how carefully restoring a rich mosaic of habitats provides a range of benefits for people, nature and climate. We know intact woodlands can be richly biodiverse ecosystems, and exploring how soil biodiversity, and the activity of soil microbes changes over time will be an important part of our work at Snaizeholme as the woodland develops.”

Many centuries ago, the glacial valley at Snaizeholme would have been blessed with swathes of woodland stretching across the landscape but now the 561 hectares (1387 acres) site is almost devoid of trees. It's a stark situation repeated across the Yorkshire Dales National Park, where total tree cover is less than 5% and ancient woodlands only make up 1% of that cover.

The Woodland Trust is planning to plant almost 291 hectares (719 acres) with native tree saplings. The careful approach to planting will see different densities of trees planted across the site to create groves, glades and open woodlands that gently transition into and connect with the other habitats, all delivered without the use of plastic tree guards or herbicides.

It's a unique and complex piece of conservation work due to the range of habitats and species, the topography and elevation – not to mention the estimated 2m of rainfall per year. Tree planting will exist alongside huge restoration projects, including 113 hectares (279 acres) of blanket bog / deep peat, approximately 100 hectares (247 acres) of limestone pavement and over 77.4 hectares (191 acres) of open valley bottom following Snaizeholme Beck.

Phase one of woodland creation at Snaizeholme has been funded by the White Rose Forest through its Trees for Climate funding programme. Trees for Climate, part of Defra's Nature for Climate fund, provides grants for woodland creation within all Community Forest areas in England. Researchers at the University of Leeds are supported by the Peter Sowerby Foundation. The project at Snaizeholme is supported by Woodland Trust's partners Aviva, B&Q, Screwfix, Bettys & Taylors of Harrogate.

Get Birdwatch Ready!



To get ready for your Big Garden Birdwatch start providing daily bird food and water in your garden now. It can take several weeks for feathered friends to notice that a new bird café has opened.

Birds need lots of energy to maintain their body temperature during winter, so it's important to provide suitable high fat birdfood, including sunflower seeds, peanuts, or fat-based birdfood bars. If these foods come in a mesh sacking, remove the netting, and place the contents directly into a feeder or on a bird table – preventing birds from becoming trapped and injured in the mesh.

Fruits like apples and pears, even when past their best, will be happily snapped up by Blackbirds and Thrushes. Grated mild cheese (no blue or strong cheese) is a fantastic source of energy and protein, loved by Robins, Dunnocks, and Blackbirds. Place it under your garden hedges for Wrens.

Cooked pastry, defrosted peas, cooked rice, pasta and the inside of potatoes are also great energy sources.

FOODS TO AVOID

Cooled fats and meat juices can cause birds serious harm. If these types of fats get onto their feathers, they can affect their wings and waterproofing, so please stick to suet and lard.

Birds can't digest salt and it damages their nervous systems, so avoid bacon rind and salted peanuts.

If you have pets in the garden, ensure you only put out pet-safe foods too!

LESS IS MORE

Monitor how much food your garden birds eat and adjust the amount you put out accordingly – uneaten food can turn rancid, so regularly discard leftovers. During winter, feed twice a day if demand calls for it, - make it part of your coffee break routine!

BIRD FEEDER/BATH HYGIENE

We recommend bird feeders, tables, and baths are cleaned every week, to help reduce the spread of garden bird diseases. Wash using warm water and ideally a 5% disinfectant solution, then air dry outside. Keep feeders and baths outside to clean, use separate utensils, and wear gloves. Always wash your hands when you've finished.

MAKE A SPLASH

Your garden birds need fresh water daily to drink and bathe. Use a birdbath, pond, or a recycled, shallow container with a stone inside so that they can perch.

Government Sets Out New Nature Package

The Government has set out a new nature package, with measures to improve access to green space and connect the public with the natural world.

It has also been confirmed that the Linking Levisham project in the North York Moors National Park is one of the 34 projects to successfully receive funding.

In response to the announcements, Tom Hind, Chief Executive of the North York Moors National Park Authority, said:

“We're delighted that Linking Levisham has been confirmed as one of the 34 schemes to receive funding as part of this package of nature announcements from Government.

“This flagship landscape recovery project will unite partners - including Yorkshire Wildlife Trust, Forestry England and North Yorkshire Moors Railway - to restore natural habitats, increase ecosystem resilience and protect biodiversity. It will also create a blueprint for balancing conservation, agriculture and cultural interests in a heavily protected yet working upland environment.

“National Parks are unequivocally one of the most important assets this country has when it comes to tackling climate change head-on and it is encouraging to see that this is recognised by Government. We look forward to seeing more details on how the additional £15 million funding will be distributed, which should go some way to mitigating the more than 40% decline in core grant funding that National Parks have seen since 2010.

“National Parks have faced a challenging few years since the Landscapes Review was published in 2019, but our aims and purposes are more relevant than ever before. We are primed and ready to deliver great things for nature, people and climate, but we do need the resources to do it.”

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 features some fantastic vocals.

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.

WIN TICKETS

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

To enter simply send 'SWING INTO CHRISTMAS' along with your contact details including tel number to

competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 16th December 2023. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.



Join Yorkshire's premier Big Band
for a swinging evening of
Christmas hits and festive favourites!

FRIDAY 22ND DECEMBER 7:30PM

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BRADFORD-THEATRES.CO.UK
BOOKING FEES APPLY



KING'S HALL
& WINTER GARDEN

Wham's 'Last Christmas'

A Seasonal Favourite

By **Stuart Glossop**

As the holiday season approaches, the air becomes filled with the familiar sounds of festive tunes, and one song that has stood the test of time is Wham's 'Last Christmas.' This iconic track continues to captivate audiences with its catchy melody, heartfelt lyrics, and timeless appeal. Let's delve into the magic of 'Last Christmas' and explore why it remains a cherished part of the holiday soundtrack for many.

From the moment the first notes of "Last Christmas" start playing, a sense of nostalgia washes over listeners. The upbeat and infectious melody, featuring jingling bells and a cheerful rhythm, sets the perfect festive tone. George Michael and Andrew Ridgeley, the duo behind Wham, crafted a musical gem that effortlessly blends pop sensibilities with holiday cheer, making it a song that resonates with people of all ages.

George Michael wrote "Last Christmas" during the summer of 1984 while staying at his parents' home. The story behind the song's creation involves a mix of inspiration, emotions, and a bit of irony. The idea for the song reportedly came to George Michael while he was relaxing by the pool. The summer setting seems an unlikely backdrop for a Christmas song, but Michael was inspired by the contrast between the festive holiday season and the warmth of summer. The irony of creating a Christmas song during a season so different from winter added a unique layer to the song's inception. "Last Christmas" was initially released as a single by Wham! in December 1984, and it quickly became a holiday classic. Its success has endured over the years, with the song being covered by numerous artists and maintaining a prominent place in the festive music repertoire. The story behind the creation of "Last Christmas" showcases George Michael's ability to blend creativity, emotion, and a touch of irony to craft a timeless and universally beloved holiday song.

At its core, "Last Christmas" is a song about heartbreak and the complexities of love during the holiday season. The lyrics tell the story of someone who gave their

heart to someone special last Christmas, only to have it broken. The melancholic yet relatable theme strikes a chord with listeners, as many can empathise with the emotional ups and downs that come with love and loss, especially during a time traditionally associated with joy and togetherness.

George Michael's vocal delivery adds a layer of vulnerability to the song, infusing it with raw emotion. The sincerity in his voice brings the lyrics to life, making it easy for listeners to connect with the narrator's feelings of betrayal and heartache. Michael's ability to convey both the pain of a broken heart and the hope for a better future showcases his exceptional talent as a vocalist and storyteller.

The accompanying music video for "Last Christmas" has become just as iconic as the song itself. Filmed in the Swiss Alps, the video features the members of Wham dressed in stylish winter attire against a backdrop of snow-covered landscapes. The picturesque scenes and festive atmosphere contribute to the song's enduring visual appeal. The video's storyline, complete with romantic entanglements and unexpected twists, adds an engaging narrative element that enhances the overall experience of the song.

"Last Christmas" has not only stood the test of time but has also become a holiday classic that transcends generations. Its enduring popularity is evident in the countless covers and renditions by various artists across the years. From Taylor Swift to Ariana Grande, musicians from different genres have paid homage to Wham's holiday masterpiece, putting their unique spin on the beloved track while preserving its essence.

Beyond its musical influence, "Last Christmas" has become ingrained in popular culture and holiday traditions. The song is a staple in shops, radio stations, and festive playlists, creating a sense of shared experience among listeners. Its presence in movies, TV shows, and commercials further solidifies its status as a cultural touchstone during the Christmas period.

The Carpenters Story At Christmas

A musical journey through the glittering career of pop's most famous brother and sister duo comes to York Barbican on Tuesday 19th December 2023.

This highly acclaimed production continues to captivate audiences across the UK with its spectacular celebration of the classic songbook that made The Carpenters a legend in the world of popular music, selling over 100 million albums and singles.

In this special festive show, Carpenters classic hits such as 'Top of the World', 'Close to You' and 'We've Only Just Begun' are paired with songs from their million-selling album 'Christmas Portrait' such as 'Merry Christmas Darling' and 'The Christmas Song' (Chestnuts Roasting on an Open Fire) - together with a production that simply oozes Christmas charm - it'll warm your heart and have you singing your way into the festive season!

Tickets for the show on Tue 19th Dec at 7.30pm are on sale now from:

www.yorkbarbican.co.uk/whats-on/the-carpenters-story-the-carpenters-at-christmas

WIN TICKETS

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

To enter simply send 'CARPENTERS AT CHRISTMAS' along with your contact details including tel number to

competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 16th December 2023. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.

Christmas Party Offerings At York Barbican

This Christmas, York Barbican is available for Christmas parties of all shapes and sizes. With everything from Queen-themed Bongo's Bingo, to Laugh Out Loud Comedy Clubs there's something for every group.

LAUGH OUT LOUD COMEDY CHRISTMAS CLUB

Get ready to laugh your stockings off with LOL Comedy Clubs at York Barbican this Christmas.

Step inside a comedy wonderland full of hilarious laughter and festive cheer with LOL Comedy Club's at York Barbican this Christmas season! With a line-up of hysterical comedians, delicious festive treats, and a live DJ from YO1 Radio, it's guaranteed to be a sleigh-load of fun for everyone!



With a choice of four shows, it really is the season to be jolly.
 On sale now from yorkbarbican.co.uk.
 For group bookings of 10+, email ticketing@yorkbarbican.co.uk

BONGO'S BINGO CHRISTMAS SPECIAL

After the resounding success of the ABBA themed shows last year, Bongo's Bingo are ditching the sequins, putting away the disco balls and digging out the air guitars as they celebrate the greatest rock band of all time... QUEEN!

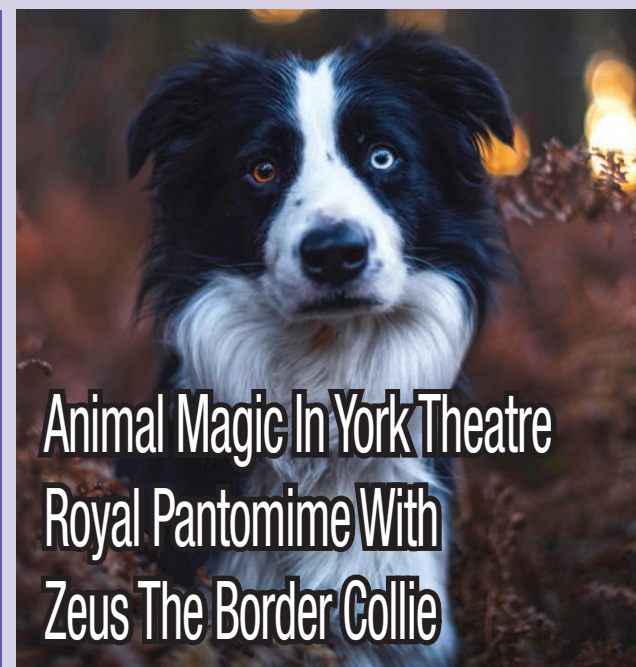


This winter, Bongo's will take on the role of Freddie Mercury and take you through not just all of the biggest hits from Queen, but loads of the all-time classic rock songs that we've come to know and love.

Don't worry though, they haven't forgotten about the fact it's Christmas. In between singing their hearts out to Bohemian Rhapsody, the shows will be PACKED with Christmas bangers and loads of special prizes.

Demand for the Christmas shows is always INSANE so get your tickets early to avoid disappointment!

On sale now from bongosbingo.co.uk



Animal Magic In York Theatre Royal Pantomime With Zeus The Border Collie

A Young Kennel Club Crufts trophy winner has won a lead role in this year's pantomime at York Theatre Royal.

Zeus the Collie will make his stage debut alongside EastEnders star Nina Wadi, 'Dame' Robin Simpson and Raven star James Mackenzie in Jack and the Beanstalk.

A theatre spokesperson said: "Zeus's amazing audition gave us all paws for thought. He's a natural stage performer whose dogged determination to win the role was a real tail-wagging moment."

Zeus, a six-year Border Collie from York, is already a winner on the canine stage with three Young Kennel Club Crufts trophies to his credit.

Activities Zeus likes include rounding up horses but not, as you might expect from a Collie, rounding up sheep. He is, however, best friends with two sheep, Maisie Midnight Fluffington and Wallace.

He hasn't yet met cows but will have his first close encounter with the bovine world in the rehearsal room as one of his co-stars will also be spreading animal magic around the theatre – namely Dave the Cow.

For ticket information visit:

www.yorktheatreroyal.co.uk/show/jack-and-the-beanstalk



ROYAL ARMOURIES

THE VIKINGS ARE COMING!

30 AND 31 DECEMBER 2023

Combat Demos | Sagas | Crafts | Living History Displays

Visit the national museum of arms and armour and enjoy a daily programme of live combats, dramatic presentations and hands-on activities for the whole family.

Free admission | 10am - 5pm | Leeds

FIND OUT MORE AT ROYALARMOURIES.ORG

ENTERTAINMENT

WHAT'S ON TV & STREAMING



10 December - Vigil, Season 2 - BBC One

Suranne Jones and Rose Leslie star in a drama where police investigate the military.

13 December - Bad Education: A Christmas Carol - BBC Three and BBC iPlayer

This Dickens-inspired story is set to be an all-singing, all dancing musical Christmas special.

14 December - The Crown Season 6, Part 2 - Netflix

The epic conclusion to the royal saga. Tensions between Queen Elizabeth and her heirs, Prince Charles and Prince William are at an all time high.

14 December - Inside M&S At Christmas - ITVX

This special episode takes you behind the scenes to show how "Marks and Sparks" brings the festive feast to our tables each year, from the retailer's top-secret development kitchens to shop floors across the nation.

15 December - Reacher, Season 2 - Prime Video

Series based on the book series by author Lee Childs.

19 December - Sister Boniface Mysteries Christmas Special - Drama

Lorna Watson is back as TV's favourite Vespa-driving, crime-solving nun for a feature-length Christmas special of the brilliant Father Brown spin-off.



■ Percy Jackson and the Olympians

20 December - Percy Jackson and the Olympians, Season 1 - Disney+

Series based on Disney Hyperion's best-selling book series by award-winning author Rick Riordan.

21 December - All Creatures Great And Small Christmas Special - Channel 5

The cosy period drama about Yorkshire vet James Herriot (Nicholas Ralph) returns for another festive edition. It has been a tumultuous time for James and wife Helen (Rachel Shenton), and this Christmas will be unlike any the couple have experienced before.

21 December - Nigella's Amsterdam Christmas Special - BBC One and BBC iPlayer

Nigella is off to Amsterdam, showcasing her love for the city at this time of the year. At the same time, she'll be creating dishes inspired by Dutch and Indonesian culinary cultures.

21 December - The Great British Sewing Bee Christmas Special - BBC One and BBC iPlayer

Christmas special of the popular sewing show with new host Kiell Smith-Bynoe.

21 December - The Winter King, Season 1 - ITVX

Arthurian legend re-imagined based on Bernard Cornwell's Warlord Chronicles.

22 December - What If...?, Season 2 - Disney+

Animated anthology series which imagines if major moments in the MCU had gone a little differently.

25 December - Call The Midwife Christmas Special - BBC One and BBC iPlayer

After Trixie (Helen George) and Matthew (Ollie Rix) had a rather action-packed wedding in the final episode of the series 12, will it be a quieter Christmas for our favourite characters from Nonnatus House?

25 December - Doctor Who Christmas Special - BBC One and BBC iPlayer

After the return of David Tennant and Catherine Tate for three special episodes celebrating Doctor Who's 60th anniversary, Ncuti Gatwa (Sex Education) is bringing his incarnation of the 15th Doctor to our screens for the first time this Christmas.

25 December - Star Trek: Prodigy, Season 1 - Netflix

New animated series, aimed at a younger audience, set in the Star Trek universe.

25 December - Ghosts Christmas Special - BBC One and BBC iPlayer

Fans were bereft when it was confirmed that Ghosts would end after the fifth series – but it was revealed the team had sneakily filmed a Christmas special, acting as both a festive treat and a finale in one.

25 December - Strictly Come Dancing Christmas Special - BBC One and BBC iPlayer

This special episode dials up the Christmas to 11 with dances to festive favourites, judges' scores staying (mostly) on the nice list and enough combustible tinsel to be legitimately considered a health and safety nightmare.

25 December - Tabby McTat - BBC One and BBC iPlayer

The 11th animated special based on Julia Donaldson and Axel Scheffler books (beginning with The Gruffalo in 2009) sees the story about the warm and wonderful friendship between a musical cat and a talented busker called Fred.



■ Based on a True Story

29 December - Based on a True Story, Season 1 - Sky Max

A dark comedic thriller inspired by a bizarre true event, about a realtor, a plumber and a former tennis star whose lives unexpectedly collide... Kaley Cuoco stars.

AT THE MOVIES

08 December - Chicken Run: Dawn of the Nugget - PG

Having pulled off an escape from Tweedy's farm, Ginger has found a peaceful island sanctuary for the whole flock. But back on the mainland the whole of chicken-kind faces a new threat, and Ginger and her team decide to break in.

Stars: Thandiwe Newton, Zachary Levi & Bella Ramsey



■ Wonka

08 December - Wonka - PG

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.

Stars: Timothée Chalamet, Olivia Colman & Hugh Grant



■ Aquaman and the Lost Kingdom

21 December - Aquaman and the Lost Kingdom - PG-13

Aquaman balances his duties as king and as a member of the Justice League, all while planning a wedding. Black Manta is on the hunt for Atlantean tech to help rebuild his armor.

Stars: Jason Momoa, Ben Affleck & Patrick Wilson

26 December - Ferrari - 15

Set in the summer of 1957, with Enzo Ferrari's auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia.

Stars: Adam Driver, Shailene Woodley & Giuseppe Festinese



■ Anyone But You

26 December - Anyone But You - TBC

After an amazing first date, Bea and Ben's fiery attraction turns ice cold - until they find themselves unexpectedly reunited at a destination wedding in Australia. So they do what any two mature adults would do: pretend to be a couple.

Stars: Sydney Sweeney, Glen Powell & Alexandra Shipp

29 December - Jules - 12A

Milton lives a quiet life of routine in a small western Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard.

Stars: Ben Kingsley, Harriet Sansom Harris & Jane Curtin

DVD, Blu-Ray & 4K DVD



11 December - All Creatures Great & Small: Series 4 - DVD



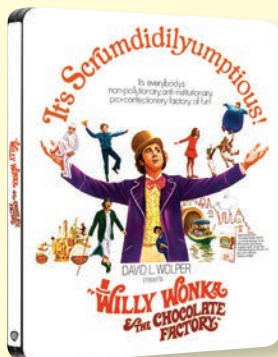
11 December - Elf 20th Anniversary Ultimate Collector's Edition - 4K DVD



18 December - The Miracle Club - DVD & Blu-Ray



11 December - The Great Escaper - DVD & Blu-Ray



11 December - Willy Wonka & The Chocolate Factory - Steelbook - 4K DVD



18 December - Guillermo del Toro's Pinocchio - Blu-Ray & 4K DVD

GAMES



07 December - Football Manager 2024 - PS5



12 December - Hammerwatch 2: Chronicles Edition - PS4, PS5 & Xbox



25 December - Skull And Bones Limited Edition - PS5 & Xbox



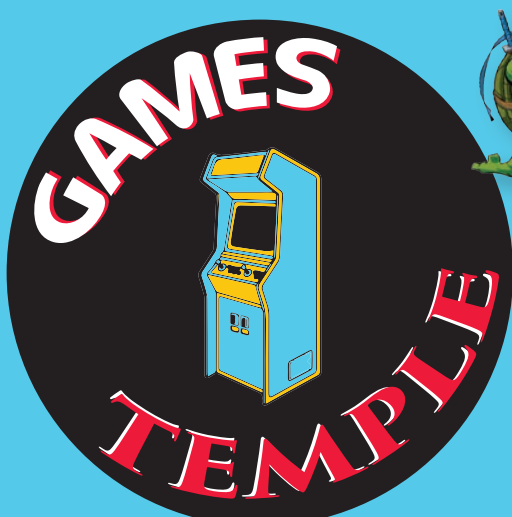
08 December - Star Wars Heritage Pack - Nintendo Switch



15 December - 1/4 Arcade Official Teenage Mutant Ninja Turtles Mini



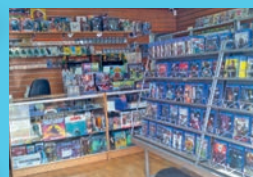
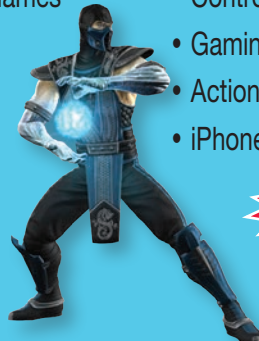
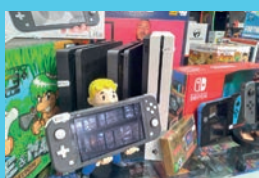
31 December - Vampire: The Masquerade - Bloodlines 2 - PC



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We offer a comprehensive repair service for consoles using top of the range machinery and quality replacement parts. Our fully qualified technicians have years of experience and a proven track record. Each repair includes a 12 month warranty.



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Facebook: @gamestempleleeds Instagram: Games_Temple_Leeds

Adults

GF Fabulosity Hair & Scalp Recovery Elixir
 £53 from www.gffabulosity.com



This nourishing leave-in hair and scalp treatment is conditioning and works to stimulate and increase hair growth and scalp health with a silky light texture. Full of natural nutrients for a luxurious hair treatment.

Freya Rainbow Baguette Hoop Earrings
 £30 from www.matchboxjewellery.com



Featuring a colourful row of baguette set stones, these earrings are the perfect choice to dress down with your everyday jeans and tee, or to glam-up for a special occasion.

Hello Day 2024 Daily Planner
 £46 from www.hellodayplanner.com



These beautifully designed and presented planners contain everything you need to be more organised in 2024 from budget to goal planning, plus inspirational quotes and affirmations.

Covered Humber Waxed Canvas Holdall
 £125 from www.covered.co.uk



This ruggedly handsome holdall is handmade with wax canvas and reclaimed leather. A combination of vintage styling with a functional modern twist makes it perfect for travel be it business or pleasure.



4-Page Christmas

Olverum Bath Oil
 £43.50 from <https://uk.olverum.com>



This bath oil is pure bliss in a bottle. The unique and luxurious aromatic blend of essential oils help melt away stress and relax tension in both body and mind. Vegan and cruelty free.

Portmeiron Sara Miller London Chelsea Mug and Candle Gift Set
 £49 from



Relax with this gorgeously scented candle and a cup of tea, both with a stunning print designed by Sara Miller. Packaged in an equally beautiful gift box with a pop up scene.

Ueshima Coffee Bundle
 £13.50 from www.ueshimacoffeecompany.com



Try these distinct ground coffees made by expert Japanese coffee masters. This bundle includes three 250g packs, one each of Tokyo Roast, House Blend and Fuji Mountain.

Jana Reinhardt Animal Charity Necklace
 £95 from www.janareinhardt.com



Each necklace is handmade using 100% recycled silver or solid gold and for every one sold, £20 is donated to the animal charity it was designed to support. Choose from sloth, orangutan, piglet, and greyhound.

KitchenAid Glazed Stoneware
 From RRP £25 from www.hartsofstur.com



Available in three colours, Empire Red, Almond Cream and Pistachio, this range is a great gift for those passionate about cooking. Designed to be taken straight from the oven to the table, then store any leftovers in the fridge using the bamboo lid.

Tracklements The Cheese Collection
 £18.20 from www.tracklements.co.uk,
 delis and farm shops nationwide



Presented in new embossed gift jars, this collection includes Apricot & Ginger Chutney, Apple & Cider Brandy Chutney, Caramelised Onion Marmalade and Green Tomato Chutney – perfect for the foodie in your life.

Mason Antique Brass Touch Lamp
 £29 from www.pagazzi.com



This touch table lamp features a satin antique bronze finish and decorative tree design that allows the light to cast forests against the wall when lit. Simply touch the base to operate three levels of illumination.

Dutch Barn Orchard Vodka
 £30 from Amazon

18+



Distilled right here in Yorkshire, this is premium vodka with a difference. Handcrafted from British apples, it doesn't taste of the fruit but has a crisp, clean and smooth taste. The brand is also planet friendly.



Christmas Gift Guide

Rotary Contemporary LB05521/05
£239 from www.rotarywatches.com



Delivering timeless class, the Rotary Contemporary watch features a 30mm two-tone gold PVD stainless steel case, blue sunray dial with gold accentuating and stainless steel two-tone gold PVD bracelet.

Sea Change Wine 'Tis the Season Pack
£49.99 from www.seachangewine.com



This award winning ethically sourced eco friendly wine not only tastes fantastic but directly supports global ocean conservation projects. 'Tis the Season includes 1x Coonawarra Cabernet Sauvignon, 1x Marlborough Sauvignon Blanc and 1x Prosecco.

Evolve Beauty The Super Treats
£45 from www.evolvebeauty.co.uk



Give someone the gift of self-love with these indulgent targeted face masks to clarify, exfoliate and nourish. Certified vegan and COSMOS Organic, they will leave the skin truly glowing.

Just Spices Pizza DIY Kit
£59.99 from www.justspices.co.uk



Ideal for the foodie in your life, this kit includes a fabulous pizza stone, pizza paddle, pizza cutter, recipe booklet and four seasonings – pizza topping, spicy pizza topping, tomato sauce seasoning and Italian sandwich seasoning.

Stellar Eclipse Bakeware Range
From £16 from www.stellar.co.uk



This premium bakeware range from Stellar will thrill any passionate home baker. Crafted from aluminised steel, it promises powerful performance features with exceptional heat conduction for a consistent and even bake.

Black Sheep Christmas Beer Cracker
£6 from www.blacksheepbrewery.com



Black Sheep Brewery is located in Masham, North Yorkshire. Thanks to them, the perfect Christmas cracker does exist! Pick from 8 different beers including the original Black Sheep Ale or the more seasonal Snowflake.

Kids

Numberblocks Step Squad Mission Headquarters
£39.95 from www.learningresources.co.uk



Learn through play with the Numberblocks. This set includes Numberblock Three and has lots of opportunities for counting whilst having fun!

Beast Labs

RRP £89.99 from Smyths, Argos, Amazon and Very



Conduct an experiment using the Beast Lab Shark Beast Creator Set to create one of two sharks! The Beast Lab is equipped with more than 80 light and sound effects, bringing the experiment to life. Add the right ingredients and release the beast!

Janod Colour in the Bath
£7 from www.kidly.co.uk



Suitable for 3yrs +, this cute set includes 6 colourful bath crayons for fun drawing in the bath, but leaving no mess as they simply wipe away using the starfish sponge.

PMD Clean for Teens
£89 from www.uk.pmdbeauty.com



Available in 9 different colours, PMD Clean combines 7000 vibrations per minute with SonicGlow Technology to thoroughly cleanse the skin. Use with your own cleanser of choice, it gets down deep into pores to help prevent breakouts and brighten skin.

Gel Blaster Surge
£60 from Currys



Suitable for age 14+ this blaster shoots water based beads called 'gullets'. Think airsoft but with no pain, stain or clean up! Ready to go straight from the box, choose from semi or full automatic with adjustable velocity.

Trust Forta Wired Headset for Gaming
£39.99 from Amazon



Designed to work with PS5, this headset is also compatible with PS4 and PC. Available in black or white, it enables players to fully immerse themselves in the game in comfort with powerful drivers and a detachable microphone.

Storyphones
£85 from Selfridges



Suitable for ages 6+, Storyphones play audio content offline offering screen-free entertainment. The headset bundle includes headset, Minnie Mouse audio, charging cable and carry bag, and other storyShield discs can be purchased separately.

Dragon Ball Dragon Stars Collectible Figures
£19.99 from Smyths and Amazon



Over 50 figures to collect in this set from the highly popular Dragon Ball Manga and Anime series. Each figure includes an additional set of hands and has 17 points of articulation.

Tamagotchi Original
£19.99 from Amazon and Smyths



The world's first virtual pet is available in a range of classic and new look designs. Featuring original Gen1 and Gen2 programming straight from the 90's, see which character you grow.

Nitro Circus Ryan Williams Signature
Replica 2022 Pro Stunt Scooter
£79.95 from www.skates.co.uk



The bright colours, sleek design and smaller bars and deck make this an ideal first complete scooter for ages 7-14yrs old. Available in two sizes – junior and standard, the scooter bar spins 360 degrees for tricks.



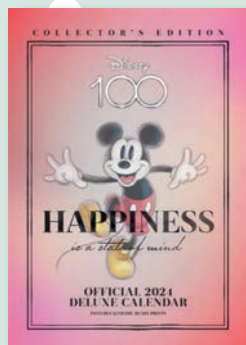
Christmas Gift

Vtech Toot-Toot Drivers Construction Site
RRP £59.99 from www.vtech.co.uk



For ages 1-5yrs, children can launch the Toot-Toot dumper truck from the top and watch it scoot down the corkscrew track onto the cradle and down the second track. Includes fun phrases and sounds.

Disney 100 Quotes Deluxe Calendar
£14.99 from HMV, Calendar Club, Clintons, WH Smiths and Danilo.com



Celebrating the 100th anniversary of Disney, it features famous Disney quotes and characters throughout. There are perforated edges so you can remove the pages and frame them.

Mood Bears by Tomy
£22.99 for large, and £12.99 for mini
from www.moodbears.com



These cuddly bears are companions offering comfort, understanding and a ray of sunshine during times of joy or moments of sadness. There are 8 different emotions representing colour psychology – happy, sad, angry, nervous, silly, calm, love, and hope.

Dogs

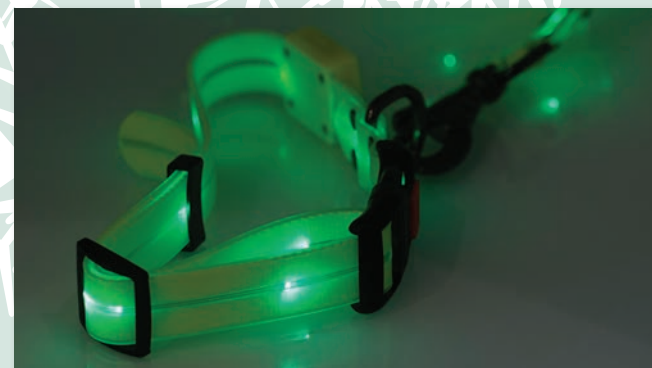
Squishmallows Pet Bed
From £29.99 from Amazon and Pets at Home



Four characters to choose from – Wendy the Frog, Gordon the Shark, Beula the Octopus and Maui the Pineapple. Cute and comfy made with ultra soft material for your pet to snuggle in. Available in 3 sizes.



Doglite LED Dog Leash
£22.50 from www.bodylitegear.com



Help you and your pet stay visible in the dark winter months with this rechargeable dog lead. Lightweight with an easy to use metal clip.

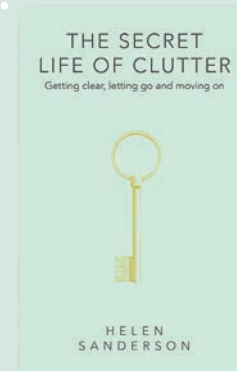
Brightkins Small Ice Cream Treat Dispenser
£7 from Amazon



Designed for use with both treats and kibble, this is a fun dog enrichment toy as they use their brains to try get the treats out of the wobbling ice cream cone.

Books

The Secret Life of Clutter by Helen Sanderson
(adult non-fiction)
£14.95 hardback from Amazon



Our homes have fascinating stories to tell. The spaces we inhabit and the objects within them reflect many aspects of our lives and our inner selves. In *The Secret Life of Clutter*, ten intimate and touching stories take you on a profound journey as people discover what their cluttered homes reveal about their lives, and make life-changing shifts when they start to let go and move on.



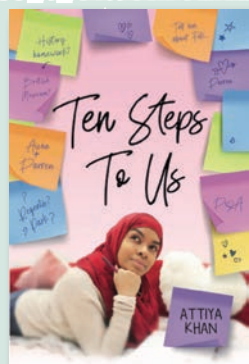
Gift Guide cont..

How Did Life End Up With Us? By SS O'Connor
(adult non-fiction)
£10.99 paperback from Amazon



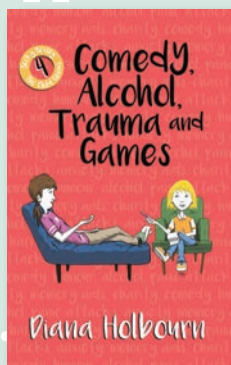
The Secrets of Life series is written for everyone who, frankly, needs a spot of cheering up, and will provide conversation starters for years after reading! O'Connor's easy-going, conversational style brings an outsider's questioning eye to the great forces behind life. The first book in the four-part series contends that if we set received wisdom to one side and really dig into the facts, there are actually very few 'secrets' in life.

Ten Steps to Us by Attiya Khan (teen romance)
£8.99 paperback from Amazon



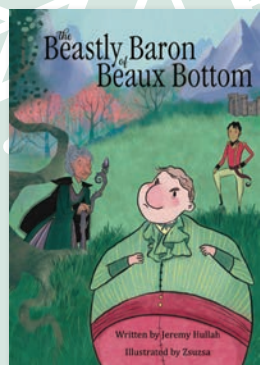
Aisha Rashid is used to being invisible or bullied and overshadowed by best friend Isabelle. So no one is more surprised than her when Darren Brady, the hot new boy in school, takes an interest in her and not Isabelle. But Aisha is a devout hijab-wearing Muslim and Darren is off limits. Does she follow her heart even if it means losing her own identity? And is Darren really all that he seems? If only there was a way she could keep the boy and her faith. Maybe there is a way? All it takes are ten steps...

Comedy, Alcohol, Trauma and Games
by Diana Holbourn (teen fiction)
£10.99 paperback from Amazon



Child genius Becky Bexley helps to organise a lot of fun at university, some for charity. She turns out to have a talent for stand-up comedy. Alcohol comes up for discussion one day as students talk about embarrassing things they did while drunk and the harmful effects of alcohol on the body. Becky helps a girl overcome post-traumatic stress disorder, and a little boy with an anxiety problem that's blighting his life. Becky's advice is based on genuine therapy techniques and psychological research, and the books in this series combine humour with handy information.

The Beastly Baron of Beaux Bottom by Jeremy Hullah
(child fiction)
£13.99 hardback from Amazon



A cautionary tale about the importance of keeping promises. Step into the world of the Beastly Baron, beautifully brought to life and lavishly illustrated by Zsuzsa. Follow the Baron as his day goes from bad to worse. Meet the Warty Witch of the Wild Western Woods, whose attempts to teach the Baron a lesson go very wrong. Marvel at the never-ending appetite of the Greedy Goat of the Glen as she bites off rather more than she can stomach. And cheer on Greta as she struggles to find a way to save her brother Hal from the sticky clutches of the Gossamer Green Ghost.

The Legend of Childers Forest by Gillian Young
(child fiction)
£10.99 paperback from Amazon

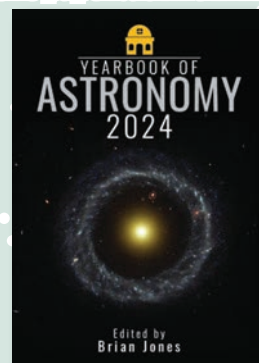


Poppy the golden retriever returns with her younger sister, Devon, in another crazy cream adventure.

When a family of rabbits are driven from their home, Poppy and Devon make it their mission to help.

Their quest takes them to Childer's Forest, the site of ancient and mysterious events. When the safety of their human brother, Jack, is also threatened, Poppy and Devon call on the famous Legend of Childer's Forest for help.

Yearbook of Astronomy 2024
by Brian Jones
£18.19 paperback from Amazon



Maintaining its appealing style and presentation, the Yearbook of Astronomy 2024 contains comprehensive jargon-free monthly sky notes and an authoritative set of sky charts to enable backyard astronomers and sky gazers everywhere to plan their viewing of the year's eclipses, comets, meteor showers and minor planets as well as detailing the phases of the Moon and visibility and locations of the planets throughout the year.

The Yearbook of Astronomy is indeed an inspiration to amateur and professional astronomers alike, and warrants a place on the bookshelf of all stargazers and watchers of the skies.



Christmas Past

BY GARETH WHITEHEAD

Over 2000 years ago Christ was born in Bethlehem on the date commonly known as the 25th December which is probably inaccurate. It was more likely to have been somewhere around March – May. One of the reasons why this is thought to be true is in the songs and stories, shepherds were watching over their flock at night which did not happen in December. So why do we celebrate it on 25th December?

The reason is, 25th December has been a major religious feast day for thousands of years such as the Winter Solstice, and the birthday of Mithra in the Roman cult of Mithraism. Roman Emperor Constantine I (proclaimed Emperor in York!) changed the official religion of Rome to Christianity and from then on, Christianity was promoted by Christianising Pagan sites. To encourage more people to accept this new religion, some of the feast days were held on previously important pagan dates. So, 25th December became Christ's birthday. The first mention of 25th December as the date of Jesus' birth is found in an early Roman calendar from AD 336 – the year before the death of Constantine.

In early Christianity, however, 25th December was not as important a date as Epiphany on the 6th of January – the arrival of the Magi, and Easter was more widely celebrated too. The date took on more significance in 800AD when Medieval Emperor Charlemagne was crowned on Christmas Day, as were Edmund the Martyr in 855 and William the Conqueror in 1066.

In medieval times, Christmas was preceded by a time of fasting during advent. It was a time of repentance to prepare for the coming of Christ. Christmas was then celebrated for the full 12 days until Epiphany. Homes would be decorated with candles and holly and ivy – Christmas trees did not start appearing in homes until the Victorian times when the Queen's family introduced the custom. On the medieval festive menu was boar, beef, venison, partridges, geese, bread, cheese, ale and wine – seasonal food. Also, Christmas was a time for charity and sharing food. Turkey did not start to become popular at Christmas until Edward VII replaced peacocks with them.

Christmas carols multiplied in the late medieval period, which is a sign of its rising importance. Another tradition around this time was the inversion of order, for example, there was the election of a boy bishop who, on the 28th December the Feast of the Holy Innocents, would preside over processions and church ritual. In one surviving boy bishop's sermon, he wished that all his school teachers would end up on the gallows at Tyburn!

Famously, in the 17th century parliament under Oliver Cromwell tried to ban Christmas. They saw the festival as 'popish' and pagan, and disliked the extravagance and sin of the celebrations. The prohibitions remained in force until the Restoration in 1660. There was also a concept of Father Christmas in this time too, but more as a figure overseeing community celebrations rather than someone bringing gifts to children.



Santa Claus, or Father Christmas were initially two separate people. St Nicholas of Myra was the patron saint of sailors, ships and pawnbrokers amongst other things and became in Dutch folklore 'Sinterklaas', a bringer of gifts at Christmas, depicted as a large bearded man in a green cloak. Father Christmas or Pere Noel was a depiction of the Christmas spirit of cheer and not associated with gifts. Over time the two myths merged.

Probably the most moving Christmas event to happen in recent history was the spontaneous ceasefire on the front during the First World War. The two opposing armies exchanged gifts and played football on No Man's Land, and the truce enabled the proper burials of the dead. In certain places the truce lasted until the New Year.

Today, Christmas is celebrated by many families in England both by Christians, and those who have just grown up with the tradition of the festival. Regardless of when you think Jesus was born, the origin of the chosen date is far less important to Christians than the fact that they are recognising the birth of Jesus as an incredibly important part of their faith and celebrating it as such.

The traditions of Christmas we have grown up with such as decorating the tree, Santa delivering gifts, and turkey with all the trimmings are all things we look forward to, just as our ancestors enjoyed their own traditions at this festive time.

Merry Christmas!

The Tradition Of Pantomime, Where And When Did It First Appear



■ An Italian Pulcinella a character from the Commedia

The origin of the British panto is said to stem from the Italian Commedia dell'Arte, a 'comedy of the artists' popular from the 16th century. These improvised performances took place in Italian streets and marketplaces, often involving distinctive masks which not only allowed actors to make risqué jokes without being recognised, but also enabled the audience to instantly recognise popular characters. The actors travelled to earn their living and they began to take commedia into Europe, including Britain. Over the years, this blended with the English music halls and Pantomime was born.



■ Augustus Harris

A man named Augustus Harris is said to be 'Father of the modern Pantomime'. The manager of Drury Lane Theatre in the 1870's, he introduced the first stars of the Music Hall into his productions and created the lavish productions that meant the shows became incredibly popular. Theatres across London went into competition to draw the crowds, and then every establishment around the country followed suit, ensuring they had at least one Pantomime running each Christmas season.



■ The Bradford Alhambra Theatre in England, built as a music hall in 1914 and refurbished (including the addition of a glass section) in 1986. Wikimedia Commons image © Kaly99

The title of 'King of Pantomimes' went to Francis Laidler right here in Yorkshire in the 1930's. He produced shows for the Alhambra Theatre, Bradford which were then put on around the country. Popular pantos in the 30's and 40's included Humpty Dumpty and Red Riding Hood.

From the early years of the shows when they were originally performed by street artists, followed by the Music Hall stars, television celebrities now vie to perform in Pantomimes, often drawing big crowds by their name alone. Despite moving with the times, the panto still sticks to many of its original traditions and it is these that are loved by adults and children alike.

They are always a tale of good vs evil, full of slapstick comedy and of course the Pantomime Dame – played by a male actor who is sure to have the audience in uproar.

BY GARETH WHITEHEAD

The season of goodwill is upon us already – OH YES IT IS! Along with Santa squeezing down the chimney to deliver gifts, the twinkling lights on the Christmas tree, and turkey with all the trimmings, another tradition that families look forward to at this time of year is the good old pantomime. But where and when did the pantomime first appear?

How To Choose The Perfect Jewellery Gift This Christmas

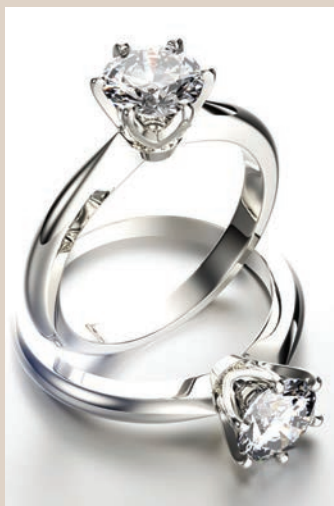
Choosing a Christmas gift can be a tricky thing. It can be made easier though as jewellery lends itself to Christmas and can make the perfect gift for someone you really care for, but it can be challenging to choose the right piece.

What could be nicer than seeing your partners face light up on Christmas morning when they see the sparkling gemstones or glittering gold or silver gift you have bought and chosen especially for them.

It doesn't have to be expensive, but it does have to be thoughtful.

Here are 3 easy tips to help you get it right!

One of the best things of all when choosing jewellery for a Christmas gift is that it's not only thoughtful, but it can be hugely symbolic and sentimental, from reminding them that you really care, to evoking happy memories or just marking an occasion that will become a memory of its own.



Jewellery gifts can be a lot more affordable than you might think. At Christopher Brown Jewellers we sell an enormous range of jewellery from new diamond rings and earrings to unique bespoke handmade pieces and exquisite preowned and antique items which have undergone a thorough examination and renovation process making them as beautiful as the day they were made. If you want to save your credit card from a punishing then choose from our extensive range of silver earrings and necklets which start at just £20. Our exclusive range of Lorus watches and Seconda are ALL HALF PRICE and start from £22 and of course buying pre-owned jewellery is immediately amazing value and can be half the price of the original retail item.

Of course, if you want to push the boat out, we've got plenty of options for those with bigger budgets who may want to purchase an investment piece or

really make a statement with a piece of stunning diamond jewellery or Rolex watch with literally hundreds in stock to choose from.

Jewellery is an affordable gift solution for any budget whether you are buying for him or for her. Here are 3 of the main things you'll need to consider when choosing a piece of jewellery for a Christmas gift.

3 THINGS TO CONSIDER WHEN BUYING JEWELLERY AS A GIFT THIS CHRISTMAS.....

1. What Colour Jewellery Do They Like?

Does the person you're buying for prefer yellow or white metal? Perhaps they like rose gold or even wear a combination of the two. Most people have a preference, but you don't need to come right out and ask them, simply consider what colour jewellery they usually wear.



Take a sneak peek at what colour necklace, rings or earrings they're wearing or simply have a look at a few photos of them and you'll get a clear idea of what they like.

Match their gift to their existing jewellery pieces. White gold has been more the popular choice but more and more of the younger generation are now choosing to wear yellow gold and layer up with chains and rings, proud to show their collection.

2. Do They Have A Gemstone Preference Or Stone Colour Preference?



As well as the colour of metal you might also want to consider jewellery containing coloured gemstones. While diamonds are a girls best friend they may like to wear blue stones in which case Sapphires, Aquamarines or Topaz could be the perfect choice.

If you are not too sure then think about their birth month as every month has a different gemstone. December is turquoise, April is diamond and July is ruby. We will help you to choose your gift and will advise on the different coloured gems that will make your gift really personal and thoughtful.

3. Finally What Interests Does The Person You Are Buying For Have?

Lifestyle, hobbies and interests could give you a real clue as to what jewellery they may prefer. For example, are they a working mum with young children? If so, you might want to consider something she can wear and enjoy daily but won't get damaged with her day to day life. A neckchain would need to be strong and rings non-catchy!

Does the person love socialising and dressing up for a night out? If this is the case, then sparkly diamond gemstones could be the right choice and our half price managers special diamond range could make the perfect gift.

If they are a student or wanting something just to wear at work then an everyday silver range could be an ideal choice and it doesn't need to break the bank.



For those wanting to go that bit further, you should consider our luxury watch range. Rolex, Breitling, Cartier, Omega and Tag watches make a very generous gift and all our pre-owned selection carry a full 2 year warranty and authenticity check that gives you the peace of mind you often can't get when buying on line.

With a little bit of thought, buying a piece of jewellery for someone isn't difficult to do and can really show how much you care. So, if you are looking for that perfect gift this Christmas visit Christopher Brown Jewellers. With local stores at York, Seacroft, Shipley, Pontefract, Goole, Stockport and Prescott and Brown and Gold Pawnbrokers stores at Batley and Toxteth we will help you make this Christmas really special.

Need more help? Visit www.christopherbrownjewellers.co.uk to browse our range and see our latest collection of Rolex and watches.

Diary Of A Pawnbroker

Did you know that St. Nicholas, Father Christmas himself, is actually the Patron Saint of pawnbroking?

He would secretly leave gifts for people in need and famously saved a poor man's daughters from being sold as slaves by throwing three bags of gold into their father's window at night. His three bags of gold are said to represent the 3 balls on a pawnbrokers sign.

While Christmas is a busy time in the jewellery industry it is also a busy time in the pawnbroking calendar. Some people use their valuables in to borrow money so they can afford the bills at Christmas and recently our lending has been running at record levels helping customers with the cost of living and those unexpected bills to pay. However many customers will take their fine jewellery out of our vaults over Christmas so they can enjoy wearing it at their social events.

If you have never used a pawnbroker before the process is simple. You bring in your goods. We assess the value and lend an agreed amount against them. You remain the owner and can come and collect them any time during the 7 month pledge contract period by paying back the original loan amount and the outstanding interest owed to that date. If you can't afford to pay it all off in one go you can make part payments and reduce the amount outstanding to make collecting the goods less costly at the end of the term. It's that simple!

Christmas is a very expensive time for all of us and if you are in need of an instant loan to help fund your Christmas shopping, supermarket bills or business needs, there is no better place to visit than Christopher Brown pawnbrokers in Seacroft, York, Shipley, Goole or Pontefract and Brown & Gold Pawnbrokers in Batley. For those out of our region we also have branches at Stockport, Prescott and Toxteth. We are here to help during these difficult times and can take some of the stress of Christmas spending.

Even Santa needs a little help at Christmas!

Chris Brown

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 Tel: 01405 763 556

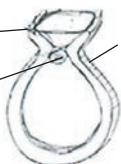
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MOTORS

DRIVING HOME FOR CHRISTMAS? NEW EBAY RESEARCH REVEALS MOTORISTS ARE DELAYING BUYING SAFER TYRES DUE TO THE COST-OF-LIVING CRISIS

eBay is warning drivers about the risk of driving on worn tyres as research reveals that 87% of drivers surveyed admitting to the ongoing cost of living crisis the reason behind why they have been put off buying new tyres.

One in ten (11%) said that they had put off buying new tyres for their car in the past three years, despite knowing they needed replacements, a number that jumps to 44% for 18-24 year olds, while 58% said that tyres sold direct by garages were too expensive. When it finally comes to replacing their tyres, 23% of motorists surveyed said they were unaware what the information on the sidewall of their car tyres means.

With worn tyres being cited as the fourth most common reason for cars to fail their MOT test from January to March 2023, more than 15% of motorists admitted to ignoring an advisory for their tyres following the annual vehicle check, with almost one in 10 (8%) having done so in the past 12 months. That number increases for younger drivers with 33% of 18 to 24 year olds admitting to ignoring a tyre-related MOT advisory.

While many people have received advisories for low tyre tread, 27% said they had waited months before addressing the problem while 11% admitted to waiting a full year, until their next MOT test, before getting a new set of tyres.

The research comes as eBay relaunches its tyre purchasing and fitment service. The one-stop shop allows buyers to order tyres before then choosing a local fitment centre, where the tyres will be sent and fitted at the owner's chosen date and time.

eBay's relaunched programme allows customers to choose from more than 250,000 tyre listings and over 3,000 installers across the UK, meaning eBay UK is now home to the UK's largest tyre fitment network. It has now more than doubled the number of garages working in its UK tyre fitment network.

As well as delaying the purchasing of new tyres, eBay's research also found that 11% were not confident when checking the tread on their tyres, while 10% stated that they have no clue about the recommended tyre pressures for their vehicle.

These findings come as 18% of drivers revealed plans to embark on long journeys (more than 100 miles) during the Christmas break, when weather conditions are typically poor.

Ian Faulkner, Category Manager, Car Tyres and Performance Parts at eBay UK Ltd, said: "Our research suggests millions of motorists aren't fully considering the ramifications of driving with unroadworthy tyres, especially during the winter months. It's not worth the risk when you think about how accessible and affordable a fresh set can be. We want to help motorists embrace the amount of choice that's out there, providing that hub to buy new tyres and book fitment at a garage to suit their specific needs."

Hannah Gordon, eBay expert and mechanic, said: "As a mechanic, I've witnessed first-hand the reluctance of drivers to address tyre damage promptly. People are often put off by cost, and understandably, they think if they pass an MOT they're fine, which isn't always the case. Braking distance and overall handling, especially in winter weather, can be seriously impacted by tyre health and tread depth. eBay's tyre service makes the process of buying new tyres super simple, just put in your tyre size, select your tyres and then the site will find you a local installer."



Ford Teams Up With Industry Innovators Octopus Energy And Tibber For Next-Gen Smart Charging To Save Drivers Money

Ford announced that maximising the convenience and cost-savings of the company's expanding range of electric vehicles (EVs) – as well as optimising the use of electricity from renewable sources – is about to get even easier.

New energy experiences delivered in partnership with industry innovators Octopus Energy in Great Britain and Tibber in Germany, the Netherlands and Norway, will enable Ford customers to charge their EVs using energy tariffs specifically designed to enhance the ownership experience.

Developed to support Ford's expanding EV line-up, the opportunities will initially be available from early 2024 to drivers of Ford Mustang Mach-E, followed by the new Ford Explorer when it arrives later in the year.

A newly developed Dynamic Charging feature is designed to enable Ford EVs to communicate with the energy providers' intelligent supply networks. As a result, owners of compatible models will be able to plug in their vehicle, input their desired state-of-charge and departure time using a smartphone app and simply get on with their day – safe in the knowledge that their battery will be automatically charged using tariffs designed to maximise cost savings and the use of renewable energy.

"Our new energy initiative is another milestone on our journey to offer a new generation of all-electric vehicles built for a connected world while providing truly outstanding customer experiences," said Martin Sander, general manager, Ford Model e, Europe. "We've specifically chosen to work with energy providers that share our disruptor mindset and that customers

can rely on to deliver leading rates for charging with renewable electricity, so that their EV will be ready to go when they are."

Ford research indicates up to 87 per cent of Mustang Mach-E drivers charge their vehicle at home, and that the cost of energy used is the most significant consideration when charging.

Depending on market, Ford's new energy services have the potential to benefit EV owners whether charging during day or night. The connected technology can automatically optimise charging to make use of cheaper off-peak electricity at night, and lower energy prices created by peak supply of renewable energy including solar during the day.

In Great Britain, Octopus Energy's energy services business, Octopus Energy Services, will be the preferred installer of Ford customers' home charge points.

"With every electric car that takes the road, we're getting closer to zero emissions transport – but to reach the finish line, we need to make green driving cheap and accessible," said Michael Cottrell, partnerships director at Octopus Energy. "Our smart tariffs allow drivers to tap into cheap renewable power, potentially saving drivers hundreds of pounds a year while doing their bit for the planet."

Ford customers in Great Britain who are interested in a home charger installation can visit:

www.ford.co.uk/hybrid-electric/charging/home-charging to learn more.

'LET'S TALK ABOUT SPEED!' SAYS BRAKE, THE ROAD SAFETY CHARITY, AS ROAD DEATHS CAUSED BY SPEEDING RISE BY 20%

Road deaths and serious injuries caused by driver speed rose significantly last year, according to new analysis of government road casualty data by Brake, the road safety charity.

The latest road casualty statistics show that, in 2022, 1,766 people died on UK roads (1,711 in Britain, 55 in Northern Ireland), a 10% increase on figures from the previous year. Brake's analysis also found that in the same period, road deaths caused by drivers exceeding the speed limit rose by 20%.

Further analysis of regional data revealed that 3,153 people were killed or seriously injured on roads in Yorkshire and the Humber, a 13% increase on 2021 figures. Calderdale saw the biggest increase in road casualties: the number of people killed or seriously injured on roads in the borough rose from 94 in 2021 to 129 in 2022, an increase of 37%. The number of road deaths and serious injuries rose in 12 of the region's local authority areas from 2021 to 2022, and only North Yorkshire, York and Bradford saw a decrease.

Brake also carried out a public opinion survey, asking more than 2,000 drivers about their driving habits and attitudes to speed and speed limits. The survey found that 92% of drivers think that speed limits are essential for the safety of our roads. Despite this, more than a third (34%) of those surveyed said they sometimes or often drive faster than the speed limit, and 40% think that driving just a little bit over the speed limit doesn't matter. Two-fifths (39%) of drivers surveyed also agreed that the default speed limit on roads in built-up areas should be lowered from 30mph to 20mph, supporting changes that are taking place across the UK to make communities safer through the introduction of lower speed limits.

Brake is calling on everyone to join a national conversation about speed, to raise awareness of the dangers of excessive and inappropriate speed, and challenge why so many people still think it is acceptable to drive faster than the speed limit.

This year, more than 3,400 schools, communities, organisations and emergency services, together representing more than 17 million people, signed up to take part in Road Safety Week by organising local activities, sharing important road safety messages and posing the question: If five people die on UK roads every day, why do we still think it is ok to speed?

Ross Moorlock, interim CEO at Brake, said:

"Road death is sudden. It's traumatic. It sends shockwaves across families, schools, workplaces and communities. This year, we have already supported more than 1500 people affected by road crashes through our National Road Victim Service.

"Today, five people will be killed on our roads. And tomorrow, another five won't make it home to their families. And so on, and so on, until we all say 'Enough!' and start taking responsibility for each other's safety on the road.

"The speed we choose to drive at can mean the difference between life and death. Our speed dictates whether we can stop in time to avoid a crash, and the force of impact if we can't stop. Whoever you are, and however you travel, I urge you to join the conversation and talk about speed. Please talk to as many people as you can to find out why, when five people die on our roads every day, so many of us still choose to drive too fast."

ORA FUNKY CAT CELEBRATES A WHICH? BEST BUY AWARD

GWM ORA made its entry into the UK market with ORA Funky Cat late last year and has built a reputation based on its distinctive style, high specification and exceptional value. This position has been affirmed by the UK's leading consumer organisation, Which?, who have awarded ORA Funky Cat with a Best Buy in the medium-sized Car category.

ORA Funky Cat achieved an overall test score well above the average for other new and used cars tested by the organisation. At the time of writing, ORA Funky Cat is also rated by Which? as the best new electric car for under £35,000, beating two key electric rivals. Additionally, ORA Funky Cat has been ranked the fourth best medium-sized car overall, across all fuel types.

GWM ORA's launch model excelled in areas such as driving dynamics where it achieved a five star rating for its 'smoothness of power delivery'. Commenting on the driving experience, Which? reported: "ORA Funky Cat's performance is ideal for easy everyday driving. In typical EV fashion, it feels especially spritely at low speeds, and has sufficient reserves for safe overtaking and acceleration even at higher speeds." The review goes on to say: "During cornering, the ORA Funky Cat feels both agile and predictable, and the steering is responsive."

This news comes as GWM has recently announced a strategy update for its automotive subsidiaries across Europe, evolving from a 'house of brands' to a 'branded house' architecture. In the UK market, GWM will adopt a phased approach to the implementation of its new brand strategy, with a focus on introducing a new naming convention for GWM ORA products initially. GWM ORA's launch model, ORA Funky Cat, will adopt the model name 'ORA 03' from January 2024, with additional models to follow this same approach.



The brand's first model, ORA Funky Cat First Edition continues to offer exceptional value for money, with business and personal leasing customers able to drive away from just £199 and £239 per month respectively. This makes ORA Funky Cat one of the best value 'family sized' BEV's currently available in the UK leasing market.



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BikeTrac And Langen Motorcycles Announce Partnership

BikeTrac has announced its association with Langen Motorcycles, after the British manufacturer of bespoke two-stroke motorcycles, endorsed the renowned tracking device for use and fitment on its coveted 250cc V-Twin model.

Successfully proven in the motorcycle market since 2009, as the first dedicated tracking device, BikeTrac has been responsible for recovering more than £12m worth of machines since inception, gaining endorsement from many manufacturers in this time, while playing a part in many high profile convictions of bike thieves too.

Christopher Ratchliffe of Langen Motorcycles, commented, "Our owners are buying into a very exclusive club, that's not simply about just purchasing a new motorcycle. They embark on a journey with us, from agreeing the specification of their bike, to booking their build slot, through to the day they take delivery. This makes every Langen very personal to the owner and so we want to make sure they have the very best security available to them too. For us, BikeTrac offers that and why we have worked with the team to endorse the system fully for Langen Motorcycles."

With Thatcham approved levels of security, BikeTrac protects via GPS, GPRS and RF technology, giving owners complete peace of mind, thanks

to a 24/7 Secure Operating Centre, with text, email and call notifications for any unlawful movement.

BikeTrac's Bill Taylor added, "We're extremely pleased to announce our association with Langen Motorcycles and delighted to see another manufacturer taking security so seriously. As well as offering market-leading protection, we've worked hard to make BikeTrac a truly useful tool too, enabling owners to remotely monitor location, battery voltage and alerts. With Langen Motorcycles' so precisely engineered, they provided us a real challenge for discreet device fitment, but thanks to our continued strive to make our units as small and as discreet as possible, we're proud to have been able to offer a comprehensive solution."

BikeTrac's onboard technology is backed up by a Secure Operating Centre (SOC), who monitor movements 24/7, seven days a week, liaising with owners and police should a theft occur. And on top of this, can deploy Securitas agents to secure a stolen machine in tricky recoveries too.

All Langen Motorcycle owners will be offered the choice of fitment during the build of their machine. For more information on BikeTrac visit www.biketrac.co.uk

Squires Cafe

What's on @ Squires, DECEMBER 2023;

Tues 5th Japanese Car Meet

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

Sat 9th - 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

XMAS DAY & BOXING DAY - CLOSED

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



WAGGING TALES!



Advice To Keep Dogs Warm And Safe During Winter

As the temperature drops, Dogs Trust Leeds is urging owners to follow some simple steps to keep their dogs safe and warm this winter.

While many people enjoy a winter stroll, the cold weather poses several risks to dogs and their owners. To help ensure dogs remain healthy and happy, the nation's largest dog welfare charity has published some easy-to-follow guidance.

Stay warm - Dogs feel the cold just like we do, so it is important to keep them warm. Some breeds grow thick furry coats all year round, so, as the weather gets colder, consider letting your dog's fur grow longer to give them added protection. Some shorter-haired pooches and puppies may need a little bit of help staying warm, so consider buying them a sensible winter coat. Wearing a coat is a new experience for some dogs and needs to be introduced in a gradual and positive way.

Keep your dog on the lead - If it's snowing, keep your dog on a lead to protect and prevent them from falling and hurting themselves. Snow can be disorientating for dogs, and they can become easily lost in it. Make sure your dog is wearing a collar, and their microchip details are up to date.

Wipe after walking - Make sure you wipe your dog's legs, feet and stomach after a walk, as grit from the roads and dampness from rain or snow can irritate their skin.

Don't let your dog walk on frozen ponds - The ice may not be thick enough to take their weight. If your dog does fall through the ice never be tempted to go in after them. If possible, encourage them to swim back to you and call the emergency services.

AVOID ANTIFREEZE

It is highly poisonous but tasty to dogs. Make sure you always keep antifreeze and other chemicals well out of reach and be sure to quickly mop up any spills. Always seek veterinary advice if you think your dog has ingested any.

INCREASE VISIBILITY

Your own safety is important too. Before heading out for a walk, make sure that you are dressed appropriately for the weather with a suitable coat and shoes, and ensure you and your dog are visible. As the days grow shorter, consider wearing a high-vis jacket, and use a reflective collar, lead, high visibility coat or flashing collar for your dog. Coats and flashing collars should be introduced gradually to ensure dogs are comfortable wearing them.

CHECK YOUR LEAD

Regularly check your dog's leads, collars and harnesses to make sure they're all functioning safely and won't get damaged by winter weather, as wet weather can cause metal clips to rust. It can be trickier to do up lead clips and carabiners and attach them to collars and harnesses when it's cold, so do this indoors if you can.

CONSIDER INDOOR GAMES

You might be spending more time indoors if the weather's very bad, so always make sure your dog has plenty to do. Indoor games like hide and seek, or 'find it', are fun and mentally stimulating for your dog. Hide a toy for them to search for and play with them as a reward when they find them. Long-lasting tasty chews, or rubber food-releasing toys and enrichment games are useful for giving your dog something enjoyable to do that is mentally stimulating.

Emma Wakefield, Manager at Dogs Trust Leeds, says:

"Winter walks can be a lot of fun for both people and dogs alike, and many dogs love to run and play in the snow. But this cold weather brings with it some extra hazards for dogs and their owners.

"The good news is that there are lots of simple things you can do to help your pooch stay safe and warm during cold weather, including keeping your dog on a lead as conditions worsen, wiping their paws after a walk, and taking steps to improve both your own and your dog's visibility."

For further information on keeping your dog safe and happy over the winter, visit;

www.dogstrust.org.uk/dog-advice/life-with-your-dog/seasonal/cold-weather-advice

UK's Former Favourite Breed Falls In Favour

The Wire Fox Terrier, one of Britain's most historic breeds, looks set to enter The Kennel Club's list of dog breeds 'At Watch' for the first time in their history.

Annual puppy numbers from the dog registration body shows a significant fall so far in 2023 for the breed, with just 281 Wire Fox Terrier puppies born – a 21 per cent decrease in popularity compared with the same period in 2022, where there had been 359 puppies recorded in the first three quarters of the year. The breed has already declined by nearly 30 per cent in the last five years, and an overwhelming 94 per cent drop since the breed's peak in 1947 when over 8,000 puppies were born.

The small and distinctive wiry-coated breed was historically a Royal Family favourite during the Edwardian era, with King Edward VII and Queen Victoria both reported to have owned one, and later was favoured by Agatha Christie. The breed is perhaps best known as Snowy, the canine sidekick in The Adventures of Tintin comics, which were first published in 1929. At this time, the friendly and fearless terrier was the most popular dog in the UK, a trend which continued throughout the 1920s and into the 1930s.

A century on, however, the outlook of this once beloved British breed has changed and it is likely to enter The Kennel Club's 'At Watch' list, which monitors breeds with between 300-450 puppy births a year. Those with less than 300 puppy registrations annually are recorded on the organisation's Vulnerable Native Breed list – devised to highlight those British and Irish native breeds which could be at risk of disappearing from our streets and parks.

With 34 vulnerable native breeds recorded as of 2022, and a further eight classed as 'At Watch', there are currently more endangered dog breeds than ever before. This is the first time in its history that the Wire Fox Terrier could be added to this list.

Despite the falling numbers, the breed has been one of the most successful



at Crufts, having won Best in Show on three occasions – in 1962, 1975 and 1978 – and being in the running to take the title a further 12 times, including as recently as Crufts 2023. However, these crowning moments on the world's most famous dog stage have not translated into ownership boosts outside of the event.

Bill Lambert, spokesperson for The Kennel Club, said: "The Wire Fox Terrier was the nation's favourite breed a century ago, and it remained popular for decades, so it is very concerning to see such low numbers for a friendly and lively dog that was once beloved by royalty and families alike, and there is a real danger that we could lose them forever.

"There were just 27 vulnerable dog breeds a decade ago. There are now another eight breeds either vulnerable or at risk, with the Wire Fox Terrier sadly looking likely to join this growing list. We have such a rich diversity of breeds, so we urge the British public to find out more about the lesser-known breeds, especially those who are at risk of disappearing.

"Crufts, taking place in March, will have a dedicated Discover Dogs zone, and we really want to encourage potential puppy owners to come along and not only discover more about over 200 breeds, including those that are vulnerable, but also talk to experts to find out if they are right for them."

More information and tickets for Crufts are available on the Crufts website: Tickets are free for under 8s, and advance tickets start at £14 for children (aged 9-15) and concessions, and £21 for adults. Please note that tickets are only available through Crufts' official ticketing partner, The Ticket Factory (fees apply).

More information about vulnerable breeds and The Kennel Club's campaign to save them can be found via;

www.thekennelclub.org.uk/vulnerablebreeds

Thinking Of Sharing A Little Of Your Festive Feast With Your Dog?

Advice from PDSA



Everyone wants their pets to feel included on Christmas Day and one way you might be thinking of doing this is to give them a share of your festive feast.

However, it is important to remember what is and, more importantly, is not safe for your pets to eat. Here are some top tips on how to safely share your delicious Christmas dinner with your pets this festive season.

PDSA Vet Nurse Nina Downing, said:

“We’d advise against sharing everything on your Christmas dinner plate with your dog – not only can some parts actually be dangerous for them, you may find that they start to expect something every time you have a meal, which encourages begging behaviour and is unhealthy in the long-term.

“However, if you do want to give your dog a one-off festive treat, remember portion control and don’t go crazy – our dogs are much smaller than us, and what seems like a tiny amount of food to us will be a huge treat in their eyes! If you do give them a small taste of the festivities, keep it as plain as possible, ensuring it is not covered in glaze or sauces that could upset their stomach.

“There are parts of a ‘typical’ Christmas dinner that we can share with our furry friends, and I’m sure they would very much enjoy, but there are also parts that we should keep away from our pets at all costs.”

Nina explained the ‘dog-safe’ parts of a roast include:

- Boneless white meat
- Carrot and swede mash (make sure it doesn’t have onion in)
- Vegetables such as carrots, parsnips, green beans, brussel sprouts, broccoli and peas

“Other foods, such as cheese sauce, roast potatoes, bacon, and pigs in blankets aren’t dangerous but are high in fat and could easily

upset your dog’s stomach, and they will likely pile on the pounds with all those extra calories, so best to avoid them.”

Here are the ‘forbidden foods’ which are dangerous to our four-legged friends, so keep them away from curious paws:

- Onions
- Garlic
- Leeks
- Shallots
- Mince pie mincemeat
- Currants, raisins and sultanas
- Bones
- Alcohol
- Chocolate

PDSA Vet Nurse Nina’s top Christmas food tips to remember:

- Don’t overshare food with your dog during the festive period – if you do, you may find that they start to expect something every time you have a meal, which is unhealthy and a bad habit to get into in the long-term.
- Remember portion - for a small dog breed, such as a Border Terrier, eating just four pigs in blankets is the equivalent of a human eating an entire Christmas dinner with all the trimmings.
- If you do feed your dog a little treat, make sure it’s no more than 10 percent of their daily food intake, and remember to reduce the amount of food in their next meal to avoid over feeding them.
- Have your vet’s out-of-hours number stored in your phone so, should an emergency occur and your dog eats something they shouldn’t, you can contact them immediately!

PDSA has a free downloadable Christmas Survival Guide for all pet owners on their website, which can be found on: pdsa.org.uk

Creative Competition Opens For 'Bright And Bold' Budding Young Artists



The Young Kennel Club (YKC) is inviting entries for its annual Artist of the Year competition and is encouraging all painters and photographers in the making to express their creativity and showcase their dog artistry skills.

Entries must feature a photo or painting of a dog and should fit the theme of ‘Bright and Bold’.

This year’s judging panel will be looking for distinctive artwork that catches their attention, and demonstrates an effective use of bright colours, whilst also showcasing creativity. They will look at three key areas: impact of the photograph or painting, creativity of the image and the composition.

The overall winner will receive £80, four tickets to Crufts 2024, 2nd place will receive £50 and four tickets to Crufts 2024, while 3rd place will receive £30 and four tickets to Crufts 2024.

YKC members have until Wednesday 31 January 2024 to submit their entries. The photographs should be portrait only, and no bigger than 10MB, in JPEG format and no smaller than 600x600 pixels.

Further information on the competition and how to enter can be found by visiting:

www.thekennelclub.org.uk/young-kennel-club/online-activities/artist-of-the-year

Young Kennel Club



Yorkshire Urged To Back Cancer Plan To Avoid 1,700 Deaths A Year In The Region By 2040

Cancer Research UK has set out how the next UK Government could reduce cancer mortality rates, by preventing thousands of future cancers as well as dramatically improving cancer survival.

Ahead of the next general election, the charity has published an ambitious cancer plan, which if adopted, would help avoid 20,000 cancer deaths a year across the UK by 2040.

In Yorkshire and The Humber, this could mean an estimated 1,700 fewer people losing their lives to the disease each year.

Developed with insight from cancer patients and experts, Longer, better lives: a manifesto for cancer research and care outlines five key missions to speed up progress in preventing, diagnosing and treating cancer.

Cancer Research UK said that huge strides forward had been made in beating the disease - with cancer survival in the UK doubling over the last 50 years. But it warned that with NHS cancer services in crisis and with half a million cancer cases a year projected by 2040 - of which more than

an estimated 43,000 could be in Yorkshire and The Humber - this hard-won progress is at risk of stalling.

The UK still lags behind comparable countries when it comes to cancer survival, the charity said, and called on all political parties to make cancer a top priority in their party manifestos.

Whoever assumes office after the general election must commit to developing a 10-year cancer plan. Urgent action is also required to address a more than £1 billion funding gap for research into cancer over the next decade, that will put hard-won medical advances at risk.

To tackle these complex challenges head on, the charity recommended that a nation-wide movement on cancer, spearheaded by a National Cancer Council accountable to the Prime Minister, which brings government, the life sciences sector, charities and scientific experts together, is established.

It is also calling for the introduction of measures to end cancers caused by smoking; improved early detection of cancer through initiatives including

a lung screening programme; and action to ensure cancer wait time targets are met.

As part of the drive to make the next general election a turning point for people affected by cancer, Cancer Research UK has also enlisted the support of the public. Supporters are being urged to sign an open letter to party leaders at cruk.org/letter.

The need for people across Yorkshire and The Humber to have their say is clear - there are around 14,400 cancer deaths in the region every year. And, with a growing and ageing population, it is projected that the number of people dying from cancer in Yorkshire and The Humber could rise to around 18,000 a year by 2040.

Cancer Research UK spokesperson for Yorkshire and The Humber, Jane Bullock, said: "We've made huge progress in beating cancer over the last 50 years - but it remains the defining health issue of our time. Cases are rising and we estimate that half a million people will be diagnosed with cancer in the UK every year by 2040. People continue to face unacceptable delays to diagnosis and treatment and the UK lags behind comparable countries when it comes to cancer survival.

"The public expect and deserve action. We calculate that the recommendations made within our Manifesto for Cancer Research and Care, will reduce cancer mortality by 15% by 2040 - helping avoid 20,000 cancer deaths in the UK every year.

But only if we act now. I urge everyone to support the manifesto and sign our open letter to party leaders. The prize is a legacy of life-saving cancer research and care that will benefit the UK for decades to come."

The manifesto has garnered celebrity support from broadcaster Nick Grimshaw. He was motivated to get involved by the loss of his father to bladder cancer in 2016 and has joined forces with Cancer Research UK several times to help raise awareness and funds.

He said: "We must turn the tide on cancer because the problem is growing. The fact that half a million people in the UK could be diagnosed with the disease by 2040 is an alarming statistic and one that will send shockwaves through so many families like mine.

"New tools and technologies offer the potential for us to make huge leaps forward in our understanding of cancer and how to beat it. But the future promise this offers for people affected by cancer isn't guaranteed. We need to back research. Cancer Research UK's plan offers politicians clear direction on how they can help turn hope into reality - meaning more families will be able to spend more moments with the people they love. As someone who understands the devastation a cancer diagnosis can bring all too well, this is something we should all get behind."

Sign Cancer Research UK's open letter to party leaders at cruk.org/letter

Healthy Heart Tip: A Low Alcohol Christmas

BY HEART RESEARCH UK HEALTHY HEART TIP,
WRITTEN BY THE HEALTH PROMOTION AND
EDUCATION TEAM AT HEART RESEARCH UK

December is the time of year for gathering with family and friends, and these social occasions often revolve around alcohol. Consuming too much alcohol can have a negative impact on your heart, and even if you don't drink often, a few drinks can cause you to sleep poorly and be tired the next day making you reach for unhealthy foods for a quick energy fix. In this healthy tip, we share some ideas for how you can reduce your alcohol consumption this festive season and enter the new year feeling full of energy.

ALCOHOL-FREE DRINKS



Many of the big-name brands now offer alcohol-free versions of their popular drinks. If you haven't found a good alternative to your regular drink, keep trying until you find one that you like. There are some great options available that taste very similar to their alcohol counterpart. Even if you don't quit drinking entirely, you can reduce the amount of alcohol you consume by alternating your regular drink with an alcohol-free version.

MOCKTAILS



Cocktails without alcohol are a great way to enjoy a tasty drink this festive season. Most bars and restaurants will have a selection of mocktails for you to choose from and they're usually cheaper too. Just be mindful of choosing ones that are low in sugar, try to avoid those containing sugar syrups and fruit juices and opt for the ones using ingredients like mint, lime juice and soda water. A fancy glass makes all the difference, so why not buy some decorative cocktail vessels, and make some indulgent mocktails at home.



ENJOY ALCOHOL IN MODERATION



We don't have to stop drinking completely to look after our heart, the key is to enjoy alcohol in moderation and adopt other healthy lifestyle habits in conjunction with limiting our alcohol consumption. The NHS recommends drinking no more than 12 units of alcohol a week, spread across three or more days, so just make sure you don't exceed this. This looks like six medium (175ml) glasses of wine or six pints of 4% beer.

Humber And North Yorkshire Leaders Join Together To Address Challenges Faced By Children And Young People

Senior leaders from key sectors across Humber and North Yorkshire have joined together to address some of the significant challenges faced by children and young people in the area.

Hosted by the Humber and North Yorkshire Health Care Partnership, the symposium focused on addressing health and developmental issues prevalent in the region and across the North of England. It also explored some of the innovative solutions and capabilities within the area to tackle these issues, including the 'Child of the North' initiative.

This event marked a significant milestone in the Partnership's commitment to ensuring that every child receives the best possible start in life and that the next generation is healthier than the last. It provided a platform for regional leaders to highlight strategic imperatives and foster collaboration to tackle the challenges.

The symposium, the Partnership's first, drew participation from representatives of businesses, local authorities, healthcare providers, and public health – all with the common goal of driving meaningful improvements for children and young people. Speakers were from a range of organisations including the University of York, Humber Teaching NHS Foundation Trust, and Bradford Education Alliance for Health Chances.

Sue Symington, Chair of the Humber and North Yorkshire Health and Care Partnership, said: "Our Integrated Care System is committed to ensuring that every child in Humber and North Yorkshire enjoys a strong start in life. Our focus is on supporting families to create a safe, healthy childhood environment which raises aspirations, builds resilience, and enables children to grow, learn and thrive.

"The disparities in the experiences of children and young people growing up in the North, compared to other regions, are

alarming. Joint working with partners from across Humber and North Yorkshire enables us to collectively address this inequality challenge together.

"Together we can make real change and deliver our vision for the people of Humber and North Yorkshire, which is to Start Well, Live Well, Age Well and Die Well."

In the Humber and North Yorkshire region, more than 60,000 children are living in low-income families, and more than 200,000 people live in poverty. Those who live in areas with higher income deprivation are at a greater risk of experiencing various health conditions including severe mental illness, obesity, and diabetes.

The challenges and inequalities facing children were exacerbated by the COVID-19 pandemic. It had a substantial impact on mental and physical health, education, and poses a longer-term threat to social mobility, with these effects disproportionately affecting the North of England.

The 'Child of the North' initiative is a joint collaboration between the N8 Research Group of universities and Health Equity North. The initiative seeks to connect policymakers and stakeholders to promote the uptake of evidence into government and organisational policies, improving the wellbeing of children and young people.

Humber and North Yorkshire Health and Care Partnership is committed to ensuring everyone in the region lives longer, healthier lives – creating the conditions to enable and empower our people, communities and organisations to achieve change.

An integrated strategy has been produced to set out how the Partnership will address the health, social care and public health needs of the population in Humber and North Yorkshire.

Humber And North Yorkshire Health And Care Partnership Launches Health Equity Fellowship For Colleagues

The Humber and North Yorkshire Health and Care Partnership has launched its first-ever Health Equity Fellowship Programme.

The programme aims to give applicants enhanced skills to improve population health and reduce inequalities in their organisations and communities.

The fellowship is open to all colleagues working across health, social care, local authority, and the voluntary and community sectors across Humber and North Yorkshire – irrespective of their current role, grade or profession.

Amanda Bloor, Deputy Chief Executive for NHS Humber and North Yorkshire ICB and Population Health lead, said: "I am incredibly proud that we are launching this Health Equity Fellowship Programme. Addressing health inequalities is a crucial priority for us in Humber and North Yorkshire, and this is a key opportunity to engage with our wider workforce to support us in this ambition."

Cathy Chadwick-Rayner, Networks and Outreach Coordinator at Breaking Down Barriers and former Health Equity Fellow, said: "The fellowship was an excellent opportunity to learn about public health and the various teams working to help people live longer, healthier, happier lives.

"The connection with other Fellows was also fantastic as it revealed how many different roles are involved in improving health equity. It was also lovely to meet new people who inspired and supported me along the way."

While people can sign up now, the programme itself will run from April 2024 until March 2025. Fellows will be expected to dedicate one day a week to attend training and work on their project.

Applications will be open for colleagues until Friday 12 January 2024.

For further information, please visit:

www.humberandnorthyorkshire.org.uk/our-work/health-equity-fellowship

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More Treatment Choices For Menopause Symptoms In Updated Draft Guideline For Consultation

Cognitive behavioural therapy (CBT) can help reduce menopause symptoms including hot flushes and night sweats, depressive symptoms and problems sleeping NICE has said in its draft updated guideline on menopause.

New evidence for the effects of cognitive behavioural therapy on hot flushes and night sweats was found to reduce the frequency and severity of symptoms as well as the extent to which they bothered women, trans men and non-binary people registered female at birth, and should be considered alongside or as an alternative to HRT, the draft guidance said.

CBT was also found to help sleep problems related to menopause, including, how long it takes to fall asleep and how long before waking.

The draft guideline lays out clearly the risks and benefits of taking HRT, when started at various ages and taken for various durations along with any residual risk that continues once HRT is stopped. This evidence has become clearer since NICE's last guideline on menopause in 2015. This information can be used to assist with conversations with clinicians when deciding whether to start HRT. Detailed tables lay out the evidence for effects on cardiovascular disease, stroke and dementia risks as well as cancers of the breast, ovary and womb.

When discussing treatment options for menopause symptoms the draft guideline recommends healthcare professionals use the tables to tailor information about the benefits and risks of HRT to the person's age and individual circumstances. The draft guideline highlights that, while it is important that women, trans men and non-binary people registered female at birth are made aware of some increased risks associated with HRT, it is also important they are made aware it is unlikely to increase or decrease their overall life expectancy.

While there is some evidence around taking HRT and breast cancer risk in women, trans men and non-binary people registered female at birth in early menopause (ages 40 to 44), there is a lack of evidence about the effects of taking or not taking HRT on overall health outcomes in this age group. The committee therefore made a recommendation for more research to address this.

Professor Jonathan Benger, chief medical officer at NICE said: "The impact of menopause symptoms on quality of life can vary hugely. It is important that healthcare practitioners take a personalised approach when discussing treatments, using evidence-based information tailored to individuals' circumstances."

"This draft guideline recommends more treatment options for managing menopause symptoms as well as enabling a wider understanding of the risks and benefits of HRT so anyone going through menopause can choose the best care to suit them."

Professor Gillian Baird, menopause guideline committee chair said: "This update includes important evidence based-information to help both women and healthcare practitioners during their discussions about the best treatment to manage their symptoms. This gives women more choice and enables them to make informed decisions for their personal circumstances."

Minister for the Women's Health Strategy, Maria Caulfield said: "The menopause is a key pillar of our Women's Health Strategy – and from our work in this area we have already seen over 400,000 women benefit from cheaper HRT prescriptions and receive better access to specialised care through the roll-out of women's health hubs."

"NICE's updated guidance shows why research is so important in women's health – so we can make sure women are offered the support that is right for them."

"That's why between April 2022 and July this year we have invested £53

NICE Recommendations;

million into programmes to support women's health, including research on male violence against women and girls."

The updated draft guideline also includes new recommendations on the management of genitourinary symptoms such as dryness, painful sex and vaginal discomfort or irritation. A choice of vaginal oestrogen such as cream, gel, tablet, pessary or ring should be offered to women, trans men and non-binary people registered female at birth, including those on systemic HRT, and treatment should be continued for as long as it's needed to relieve symptoms.

NICE welcomes constructive challenge and a broad range of views and the draft menopause guideline is live for public consultation until 5 January 2024.

First Enzyme Replacement Therapy For Ultra-Rare Inherited Condition Alpha-Mannosidosis

NICE has published final draft guidance that now recommends enzyme replacement therapy velmanase alfa (Lamzede, Chiesi) for treating mild to moderate alpha-mannosidosis.

Velmanase alfa is recommended as an option for treating the non-neurological signs and symptoms of mild to moderate alpha-mannosidosis, only if treatment is started in people under 18 years of age (it can be continued in people who turn 18 while on treatment).

This positive decision comes after the company asked for velmanase alfa to be considered only for a subset of people it is licensed for – people under 18 and people who turn 18 while on treatment. It also follows an improved discount to its price.

The committee noted that the evidence suggested that velmanase alfa may provide clinical benefits, particularly in children. Although it considered the size of these benefits to be highly uncertain (because of important limitations in the nature and extent of the evidence, and the size of the improvements seen in the clinical trials), in reaching its decision to recommend velmanase alfa the committee considered the challenges in developing medicines for ultra-rare conditions, especially those affecting children, and collecting appropriate evidence.

Alpha-mannosidosis is a genetic disease that severely affects the lives of people with it, and their families and carers. It is caused by the deficiency of an enzyme called alpha-mannosidase, which is responsible for breaking down a type of sugar called oligosaccharides that contain mannose.

Without it oligosaccharides accumulate inside cells, resulting in damage to tissues and organs and leading to cell death.

The most severe forms of alpha-mannosidosis occur during infancy (before 5 years) and are associated with rapid progression, leading to early death. People with more moderate forms of the condition can survive into adulthood, but with a wide range of impairments, complications and comorbidities. These can include facial and skeletal deformities, speech and language difficulties, spinal abnormalities, mental health difficulties, reduced lung function because of an enlarged liver and spleen, and immunodeficiency with recurring severe infections.

Current treatments aim to manage symptoms and improve quality of life. These include walking aids, physiotherapy, infection management and general treatment of comorbidities.

Velmanase alfa is the first pharmacological disease-modifying treatment for alpha-mannosidosis. Given lifelong once a week by intravenous infusion at a dose of 1 mg/kg. It costs £886.61 per 10 mg vial at its list price. The company has agreed a confidential discount to the price.

It is estimated there are around 25 people in England with alfa mannosidosis, 9 of who will be eligible for velmanase alfa under this guidance.

Life Changing Technology Is Rolled Out To People With Type 1 Diabetes

Thousands of people with type 1 diabetes could be offered wearable technology to help them manage their condition following the publication of final draft guidance by NICE.

An independent NICE committee has recommended people whose diabetes is not controlled with their current device despite best possible management with an insulin pump, or real-time or intermittently scanned continuous glucose monitoring, are offered a hybrid closed loop system.

Hybrid closed loop systems comprise a continuous glucose monitor sensor attached to the body. This transmits data to a body-worn insulin pump. It calculates how much insulin needs to be automatically delivered into the body to keep blood glucose levels within a healthy range.

People can use these systems to continue normal activities without the need for regular finger prick testing or injecting themselves with insulin to control their blood sugar levels. Keeping blood sugar levels under tight control greatly reduces the risk of complications such as blindness and amputations.

Clinical trial and real-world evidence show that hybrid closed loop systems are more effective than standard care at maintaining blood glucose levels within a healthy range. Evidence suggests that the systems appear to be more effective for people with higher long-term average blood glucose levels.

NICE has agreed with NHS England that all children and young people, women who are pregnant or planning a pregnancy, and those people who already have an insulin pump will be first to be offered a hybrid closed loop system as part of a 5-year roll-out plan.

The technology will also be issued to those adults with an average HbA1c reading of 7.5% or more. NICE guidelines recommend people should aim for an HbA1c level of 6.5% or lower. Adults who suffer disabling hypoglycaemia, defined as an abnormally low level of glucose in the blood, despite best possible management will also be offered the technology.

According to the National Diabetes Audit 2021-22 for England and Wales there are 270,935 people in England and 16,090 people in Wales living with type 1 diabetes.

Professor Jonathan Benger, chief medical officer at NICE, said: "With around ten percent of the entire NHS budget being spent on diabetes, it is important for NICE to focus on what matters most by ensuring the best value for money technologies are available to healthcare professionals and patients."

"Using hybrid closed loop systems will be a game changer for people with type 1 diabetes. By ensuring their blood glucose levels are within the recommended range, people are less likely to have complications such as disabling hypoglycaemia, strokes and heart attacks, which lead to costly NHS care. This technology will improve the health and wellbeing of patients, and save the NHS money in the long term."

"It has been a team effort to get this appraisal to a successful conclusion. I would like to pay tribute to the hard work of the NICE staff, the independent committee, and our colleagues at NHS England and in industry to ensure people with type 1 diabetes will benefit from this life-changing technology."

England's integrated care boards, which are overseen by NHS England on a regional basis, would usually implement NICE recommendations within 90 days of the publication of final guidance.

However with the need for trusts to employ extra staff to complete the roll out – alongside specialist training for both patients and staff – NICE has accepted a funding variation request from NHS England which will see the technology rolled out over a five-year period.

In type 1 diabetes, a person's blood glucose level becomes too high (hyperglycaemia) because there is no, or very little, production of insulin by the pancreas. Blood glucose levels can only be regulated by giving insulin to prevent hyperglycaemia. If type 1 diabetes is not well controlled, people are at increased risk of long-term complications including blindness, amputations and kidney problems.

Final guidance is expected to publish later this month.

The Yellow Card Scheme You Can Report;

- Suspected Side Effects From Medicines
- Defective Medicines

- Adverse Incidents With Medical Devices
- Counterfeit Medicines
- Side Effects Or Safety Concerns For E-Cigarettes

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QUIZ TIME

WELCOME TO OUR QUIZ PAGE

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

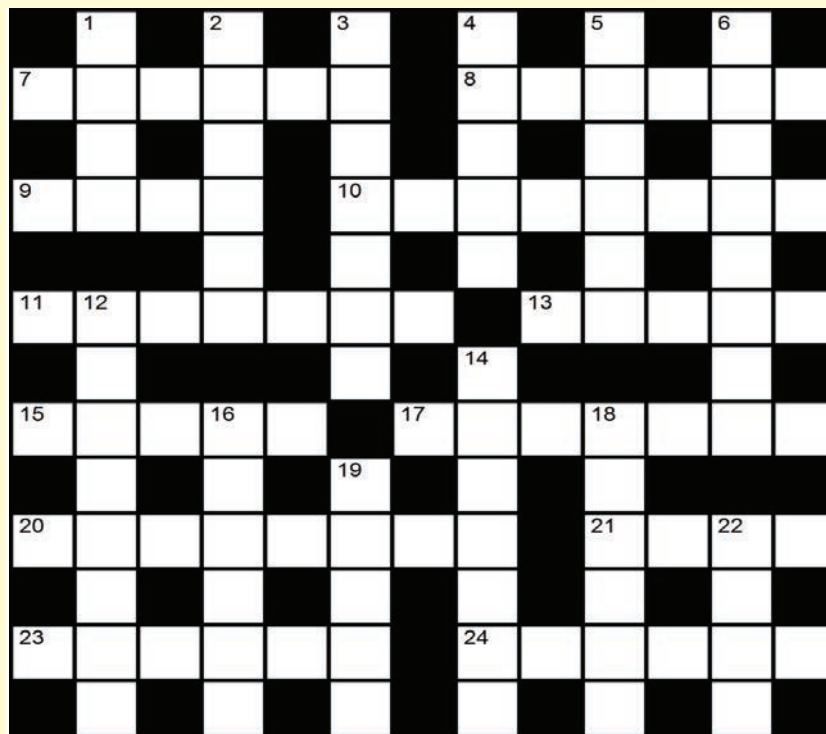
Make sure to pick up next month's issue for all this month's answers & solutions.

Wordsearch

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

- CHRISTMAS
- CRACKERS
- DECORATIONS
- ELVES
- FAMILY
- PRESENTS
- RUDOLPH
- SANTA CLAUS
- SPROUTS
- TINSEL
- TREE
- TRIMMINGS
- TURKEY
- WORKSHOP
- YULE LOG

Crossword



Clues:

Across

- 7 Commendation
- 8 University teacher
- 9 Neuter
- 10 Make less complicated
- 11 Male child from a spouse's former union
- 13 Furious
- 15 Change, chemically
- 17 Sordid
- 20 Arrange
- 21 Competent
- 23 Warmed up
- 24 Fanatic

Down

- 1 Journey
- 2 Neaten
- 3 Court meeting
- 4 Heartthrob
- 5 Eyepiece
- 6 Wedding 'snow'
- 12 Conjectural ideas
- 14 Compress
- 16 Proceeds without much effort
- 18 2009 Blockbuster Sci-fi film with blue creatures
- 19 Varieties
- 22 Crackpot

HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?

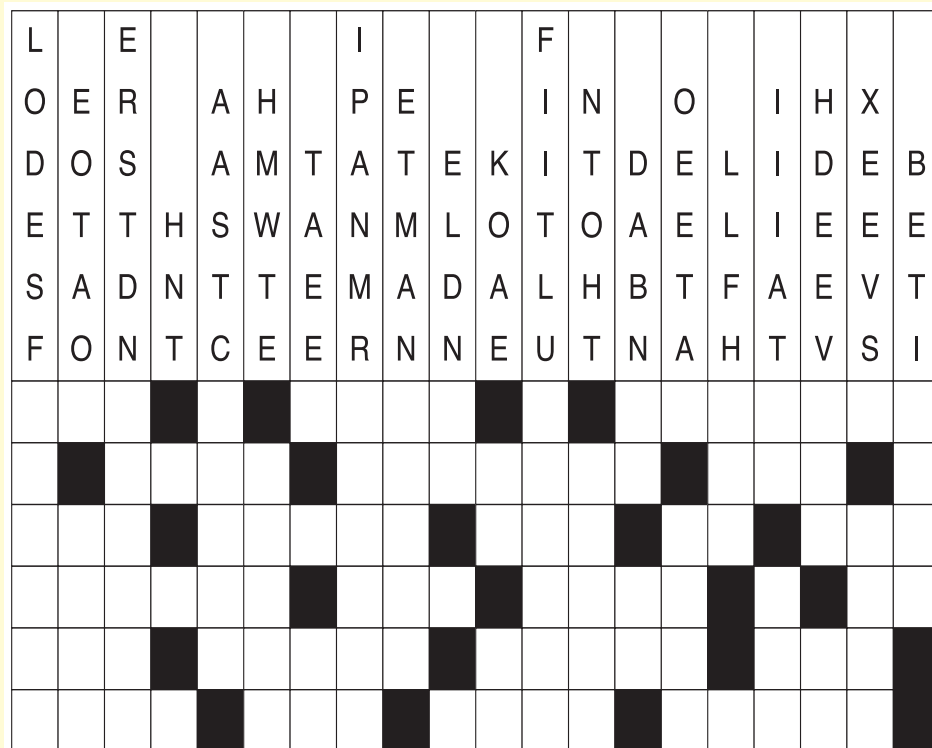
- 1 - Where was the accompanying music video for "Last Christmas" filmed?
- 2 - Where is the Black Sheep Brewery located?
- 3 - What are the 3 things to consider when buying jewellery as a gift this christmas?
- 4 - Who has issued advice to keep dogs warm and safe during a cold spell?



WIN A 2024 CALENDAR FEATURING SOME OF YORKSHIRE'S FINEST LANDSCAPES FROM THE GREAT YORKSHIRE SHOP - P37

Drop Quotes

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



Sudoku

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

November edition answers

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

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

How Much Info Have You Retained answers:

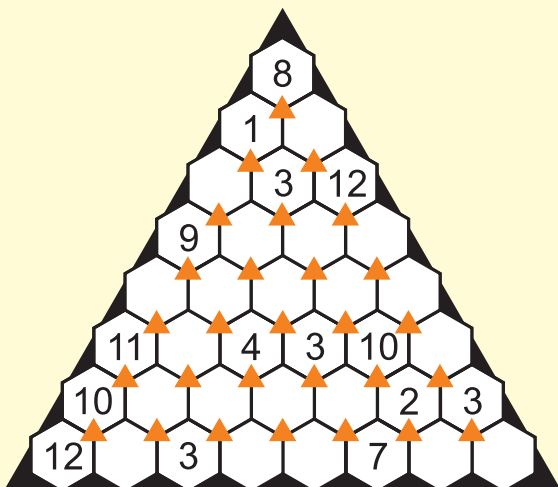
- 1. £27.50
- 2. Amazon and Robert Dyas
- 3. Which?
- 4. £400,000
- 5. Brown & Gold

Drop Quote Answer:

There is a great deal of difference between an eager man who wants to read a book and the tired man who wants a book to read

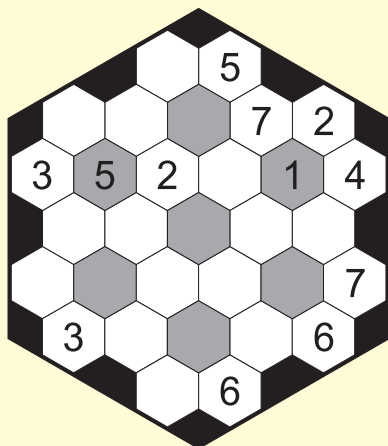
Subaddo 3D

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.



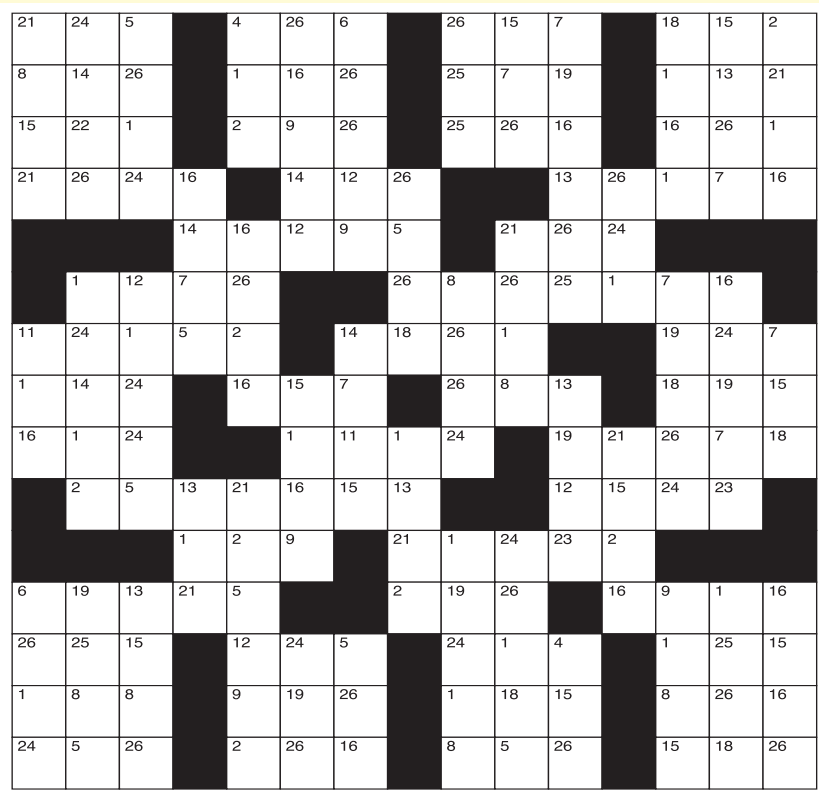
Rosetta

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

GIVEAWAYS

- #16 = T
- #6 = B
- #26 = E

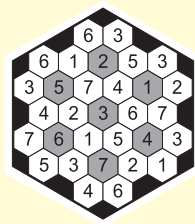
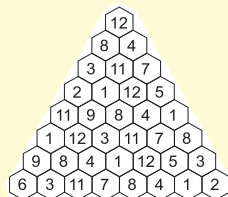
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Word Scramble

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

- 1 - HMSAEUI FEEFCO
- 2 - ESTBA LSAB
- 3 - GLE EBTSALR EURGS
- 4 - OTAGIOCTHM IALNOGIR
- 5 - OODM SRAEB
- 6 - LAHMIUQSSSLWO ETP EDB
- 7 - WHO DDI FLIE NDE UP ITHW SU
- 8 - GILNLIA OYGNU
- 9 - WIER OFX EERRTRI
- 10 - HKNETSLASOC

November edition answers



- Word Scramble:
- Northern Swing Orchestra
 - Divine Chocolate
 - Lego Star Wars
 - Inspire Advent Tree
 - The Magic Of Christmas
 - Victorian spoon warmer
 - Start Rescue
 - Jeffrey Long
 - Games Temple
 - United Carpets

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Monthly Horoscopes By Russell Grant

ARIES March 21st - April 20th

Your professional contributions are greatly valued on the 1st. This is a great day to make a proposal or give a presentation. Your best friend or romantic partner is hurt by all the time you spend on career matters. Spend more quality time together. The New Moon on the 12th ignites your restless energy. Don't embark on an adventure before satisfying commitments in your personal and professional lives. Don't be insulted if you're asked to revise a work project on the 13th. A client or law may have changed, forcing these alterations. On the 27th, the Full Moon helps you close a real estate deal that brings financial security. Expanding your home to include a workspace will add value to your investment. Brutal honesty will break someone's heart on the 28th; be extra diplomatic on this anxious day. Finances expand tremendously starting on the 31st, setting the tone for a prosperous 2024.

TAURUS April 21st - May 21st

Don't ask for special treatment at work on the 3rd, or your colleagues will greatly resent it. Let a loved one treat you like royalty on the 4th; you deserve to be pampered and indulged. You might feel tempted to steer a friendship into romantic waters on the 12th due to a compelling New Moon. Think twice about taking such a risk with a sensitive person who can't handle rejection. Your best friend or romantic partner grants you a Christmas wish on the 25th, making your heart overflow with love. The good news about a test, application, visa, or licence will arrive on the 27th, courtesy of the Full Moon. As a result, it will be much easier to travel and work. A close relationship makes you more emotionally and financially secure on the 29th. Your warmth, optimism, and generosity rebound on the 31st, helping you begin 2024 on the most positive note possible.

GEMINI May 22nd - June 21st

Let down your defences with a trusted business or romantic partner on the 1st. More opportunities to express your artistic side will arrive on the 6th; your job will be much more enjoyable as a result. On the 12th, the New Moon attracts an exciting person into your life. Before getting emotionally involved, set some healthy boundaries in your professional life. Check financial statements for mistakes on the 13th; it's important to protect your interests. After a period of silence, someone special will contact you on the 23rd. You will receive a beautifully sentimental gift at Christmas that you'll treasure for a lifetime. A big paycheque or bonus will arrive on the 27th, courtesy of the Full Moon. Invest some of this money in something that will improve your physical and emotional health. A profound sense of peace comes over you on the 31st, helping you to start 2024 feeling serene and confident.

CANCER June 22nd - July 23rd

An argument about how much time you spend on work could erupt on the 3rd; be more attentive to your best friend or romantic partner. On the 5th, you'll be inspired to take a trip for pleasure. Travelling to a seaside location will raise your spirits. Resume an abandoned creative project on the 6th; you won't be sorry. The New Moon on the 12th brings an intriguing job offer, but you'll ultimately reject it. When your intuition says that something is wrong, you should obey it. Starting on the 22nd, two heads are better than one. Teaming up with your best friend, romantic partner, or business associate will be enriching. On the 27th, the Full Moon finds you stepping down from a prominent position. This gives you a chance to spend more quality time with your favourite person. Invitations pour in on the 31st, prompting you to start 2024 surrounded by the people you adore.

LEO July 24th - August 23rd

Don't take your family for granted on the 10th, especially if you've been spending lots of time at work. Be sure to attend a loved one's celebration, even if it means abandoning some professional responsibilities. The New Moon on the 12th tempts you to connect with a romantic interest. Don't rush things in this relationship; it's important to feel secure emotionally before you have a physical encounter. An impractical relative will create delays for you on the 17th. Stop entrusting this person with important responsibilities; it's better to perform these jobs by yourself. Your health improves dramatically on the 22nd, allowing you to enjoy the Christmas season to the fullest. A period of seclusion comes to an end on the 27th due to a transformative Full Moon. Prepare for your social calendar to fill quickly. Your professional profile gets a big boost on the 31st, opening the door for an extremely successful 2024.

VIRGO August 24th - Sept 23rd

You'll feel light-hearted and flirtatious on the 1st; use your way with words to win a special person's heart. A romantic interest who has been shy about expressing their feelings becomes more direct on the 6th; a heartfelt confession is on the way. On the 12th, the New Moon inspires you to relocate. Before looking for another place to live, be clear about what you want from your home. Be as specific as possible. A former love interest reconnects with you on the 13th, making you realise how much progress you have made. Your head and heart become aligned on the 23rd, making you more decisive. The Full Moon on the 27th marks a special occasion for a close friend. Throwing a party in their honour will be a wonderful chance to reunite with kind, loving people. The opportunity to travel, study and communicate widely arrives on the 31st, setting the tone for an adventurous 2024.

LIBRA Sept 24th - Oct 23rd

Communication with family improves on the 1st, thanks to your refusal to sugar-coat a difficult situation. Don't let a forbidding relative steal your joy on the 3rd; you have every right to indulge in beauty, luxury, and romance. Your moneymaking ability soars on the 4th, allowing you to afford the luxuries you adore. On the 12th, the New Moon attracts an exciting message. Be wary about responding until you've checked into the sender's background. Money for a trip becomes available on the 18th, making you excited about the future. An impulse purchase will be cause for regret on the 21st; keep your money in the bank. The Full Moon on the 27th brings a professional award or bonus; get ready for your close-up. Use your gift with words to build a romantic or financial alliance on the 29th. A passionate encounter on the 31st sets the tone for emotional and financial security in the year ahead.

SCORPIO Oct 24th - Nov 22nd

Don't let past romantic disappointments prevent you from approaching a love interest on the 3rd. You're dealing with a radically different person. Your allure will be stronger than ever on the 4th; take this opportunity to win an attractive person's heart. The New Moon on the 12th tempts you to join a start-up business, but hold on. It's better to hold out for a job with a well-established company that has a reputation for treating employees well. Your best friend has wonderful news on the 18th; it's time to go out and celebrate. On the 27th, the Full Moon helps you graduate to a higher level. Your hard work, study, and sacrifice is paying off; give yourself a handsome reward. Someone special travels to see you on the 29th; this encounter will be both romantic and passionate. A meaningful relationship gains momentum on the 31st, letting you know you'll never be lonely in 2024.

SAGITTARIUS Nov 23rd - Dec 21st

The 5th is perfect for getting financing for a big purchase, such as launching a business or buying a home. Your intuition about family matters grows sharper on the 6th. Resist the temptation to radically alter your look on the 12th, when the New Moon makes you crave a change. Improving your outlook will be more effective than transforming your appearance. A pessimistic relative will try to discourage your plans on the 17th; turn a deaf ear to their warnings. Your victory is virtually guaranteed. Starting on the 23rd, you'll be in great demand. Everyone yearns for you to attend their parties and social gatherings, knowing you'll inject optimism and joy into the mix. A financial windfall arrives on the 27th, courtesy of the Full Moon. Spend some of this money on purchases that make you feel luxurious and decadent. You feel healthy and happy on the 31st, paving the way for a vibrant lifestyle in the New Year.

CAPRICORN Dec 22nd - Jan 20th

People are much more receptive to your ideas on the 1st, giving your self-confidence a big boost. Friendship could turn to romance on the 5th; it's hard to resist the charms of someone who is passionate, sensitive, and artistic. On the 12th, the New Moon tempts you to ignore a troubling situation. If you sense someone is being untruthful, it's time to confront them. Don't be afraid to apologise for harsh words or an embarrassing mistake on the 13th; people will admire your willingness to admit you were wrong. Your star power burns brighter than ever on the 22nd; use it to promote your agenda. The Full Moon on the 27th prompts your business or romantic partner to take responsibilities off your plate, allowing you to devote more energy to the activities you love. An ardent admirer gives your confidence a much-needed boost on the 31st; prepare for 2024 to be highly romantic.

AQUARIUS Jan 21st - Feb 19th

Return to an activity that is both emotionally and financially rewarding on the 6th. You're living proof that you can make a fortune by doing work that you love. Don't blurt out a colleague's secrets on the 10th; it's important to maintain their trust. The New Moon on the 12th warns against sharing secrets with someone you don't know very well. It's important to protect your heart now. Stop assuming all your professional contributions will be rejected on the 21st. The less defensive you are, the more receptive your colleagues will be to your wonderful ideas. Reaching a fitness goal makes the 27th a very happy day; your success can be attributed to both your hard work and a supportive Full Moon. A friend's harsh opinions cause you to reconsider this relationship on the 28th. The 31st brings great emotional contentment; you'll have lots of happy times on the home front in 2024.

PISCES Feb 20th - March 20th

Opportunities to express your creativity arrive on the 6th, making you excited about the future. On the 12th, the New Moon will deliver a career opportunity that seems more trouble than it is worth. Hold out for a job that affords more creative fulfilment. Don't let an egomaniac take credit for your ideas on the 17th; defend yourself. Christmas will be especially joyful, thanks to a heartfelt confession from a passionate admirer. It's possible you'll get engaged or married. Alternatively, you could enjoy a second honeymoon with your amour. The Full Moon on the 27th marks an exciting turning point in a romantic relationship. It's possible you will get engaged or married. Alternatively, you could meet the love of your life or embark on a second honeymoon. Spreading a message of cheer will make you a popular figure in 2024; think about launching a vlog or podcast in the New Year.



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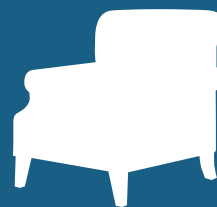
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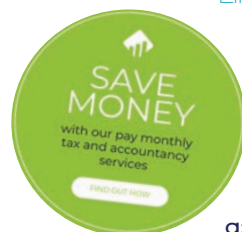


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